

Mammogram



A mammogram is a special x-ray that takes pictures of my breasts. This is a way for a doctor to find out if my breasts are healthy. I will go to a special clinic to have this test done – this might even be at a hospital. Having a mammogram does not mean that I am sick! This is something that many women are asked to do.

At the mammogram, I will do these things:

1. Take off my top and my bra.
2. Then, my breasts will be placed on the x-ray machine.
3. I need to stay very still. It might feel a bit uncomfortable, but it should not hurt me.
4. The machine will take the x-ray pictures.
5. I am all done!

Would I like to learn more about a mammogram?



Do I want to watch a video?

https://www.youtube.com/watch?v=7OVR_KP1QoA



Do I want to read a booklet and look at pictures?

[http://www.easyhealth.org.uk/listing/breasts-\(leaflets\)](http://www.easyhealth.org.uk/listing/breasts-(leaflets)) or, this booklet:
<http://www.mcdc.info/uploads/pdf/Taking-care-breasts-2010.pdf>



Do I want to listen to someone speak and look at pictures? [http://](http://www.surreyplace.on.ca/Flash/Examine%20yourself_breast%20health/data/swf/engage_256/Examine%20Yourself-Breast%20Health.html)

www.surreyplace.on.ca/Flash/Examine%20yourself_breast%20health/data/swf/engage_256/Examine%20Yourself-Breast%20Health.html



Do I need a centre that is wheelchair accessible?

Here is a list of places that are accessible for wheelchairs. <http://cilt.operitel.net/Documents%20of%20the%20CILT%20Website/Accessible%20ones.pdf>

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“Hi, my name is Janelle. Here are some things that I find helpful when I have to get a mammogram. I hope they help you too!”



Ask to have an appointment that is at a time that is best for me.

Remember not to wear any deodorant that day.



Bring a friend, family member or someone I trust to come with me.



Let the mammogram centre know that I might be a little nervous.



Ask if I can sit down – if it is hard for me to stand up.



Give myself a reward when I am done. The reward I am going to have is:

_____.

If I think of other questions, I can call: _____.

