

CONDUCT OF MAMMOGRAM EXAMINATION

Muxtarova Nargiza Toxirovna

Siyob Abu Ali ibn Sino nomidagi Jamoat
Salomatligi texnikumi Samarqand, O'zbekiston

Ganiyeva Nigina Abdulkarimovna

Siyob Abu Ali ibn Sino nomidagi Jamoat
Salomatligi texnikumi Samarqand, O'zbekiston

Abstract

A mammogram is a low-dose x-ray of breast tissue. Health care providers use mammograms or mammograms to look for early signs of breast cancer before symptoms appear. This is called a screening mammogram. Doctors will also use mammography to look for any abnormalities if you experience new symptoms, such as swelling, pain, discharge from the nipples, or changes in the skin of your nipples. It is necessary to be aware of this operation at the present time and to be aware of such an examination in time.

Keywords: Mammogramma , saratron, 2D va 3D mammogramma , BI-RADS toifasi

Introduction

Apart from skin cancer, breast cancer is the most common cancer that affects women, and early diagnosis plays a major role in breast cancer survival rates. Regular mammograms are key to early detection of breast cancer. When breast cancer is detected early, the five-year survival rate is 99%. Mammograms are the gold standard for detecting changes in breast tissue before they become cancerous.

There are two main types of mammograms:

Digital mammography in 2D.

Digital mammography (digital breast tomosynthesis) in 3D.

Apart from skin cancer, breast cancer is the most common cancer that affects women.

2D mammography involves taking pictures of each breast at two different angles — usually from top to bottom and from the side.

3D mammography is a new type of mammogram, in which each breast is compressed once and the device takes several X-rays as it moves over the breast in the form of an arc. The computer then combines the images into "pieces," allowing healthcare providers to view breast tissue in 3D.

If possible, try not to schedule a mammogram during menstruation or during menstruation, when your breasts may be particularly painful.

On the day of your mammogram, you should avoid using personal care products such as deodorants, antiperspirants, powders, lotions, creams, or fragrances around the breasts or under the armpit.

You will receive your radiologist report of your screening mammogram in about 2 weeks by mail or in your electronic medical record. The results are also sent to the healthcare provider who ordered the mammogram. If you don't get your results within 2 weeks, you should contact your provider.



A screening mammogram report will usually have a BI-RADS category. The BI-RADS categories provide a consistent way for radiologists to report a variety of possible mammographic findings along with recommended follow-up.

During a mammogram, the breast is placed between two plates, which are then pressed evenly. Pressing on the nipples will help to better get an X-ray image of the inside of the nipple. Multiple ovals are taken from different angles, each time the chest is rearranged. Taking over-the-counter pain medication before the procedure can reduce discomfort. If possible, try not to schedule a mammogram during menstruation or during menstruation, when your breasts may be particularly painful. On the day of your mammogram, you should avoid using personal care products such as deodorants, antiperspirants, powders, lotions, creams, or fragrances around the breasts or under the armpit.

You will receive your radiologist report of your screening mammogram in about 2 weeks by mail or in your electronic medical record. The results are also sent to the healthcare provider who ordered the mammogram. If you don't get your results within 2 weeks, you should contact your provider.

A screening mammogram report will usually have a BI-RADS category. The BI-RADS categories provide a consistent way for radiologists to report a variety of possible mammographic findings along with recommended follow-up.

Mammograms are available in breast clinics, hospital radiology departments, mobile vans, private radiology offices, and doctors' offices. You can schedule your screening mammogram directly at a mammography facility without a referral from your doctor.

For women age 40 and older, screening mammograms should be done every 1-2 years for prophylactic purposes, with no additional fees, additional insurance or deductions required. It also requires public employee health plans to cover screening mammography. Contact your mammography facility or health insurance company to confirm price and coverage.

Mammography involves the following steps:

You will need to take off all clothes and jewelry above the waist. The doctor will give you an open hospital gown or veil.

You stand in front of a mammography machine, and a technologist asks you to remove one breast from your gown at a time. You put the nipples on the plate supporting the nipple.

The technologist lowers a plastic shovel to press the chest onto the supporting plate. During the compression period you may feel some discomfort or pressure. If you can't stand the pressure, let a technologist know, and they will adapt accordingly.

The car takes pictures of him chest-clenched.

If you have two breasts, you repeat this process for the other nipples.

Once the technologist finishes filming with the hardware, the procedure ends. You will put on your clothes again and be ready to leave the facility.

Most people will be able to resume their normal activities immediately after a mammogram.



Cleveland
Clinic
©2024



For some people, getting a mammogram is inconvenient because the compression puts pressure on the breast tissue. For some, it's painful. The good news is that a mammogram is a short-term procedure, and the discomfort doesn't last long. If you feel severe pain, immediately report it to a technologist.

The level of discomfort you may feel depends on several factors, including:

- The size and density of your breasts.
- How much you need to squeeze your breasts.
- If you are on the verge of menstruation or are in the process of menstruation.
- The skill of a radiological technologist.
- Your ability to relax and position yourself in the best way possible for better imagery.

Mammograms are an important tool for screening for breast cancer. They can also help monitor the benign state of the chest over time. While the process can be frustrating and the wait for results can be worrying, it's important to get a mammogram at the recommended age and time frame depending on your risk of developing breast cancer. Talk to your health care provider if you have any questions about your risk of getting breast cancer or about the mammogram process. They're there to help you.

References

1. American Cancer Society. Mammogram Basics (<https://www.cancer.org/cancer/types/breast-cancer/screening-tests-and-early-detection/mammograms/mammogram-basics.html>). Accessed 4/5/2022. Last revised 1/2022. Accessed 10/17/2024.
2. Breastcancer.org (U.S.). Mammography Technique and Types (<https://www.breastcancer.org/symptoms/testing/types/mammograms/types?gclid=CPvh-cOEqrYCFcc-MgodADAAGA>). Last updated 5/2023. Accessed 10/17/2024.
3. Budh DP, Sapra A. Breast Cancer Screening (<https://www.ncbi.nlm.nih.gov/books/NBK556050/>). 2024 Oct 3. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan. Accessed 10/17/2024.
4. Centers for Disease Control and Prevention (U.S.). About Mammograms (<https://www.cdc.gov/breast-cancer/about/mammograms.html>). Last revised 9/2024. Accessed 10/17/2024.
5. National Breast Cancer Foundation Inc. (U.S.). Early Detection (<https://www.nationalbreastcancer.org/early-detection-of-breast-cancer/>). Accessed 10/17/2024.
6. National Cancer Institute (U.S.). Mammograms (<https://www.cancer.gov/types/breast/mammograms-fact-sheet>). Last reviewed 2/2023. Accessed 10/17/2024.
7. Reeves RA, Kaufman T. Mammography (<https://www.ncbi.nlm.nih.gov/books/NBK559310/>). 2023 Jul 24. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan. Accessed 10/17/2024.

