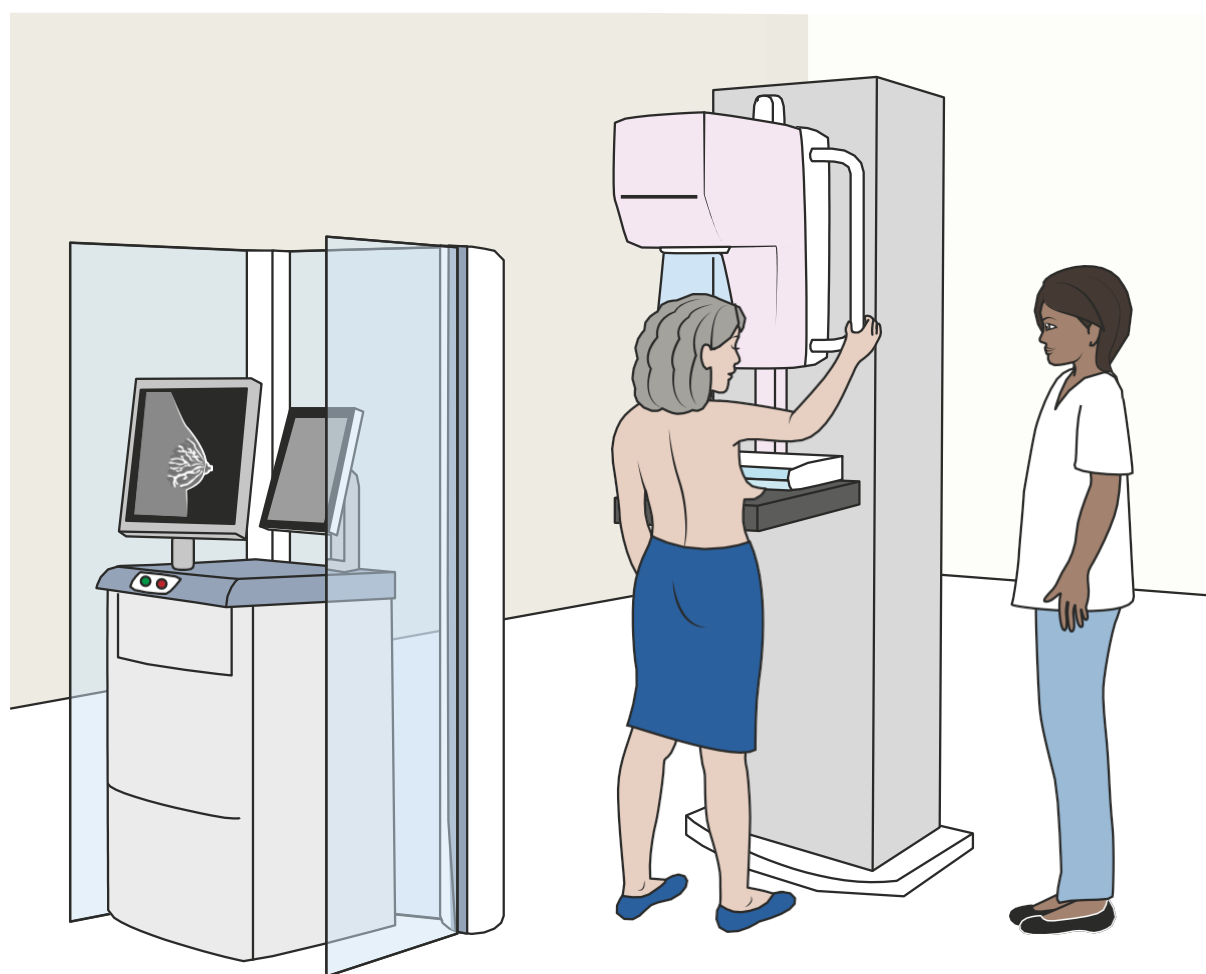
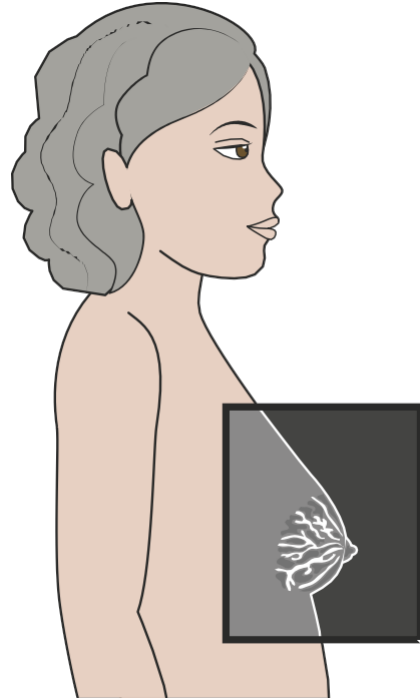
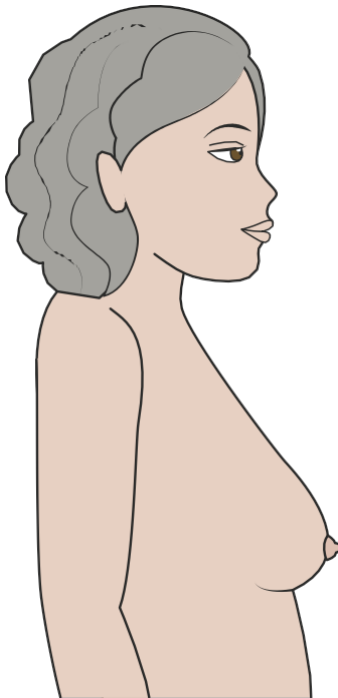


A mammogram



What is it for?

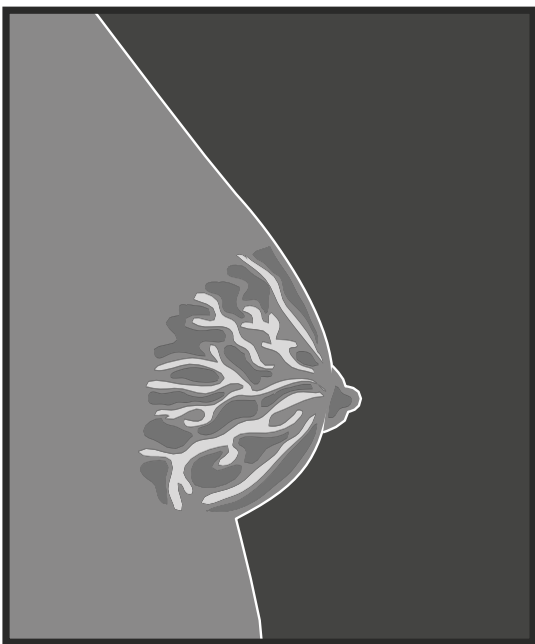
A mammogram is an x-ray of your breasts.



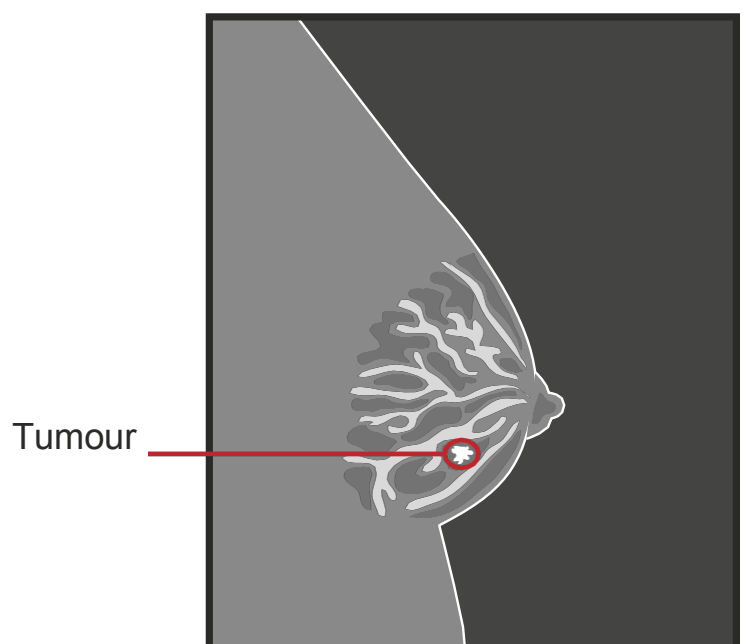
A mammogram lets you see if you have a tumour in your breasts.

- A tumour is a sort of lump.

A breast without a tumour

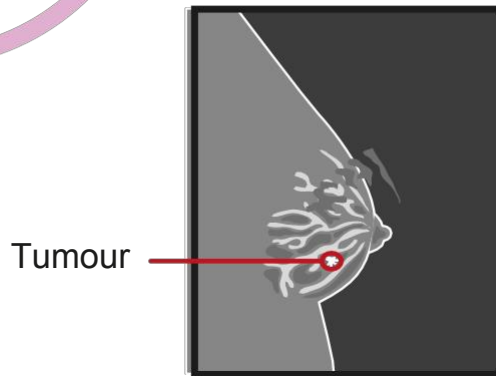


A breast with a tumour



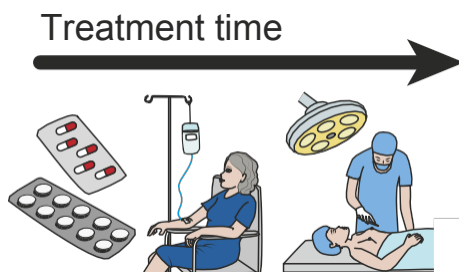
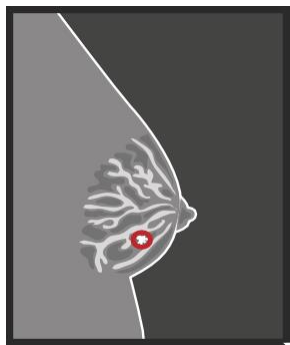
● Some tumours are not serious.

● Some tumours are serious
like cancer.

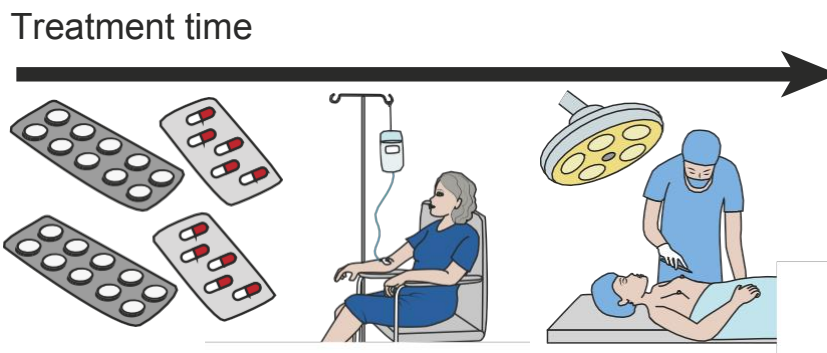


A mammogram lets me see if I have cancer.

● If the cancer is detected early, my treatment is easier.



● If the cancer is detected later, my treatment is more difficult.

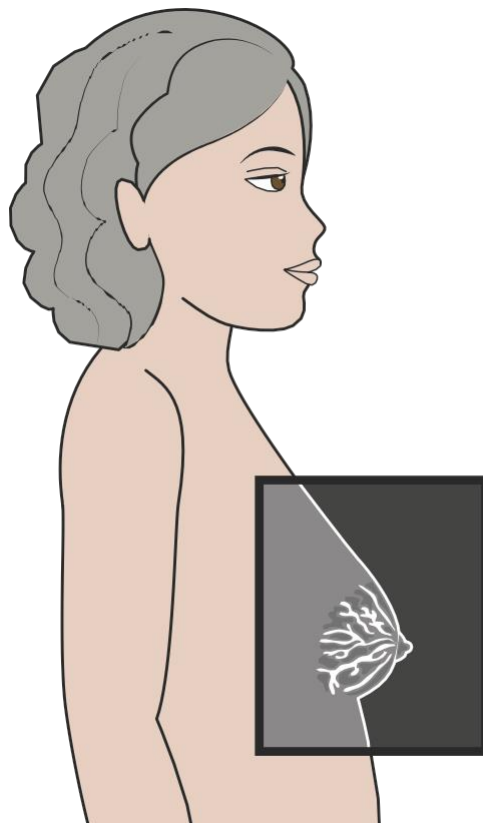


When do I need a mammogram?

If I am over 50 years old
and I receive an
invitation
for regular screening,





or if my doctor gave me
a prescription.



