

乳房X线摄影

Mammogram

A mammogram is an X-ray of your breast. It is the best way to detect breast cancer. You should have a yearly mammogram after age 40 or sooner if you have higher risk for breast cancer. Talk to your doctor about your risk factors.

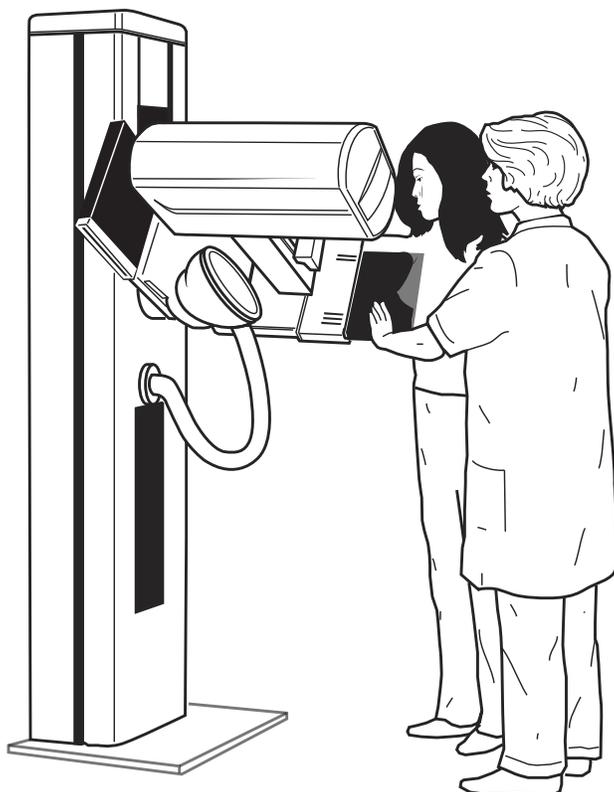
Arrive on time for your test.

To Prepare

- **Tell the staff before the test if there is a chance you may be pregnant.**
- Do not use deodorant, lotion or powder under your arms or on your breasts the day of your test.

During the Test

- You need to undress from the waist up. You are given a paper gown to wear.
- You are asked to stand next to the machine.
- There are at least 2 X-rays taken of each breast.
- The person doing the test needs to touch and move your breast to get it in the right spot for each X-ray.



乳房X线摄影是对乳房进行X光检查。乳房X线摄影是发现乳腺癌的最佳方法。40岁后应每年进行一次乳房X线摄影，如果您属于乳腺癌高风险人群，应更早进行这项检查。向医生告知您的风险因素。

请您准时前来接受检查。

准备

- **如果你已怀孕或可能怀孕，请在检查开始前告诉工作人员。**
- 检查当天不要在腋下涂除臭剂或在乳房上用润肤液或爽身粉。

检查期间

- 需要脱掉腰部以上的衣物。工作人员会让你穿上一件纸质罩衣。
- 工作人员会请您站在仪器旁。
- 每一侧乳房至少要拍两张X光片。
- 检查人员需要触摸您的乳房，将乳房移到适合拍摄的位置。

- Small sticky dots may be put on your nipples to help show them on your X-rays.
- Your breast is squeezed between 2 flat surfaces. This may hurt, but it does not harm your breasts.
- You are told to take a deep breath and hold it while the X-ray is taken.
- Each X-ray takes less than 30 seconds.
- The X-ray may need to be repeated if the X-ray is not clear.
- If you have breast implants, more X-rays will need to be taken and the test will take more time.

When all the X-rays are done, be sure to remove the sticky dots and throw them away. You will be able to get dressed and you can return to your usual activity.

Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

- 可能会在您的乳头上粘上小标记点，以便在X光片中显示它们的位置。
- 乳房两侧的两个平板会挤压您的乳房。您可能会产生痛感，但不会对乳房造成伤害。
- 在拍摄X光片时，医护人员会指引您深呼吸，然后屏住呼吸。
- 每张X光片的拍摄最多只需30秒。
- 如果X光片不清晰，可能需要重复进行这项检查。
- 如果您隆过胸，则需要拍摄更多X光片，检查时间会更长。

完成所有X线检查后，务必取出这些标记点并丢弃。穿上衣服后即可恢复正常活动。

检查结果会发送给您的医生。医生会告知您检查结果。

如果您有任何疑问或疑虑，请咨询您的医生或护士。