

Your X-Ray (Mammogram) and You

- Things you might like to know

Your Well-Being

- Your Breast Screening appointment involves you having an X-ray of your breasts. This is known as a mammogram.
- The mammogram can help the breast care health professionals identify breast cancer at an early stage before any symptoms are noticeable.
- If breast cancer is found, earlier diagnosis gives you a better chance of survival and, in general, needs less extensive treatment.

Our Standards

- X-ray machines use radiation to generate the images we need for your screening results.
- Our X-ray equipment is regularly maintained and also subject to regular checks by our Radiographers and Medical Physics teams.
- This ensures that the amount of radiation we use is as low as possible to get the best images. If there are any technical problems during the X-ray, we will tell you.

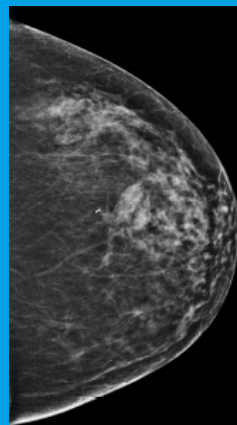
About X-Rays and Radiation

- We are all exposed to natural background radiation every day of our lives. This comes from our environment, the air we breathe, the food we eat and even from outer space (cosmic rays).
- In Scotland, the largest contribution comes from natural radiation in the underlying rocks and building materials (granite). In any one year our exposure will vary according to where we've lived, where we may have flown to, and what we may have eaten.
- Each mammogram gives a small additional amount of radiation to the breast tissue, on top of this natural background radiation.

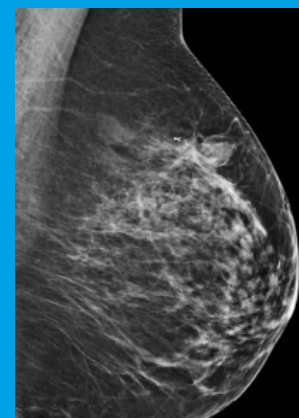
Putting it in Perspective

- Mammograms involve amounts of radiation that are equivalent to less than 3 months of natural background radiation.
- The X-ray you will be having today carries a very low risk.

Scottish Medical Physics Network (MPNET)
Scottish Clinical Imaging Network (SCIN)
Scottish Breast Screening Programme (SBSP)



Did you know?
The correct term for your breast X-ray is a mammogram.



Pregnancy

Please inform the radiographer if you are pregnant. Although there is no X-ray dose to your baby from a mammogram, pregnancy may cause changes to the appearance of the mammogram.



Consent

Please feel free to ask the breast screening staff if you have any further questions.

You can refuse to have the X-ray if you do not feel you have sufficient information