

# Answers to Common Questions

**Q** How many women will be diagnosed with breast cancer in their lifetime?

**A** Breast Cancer is the second major cause of death in women after lung cancer. The National Cancer Institute (NCI) estimates that one in eight women will be diagnosed with breast cancer in her lifetime. According to the NCI, 80% of women who develop breast cancer are over age 50.

**Q** What are the risk factors for developing breast cancer?

**A** Simply getting older and being a woman puts you at risk. Your risk also is higher if you have a history of breast cancer in your family, have never had children, had your first child after age 30, began menstruating before age 12 or completed menopause after age 55. For women whose risk is above 20%, a breast MRI may be recommended in addition to your mammogram.

**Q** What are the warning signs of breast cancer?

**A** The most common warning signs are a lump or thickening in the breasts, swelling, nipple discharge, retraction (the nipple or skin being pulled in) or a change in the color or texture of the skin of the breasts or areola (skin around the nipple). Contact your doctor if you detect any of these changes.

**Q** Does a mammogram hurt?

**A** The mammogram only takes a few minutes. You may feel slightly uncomfortable, but the exam should not be painful.

**Awareness**  
*is your* **best defense.**

**Take care  
of yourself.**

*Schedule a 3D mammogram with Artificial Intelligence (AI)<sup>TM</sup> to find breast cancer before it can be felt. 3D mammograms are performed by our compassionate, all-female staff.*

## The Day of Your Mammogram

- Wear a two-piece outfit so you have to remove only your top.
- Don't use deodorant, talcum powder or lotion under your arms or near the breasts. These products may show up on the image.
- Bring a list of the places and dates of previous mammograms, biopsies or other breast treatments.
- Bring any previous mammogram images so they can be compared with your new results.
- Arrive 20 minutes prior to your appointment time to register.
- Schedule the mammogram one week after menstruation begins. Your breasts are less tender at this time.

## Appointments



**North Oaks Diagnostic Center**  
15837 Paul Vega, MD, Drive • Hammond, LA

**Appointments are available from**  
8 a.m. to 4 p.m., Monday through Friday.

**To schedule an appointment,**  
call North Oaks Patient Scheduling at  
**(985) 202-5469**  
7 a.m. to 5:30 p.m.

**3D**  
**Mammography  
Services**



[www.northoaks.org/3Dmammo](http://www.northoaks.org/3Dmammo)

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## When should you have a mammogram?

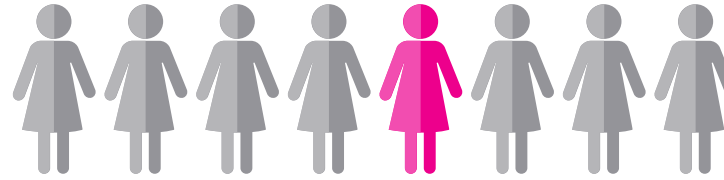
Breast cancer is a disease that all women should be concerned about. It is one of the most common cancers among women, but frequently can be cured if detected and treated early.

That is why it is so important for women to know how their breasts normally look and feel and report any changes to their health care provider right away.

- **At age 40 and older**, you should have an annual screening mammogram and a provider exam of your breasts.

It is estimated that

**1 OUT OF 8 women**



will develop breast cancer during her lifetime.

## What You Should Know About Breast Density

### DENSE BREASTS ARE GENETIC.

It has nothing to do with the food you eat, shape or size of your breasts or amount of exercise you do.

**FAMILY HISTORY** and **GENETIC RISK FACTORS** influence your risk of breast cancer far more than breast density, but dense tissue is considered a risk factor.



### HOW DOES HAVING DENSE BREASTS AFFECT ME?

Detecting breast cancer in dense breasts is more difficult because both cancer and dense breast tissue appear **BRIGHT** on a mammogram.

## What is a mammogram?

A 3D mammogram (breast tomosynthesis) is a low-dose, three dimensional X-ray picture of the breast. There are two kinds of mammography exams—screening and diagnostic. Both require a provider's order.

### Screening Mammography

A screening mammogram is used to help detect breast cancer when it may be too small to be felt.

Screening mammograms are ordered for women with:

- No lumps, nipple discharge or skin abnormalities
- No prior history of breast cancer
- No other symptoms of possible breast cancer.

### Diagnostic Mammography

If you are not eligible for a screening mammogram, your doctor may recommend a diagnostic mammogram. It is performed if there are any breast abnormalities or if further evaluation is needed.

## Choosing a Quality Facility

North Oaks Mammography Services is staffed with board-certified radiologists and all-female, certified, licensed mammography technologists. The mammography department is accredited by the Food and Drug Administration and American College of Radiology.

3D Mammography offers additional benefits to patients such as:

- Comfort design featuring rounded corners and flexible paddles
- Use of the Profound Artificial Intelligence (AI) solution
- Fewer unnecessary callbacks and false-positives
- Lower radiation exposure compared to other 3D models.

**Make a promise**  
to get your annual  
mammogram.

# Breast Cancer

*All women are at risk for it,  
and it is one of the most common  
cancers affecting women.*

Early detection is vital to finding breast cancer, and a key to early detection is screening. As a screening tool, mammography helps to identify breast cancer at its earliest and most treatable stage.

### WHAT DOES IT MEAN?

**DON'T BE SCARED**  
IF YOU HAVE DENSE BREASTS.

**HAVING DENSE BREASTS DOESN'T MEAN YOU HAVE CANCER.**

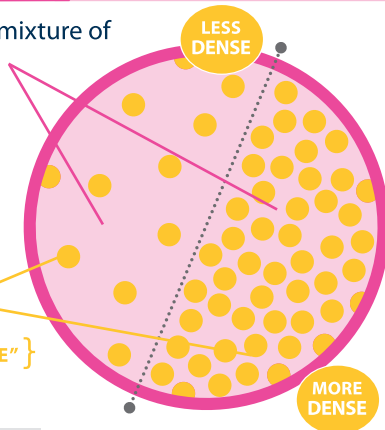
Breasts are made up of a mixture of

**FATTY TISSUE**



**FIBROUS AND GLANDULAR TISSUE.**

["FIBROGLANDULAR TISSUE"]



**DENSER BREASTS = LESS FATTY TISSUE**



**BREAST DENSITY IS NOT RELATED TO THE SIZE OR FIRMNESS OF YOUR BREASTS.**

Learn more at [www.areyoudense.org](http://www.areyoudense.org).