



**ARA CONVENIENCE**

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

**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.

**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.

**Mammography**

Understanding your exam



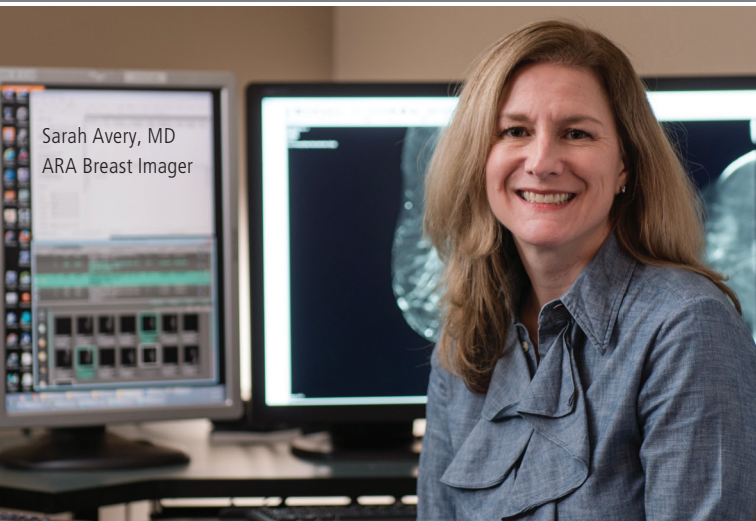
Aug 2019

**SCHEDULING**  
**(512) 453-6100**

**FAX REFERRALS**  
**(512) 836-8869**



Schedule online at [ausrad.com](http://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](http://ausrad.com).