

Mammogram

Training

Mammogram Facts

- ❑ ACR – American College of Radiology. (Colegio de Radiologia Americana)
 - **Purpose of screening mammogram: rule out cancer and breast abnormalities.**
 - **Can detect any changes in breast 2 years prior to having pain.**
 - **People under 30, have not fully developed breast, therefore it is dangerous to expose them to radiation.**
 - **Digital mammogram: - milder compression.**
 - **Technicians are women.**

Screening Mammograms

- Preventive Procedure done annually.
- Women should start doing screening mammograms at the age of 40.
- Only women with History of Breast Cancer in their family start screening at the age of 35.
- Screening mammograms consists mainly of 2 views.
- Images are not sufficient to diagnose conditions, which is why patients are referred to have diagnostic mammograms/breast ultrasounds for follow up.
- As per ACR standards, a patient under 40 with no family history of breast Cancer, should first have a breast ultrasound and if needed, then a mammogram. If doctor insists, okay to do mammogram as a baseline.
- Breast Ultrasound should be first step for younger women.
- It's common practice to refer mammograms along with the ultrasound
- If Rx says " Mammogram and breast ultrasound if needed", schedule BOTH of them.
- Once patient is done, they go home.
- Exam takes about 15-20 minutes.
- Other names: annual mammograms, checkup mammogram, routine mammogram.
- Patient cannot have more than 1 screening mammogram per year. Otherwise insurances will not cover it.
- Every insurance will accept only 1 year and 1 day.

Diagnostic Mammogram

- “Diagnostic” can be understood as investigating something.
- Common diagnosis: lump, pain, fibrocystic breast, breast ca history.
- The only way a patient under 35 can do a diagnostic mammogram (never screening) is if patient has history of breast cancer in the family.
- More images of breast, more radiation.
- Exams takes about 30 minutes.
- Once the tech does the exam, tech leaves the room, goes to the doctor, shows images to the doctor, and doctor decides if patient goes home or stays for further examination.
- Radiologist can request a spot compression or ultrasound on the spot or recommend MRI.

Spot Compression

- It's a type of diagnostic mammogram.
- It's based on a prior mammogram study (either screening or diagnostic)
- PRIORS ARE NEEDED. (Does not apply if patient had previous mammogram done here)
- Results (images and report) of prior mammogram is needed if patient is coming for spot compression and did not do mammogram with us.
- "One cannot go to 3rd grade without first passing 1st and 2nd"

Breast Feeding and Mammograms

- For screening mammograms, patient should wait at least 6 months after breast feeding to start their annual breast check ups. (Only for Screening mammograms)
- For Diagnostic mammograms, patient can do mammogram and continue breast feeding normally right after.
- Doing mammograms during breast feeding period can be more painful than usual due to changes that occur in the breast.

Menstrual Cycle and Mammograms

- Patient should wait until period is over to do mammograms
- Breast is tender and undergoes changes during the menstrual cycle and compressing it can cause a lot of pain
- Swelling of mammary glands is what cause breast tenderness during period.

Breast Implants and Mammograms

- To avoid rupturing the breast implant during the compression, technicians take different measures to do mammogram.
- Exam takes twice as long.
 - Example: Screening mammogram – 15 minutes
Screening mammogram (implants) – 30 minutes.
 - Same applies to diagnostic mammograms with implants.
- When scheduling mammograms with implants, make sure you have 2 consecutive open slots on books view.
- Be very discrete and professional when asking patient if they have implants or not.

Preparation

- DO NOT apply any the following on breast areas and under arm on day of exam:
 - Deodorant
 - Breast Powder
 - Special Oils
 - Lotion
 - Cologne

Common Process for Breast Studies

