



# TAKE CARE OF YOURSELF. GET A MAMMOGRAM

IT'S FAST. IT'S EASY AND IT COULD SAVE YOUR LIFE.

**Mammo a-go-go is coming to your community. It's a mobile unit that has everything needed for a mammogram screening. It's private and set up like a doctor's office.**

## **What is a mammogram?**

A mammogram is an X-ray of the breast that is used to look for breast cancer. Mammograms can find tumors that are too small for you or your doctor to feel. It can find cancer early, so that it can be treated.

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## **What is Mammo a-go-go?**

Mammo a-go-go is a mobile unit with a mammogram machine inside.

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## **Who does the mammogram?**

A technologist specifically trained to perform mammograms.

Following your screening, a doctor who specializes in evaluating X-rays will look at it.

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## **When should I start getting mammograms?**

Mammograms are recommended starting at age 40.

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## **Is it safe?**

Yes. The mammogram uses X-rays (low-dose radiation) to see the inside of your breast.

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## **Does it hurt?**

Compression (flattening) of the breast tissue is needed to get the highest quality image.

Compression is not dangerous to your breast. Any mild discomfort should be temporary.

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## **Can the results be sent to a provider outside of Park Nicollet?**

Yes, your provider's name can be added on your paperwork when scheduling, and we will send the results.

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## **How often should I have a mammogram?**

Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.

### **How soon will my doctor get the results?**

Your doctor will get results 7-10 days after your mammogram.

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### **How do I prepare for my mammogram?**

There is no preparation for a mammogram. If you have deodorant or lotion on around your armpit and breast area, we have special wipes to remove it. We also have single-use deodorant wipes, so you can reapply.

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### **What if I can't go up or down stairs?**

There is a patient lift to access the mobile unit. Please let your host or scheduler know you will need additional assistance.

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### **Is the mobile unit heated?**

Yes. There is state of the art climate control on the mobile unit.

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### **How do I schedule my mammogram?**

You can sign up for an appointment with your host before the event.

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### **Can patients with breast implants have mammograms?**

Yes

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### **Do I need to remove my jewelry for my mammogram?**

Yes

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### **Does Mammo a-go-go have the same equipment as the Park Nicollet® Jane Brattain Breast Center?**

Yes

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### **Do I change my clothes on the mobile unit? Is it private?**

Yes. There are two private changing rooms with lockable cabinets for your personal belongings.

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### **What if I am called back?**

You will receive a call from the staff at the Park Nicollet® Jane Brattain Breast Center to schedule a follow-up appointment.

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