

Mammography

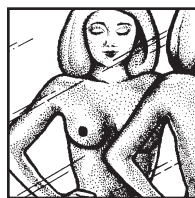
is the most effective and accurate way to detect unusual breast growths—and to do so at the earliest possible stage when they can be treated with greater ease and more success.

This brochure answers some of the most commonly asked questions regarding mammography. It can be a useful guide if you're about to have a mammogram, or if you're just considering having one.

Remember that by getting regular mammograms you can help protect your health—
For You, For Life.

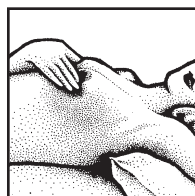
The Simple Steps Of Breast Self-Examination

1 IN FRONT OF YOUR MIRROR

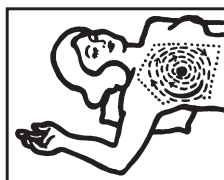
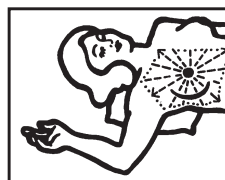


- Face the mirror with your arms at your sides. Look at your breasts for lumps, dimples, unusual shapes, or other changes in appearance.
- Repeat the procedure with your arms raised above your head.
- Now, with your hands on your hips and with your chest muscles tensed, look for lumps or changes.
- Finally, lean over and observe your breasts one more time for any changes.

2 WHILE LYING DOWN



- Lie on your back in a comfortable position and place a pillow under your left shoulder.
- Examine your entire left breast with your right hand, using one of the patterns shown below.
- Hold your fingers flat against your breast tissue as you press with light, medium, and firm pressure in dime- to quarter-sized circles, using the pattern you selected.
- Now move the pillow under your right shoulder and examine your entire right breast.



3 WHILE SHOWERING



- While in the shower, check your breasts and underarm area for any lumps or thickening. Your soapy hands will glide more easily over the wet skin.
- Examine your breasts in the shower using the same procedure you used above, in step 2, "While Lying Down."

Note: If you notice any discharge from a nipple during these procedures, or at any time, notify your physician.



A Woman's Guide To Mammography

For You.
For Life.



For You.
For Life.

BREAST HEALTH EDUCATION PROGRAM

<http://www.kodak.com/go/health>

Health Imaging Division
EASTMAN KODAK COMPANY
Rochester, New York 14650



Answers To Your Questions

What is a mammogram?

A mammogram is a radiographic picture of your breast, produced through a simple x-ray procedure.

Why do I need one?

Mammograms can reveal growths—both the harmless and cancerous types—up to *two years before* you or your doctor can feel them. As a result, growths can be detected when they are quite small, making them generally easier to treat and with more success.

When should I get one?

The American Cancer Society recommends that women age 40 and over get a mammogram every year. Depending on your risk factors (e.g., if you smoke or have a family history of breast cancer), your doctor may recommend a different schedule.

Where and how is a mammogram done?

Your mammogram may be done at a hospital, clinic, mobile mammography van, or dedicated mammography facility. To ensure a high-quality exam, the facility must be accredited by an organization such as the American College of Radiology and certified by the Food and Drug Administration. A technologist trained in mammography performs the test with specially designed x-ray equipment. A physician who specializes in radiology interprets the mammogram for you and your doctor.

How long does it take?

The entire examination is usually completed in as little as 15 minutes. Typically, the technologist will take two or more pictures of each breast after it has been gently compressed to a more uniform thickness. This compression results in a mammogram that is as clear and detailed as possible, and reduces the amount of x-ray exposure. You may be asked to wait while the radiologist reviews your mammograms, just to be sure additional pictures aren't needed.

How does it feel?

The procedure will produce a feeling of pressure or tightness for just a few seconds. If you are uncomfortable, let your technologist know. To minimize the possibility of discomfort, try to schedule your mammogram following your period when your breasts are less likely to be tender. It also helps to avoid consuming caffeine (e.g., coffee, tea, chocolate, cola) for one to two weeks before your exam.

How well does it work?

Mammography is the most advanced, effective, accurate way to detect early breast cancer. As a result, mammography saves lives. Because a small percentage of cancers may not be identified by mammography alone, though, you should also do monthly breast self-exams and see your doctor regularly for clinical breast exams.

What is breast self-exam and when should I do it?

Breast self-exam (BSE) is a simple procedure for examining your own breasts for lumps or changes (you'll find an overview of the steps on the back of this brochure). You should perform BSE each and every month, preferably seven to ten days after the start of your menstrual cycle when your breasts are less tender, or on the same date of each month if you're past menopause. Women who are breast-feeding should do their exam on the same day each month after nursing. If you ever detect a change in your breasts, contact your doctor. While most lumps aren't cancerous, any lump needs medical evaluation.

What is a clinical breast exam?

Clinical breast exam is a simple manual and visual examination of your breasts done by your doctor. It should be a regular part of your physical and performed at least every three years from age 20 to 39, and every year beginning at age 40.

Other questions?

If you have any concerns or questions, talk with your doctor or other healthcare provider. By playing an active role in your health care, you can make a difference.

AMERICAN CANCER SOCIETY RECOMMENDED GUIDELINES

Have routine mammography screenings:

Every year beginning at age 40

Begin monthly self-exams by age 20

Ask your doctor for a clinical exam:

Every three years from age 20 to 39

Every year beginning at age 40

What should I do the day of my exam?

Wear a blouse, sweater or other two-piece outfit because you'll need to remove your clothing from the waist up. You may be asked to not use—or to wash off—deodorant, powder, perfume, ointment or cream on your breasts or underarms. These substances can leave residues that interfere with your results.

Will insurance cover it?

Many insurance companies (including Medicare) cover some, if not all, of the costs of mammograms. Check with your insurance carrier.