

Mammography



 Mercy

Excellence.
Every Day in Every Way.™

What is a Mammogram?

A mammogram is a simple procedure that provides an x-ray of the breast. A very low dose of radiation is used during the mammogram. Mammography is considered the “gold standard” in detecting abnormalities in breast tissue that may otherwise go undetected. This makes mammography a valuable screening tool in the detection of early breast cancer.

Digital Mammography

Mercy Mammography is pleased to offer digital mammography at all of our mammography locations. In conjunction with the digital mammography technology, we now offer the latest technology with the R2 image checker. For your convenience, we offer digital mammography at Mercy Medical Center in downtown Des Moines, Mercy West in Clive, Mercy North in Ankeny and Mercy East in Pleasant Hill. To schedule call (515) 247-4444.

What can I expect during my mammogram?

A female technologist will assist you in every step of this procedure. During the procedure, each breast will be placed on a platform of the mammography machine. Your breast will be pressed firmly but briefly (2 – 3 seconds) between the two plates while the x-ray is taken. Most women find the compression uncomfortable, but not painful. A MammoPad® will be used for a softer, warmer mammogram. The compression is not harmful to the breasts in any way. Adequate compression is necessary for several reasons:

- To decrease radiation dosage.
- To prevent patient motion.
- To increase detail in the image by spreading out the tissue.
- To distinguish between structures of different density, such as fatty tumors and those of high density such as cysts and cancers.

Once the mammogram is completed, the radiologist will evaluate the images.

How will I get the results of my mammogram?

It takes anywhere from one to three days for the radiologist to interpret your exam and create a report that is sent to your healthcare provider. If your previous mammogram was performed at another imaging facility, Mercy will request the films to be sent to them so that the radiologist can compare the mammograms. This may take up to ten days, depending how quickly we receive the images. You will also receive a letter from Mercy's Mammography Department confirming the radiologist's recommendations.

How do I prepare for my mammogram?

First, dress comfortably. A two-piece outfit is usually best because you will be asked to undress from the waist up. You should avoid using any types of deodorants, powders, ointments, lotions or creams prior to your exam, as they could affect the quality and accuracy of the exam (some contain chemicals that may show up on the images).

Cleansing wipes and deodorant will be available in your dressing room for use before and after your mammogram.

What about breast implants?

You should continue to have mammograms even if you have breast implants. Because special imaging techniques are used to evaluate the breast with an implant, please let the scheduling person know upon scheduling your mammogram and also the mammography technologist before she begins your mammogram.

Why may I be called back for additional imaging?

Like all areas of our bodies, our breasts change from month to month, year to year thus looking different on each year thus looking different on each year's mammogram. Do not become alarmed if you are requested to return for additional mammogram images or another imaging test called and ultrasound. The radiologist may request different views of a particular area to verify changes in breast tissue. The radiologist may also request an ultrasound to further evaluate breast tissue.

An ultrasound uses high frequency sound waves through the breast. The echo of the waves produces a picture called an ultrasound. Ultrasound can help determine whether a lump in the breast is a cyst (fluid filled sac). Ultrasound is also helpful in younger women as their breast tissue typically is more dense, complementing the findings of mammography. Breast density is defined as breast tissue that has many glands close together, making mammography more difficult to interpret. As we age, our breast tissue typically becomes less dense.

Why should I get a mammogram?

Mammography is of great value in finding breast cancer at an early stage. It can detect tumors and

other breast abnormalities before they can be felt. When breast cancer is detected in the very early stages, the cure rate can be greater than 90%!

How often do I need one?

Women should get a baseline mammogram at the age of 35, then each year after the age of 40.

The American Cancer Society recommends women 40 and over have an annual mammogram.

What if I have symptoms?

If you have a lump, pain, thickening, dimpling or puckering of the skin, scaling, burning sensation, or discharge from your nipples, call your healthcare provider and to make an appointment for you as soon as possible.

How do I schedule a mammogram?

If you are not having any problems, you may call to schedule your appointment yourself, or if you'd rather, your healthcare provider's office may do this for you. If you are having symptoms of any type, your healthcare provider's office must schedule your appointment.

If you have had previous mammograms at another facility, make sure you let the scheduler know the name and phone number of that facility or bring your films / images (sometimes on a CD) with you to your appointment. Previous images are important to the radiologist reading your mammogram as the current exam is evaluated and compared to them.

Where do I go for my mammogram?

Mercy Medical Center

1111 6th Ave., Des Moines

(515) 643-8660

The hospital's mammography unit is located in the Mammography Suite on A Level in the West Building of the hospital. Appointments may be made Monday through Friday, 7:30 a.m. to 4:30 p.m., and Saturday, 7:30 a.m. to 2 p.m.

Screening mammography services offered at this location.

Mercy West Imaging

1601 N.W. 114th St., Suite 149, Clive

(515) 222-7550

Appointments may be made Monday through Friday, 8 a.m. to 4 p.m.

Screening and diagnostic mammography services are offered at this location.

Mercy North Imaging

800 E. First St., Suite 1100, Ankeny

(515) 643-7676

Appointments may be made Monday through Friday, 8 a.m. to 4:30 p.m.

Screening mammography services offered at this location.

Mercy East Imaging

5900 E. University Ave., Suite 200, Pleasant Hill

(515) 643-5670

Appointments may be made Monday through Friday, 8 a.m. to 4 p.m.

Screening and diagnostic mammography services are offered at this location.

Who do I call to schedule an appointment?

To schedule your mammogram at one of our convenient Mercy Mammography locations, call the centralized scheduling department at:

(515) 247-4444

You may also schedule online at www.mercydesmoines.org/mammogram

What if I or someone I care about can't afford a mammogram?

