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

Breast cancer is the most common form of cancer (other than skin cancer) in American women and is the second major cause of death 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. For women whose risk is above 20%, a breast MRI may be recommended in addition to your mammogram.

What are the risk factors for developing breast cancer?

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.

What are the warning signs of breast cancer?

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.

Does a mammogram hurt?

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

Take care of yourself.

Schedule a 3D mammogram with Artificial Intelligence 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

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) 230-7777 between 7 a.m. and 5:30 p.m.
Authorities estimate that one out of eight women will develop breast cancer during her lifetime. The American Medical Association and the American College of Radiology have agreed that:

- At age 20, you should start performing breast self-exams each month.
- At age 40 and older, you should have an annual screening mammogram and a provider exam of your breasts.

When should you have a mammogram?

Choosing a Quality Facility

North Oaks Mammography Services are 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:
- New comfort design featuring rounded corners and flexible paddles
- First facility in Louisiana to use the ProFound Artificial Intelligence solution
- Fewer unnecessary callbacks and false-positives
- Lower radiation exposure compared to other 3D models

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.

What You Should Know About Breast Density

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.