

Smoke Free

Please remember that all Central Health sites are smoke-free.



Please do not smoke while visiting Central Health sites.

Thank you!



▶ Diagnostic Imaging

James Paton Memorial Regional Health Centre,
125 Trans Canada Highway,
Gander, NL A1V 1P7

Central Newfoundland Regional Health Centre,
50 Union Street,
Grand Falls-Windsor, NL A2A 2E1

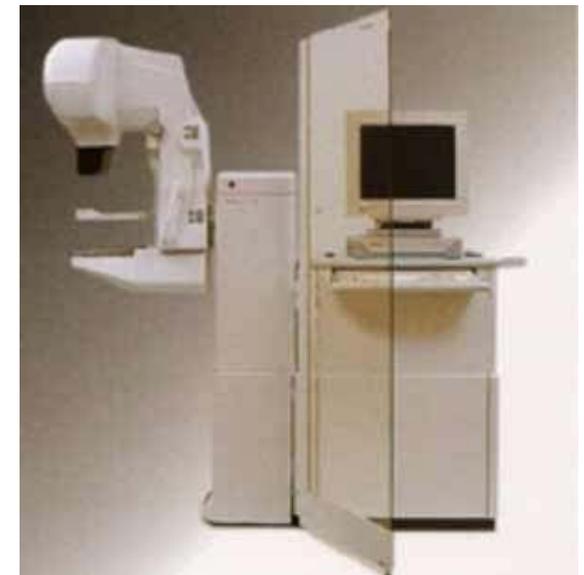
CH-DI 006

Diagnostic Imaging



Central Health

Having a mammogram



Diagnostic Imaging - Mammography (low dose)

This x-ray technique is used to visualize the internal structures of the breasts. Mammography is used to evaluate the breast and is the most accurate and widely used of all the various imaging methods. Clinicians see this as a good diagnostic examination because it has proven its capability to detect cancer before it reaches a clinically palpable stage, thereby facilitating early diagnosis and an excellent prognosis for the patient.

Mammography is performed by a nationally certified technologist with special training in mammography. A typical mammographic study consists of two views of each breast, one from above and one from the side to start. Additional views may be done as required. The procedure takes about twenty minutes.

Preparation and procedure

The patient undresses above the waist and the imaging technologist positions the breast in a special device that flattens the breast tissue, spreading it out so that the x-rays can produce as

precise an image as possible. The compression may be uncomfortable, but it is very important to compress the breast as much as the patient can tolerate. The more the compression, the more successful the examination.

After the images are processed, they are analyzed by a radiologist, who reports to the referring physician.

Occasionally, you may be asked to come back for further views or procedures (i.e., ultrasound). This is not an indication something is wrong. It may mean some area of the breast is not seen easily with the x-rays that were first taken.

Remember to wash thoroughly before the exam and avoid using underarm deodorant or talcum powder on your breasts or underarms.

Please note: *If you have any further questions, please contact your healthcare provider, radiologist or technologist at the site where your test is scheduled before your examination.*