If the inability to pay prevents you or someone you know from seeking breast-care services, the following information may be lifesaving. There are local programs in your area to assist you with this. Call "Care for Yourself" Program staff at:

1-800-369-2229

www.idph.state.ia.us/careforyourself

Questions?

For questions or concerns regarding Breast Health, contact the Katzmann Breast Center at Mercy at:

(515) 222-7830 or 1-888-925-6262

or Mercy Cancer Center at:

(515) 643-8206 or 1-888-221-4849

For questions about Mammography call any of the Mercy Mammography centers.

Your Appointment Details

Your health care provider has requested a medical imaging procedure for you and has arranged an appointment at a Mercy Imaging location. The location and procedure are written below. Your personal appointment information and maps for each location are located on the following pages.

Date and Time

Location

Procedure

Prep notes

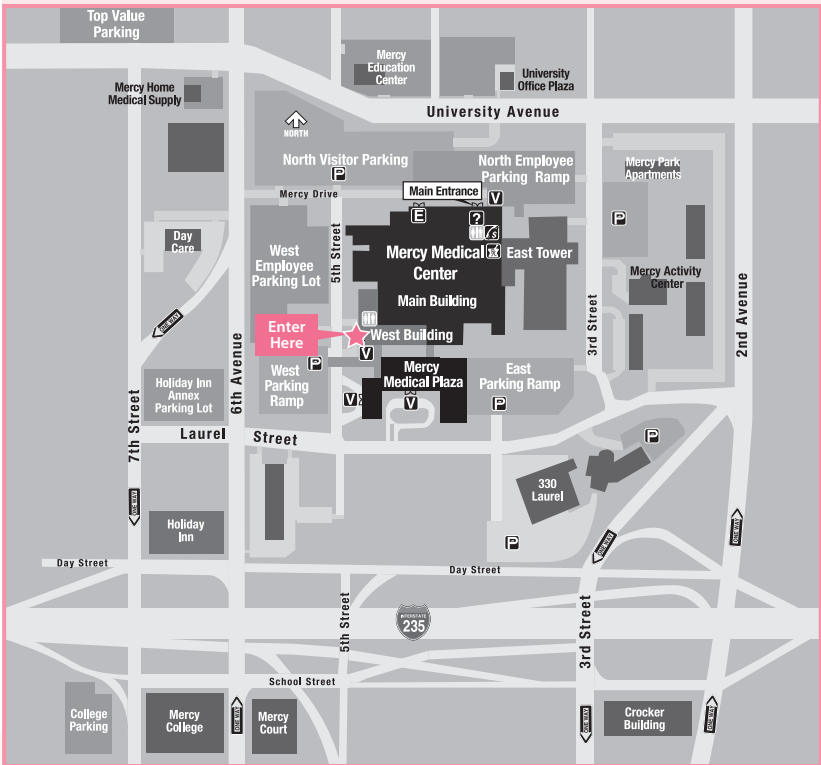
To cancel or reschedule your procedure, please call 247-4444.

Imaging Locations

Mercy Medical Center Main Campus

1111 6th Ave., Des Moines
(515) 643-8660

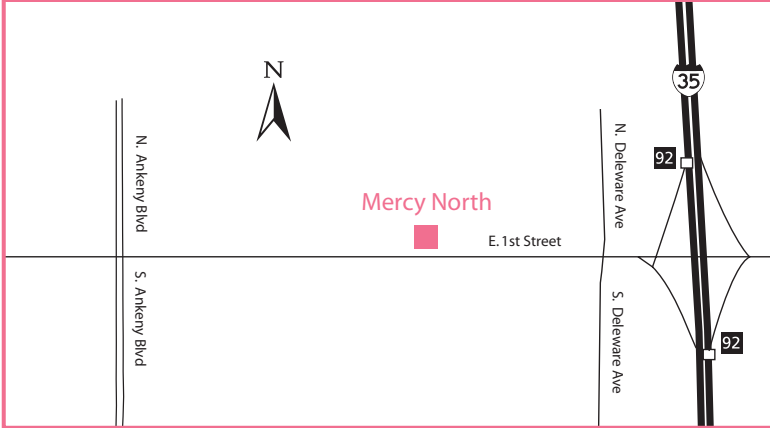
Parking is available in the West Ramp or through Valet at the West Entrance. Enter through West Entrance and register in Mammography.



Mercy North

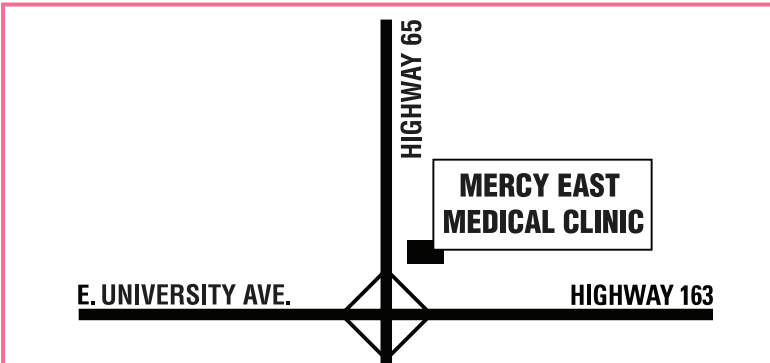
800 E. First St., Suite 1100, Ankeny
(515) 643-7653

Park on the south side of the building
enter through main entrance.



Mercy East

5900 E. University Ave., Suite 200, Pleasant Hill
(515) 643-5670



Mercy West

1601 NW 114th St., Suite 149, Clive
(515) 222-7554

Park in the lower level parking lot
(northeast side of building). Enter through
Main Entrance and register in Suite 149.

