

Mammography



Mammography is a simple x-ray image of the breast and a tool for early detection of non-palpable breast cancers.

Mammography can detect breast cancer ten years before it becomes palpable. All women age 40 and older should have a mammogram every two years.

Women whose first-degree relatives (i.e. their mother or sister) have cancer should have an annual mammogram from the age of 35.

The best time to do a mammogram is the first week of menstruation.

(The first day of menstruation means the day when a woman's monthly bleeding starts) because the breasts are not sensitive at this time. To get a good picture, you need to press on the breast, which may be painful. Take a shower before the mammogram and avoid using talcum powder under the armpits because these substances can cause misinterpretation of the mammogram. Mammography cannot and should not replace an examination by a general surgeon.