If I am over 50 years old: I receive an invitation for a mammogram



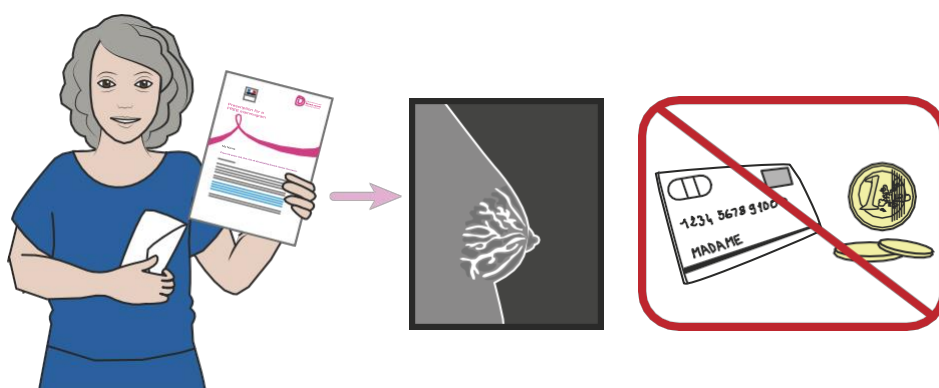
 

PRESCRIPTION FOR A FREE MAMMOGRAM

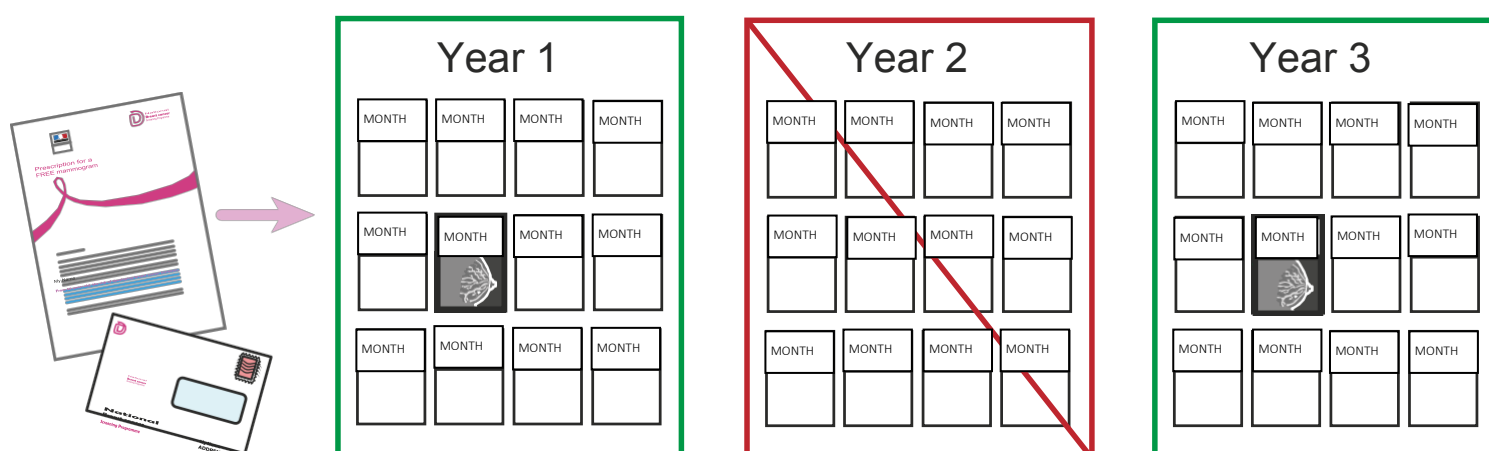
My Name _____

From 50 years old, the risk of developing breast cancer increases.

- This invitation offers me a mammogram completely free of charge.



- After I am over 50 years old, I receive an appointment every two years.

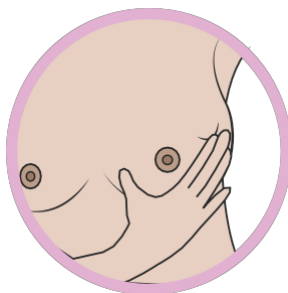
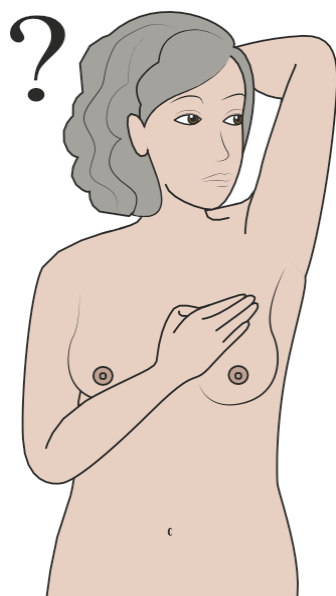


The doctor gives me a prescription for a mammogram

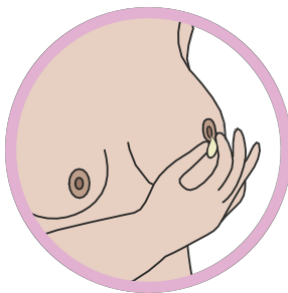


- **If I feel something unusual when I squeeze my breast.**

See the "Self-examination" fact-sheet



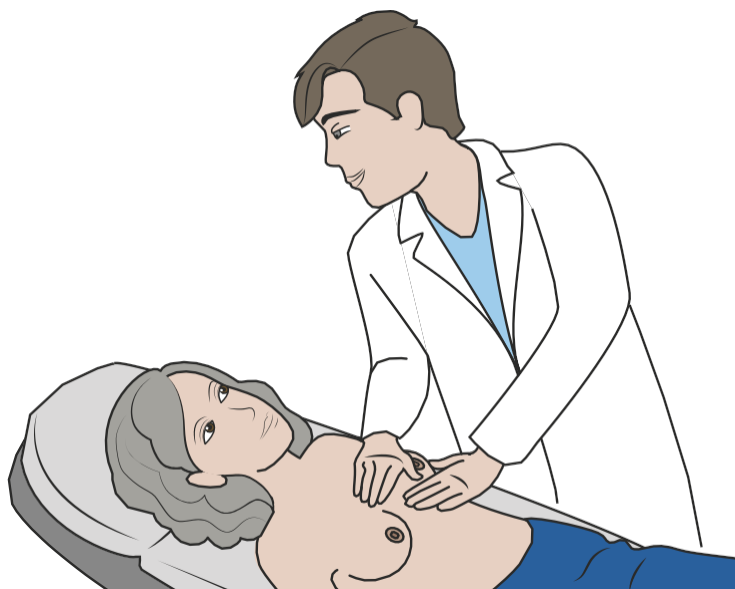
Like a lump



Or liquid that leaks

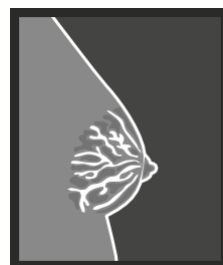
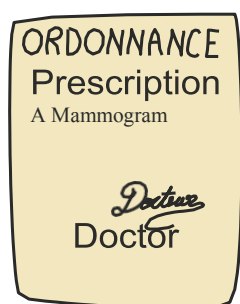
- **If my doctor notices something abnormal in my breasts.**

See our fact-sheet "Gynaecology" breast examination.



- **My doctor may tell me to have a mammogram.**

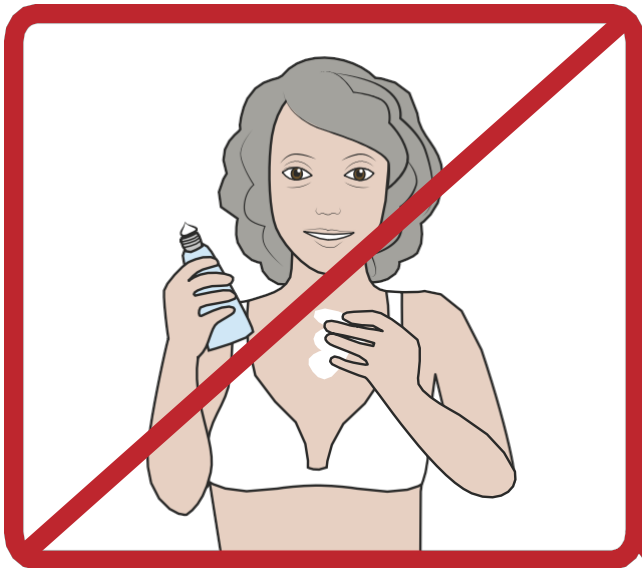
They write me a prescription.



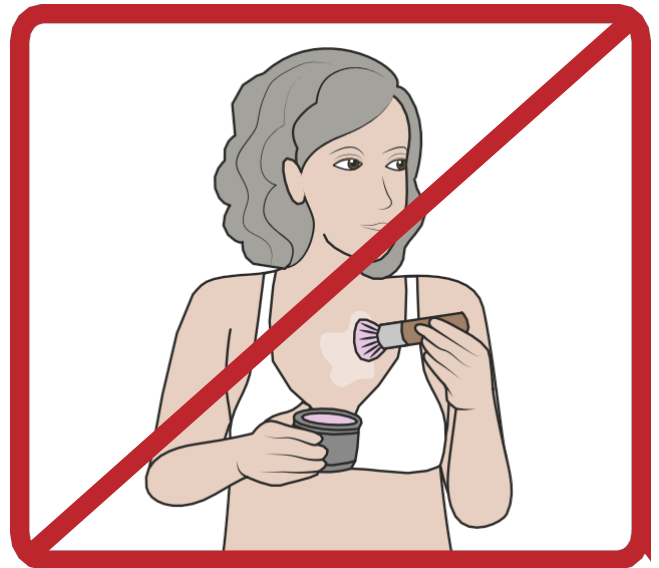
What happens?

The day before my mammogram I must not use:

- Body cream,

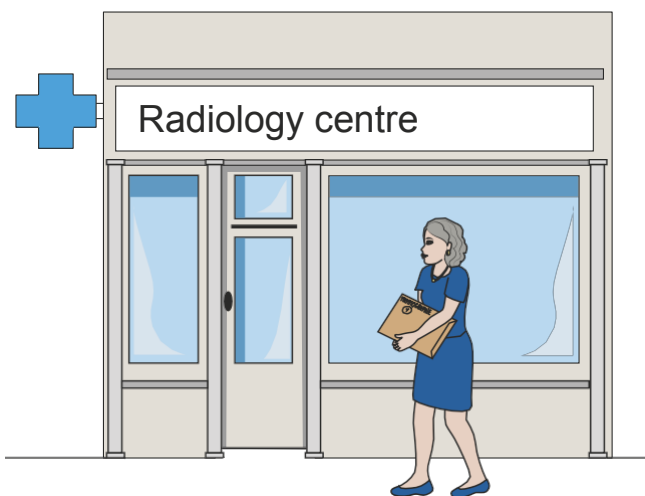


- powder.

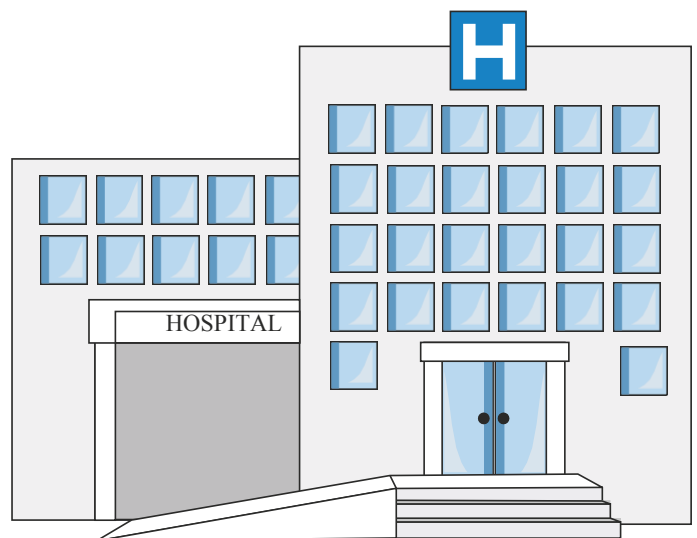


I can have a mammogram:

- At a radiology centre,



- or in a clinic or hospital.



I bring the pictures from my last mammogram.

- with the letter I received,



- with the prescription from my doctor.



The radiographer meets me.

The radiographer is the person who operates the X-Ray machine.

