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Know Your
Breast
Facts.

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Diagnostic Imaging

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*Santiam Hospital's
Diagnostic Imaging Department is
committed to providing exceptional
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**Make an
appointment today.**



Why should I get a Mammogram?

Mammography is your best defense against breast cancer because it detects the disease in its early stages, often before it can be felt during a breast exam.

The American College of Radiology and the American Cancer Society recommends an annual mammogram for woman at the age of 40 or older. Remember to talk to your health care professional and or primary care doctor if you have any questions, symptoms, and changes in your breast.

What Can I Do to Reduce My Risk of Breast Cancer?

Many factors can influence your breast cancer risk, and most women who develop breast cancer do not have any known risk factors or a history of the disease in their families. However, you can help lower your risk of breast cancer in the following ways:

- Keep a healthy weight.
- Exercise regularly (at least four hours a week).
- Get enough sleep.
- Limit alcoholic drinks to no more than one per day.
- Avoid exposure to chemicals that can cause cancer (carcinogens).
- Breastfeed your babies, if possible.

Although breast cancer screening cannot prevent breast cancer, research has clearly shown that mammography can increase breast cancer survival.

Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them.

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may have a higher breast cancer risk. Talk to your doctor about ways of reducing your risk.

What Screening Tests Are Available?

Mammogram

A mammogram is an X-ray of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer.

Using a digital X-ray machine made especially for breast tissue, a technologist compresses the breast and will take pictures from at least two different angles, creating a set of images for each of your breasts. This set of images is called the mammogram. Breast tissues appear white and opaque and fatty tissues appears darker and translucent.

In a screening mammogram, the breast is x-rayed from the top to bottom and from side to side. A diagnostic mammogram focuses in on a particular lump or areas of the abnormal tissue.

Breast Self-Exam

A breast self-exam is when you check your own breasts for lumps, changes in size or shape of the breast, or any other changes in the breasts or underarm (armpit).

