Extensive services for one-of-a-kind YOU.

Charlotte Radiology is committed to providing the most advanced mammography options available. **We were the first in the area to offer digital mammography, breast MRI and now 3D mammography.** With this state-of-the-art technology, we're arming more than 100,000 women with the tools they need to win the fight against breast cancer.

**Screening Mammography**

Screening mammography can detect breast cancer as early as two years before a lump can be felt. This simple 30-minute exam is for women with no symptoms of breast disease, and no physician’s referral is needed. **Women 40+ should schedule screening mammogram appointments annually.** Most insurance plans cover these at 100%. Patients and their primary care physicians receive a report within a week or two. Some women (approximately 10%) are called back for additional mammographic views, but this shouldn’t be cause for alarm. Oftentimes more views are needed to confirm that an abnormality is simply benign. A member of our staff will contact you personally if a diagnostic mammogram is needed.

**Diagnostic Mammography**

A diagnostic mammogram is encouraged for patients with a history of breast cancer, for those experiencing breast symptoms like a lump or changes in the skin; however it does require a physician’s referral. Diagnostic mammography may also be performed if a screening mammogram reveals a possible abnormality. In these cases, Charlotte Radiology has all of the tools available to provide an accurate diagnosis:

- **Breast Ultrasound**
- **Breast Needle Biopsy (Stereotactic, Ultrasound and MRI-guided)**
- **Lymph Node Biopsy**
- **Dedicated Breast MRI**
- **Cyst Aspiration**

**How should I prepare for my mammogram?**

Most mammograms take less than 30 minutes and require no real preparation. We do ask that patients forego baby powder and deodorant, as these items can interfere with image quality. Also, two-piece clothing is more convenient for easy changing. If you have sensitive breasts, consider scheduling your mammogram during the two weeks following your menstrual cycle. Many women’s breasts are less tender then, thereby reducing discomfort during the mammogram.

And perhaps most importantly, if you’ve had a previous mammogram at a facility other than Charlotte Radiology, please let us know so that we may obtain these films. Comparing new films to old enables radiologists to detect even the most subtle changes or abnormalities.

**What should I expect?**

During your appointment, breast compression may cause some brief discomfort, but it shouldn’t be painful. Breast compression helps facilitate better x-rays by flattening the breast so that the maximum amount of tissue can be examined. This allows for a lower X-ray dose, and holding the breast in place prevents blurring on the mammogram.

**Know your breasts**

Being “breast aware” is essential to noticing changes that may occur. Make a point to know your body, performing monthly self-breast exams and systematically feeling for lumps. And always report changes to your healthcare provider.

- **A new lump**
  A change in breast or armpit area.

- **Nipple discharge**
  A discharge from the nipple that occurs without squeezing

- **Shape Change**
  A change in breast shape or size

- **Nipple change**
  A newly inverted (pulled in) or retracted nipple

- **Skin change**
  A change in the skin of the breast, areola or nipple, e.g. color, dimpling, puckering or redding

Take a closer look at charlotteradiology.com.
Mammograms show changes in the breast up to 2 years before you can feel them.

We believe annual, quality mammograms are the cornerstone of breast health. Early detection affords patients more treatment options with reduced surgery, better cosmetic outcomes, and often eliminates the need for harsh therapies. Our subspecialized radiologists and all-female staff of technologists have the most advanced technologies at their fingertips.

Visit CharlotteRadiology.com today, or schedule your mammogram at 704.367.2232.

1 in 8 women is affected by breast cancer. Win the fight with early detection.

75% of women who develop breast cancer have no family history.

Most insurance plans cover annual mammograms for women 40+.

RECOMMENDATIONS FOR EARLY BREAST CANCER DETECTION

• Monthly self-breast exams for all women, beginning in their 20s

• Clinical breast exam at least every three years, as part of their regular health exam, for women in their 20s and 30s

• Annual screening mammogram for women 40+ and yearly clinical breast exams

• Annual breast MRI and mammogram for high-risk women

• Earlier screenings for women with family history

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