University Healthcare now offers 3D Mammography at both of our Women's Imaging Centers conveniently located across from Berkeley Medical Center and Jefferson Medical Center. 3D Mammography (tomosynthesis) is the most exciting advancement in breast cancer detection. This innovative new technology allows doctors to see breast tissue detail in a way never before possible to help find breast cancer at its earliest stages, when it is most treatable.

Why not choose the location most convenient to you and schedule your mammography appointment today?

Women’s Imaging Center
A Department of Berkeley Medical Center
Medical Office Building (MOB 3), Suite 102, Tennessee Avenue, Martinsburg
304.264.1297

Women’s Imaging Center
A Department of Jefferson Medical Center
207 S. Preston Street, Ranson
304.724.5647
# Breast Cancer Screening Tests

**Mammogram** — Mammography is the best screening tool used today to find breast cancer. It uses X-rays to create an image of the breast, called a mammogram. Mammogram images can be stored on film or on a computer. A mammogram can find breast cancer early when it is small and the chances of survival are highest. Women age 40 and older at average risk, should have a mammogram every year.

**Clinical breast exam (CBE)** — A CBE is done by a health care provider who checks your breasts and underarm areas for any lumps or changes. It should be part of your regular medical checkup. If it is not, ask for it. If you are 40 or older, have your mammogram close to the time of your CBE. For women ages 20-39, have a CBE at least every three years. For women 40 and older, CBE combined with mammography is more accurate than either screening test used alone.

**What if I cannot afford a mammogram?**

As of September 23, 2010, as part of the Affordable Care Act (health care reform), all new health insurance plans are required to cover mammography (with no co-payment) for women ages 40 and older. This includes Medicare and Medicaid.

**What is a mammogram?**

A mammogram is an X-ray image of the breast. Mammography is used to find early signs of breast cancer. It is the best screening tool used today to find breast cancer. It can find breast cancer early when it is small and the chance of survival is highest. A diagnostic mammogram is used to help diagnose breast cancer and other breast conditions. Starting at age 40, women at average risk should get screened every year. Women under 40 with a family history of breast cancer or other concerns should discuss with their doctor what screening tests are right for them.

**How can a mammogram find breast cancer?**

Mammogram images are stored on film or on a computer (digital). A radiologist looks at the image for signs of breast cancer or other breast changes. These changes may be small and hard to see, but the images can be compared from year to year to see if there have been any changes. Mammograms are very accurate, but they are not perfect. That is why it is good to also have a clinical breast exam (CBE). A CBE is a physical exam done by a health care provider to check the look and feel of the breasts and underarms for any changes (such as lumps). Women should get a CBE at least every 3 years starting at age 20 and every year starting at age 40. For women 40 and older, CBE combined with mammography is more accurate than either screening test used alone. It is also important to know how your breasts normally look and feel. If you notice any change, see your provider.

**Common questions about mammography…**

**Why would I want to find out if I have cancer?**
Finding breast cancer early offers the most treatment options and greatest chance for survival.

**What if my doctor hasn’t brought up the idea of getting a mammogram?**
Bring up the subject yourself to see if you should get a mammogram. Ask for a referral.

**Am I too old to get a mammogram?**
Your chance of getting breast cancer increases as you get older. In general, women who are in good health and could benefit from treatment (if breast cancer were found) should get screened. If there is any question about whether you should continue getting mammograms, talk to your provider.

**Is it painful to get a mammogram?**
Each breast is pressed between two plates to get a good X-ray image. Sometimes, the pressure is uncomfortable, but it only lasts a few seconds. It should not hurt. Tell the technologist if you feel discomfort. Taking acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) about an hour before the exam may help. If you have concerns, talk to your provider about other ways to ease discomfort (or anxiety) during a mammogram. And, before the exam, let your technologist know your concerns.