



What is mammography and why is it important?

A mammogram is an x-ray of the breast which is used to look for breast disease. Screening mammograms are most often used to look for cancer in women who have no symptoms. Diagnostic mammograms are performed on patients who have findings on screening mammography or symptoms related to the breasts.

Having an annual screening mammogram is one of the best ways a woman can protect her health. This simple test can find breast cancers early, when they are easier to treat and chances of survival are higher. If you are 40 years of age or older, you should get a mammogram every year. Don't wait. Call us to schedule your appointment today.

ARA CONVENIENCE

Exceptional patient care
Most insurance plans accepted and filed
Flexible office hours and multiple locations
Handicapped-accessible parking

AUSTIN CENTER BOULEVARD
6818 Austin Center Boulevard
Suite 101
Austin, TX 78731
(512) 795-8505

CEDAR PARK & CEDAR PARK WOMEN'S IMAGING
12800 W. Parmer Lane
Suite 200
Cedar Park, TX 78613
(512) 485-7199

CHILDREN'S IMAGING CENTER
1301 Barbara Jordan Blvd.
Suite 104
Austin, TX 78723
(512) 480-0761

DRIPPING SPRINGS
170 Benney Lane, #101
Dripping Springs, TX 78620
(512) 776-1176

GEORGETOWN
3201 S. Austin Avenue
Suite 105
Georgetown, TX 78626
(512) 863-4648 or
(512) 519-3441

KYLE & KYLE WOMEN'S IMAGING CENTER
4211 Benner Road
Suite 100
Kyle, TX 78640
(512) 776-1150

MEDICAL PARK TOWER
1301 W. 38th Street
Suite 118
Austin, TX 78705
(512) 454-7380

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

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

ROCK CREEK PLAZA
2120 N. Mays
Suite 220
Round Rock, TX 78664
(512) 238-7195

SAN MARCOS
1348 B Texas 123 South
San Marcos, TX 78666
(512) 392-1831 or
(888) 261-2149

SOUTHWEST MEDICAL VILLAGE
5625 Eiger Road
Suite 165
Austin, TX 78735
(512) 519-3475

SOUTHWOOD
1701 W. Ben White Boulevard
Suite 170
Austin, TX 78704
(512) 428-9090

WESTLAKE
5656 Bee Caves Road
Building H, Suite 200
Austin, TX 78746
(512) 328-4984

WILLIAM CANNON
2501 W. William Cannon Drive
Building 5
Austin, TX 78745
(512) 346-7311

WILSON PARKE
11714 Wilson Parke Ave.
Suite 175
Austin, TX 78726
(512) 519-3457

WOMEN'S IMAGING CENTER - CENTRAL
1600 W. 38th Street
Suite 100
Austin, TX 78731
(512) 275-0013

Screening mammography available at these locations.



Aug 2019

SCHEDULING
(512) 453-6100

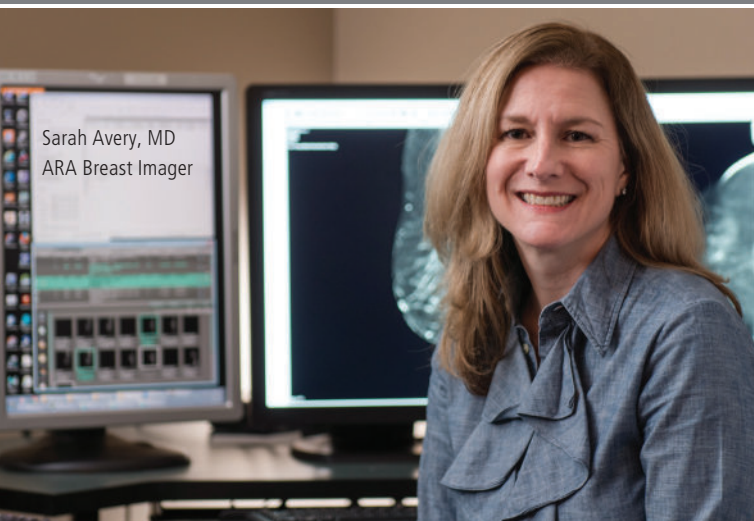
FAX REFERRALS
(512) 836-8869

Mammography

Understanding your exam



Schedule online at ausrad.com.



Sarah Avery, MD
ARA Breast Imager

an hour. For a mammogram, you undress above the waist. You will have a wrap to cover yourself. A registered female technologist will position your breast correctly for the test. During a mammogram, the breast is compressed between two plates to help spread the breast tissue out and to reduce the chance of slight movements which can cause the image to be blurry. The pressure lasts only a few seconds and is needed to obtain a good picture.

Sometimes supplementary mammography or ultrasound views are also requested. If this happens, do not be alarmed. About 1 in 10 women who get a mammogram will need more scans taken and most do not have breast cancer. Only 2 to 4 of every 1,000 screening mammograms lead to a diagnosis of breast cancer.

Is the radiation I receive harmful?

Technological advances have reduced the radiation dose needed for mammography. The benefit of early diagnosis and treatment of breast cancer far outweighs the risk. The dose you receive from a mammogram is about the same as the average amount of radiation that you get from three months of background radiation. Our mammography facilities are accredited by the American College of Radiology.

Who interprets my scan and when will I know the results of the exam?

Radiologists are medical doctors with postgraduate studies in radiology and often a subspecialty fellowship. One of our expert radiologists will interpret your mammogram and a written report will be sent to your physician. You will also receive a letter from ARA with your results within two to three weeks.

How should I prepare?

- A physician referral is necessary for all diagnostic mammograms. Screening mammograms require a physician referral if you are under the age of 40. Please bring a copy to your appointment if necessary.
- If you have had a mammogram at an office other

What is the difference between diagnostic and screening mammography?

If you are not having any breast symptoms such as a lump, nipple discharge or skin changes, and have no history of breast cancer, you should schedule a screening mammogram. If you are having problems or you are at a higher risk for breast cancer, you should talk to your doctor about the best approach. A diagnostic mammogram, which requires a referral form from your doctor, may be a better option for you.

What does a mammogram feel like?

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 discomfort.

How long will the exam take?

Please allow 20-30 minutes for a screening mammogram appointment. A diagnostic exam will take 30 minutes to

3D Mammography

- up to 41% more invasive cancer detected
- up to 40% fewer call backs

3D mammography is an enhanced mammogram that allows radiologists to view inside the breast layer by layer. Multiple images, or "slices," are taken of different angles of the breast, revealing details that might be obscured by overlapping tissue. The experience of the exam is just like getting a standard mammogram except it takes a few seconds longer.

With 3D mammography, radiologists are finding up to 41% more invasive breast cancers. Plus, up to 40% fewer women get called back for additional imaging, cutting down on anxiety and expense.

Studies have shown that all patients can benefit from this revolutionary technology regardless of breast density or family history.

The amount of radiation used in a 3D mammogram is well within the FDA safety range and is safe and effective.

The State of Texas requires that insurance groups operating in state cover a yearly 3D screening mammogram for women 40 and older. ARA offers 3D mammography in each one of our 13 locations that offer mammography.



than Austin Radiological Association, please inform the scheduler or bring those images with you for comparison if possible.

- Wash breasts and underarms and do not apply any deodorant, powder or cream.
- Since you must undress from the waist up for the exam, you may wish to wear a two-piece outfit.

To schedule a 3D mammogram, please call (512) 453-6100 or request an appointment at ausrad.com.