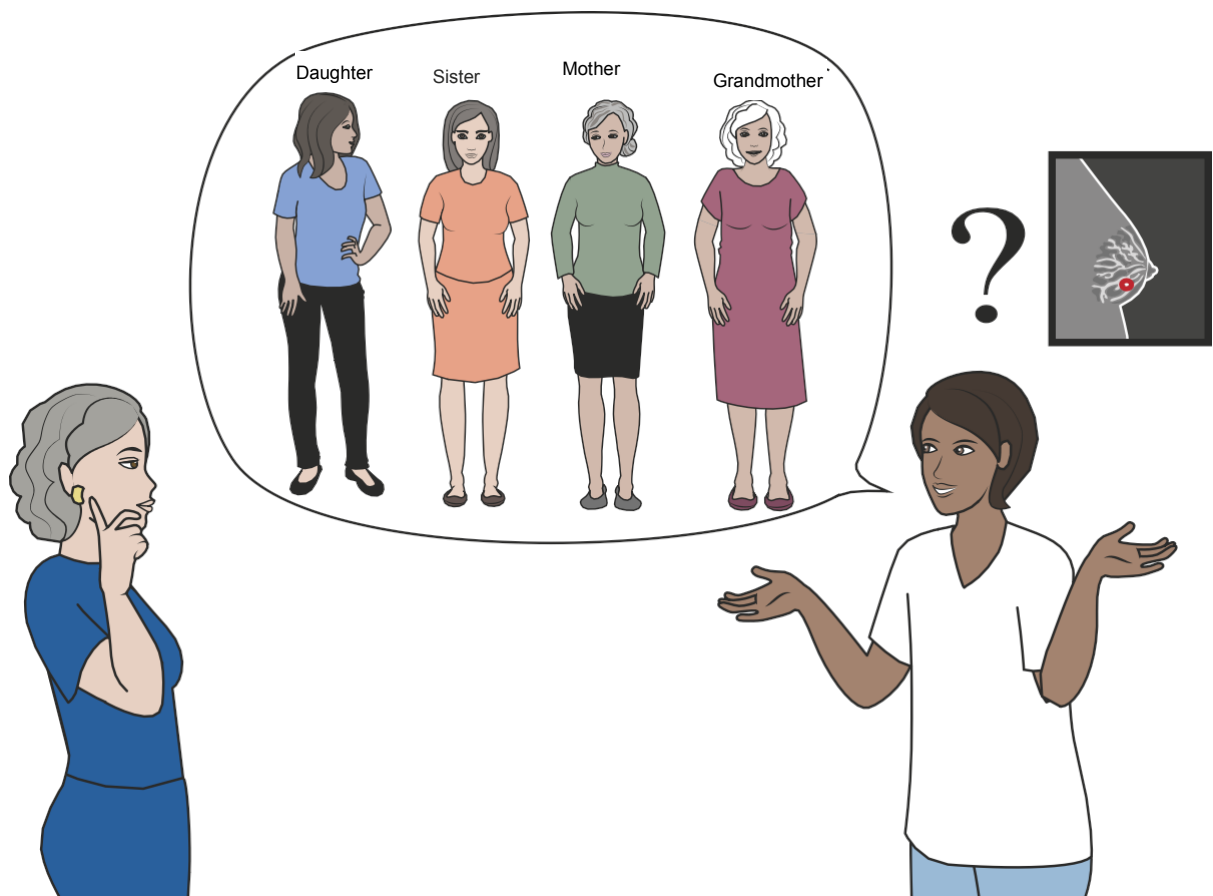
- I can come on my own,



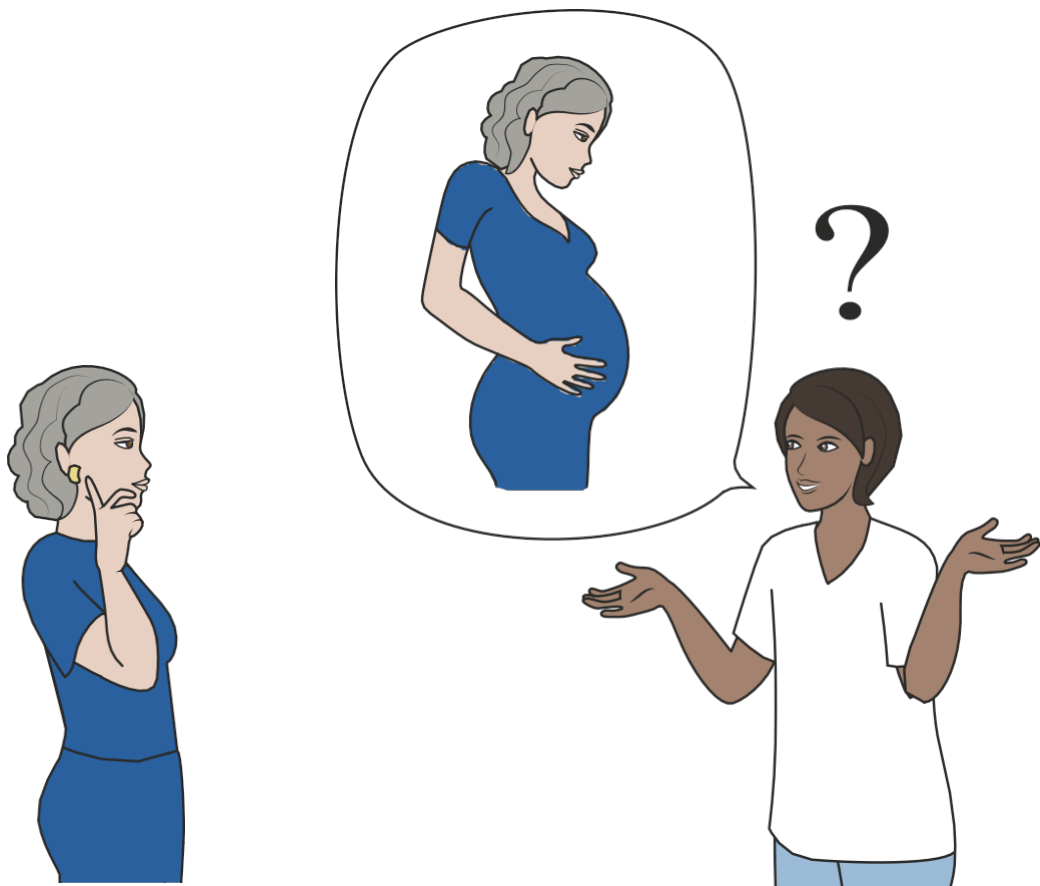
- or somebody can accompany me.



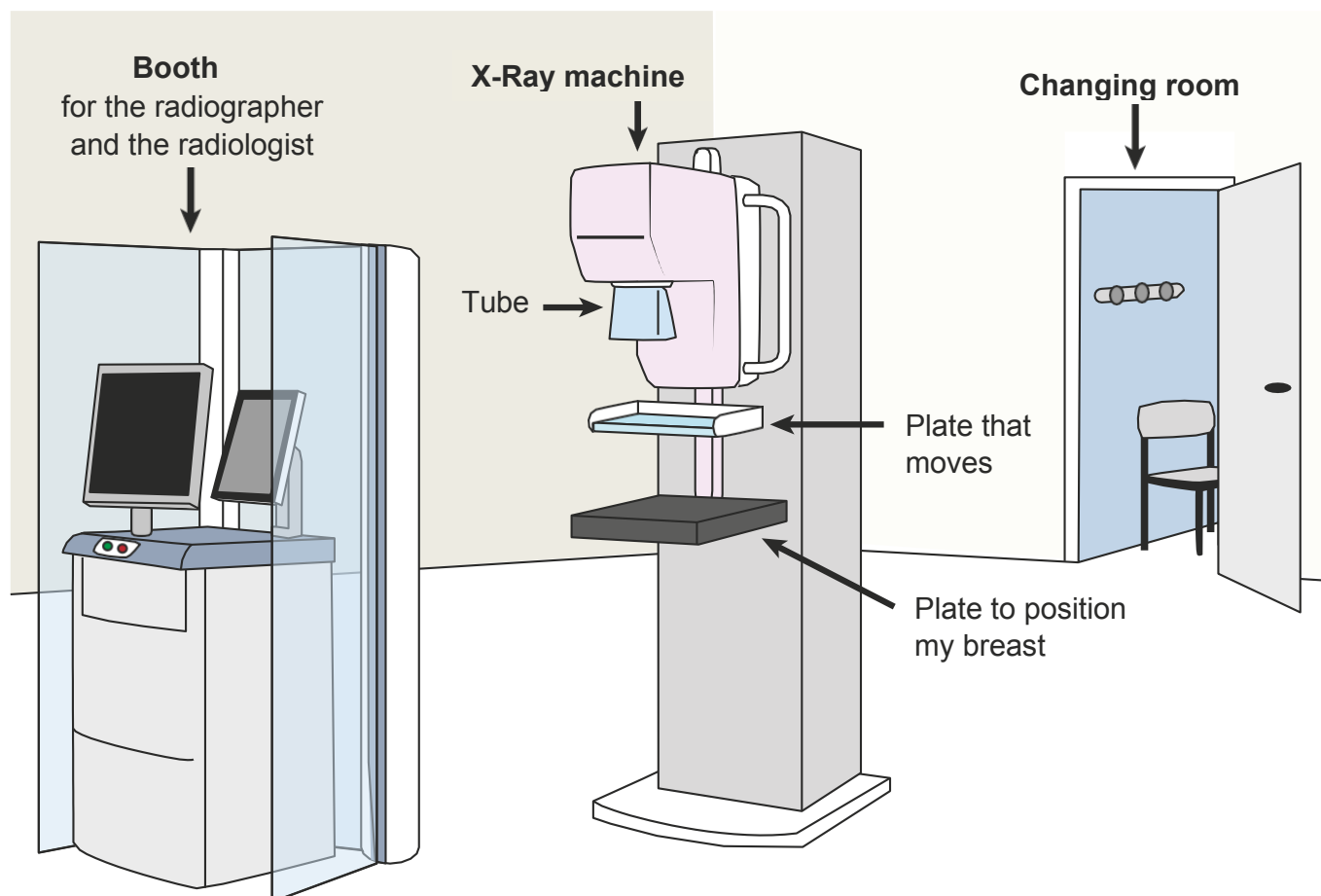
- If anybody in my family has had problems with their breasts?



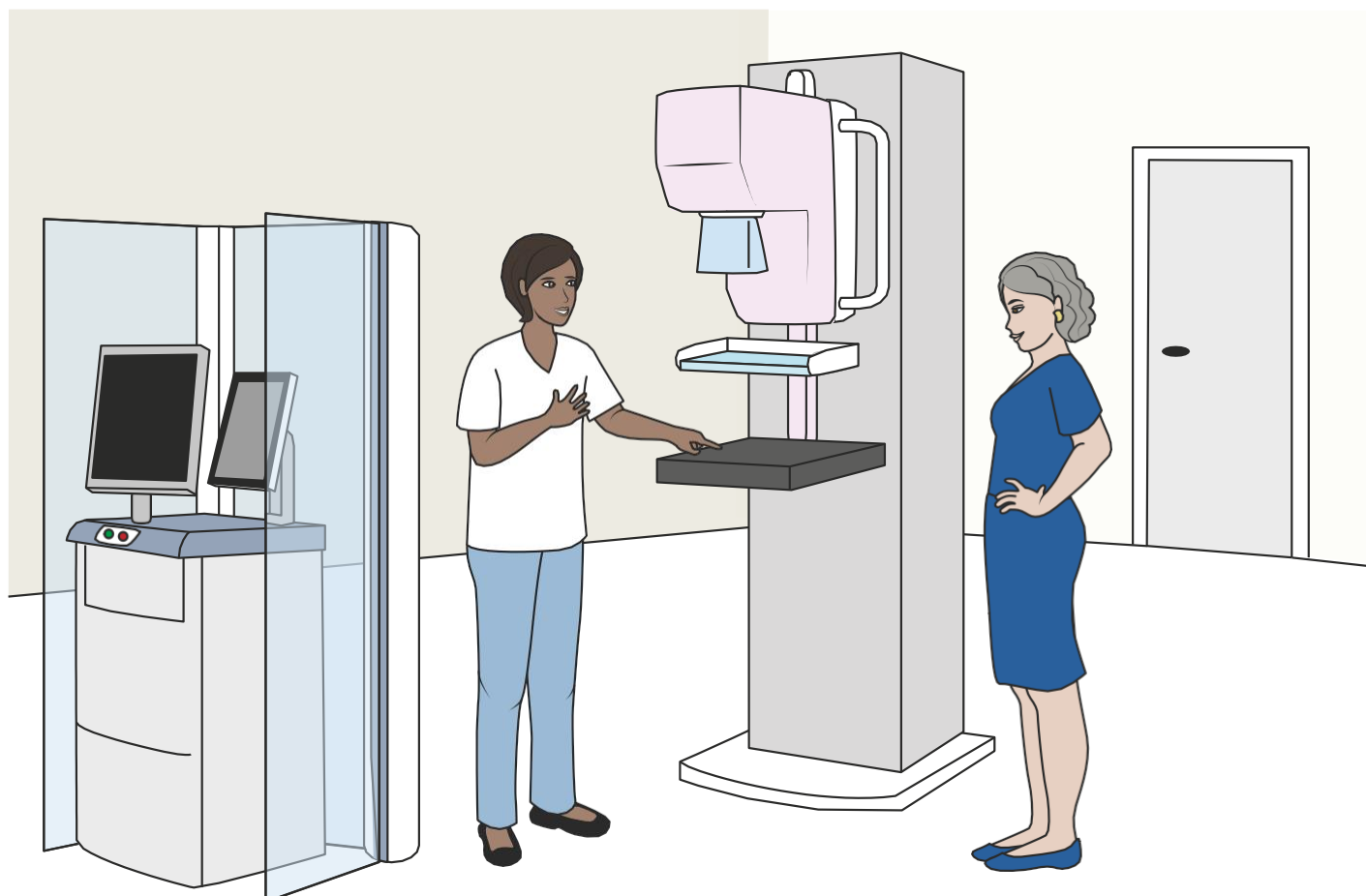
- If I am pregnant?



I go into the X-Ray room.



