

Your X-Ray (Mammogram) and You

- Things you might like to know

Your Well-Being

- As a follow up to your clinical assessment by the specialist breast care team you are having an X-ray of your breasts. This is known as a mammogram.
- Your breast care team health professional can explain how the information gained will help to improve your diagnosis or treatment.
- The risk to your health from not having the examination is much greater than any risk from the mammogram itself.

Our Standards

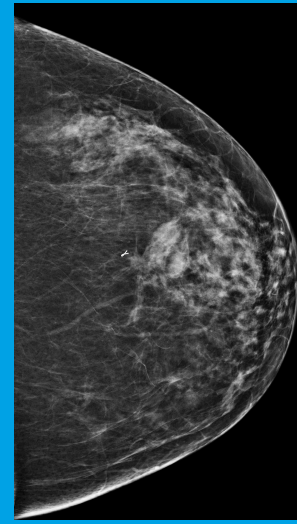
- X-ray machines use radiation to generate the “images” we need for your diagnosis and treatment.
- Our X-ray equipment is regularly maintained and also subject to regular checks by our Radiographers and Medical Physics teams.
- This ensures that the amount of radiation we use is as low as possible to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

About X-Rays and Radiation

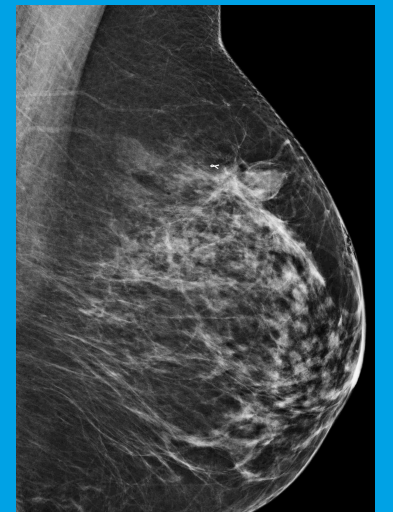
- We are all exposed to natural background radiation every day of our lives. This comes from our environment, the air we breathe, the food we eat and even from outer space (cosmic rays).
- In Scotland, the largest contribution comes from natural radiation in the underlying rocks and building materials (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.



Did you know?
The correct term for your breast X-ray is a symptomatic 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 your breast care team if you have any further questions or concerns.
You can refuse to have the X-ray if you do not feel you have sufficient information.