



Lake Huron Medical Center

# October is Breast Cancer Awareness Month



We are offering  
**FREE MAMMOGRAMS**  
throughout the month for women  
who meet income guidelines\*

*In honor of Breast Cancer Awareness Month - each mammogram recipient will receive a gift to recognize you being your own breast health advocate!*

**Call 810-216-1455**  
**to schedule your appointment today.**

**For questions or concerns, please call the Nurse Navigator at 810-216-1185.**

Please bring your insurance card and doctor's order.

\*Prequalification required. Limited to the first 50 qualified patients.

# Frequently Asked Questions

## What is a mammogram?

A mammogram is a low dose X-ray of the breast tissue. It consists of moderate compression of the breast tissue. The compression spreads out the tissue so that it is not overlapping and this in turn reduces the quantity of X-rays needed to penetrate the breast. A screening mammogram consists of multiple images of each breast. The test takes approximately 15-30 minutes.

2D Mammography is low dose digital imaging also using X-rays to image breast tissue. The benefit of digital mammography is the exceptional clarity of the images produced. These images can be adjusted by the radiologist, so the doctor is able to focus on any area that is questionable.

3D Mammography is an advanced technology that takes multiple images of the breast in each view, enabling the image to look three dimensional. This can assist the radiologist in locating any suspected abnormalities in the breast tissue. Lake Huron Medical Center's 3D mammography machine takes approximately 25 images in each view; this gives the image excellent depth resolution and tissue layer separation.

## Who should get a mammogram?

Women should start yearly screening mammograms by the age of 40 if they have an average risk for breast cancer. Women with high risk may begin screening mammograms earlier. Women should talk to their doctor about their risk for breast cancer.

## Why should I get a mammogram?

Breast cancer is the second most commonly diagnosed cancer in women and one in eight women will be diagnosed with breast cancer in their lifetime. Mammography can reduce breast cancer mortality with early detection.

## When should I get a mammogram?

The American College of Radiology recommends women should start getting regular mammograms by age 40 (every year to two years depending on risk factors). Women over 50 should get a mammogram yearly.

## What do I wear for a mammogram?

Dress comfortably; patients will be given a gown for the

exam and be asked to remove all clothing and jewelry from the waist up.

## What is a stereotactic breast biopsy?

Stereotactic breast biopsy is an invasive procedure that will take a sample of breast tissue to check for cancer.

## When would a patient need a stereotactic biopsy?

If needed, the physician will recommend the biopsy; it should be scheduled and performed promptly. If applicable, and there is tissue that comes back positive from your exam, your doctor can determine the appropriate treatment plan.

## What is a bone densitometry scan?

Bone densitometry (BD) is a low dose X-ray scan used to determine if a person's bones are brittle or porous and if they are at risk for a fracture. BD, sometimes called a DEXA scan, takes about 10 minutes and is very accurate in determining the density of the bones. The most common areas to scan are the lower spine (lumbar) and both hips.

## Who should have a bone density scan?

Anyone who may possibly have brittle bones should have a bone densitometry scan. Men, women and sometimes children have been scanned. BD is very accurate at detecting if a person has any bone loss, either mild (osteopenia) or severe (osteoporosis).

## When should a patient get a bone density scan?

Women and men may need to get a bone density test due to their age and if they have certain risk factors. Talk to your doctor about your risk factors for osteoporosis.

## Why should a patient have a bone density scan?

If a patient has osteoporosis, your physician may prescribe medication that can help your bones.

# Award Winning Radiology



Lake Huron Medical Center

Minutes Always Matter. Choose *prime* healthcare.