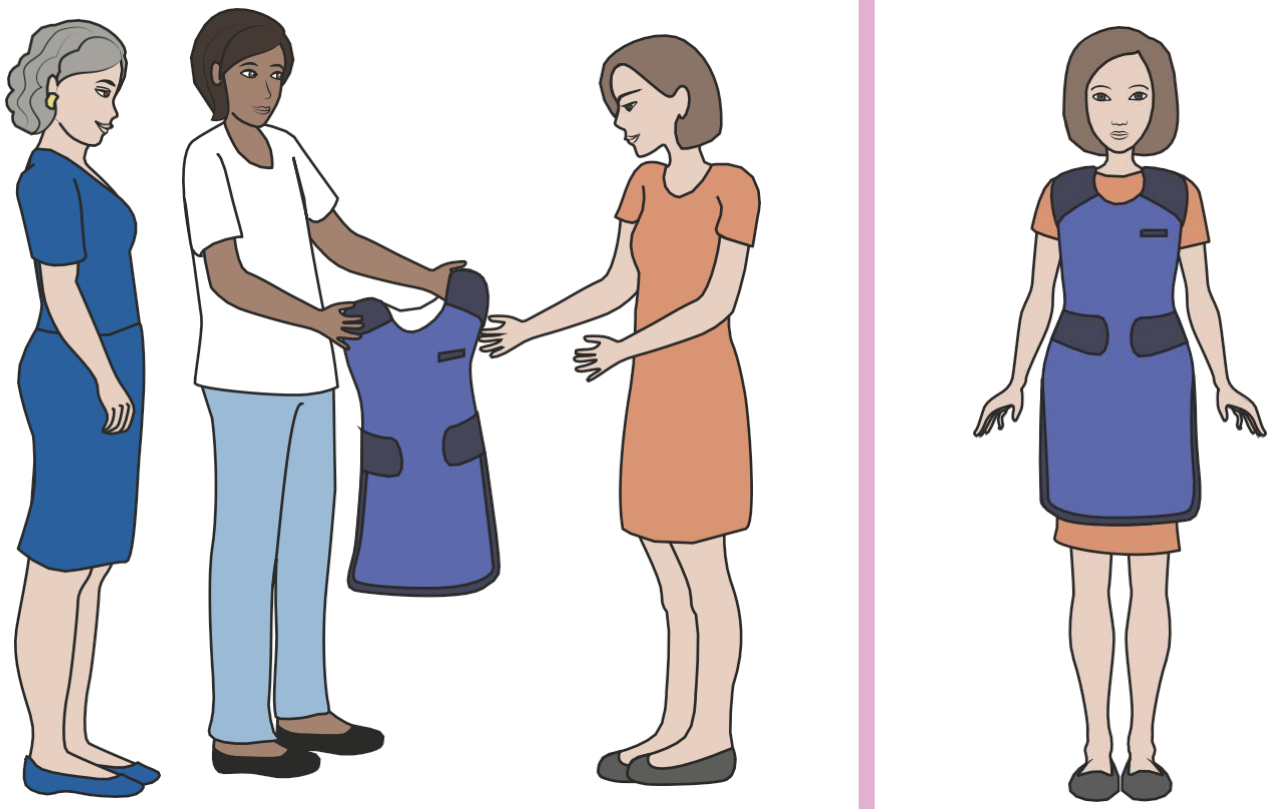
The technician explains what is going to happen.



The person who accompanies me can stay with me.

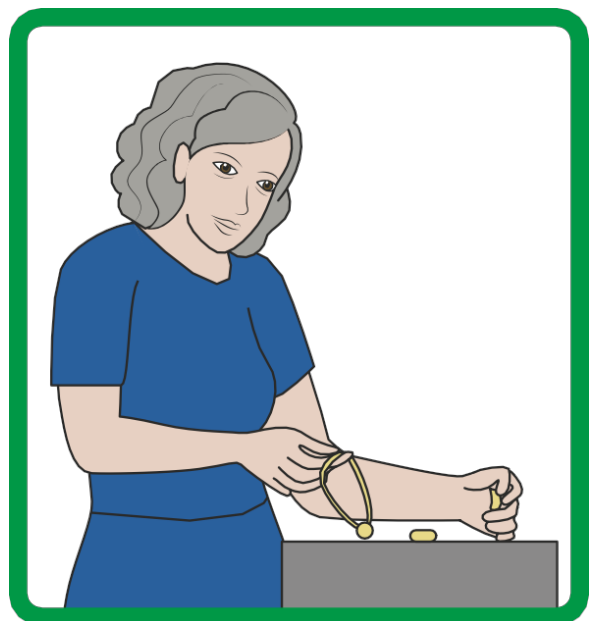
- The radiographer gives them clothes like a protective apron.

For example: a protective apron

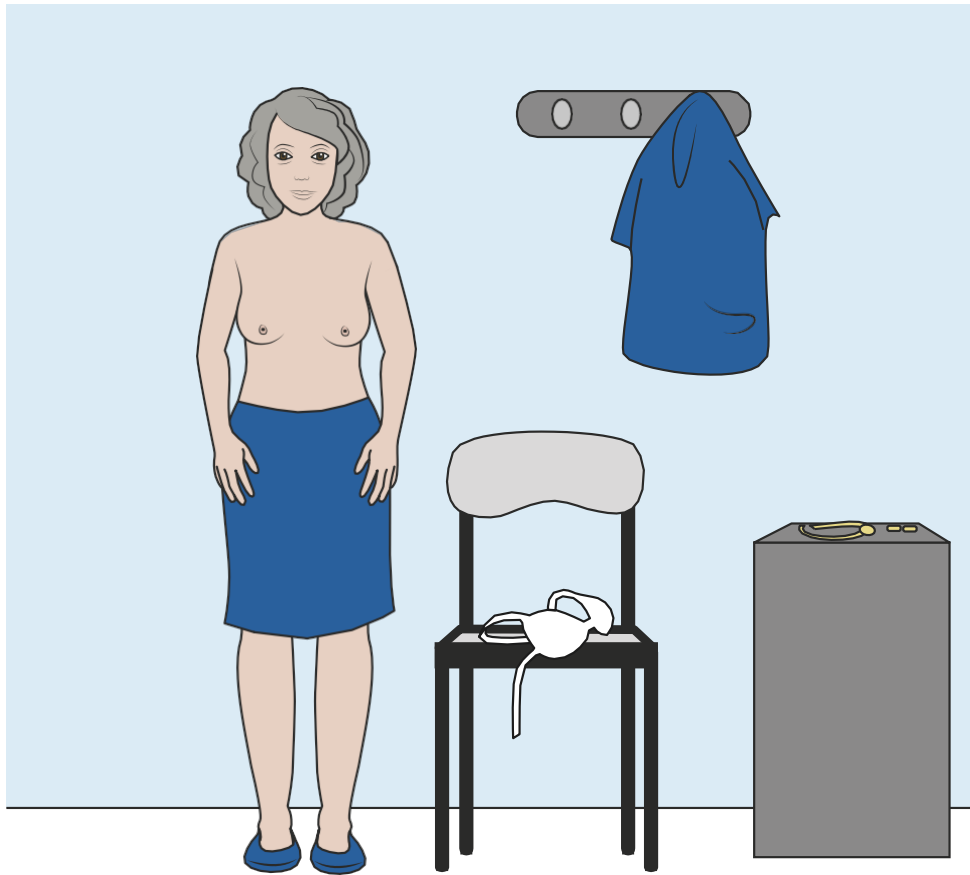


I go into the changing room.

- I take off my jewellery.

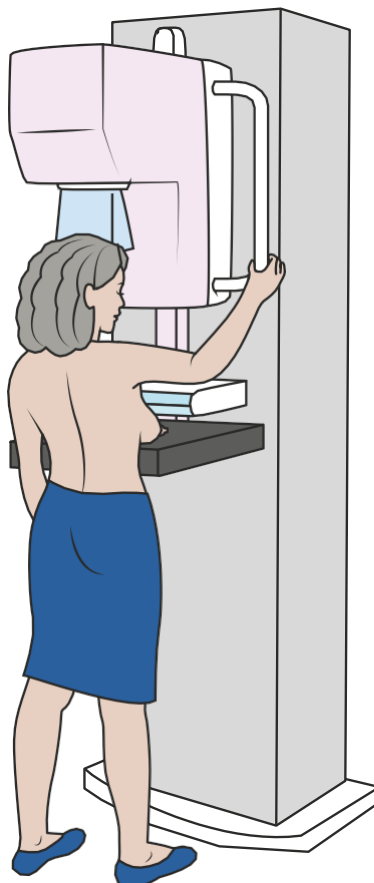


- I undress my top half.

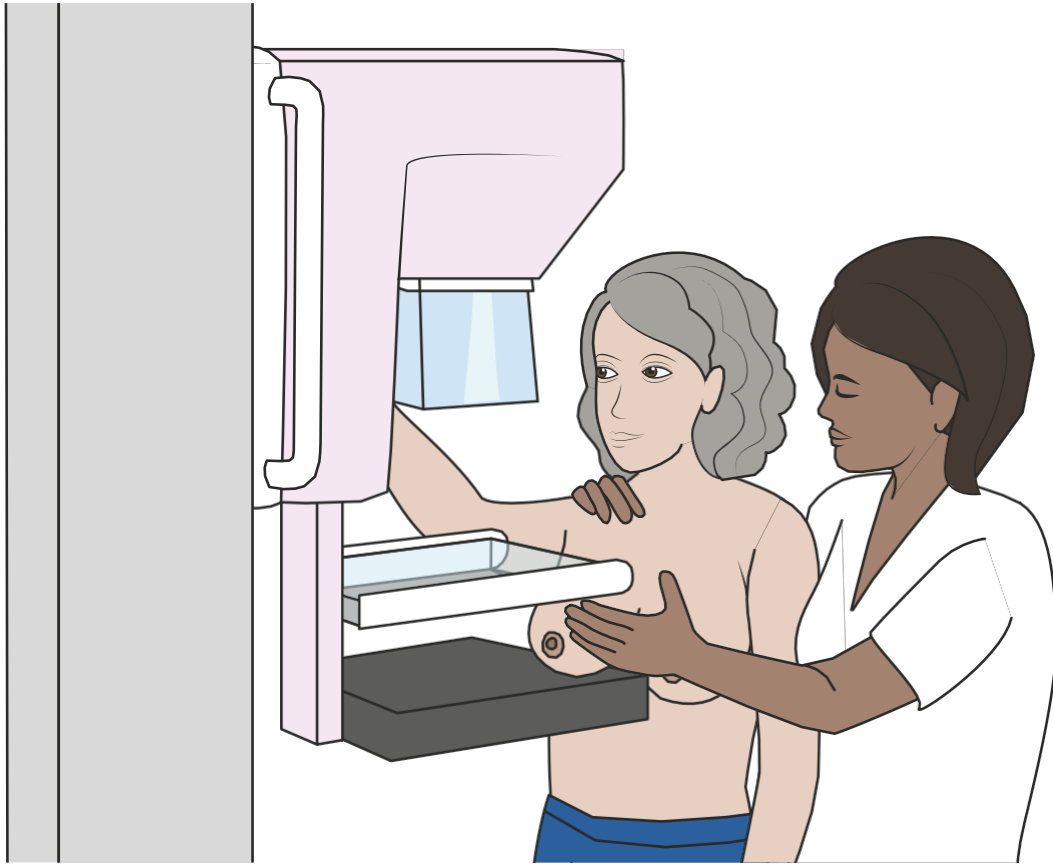


I stand facing the machine.

- I hold the bar.

