

Thank You

...for choosing Austin Radiological Association to perform your mammogram. We realize you probably have questions regarding your upcoming exam and we hope this brochure will help explain the procedure to you. If you have further questions, feel free to call one of our offices.

We offer:

- Exceptional patient care
- 11 convenient locations
- Most insurance plans accepted and filed
- Insurance pre-authorization provided
- Flexible office hours
- Handicapped-accessible parking
- Radiologists with advanced training and experience in breast imaging

ANDERSON MILL ROAD

10401 Anderson Mill Road
Suite 110-B
Austin, TX 78750
Tel: (512) 219-8950

ROCK CREEK PLAZA

2120 N. Mays
Suite 220
Round Rock, TX 78664
Tel: (512) 238-7195

AUSTIN CENTER BOULEVARD

6818 Austin Center Blvd.
Suite 101
Austin, TX 78731
Tel: (512) 795-8505

SAN MARCOS

1348-B Highway 123 South
San Marcos, TX 78666
Tel: (512) 392-1831 or
(888) 261-2149

MEDICAL PARK TOWER 113

1301 W. 38th Street
Suite 113
Austin, TX 78705
Tel: (512) 454-5641

SOUTHWOOD

1701 W. Ben White Blvd.
Suite 170
Austin, TX 78704
Tel: (512) 428-9090

MEDICAL PARK TOWER 118

1301 W. 38th Street
Suite 118
Austin, TX 78705
Tel: (512) 454-7380

WESTLAKE

5656 Bee Caves Road
Bldg. H, Suite 200
Austin, TX 78746
Tel: (512) 328-4984

MIDTOWN

901 W. 38th Street
Suite 100
Austin, TX 78705
Tel: (512) 519-3456

WOMEN'S IMAGING CENTER

1600 W. 38th Street
Suite 100
Austin, TX 78731
Tel: (512) 275-0013

QUARRY LAKE

4515 Seton Center Parkway
Suite 105
Austin, TX 78759
Tel: (512) 519-3402



SCHEDULING
(512) 458-9098

FAX REFERRALS
(512) 836-8869

For more information, please visit our web site
www.ausrad.com

Understanding Your Digital Mammography Exam



What Is Digital Mammography?

New digital technology is gradually replacing traditional film-based mammograms the same way digital cameras have replaced film cameras. While the procedure for taking the images is the same for both types of mammograms, digital images can be enlarged and manipulated to get a closer look at the breast tissue and any suspicious areas which results in a higher detection rate for breast cancer.

If you are not having any breast problems, you should schedule a screening mammogram. If you are having problems, then you should schedule a diagnostic mammogram.

Is It Painful?

The mammogram requires your breasts to be compressed a few seconds for each x-ray. Although this will be slightly uncomfortable, it is necessary to ensure an accurate exam, and the discomfort usually subsides quickly.

Many women experience increased tenderness of the breasts prior to menstruation. If you typically experience tenderness, please avoid scheduling your mammogram prior to menstruation to minimize any discomfort.



Who Will Perform the Exam?

A female registered radiologic technologist will perform your exam. Her goal is to give you a quality mammogram as quickly as possible with minimal discomfort.

How Long Will the Exam Take?

Digital mammograms take less time than traditional mammograms. Generally, the exam will take less than 30 minutes. Occasionally, additional views may be necessary for technical reasons or to view a particular area better. Sometimes supplementary views with sonography are also requested.

Is the Radiation I Receive Harmful?

Technological advances have drastically reduced the radiation dose needed for mammography, and the risk of cancer far outweighs the risks associated with the exam. Our procedures use an extremely low x-ray dose and are considered to be safe by the American Cancer Society. Our mammography procedures are also accredited by the American College of Radiology.

If I Am Not Having Problems, Why Get a Mammogram?

The American Cancer Society recommends if after consulting with your physician, you are not experiencing any breast problems or symptoms, you should have a "baseline" mammogram at age 40 and once a year thereafter.

A breast cancer can grow for up to three years before it is large enough to be felt. A mammogram can detect cancer before it can be detected clinically. However, a small percentage of cancers can not be seen. That is why monthly breast self-examination is important. Your best defense against breast cancer is mammography and regular breast self-examination.

Breast self-examination is also important because the appearance, location and amount of breast tissue in each woman's breast is as unique as her fingerprints; no two women are alike. It is for this reason that previous mammograms, if available, are often compared to the current study.

When you have a mammogram, note where and when it was done. When it is time for you to have your next mammogram, you should inform the scheduler of where the previous films were taken, or bring the films if possible. A more accurate interpretation can be made when the previous mammogram films are available for comparison.

When Will I Know the Results of the Exam?

One of our board-certified radiologists will interpret your mammogram and a written report will be sent to your physician. Please be aware that delays in sending reports can sometimes occur when previous mammograms are needed for comparison.

Because your personal physician is familiar with your medical history, we ask that you contact him or her about your examination results.

How Should I Prepare?

1. A physician referral is necessary for all diagnostic mammograms. Screening mammograms require a physician referral only if you are under the age of 40. Please bring a copy to your appointment if necessary.
2. If you have had a mammogram at one of our offices before, please let us know so we can have those films available for our radiologist. If you have had a mammogram at an office other than Austin Radiological Association, please inform the scheduler or bring those films with you for comparison if possible.
3. Wash breasts and underarms and do not apply any deodorant, powder or cream.
4. Since you must undress from the waist up for the exam, you may wish to wear a two-piece outfit.

To schedule an appointment, please call our Central Scheduling Department at: (512) 458-9098.