

# Your Mammogram

## What it is. What to expect.

### What is a screening mammogram?

A mammogram uses a low-dose X-ray to take a digital image of the breast while it is compressed. The radiation exposure is equivalent to the amount received from natural sources alone over the course of a few months. Mammography can detect abnormalities that cannot be seen or felt. For example, a mammogram can identify a lump up to two years before it could become large enough to feel. When breast cancer is found early, the five-year survival rate is greater than 95 percent.

### At what age do I need to start getting mammograms? How often?

Invision Sally Jobe recommends:

- Annual mammograms beginning at age 40, in accordance with the guidelines of the American College of Radiology, American Medical Association, Society of Breast Imaging and numerous other respected medical organizations
- Earlier screening for those at increased risk for breast cancer

### Could I be at increased risk for breast cancer?

Each breast imaging patient at Invision Sally Jobe receives a personalized assessment of their breast cancer risk. If you have a family history of breast cancer or other risk factors, you may receive a letter recommending additional imaging



like breast MRI or ultrasound as well as a consultation with a qualified healthcare professional.

To schedule an appointment with one of our genetic counselors, call 720.493.3700. For other inquiries, call our Patient Care Coordination line at 720.493.3459 or email [pcc@riaco.com](mailto:pcc@riaco.com).

### What is a baseline mammogram?

A baseline mammogram is your first mammogram. The resulting set of images will be used as a baseline, or comparison for later exams. Each woman's breasts are different so a baseline is necessary to help a radiologist more accurately interpret current and future mammograms. Patients who do not have a baseline mammogram may need extra views, follow-up exams and biopsies because prior images are not available to help the radiologist determine what is normal for you.

### I had my mammogram. Now what?

A breast radiologist will interpret your mammogram images within 24 hours of your exam. As soon as the images are read, we will send the actual report to your doctor.

If the radiologist sees any areas of concern that require further examination, we will call you as soon as possible, usually within three days. Federal guidelines require that we notify you of any potential abnormalities in a timely manner. For this reason, you may hear from us before your personal physician.

The radiologist may need to request prior images in order to accurately interpret those from your current exam. Depending on how long it takes us to receive these images, this can extend the process.

If your mammogram is normal, you will receive a letter in the mail informing you of the results, typically within one week.

 Mammograms matter...  
every woman, every year!

## I need additional imaging. Why?

A callback can be alarming but there are many reasons a radiologist may want additional imaging:

- He or she does not have images from previous mammograms and wants to further examine tissue differences in the right and left breasts
- Calcifications, white spots or flecks on a mammogram that are usually benign
- Overlapping normal breast structures like fat, ducts, lymph nodes and connective tissue that can appear as a lesion
- Dense breast tissue, which can appear as a mass and also obscure images on a mammogram

We take your breast health seriously. We will always be as thorough as possible, even if it means erring on the side of caution. Performing necessary additional imaging can help us detect cancer that is not immediately apparent or provide you with peace of mind that the area(s) of concern are normal for your unique breast tissue.

Additional imaging may include exams like breast MRI, breast ultrasound or a breast biopsy. If you require any of these additional procedures, our experienced team will thoroughly explain the process to you, help you anticipate next steps, and take care to address all your questions and concerns during your exam.

At Invision Sally Jobe, our first priority is to provide you with high-quality, compassionate care.

## Insurance Coverage and Financial Concerns

Exams are most often covered by insurance, as long as they are clinically indicated. Please contact your insurance carrier if you have questions. We recognize that financial concerns may prevent some patients from seeking necessary healthcare exams. We pride ourselves on being sympathetic and flexible. We offer a dedicated financial navigator, as well as assistance with pre-authorization and any necessary insurance appeals after the exam is completed. If you have financial concerns or need additional guidance on how to speak with your insurance company about your exam, please call our Patient Care Coordination line.

## Locations

Invision Sally Jobe offers convenient locations throughout the Denver metro area. Visit [www.invisionsallyjobe.com](http://www.invisionsallyjobe.com) to find the location nearest you.

## Why Invision Sally Jobe?

Every Invision Sally Jobe breast imaging site is a National Quality Measures for Breast Centers® (NQMBC) Certified Quality Breast Center of Excellence™. This designation is awarded to facilities that consistently demonstrate excellence in patient care and adherence to the highest clinical quality standards. Invision Sally Jobe is the only breast network in Denver metro area to earn this distinction.

Invision Sally Jobe is also an American College of Radiology (ACR) Breast Imaging Center of Excellence and fully certified by the FDA.

For more information about our commitment to quality, please visit [www.invisionsallyjobe.com](http://www.invisionsallyjobe.com).

**To schedule an appointment, call 720.493.3700.**

For other inquiries, call our Patient Care Coordination line at 720.493.3459 or email [pcc@riaco.com](mailto:pcc@riaco.com).

To learn more about mammograms, visit [www.mammography saveslives.org](http://www.mammography saveslives.org).

**[www.InvisionSallyJobe.com](http://www.InvisionSallyJobe.com)**



## Thank you!

Thank you for choosing Invision Sally Jobe and making time today to protect your health. You will receive a letter from us in approximately 10 months reminding you to schedule this important screening exam. We look forward to seeing you next year!

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