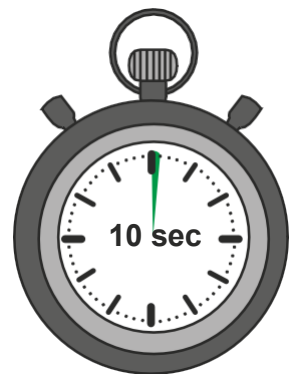
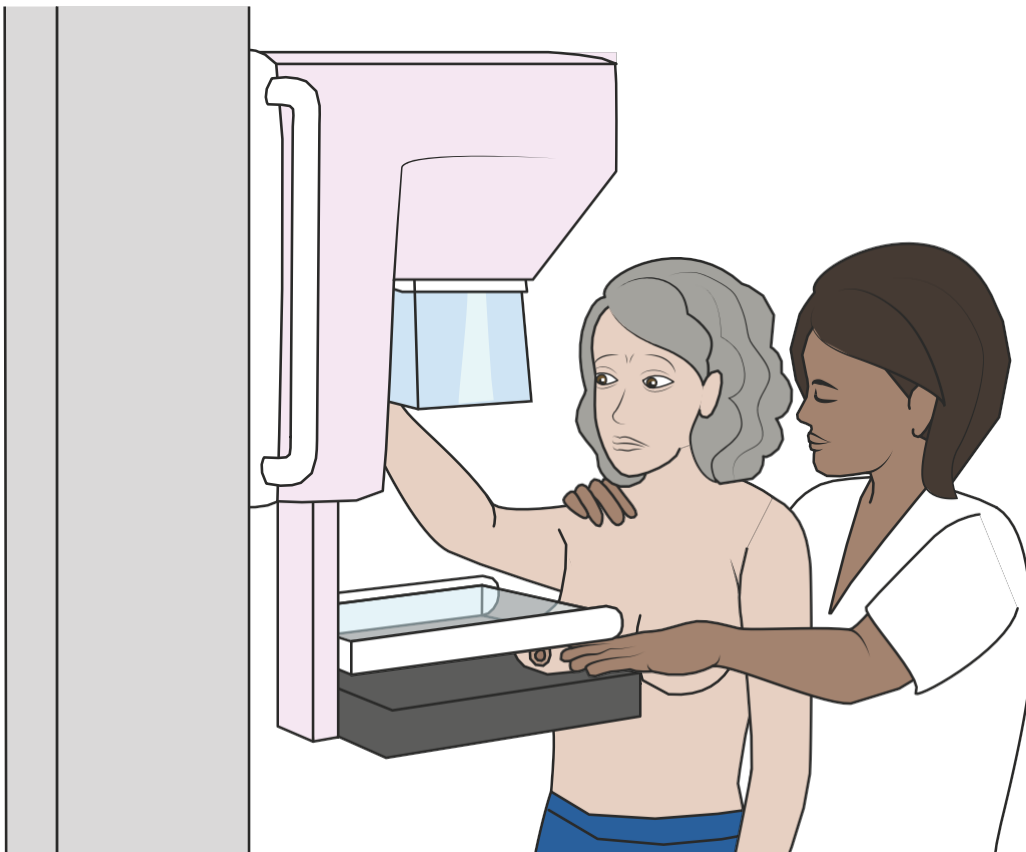


The radiographer places my breast on the plate on the machine.

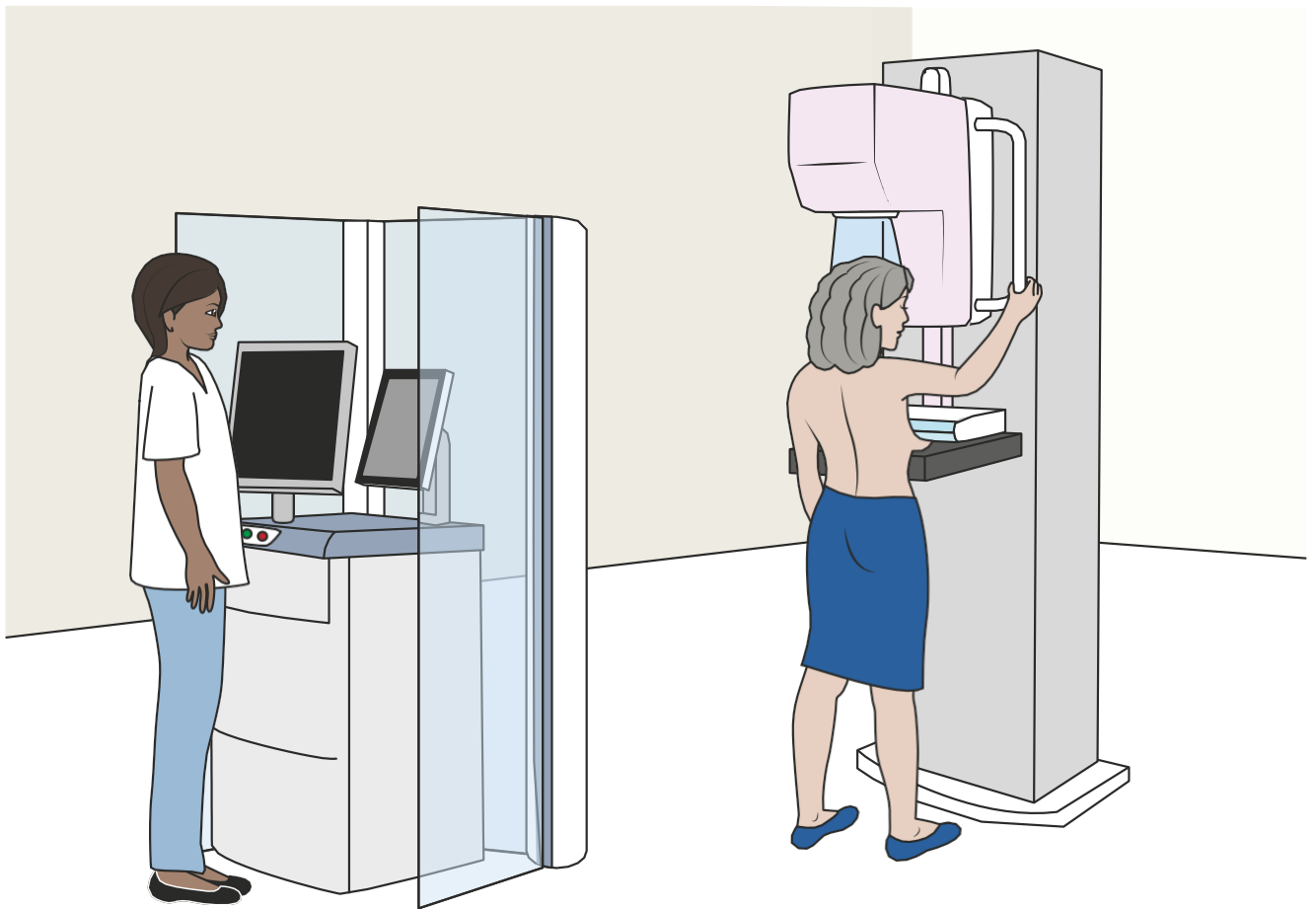


The radiographer presses my breast between the two plates.

- **It may be uncomfortable, but it is very quick.**
I count to 10.



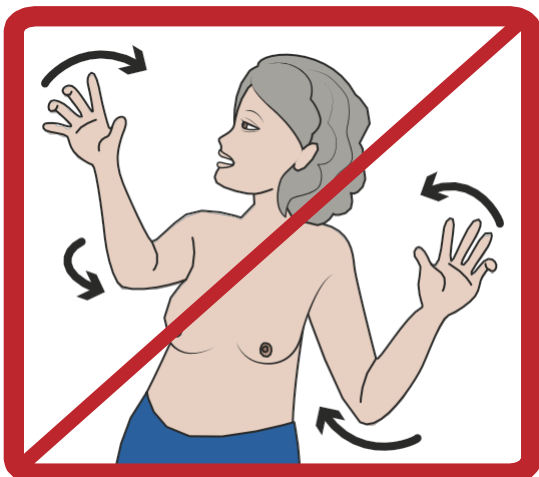
The radiographer positions the tube to take the X-Ray.



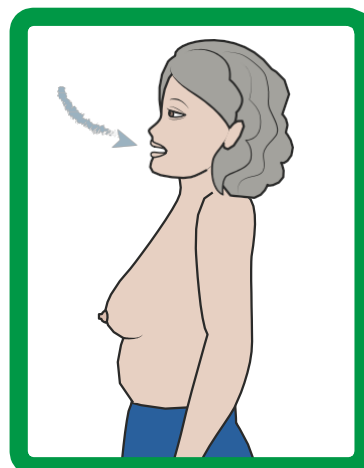
The radiographer asks me:

● not to move.

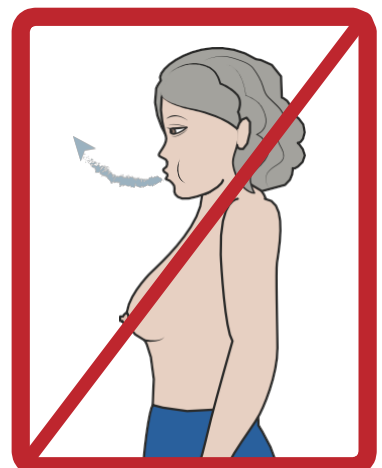
● To hold my breath.



I breathe in deep

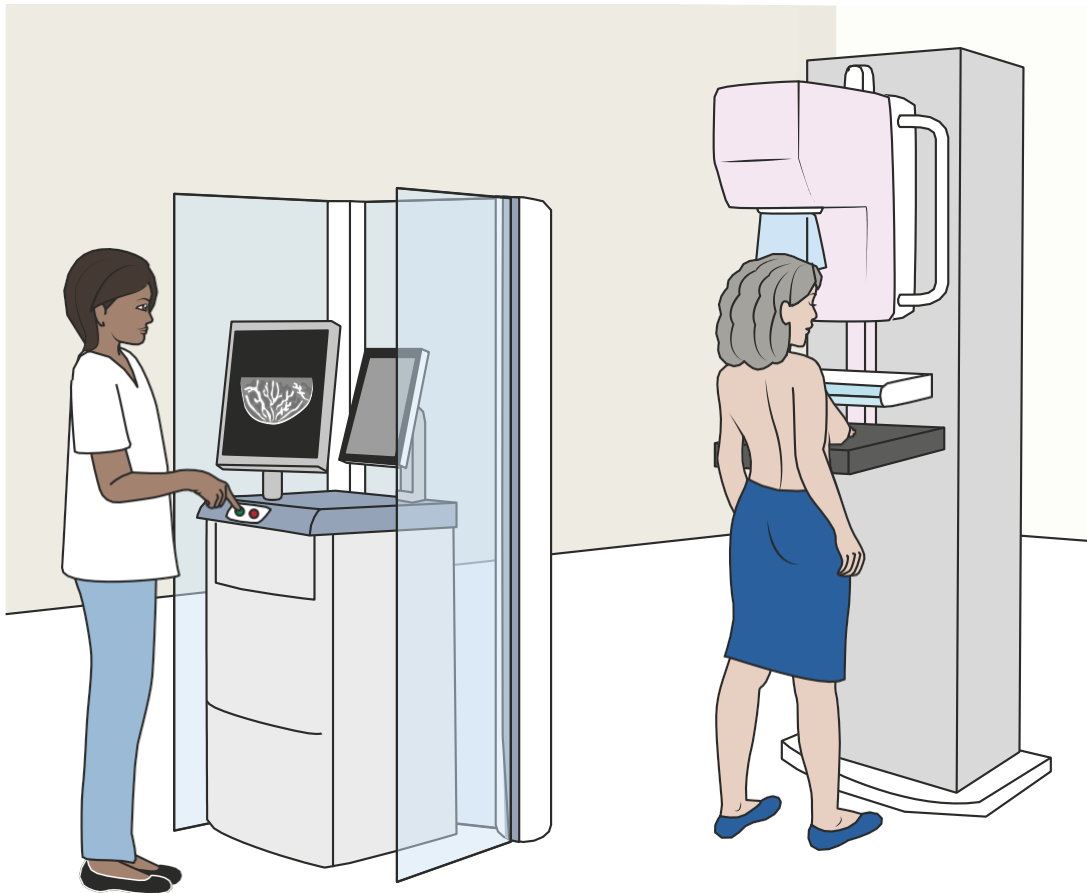


I must not breathe out

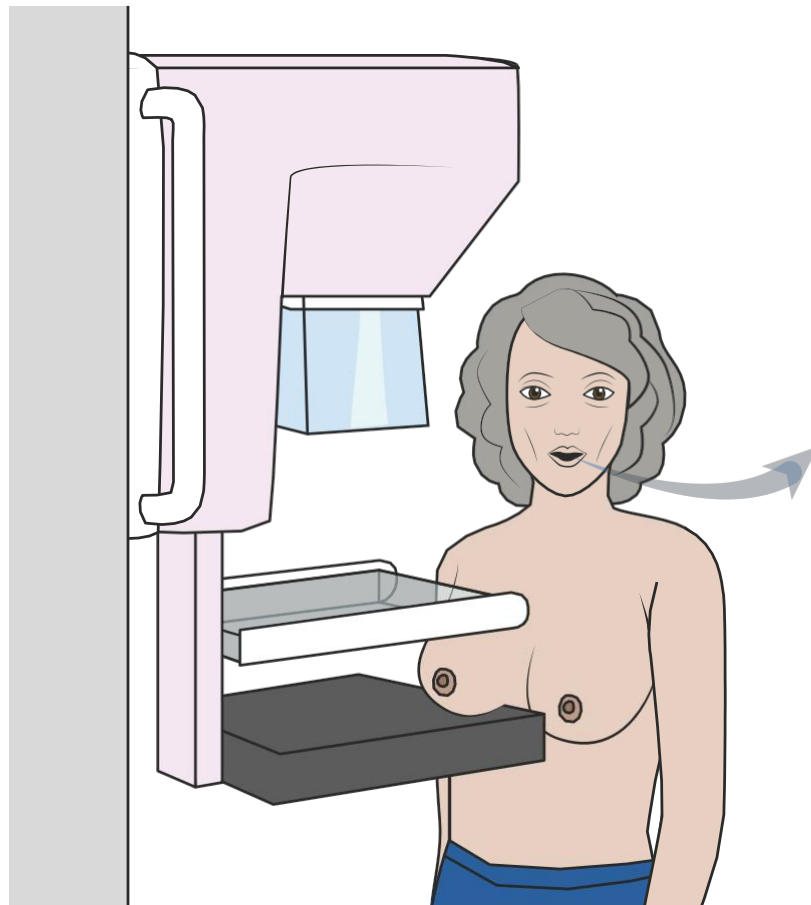


The X-Ray is done. The plate is released.

