

# MAMMOGRAPHY/BONE DENSITOMETRY

**APPOINTMENT INFORMATION** Appointment Date: \_\_\_\_\_ Check in time: \_\_\_\_\_ Appointment time: \_\_\_\_\_

**Patient Name** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Telephone(s):** \_\_\_\_\_ **Referring M.D.:** \_\_\_\_\_

**Primary Insurance Name:** \_\_\_\_\_ **Comparison Films:**  Patient Bring  Office Will Send  None

**X**

Clinician Signature Required \_\_\_\_\_

**APPOINTMENT LOCATION** (check appropriate box)

 Bellingham  Lynden  Friday Harbor

## SCREENING

 **SCREENING MAMMOGRAM** Check this box ONLY if the patient has NO new breast symptoms, otherwise use diagnostic column to the right.

 **BONE DENSITOMETRY HEEL SCREENING:** Screening test for patient with no known osteoporosis risk factors.

 **BONE DENSITOMETRY HIP-SPINE:** Osteoporosis risk factors. Please make a scheduled appointment for this test.

**Symptoms/Clinical Indications:**

 \_\_\_\_\_  
 \_\_\_\_\_

## DIAGNOSTIC

 **DIAGNOSTIC MAMMOGRAM** New breast symptoms:

- Personal history of breast cancer (within last 5 years)
- New Lump / palpable abnormality
- New breast pain
- Nipple discharge
- Other: Please note under clinical history below

 **ULTRASOUND IF INDICATED**
**BREAST ULTRASOUND**
 **RIGHT**  **LEFT**  **BILATERAL**

Describe and diagram clinical concerns below

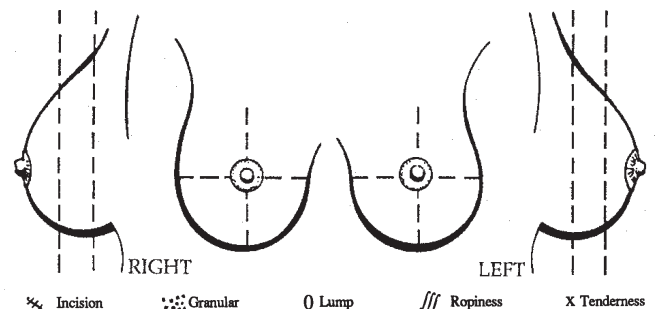
For symptomatic patients younger than 25 y/o, recommend ultrasound for initial work-up.

**BREAST INTERVENTION PROCEDURES**

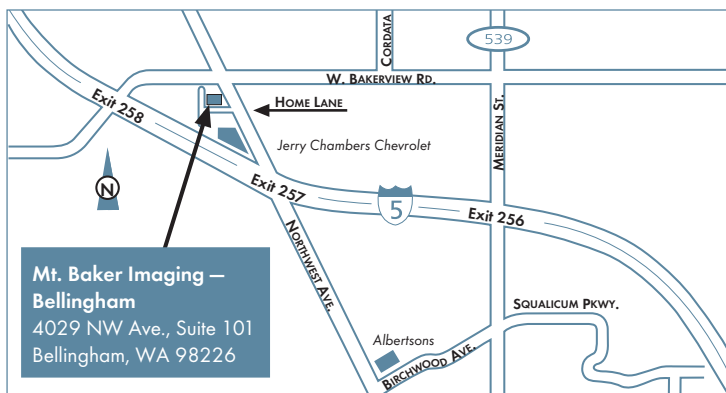
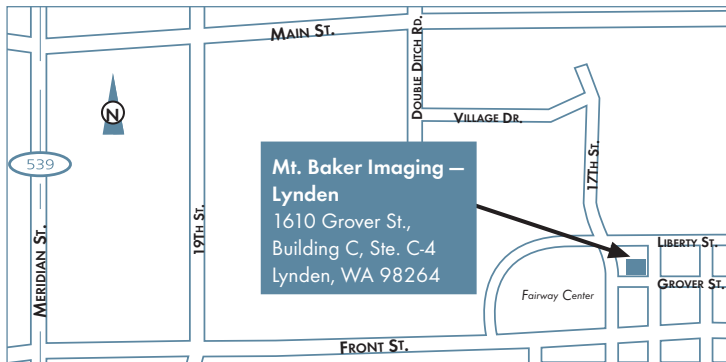
- Stereotactic Biopsy
- Ultrasound Guided Biopsy
- Ultrasound Guided Cyst Aspiration
- Needle Localization

**CLINICAL HISTORY**

Describe and diagram findings and concerns.

