

## COST

Screening Mammograms do not attract any rebate from Medicare and the patient is responsible for the full cost of the Mammogram. A quote may be obtained from your SKG practice.

Patients will be eligible for a Medicare rebate if your referring doctor has clearly indicated on the referral any reason to suspect possible malignancy or a family history of breast cancer. The Medicare rebate covers part of the cost of the Mammogram.

Please contact SKG Radiology on (08) 9322 4650 if you have any questions regarding costs.

## WHY CHOOSE SKG RADIOLOGY?

SKG Radiology is staffed by highly qualified Radiologists and Radiographers trained in Mammography. By working as a co-ordinated team, we will provide you with diagnostic accuracy and a high level of patient care.



## WHERE CAN I HAVE A MAMMOGRAM?

### BUNBURY

55 Spencer Street, Bunbury  
T: 9722 3200 F: 9721 5385

### DUNCRAIG

Suites 3-5, 54 Arnisdale Road, Duncraig  
T: 9246 8800 F: 9448 0508

### MANDURAH

160 Pinjarra Road, Mandurah  
T: 9582 4500 F: 9534 8502

### MURDOCH

St John of God Medical Clinic  
100 Murdoch Drive, Murdoch  
(entrance off Barry Marshall Parade)  
T: 9333 9200 F: 9333 9286

### SUBIACO

St John of God Subiaco Hospital  
12 Salvado Road, Subiaco  
T: 9286 6400 F: 9286 6481

## YOUR GUIDE TO

# MAMMOGRAPHY



## ABOUT BREAST CANCER

Breast cancer is the most common cause of death from cancer in Australian women. Approximately 1 in 8 women are diagnosed with breast cancer by age 85. The earlier breast cancer is detected, the more effective the treatment and the better the outcome.

## WHAT IS A MAMMOGRAM?

A Mammogram is a low dose x-ray examination of the breast/s. Mammography plays an important part in early detection of breast cancer because it can show changes in the breast before they can be felt.

## PREPARING FOR YOUR MAMMOGRAM

Your doctor must refer you for a Mammogram and you will need to make an appointment for the examination. If you experience tenderness in the breasts around your menstrual period, do not schedule the Mammogram for this time unless the examination is urgent. You may take your normal pain relief medication prior to this procedure. The Mammogram examination takes approximately 30 minutes.

If you have breast implants, please advise staff at the time of booking, as you may need to be allocated a longer appointment.

Please do not wear any talcum powder, lotion or deodorant under your arms or around the breast area on the day of your examination as it may show on the images.

Please bring all previous breast imaging to your appointment.

## WHAT HAPPENS DURING THE MAMMOGRAM?

You will be asked to remove all jewellery and clothing from the waist up. You may find it more comfortable to wear a two-piece outfit to your appointment. You will then be given a loose fitting gown to wear that opens at the front.

The examination is performed by a Radiographer with specialist training in Mammography. They will explain the procedure to you and ask some questions relating to your symptoms and family history.

The examination is usually performed in the standing position. During the Mammogram, the breast is first placed on a special platform and compressed with a "paddle" like instrument. Compression of the breast is essential to ensure no movement and accurate imaging. Whilst everyone's sensitivity to breast compression is different, it is likely you will experience some discomfort.



The compression is only applied for a short time. Images will be taken in two or three different positions to enable us to view the entire breast.

Once the initial images are completed, they will be examined by the Radiologist. The Radiologist may require further mammographic images or recommend an ultrasound examination be performed. It is very common for patients to have additional imaging to provide further information to assist the Radiologist in interpreting your images.

The results from the Mammogram will be forwarded to your referring doctor. It is important to discuss these results with your doctor.

## WHAT IF AN ABNORMALITY IS FOUND?

Mammography detects many abnormalities that are not cancerous. Sometimes other tests may be required to determine the nature of the abnormality. This may include a biopsy. If this is required, your referring doctor will discuss and arrange this with you.

## SELF-EXAMINATION

Regular (monthly) self-examination allows women to detect changes in their breasts between Mammograms. If you are not familiar with the technique, contact your doctor to discuss how to do this.

## HOW OFTEN IS A MAMMOGRAM NECESSARY?

We recommend Mammograms at two-year intervals for women aged over 40 years.