- I can let go of the bar.



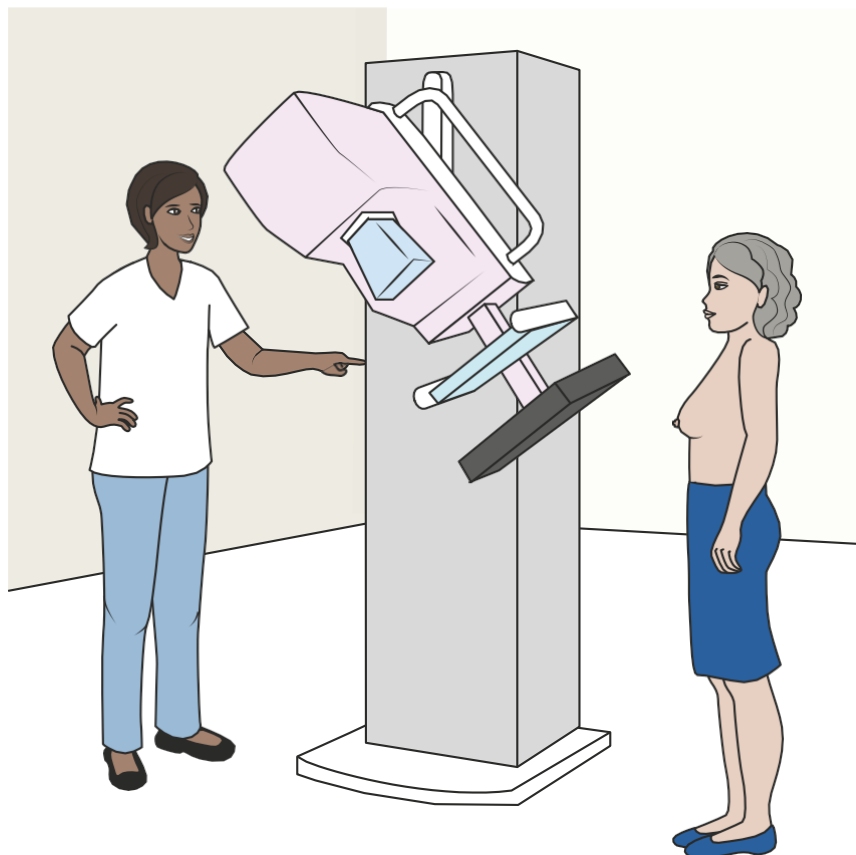
- I can breathe normally again.



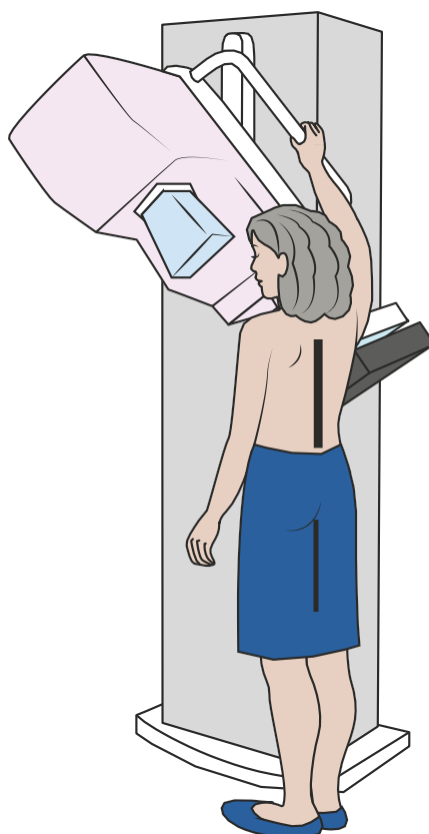
The radiographer takes another X-Ray of my breast.

This second X-Ray is done exactly like the first one.

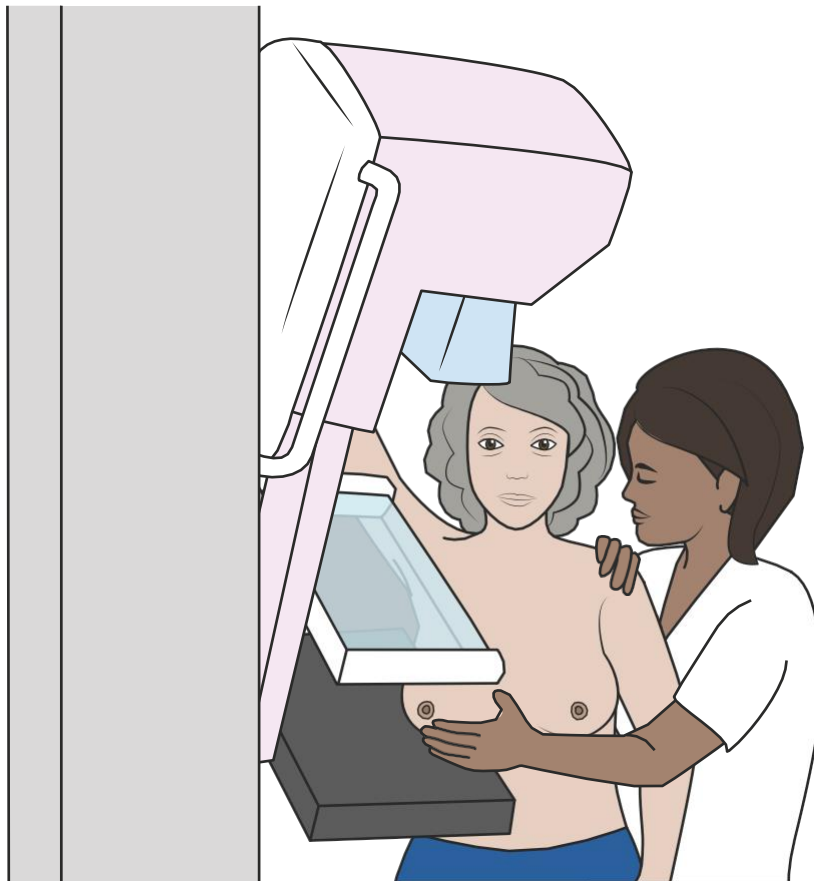
- They move the machine: it is at an angle.



- I stand to one side and hold the bar.

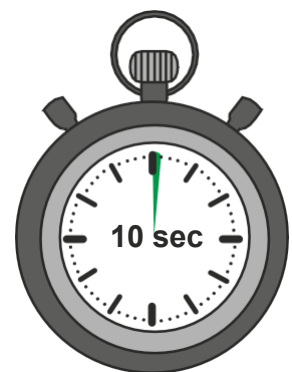
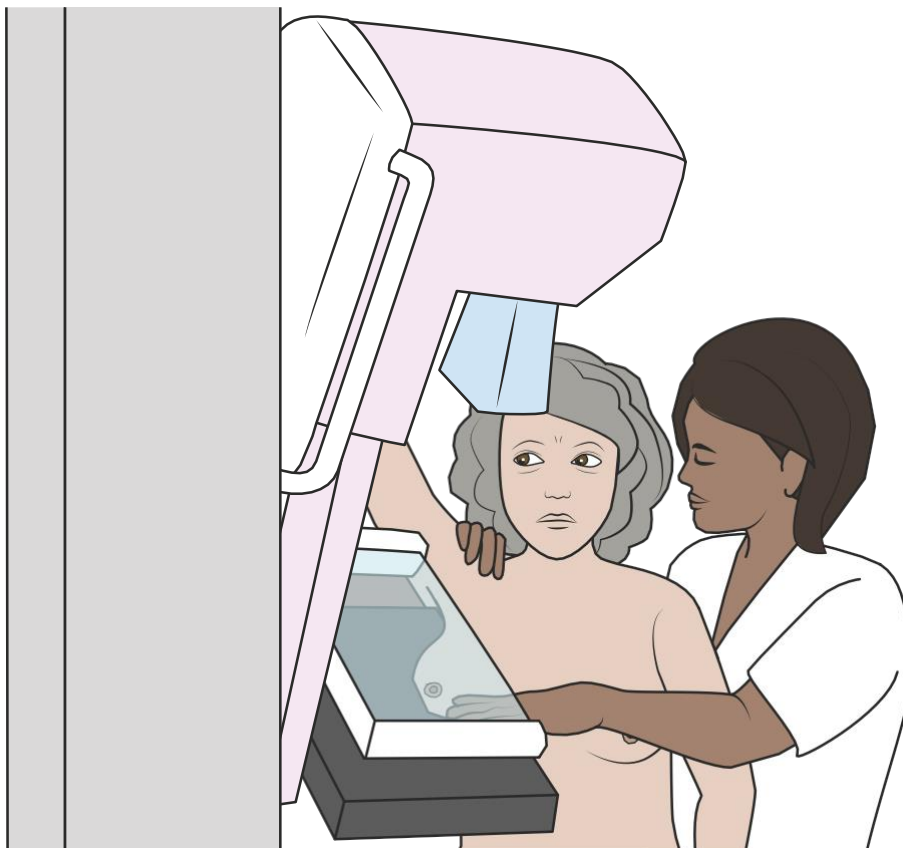


The radiographer places my breast on the plate on the machine.

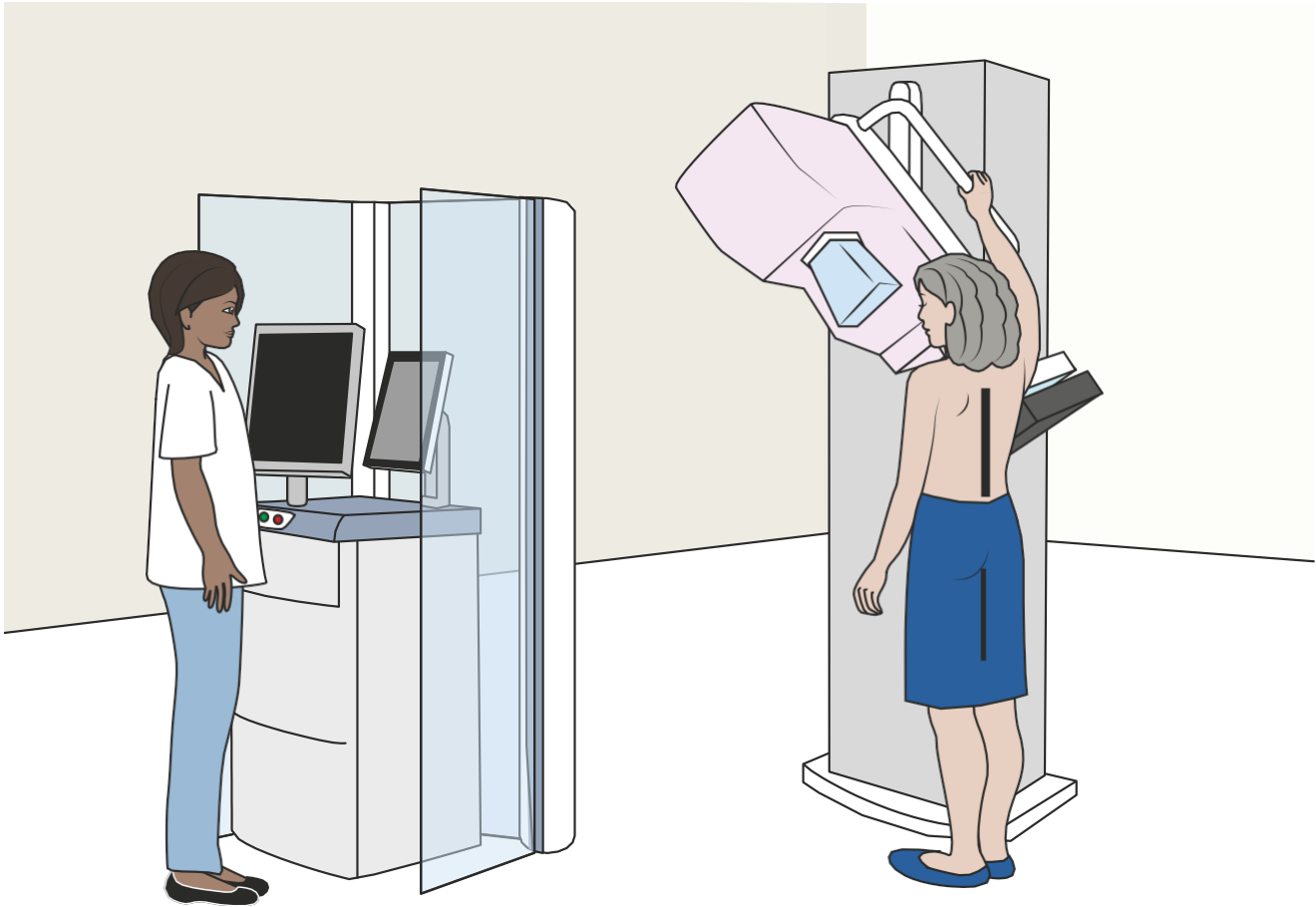


The radiographer presses my breast between the two plates.