 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_


✂ Incision    ••• Granular    ○ Lump    ~~~ Ropiness    X Tenderness


**Mt. Baker Imaging – Bellingham**  
 4029 NW Ave., Suite 101  
 Bellingham, WA 98226

**Mt. Baker Imaging – Lynden**  
 1610 Grover St.,  
 Building C, Ste. C-4  
 Lynden, WA 98264

**Mt. Baker Imaging – Friday Harbor**  
 550 Spring Street, Friday Harbor, WA 98250

## PATIENT INSTRUCTIONS

1. **You must bring this form to your appointment.**
2. **For routine mammography, it is best to schedule your appointment within the first ten days after your menstrual period.**
3. **If you have had mammograms elsewhere in the last five years, please bring them with you or arrange to have them sent to this office.**
4. **On the day of your examination, do not use any deodorant, perfume, or powder in your underarm area or on your breasts. The residue from these materials may interfere with the mammogram.**

### What To Expect

Before the exam you will be shown to a dressing room and be provided with a gown. You will be asked to remove your clothing from the waist up. In the exam room, a female technologist will position your breast and adjust the equipment to your body and obtain the x-ray film. The breast must be compressed for a few seconds which might be slightly uncomfortable. You can take two 200mg Ibuprofen tablets 1-2 hours prior to the exam to minimize any discomfort if you have tender breasts.

The exam usually takes less than 1/2 hour. It is wise to be on time and allow slightly more time for your entire visit.

Your mammogram will be interpreted by two board-certified radiologists, physicians specializing in x-ray diagnosis. This "double reading" increases the detection of breast cancer in its early stages. The radiologists will occasionally want additional special views, or an ultrasound, to differentiate normal from abnormal tissue. You might be contacted by us to arrange for such studies. Most extra views prove that the findings are normal. The results will be sent to your healthcare provider

### After Your Mammogram

Some women experience temporary skin discoloration or aching after their mammogram. You can minimize any discomfort by taking Ibuprofen or Tylenol. Your mammograms are clearer and are obtained with less radiation because of the compression. Compression is not dangerous, and it produces no long-term effect.

## INFORMATION ABOUT MAMMOGRAPHY

### What Is Mammography?

Mammography is a low dose x-ray examination of the breast. It is a useful tool in the detection of breast cancer because mammograms find the majority of breast cancers at an early stage. Although not all cancers are seen, women who participate in screening mammography will decrease their chance of dying from breast cancer.

### What Is Breast Self-examination?

Breast self-examination and clinical exams can occasionally detect cancers not evident on a mammogram. You know

## INFORMATION ABOUT BREAST CANCER

Breast cancer is the most common cancer in women (excluding skin cancer) and is the second leading cause of cancer death. It is estimated that one in eight women will develop breast cancer in her lifetime.

### What Are Some Of The Risk Factors And Signs For Cancer?

1. A personal history of breast cancer.
2. A mother or sister with breast cancer.
3. Never had children, or had first child after age 30.
4. Abnormalities such as lumps, nipple discharge, or dimpling, or other skin changes.

Most breast cancers occur in the absence of any known risk factor. The above are guidelines only. If any of them apply to you, consult your doctor.

**We recommend following the American Cancer Society guidelines to aid in detection of breast cancer.**

Age Group	American Cancer Society Recommendation
20 - 39	<b>Breast Self-examination every month Exam by physician every three years Yearly exam by physician if taking birth control pills.</b>
40 +	<b>Breast Self-examination every month Visit physician each year Annual mammogram</b>

### For The Best Early Detection:

- Regular Breast Self-examination
- Yearly visits to your health practitioner
- Yearly mammograms beginning at age 40

your body better than anyone else. **Breast self-examination is an important part of the early cancer detection effort.** Information and training in breast self-examination by videotape is available during your mammographic exam.

### Questions?

We have videotapes available to show you prior to your exam, discussing Breast Self-Examination and mammography. If you have any questions call us at 647-2422. We look forward to serving you and encourage you to learn all you can about this important procedure.