- **It may be uncomfortable, but it is very quick.**
I count to 10.



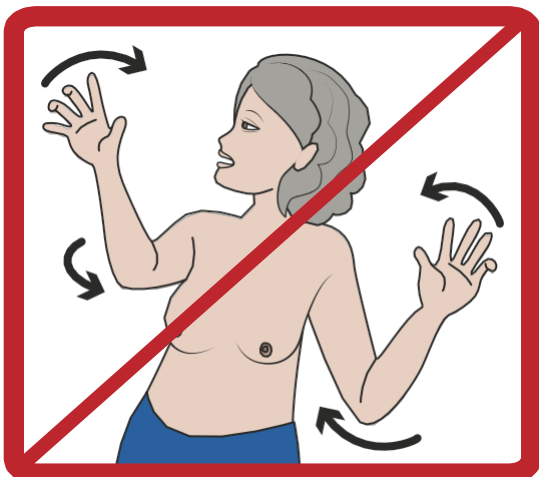
The radiographer positions the tube to take the X-Ray.



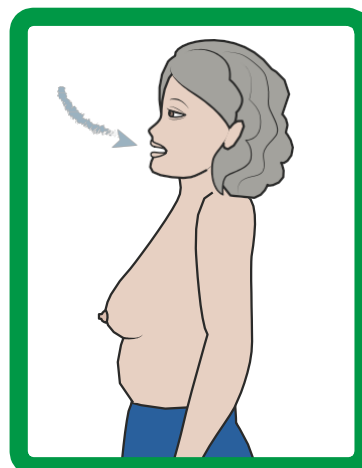
The radiographer asks me:

● not to move.

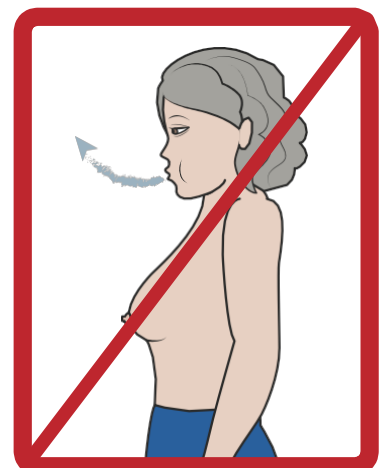
● To hold my breath.



I breathe in deep



I must not breathe out

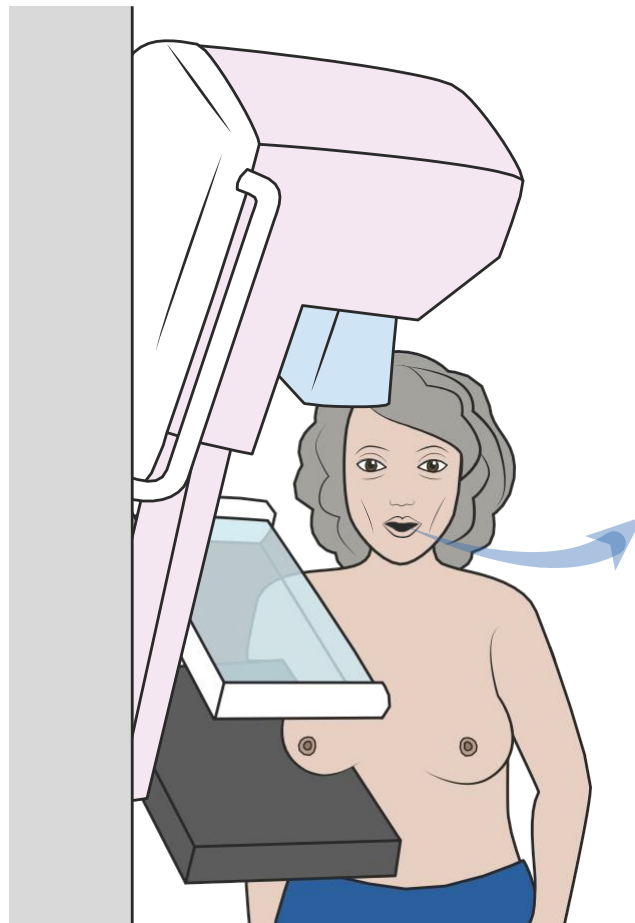


The X-Ray is done. The plate is released.

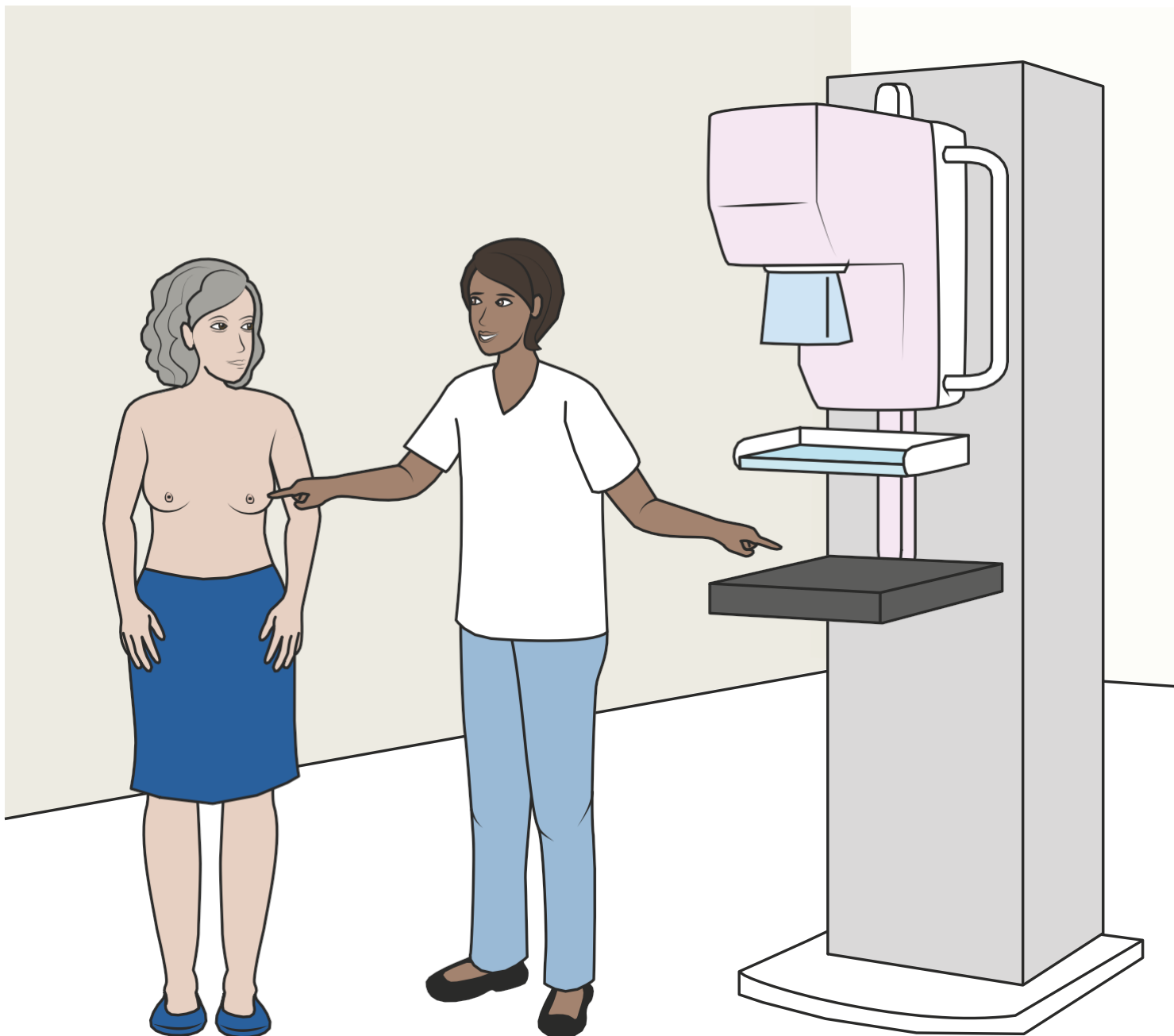
- I can let go of the bar.



- I can breathe normally again.



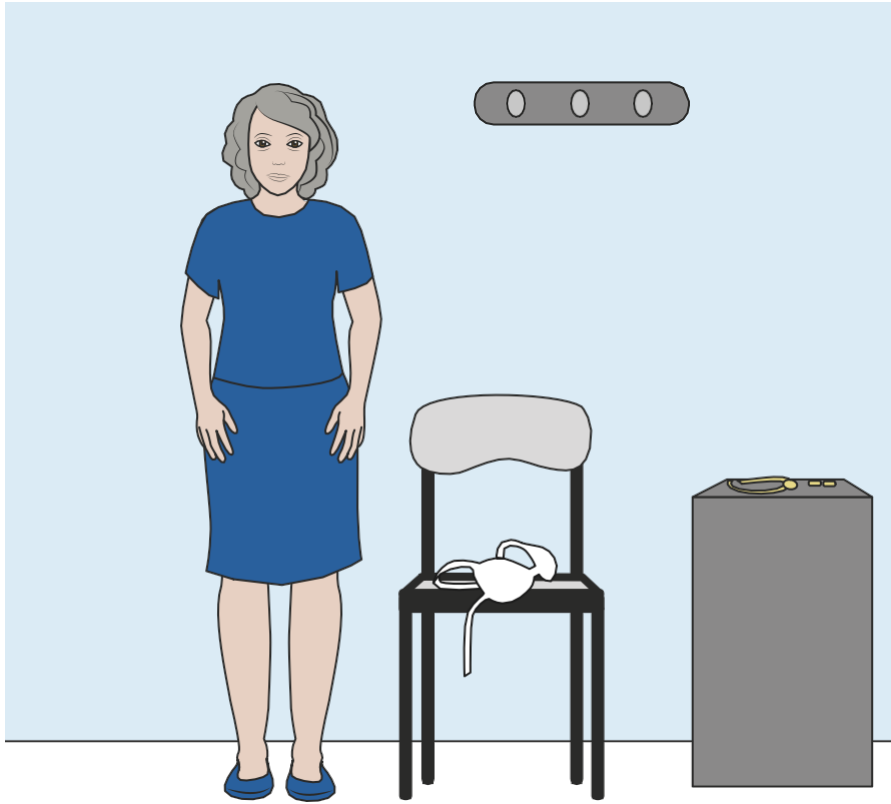
The radiographer does the same thing for my other breast.



After the mammogram

I can put on my top while I wait for the radiologist.

- I don't put my bra on yet.

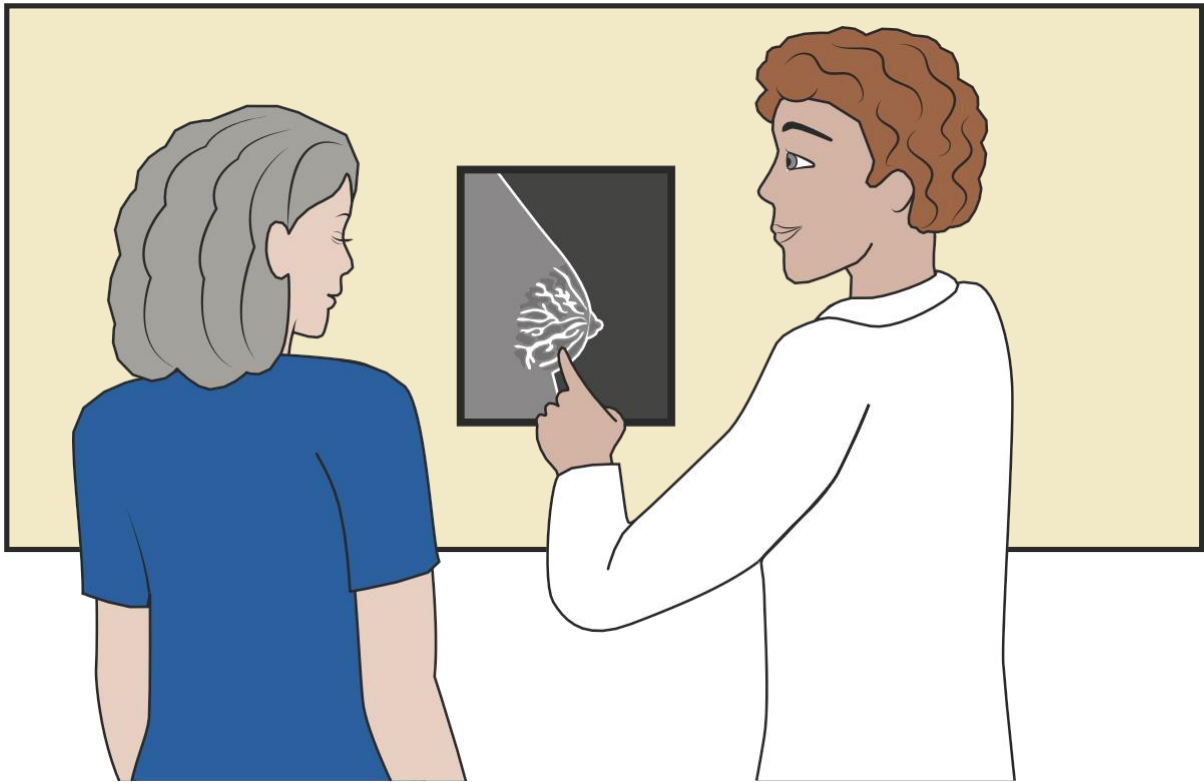


The radiographer prints the mammogram.



The radiographer comes to talk to me about what they can see on the X-Ray.

- **The radiologist is the doctor who analyses the mammogram.**



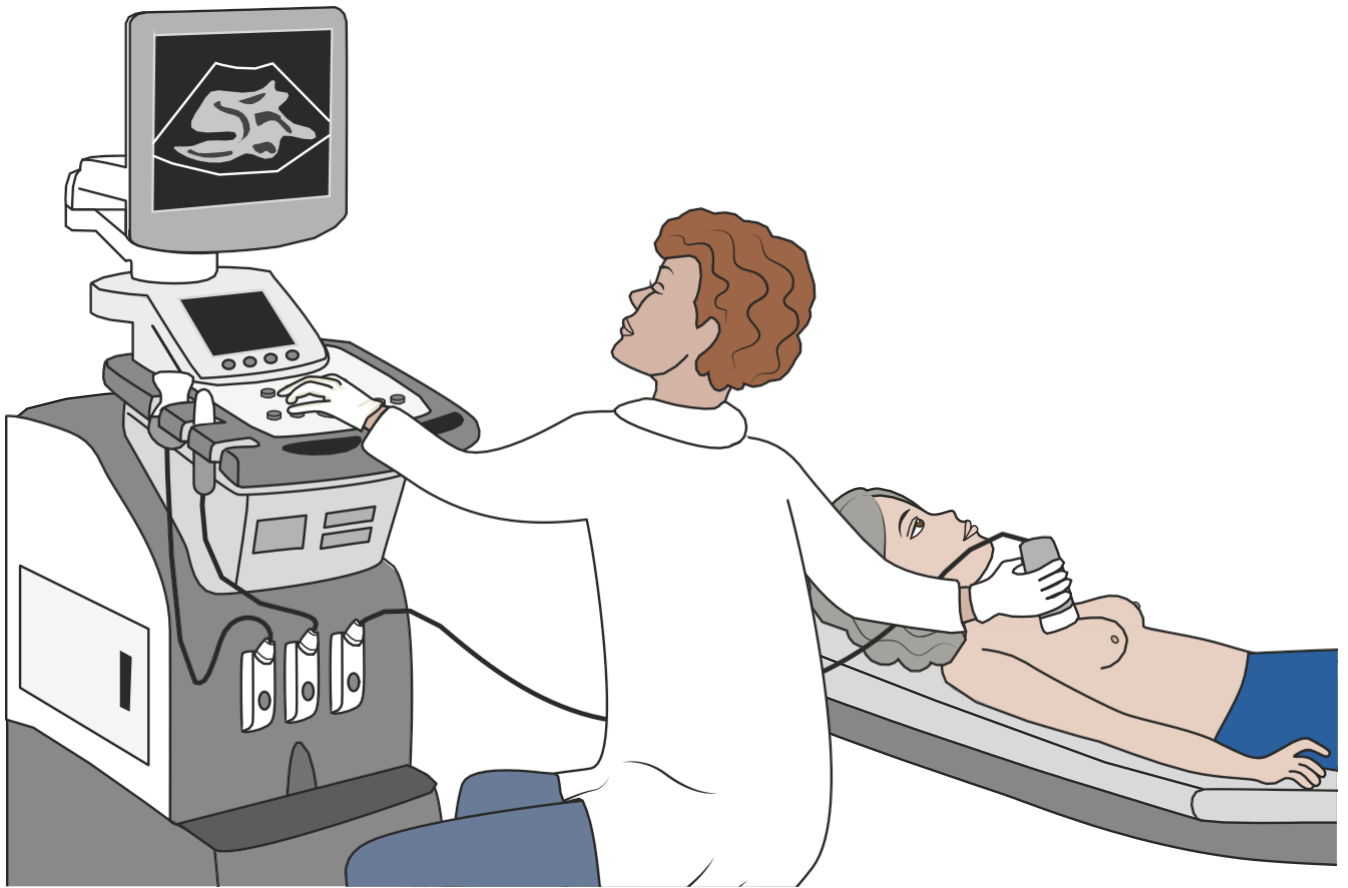
The radiologist may:

- **examine my breasts with their hands: this means touching my breasts.**

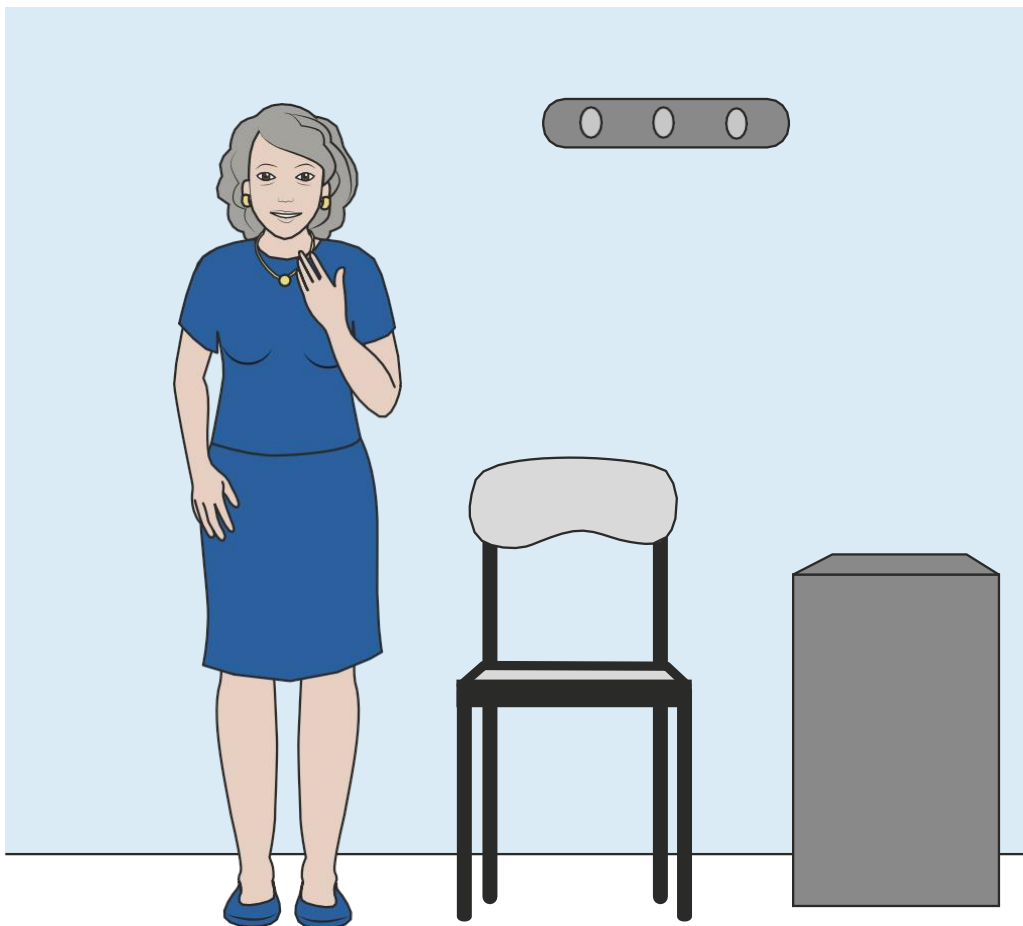


- **examine my breasts with a machine: this is an ultrasound scan.**

The doctor sees the inside of my breasts on the screen.

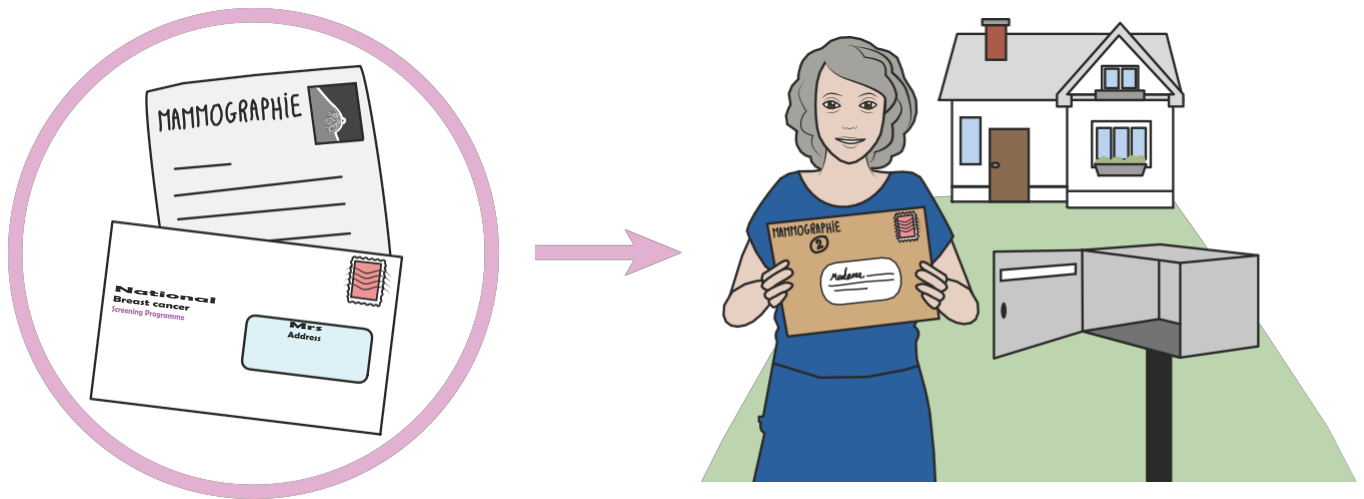


When it is all finished, I can get dressed and put my jewellery on.



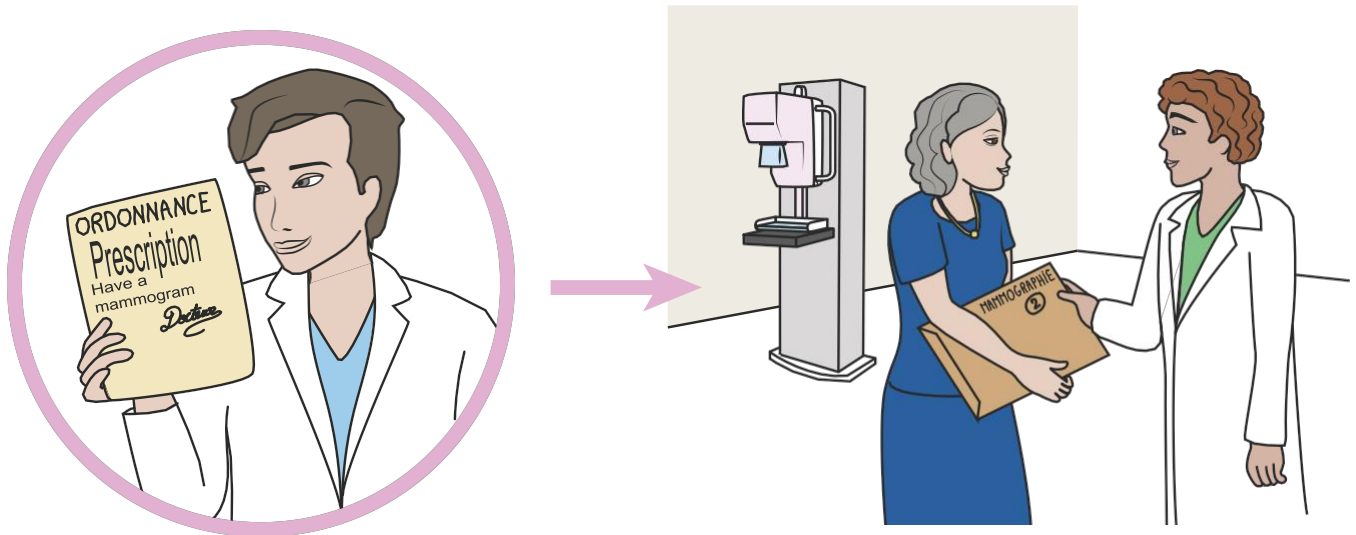
- **If I am over 50 years old and I received a letter:**

I get my mammogram and my results later by post.



- **If I had a mammogram with a prescription:**

I come back to get my results and a letter for my doctor.



I go to see my doctor with my mammogram.

- **He explains my results and answers my questions.**
- **I may recommend more tests.**



Part of the project "Prevention and Detection of breast and colorectal cancers for disabled people", this fact-sheet was co-designed in partnership with



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pei** LOIRE
Bien dans
ma vie



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