



Mammogram Information

What is a mammogram? A mammogram is a radiology tool to find breast cancer. Breast cancer is the most common cancer for women and finding a cancer early is best. There are highly effective treatments for early breast cancer.

When do I need to get a mammogram? For the average risk person, we recommend starting at the age of 40 and doing it every year. At Alliance we will perform a "Gail Score" at your annual exam to determine if you are average risk or high risk for breast cancer.

How do I get a mammogram? You do not need an order from Alliance to have a screening mammogram. To schedule your screening mammogram, you need to call the radiology team of your choice to schedule your screening mammogram.

If you are having symptoms, the radiology team will not schedule your screening mammogram and will require an order for a diagnostic mammogram. If you are having breast issues, please let us know and we will schedule an appointment for you with an Alliance provider for evaluation.

Does it matter where I get my mammogram done? Yes! We recommend having your mammogram done where it will be read by a breast radiologist. This is a physician that has trained as a radiologist and had additional training/experience in breast imaging. Starting in October, Alliance OB-GYN can perform your mammogram which will be read by a breast radiologist. Our nurse navigator will contact you with the results the day following your mammogram.

Where can I schedule my screening mammogram?

- Alliance OB-GYN – East Lansing Location 517-484-3000
- Sparrow Health System - All locations 517-364-3659
- McLaren / MSU Imaging Center 517- 975-6425
- Eaton Rapids Medical Center 517-663-9426
- Mid-Michigan Physicians 517-913-3800
- CIMA Breast Center, Dr. Gerrold Weiss 517-853-5588

What are the benefits of doing a 3-D mammogram? For women who have dense breasts, doing a 3-D mammogram (digital breast tomosynthesis) will provide clearer images for the radiology team. There may be an extra charge for a 3-D mammogram. You should check with your insurance for coverage prior to scheduling your mammogram appointment.

What do I need to consider prior to my appointment for mammogram? Do not use any lotions, deodorants, or body powder around your breasts or under your arms on the day of your mammogram. It is also helpful to wear a 2-piece outfit so that you can easily undress from the waist up.

How will I get the results of my mammogram? The radiology team you chose for your mammogram will follow up directly with you about the results. If you are having your mammogram performed at Alliance, an Alliance nurse will call you the next business day to go over your results.

What if my results show that I have dense breast? This is a common finding and describes how the breast tissue looks on the mammogram. Having dense breasts slightly increases your risk of cancer. Dense breast tissue can make cancer harder to find on the mammogram. Doing a 3-D mammogram (digital breast tomosynthesis) will provide clearer images for the radiology team. If you are doing your mammogram at Alliance, you can also consider doing a breast ultrasound with your mammogram to improve the chances of finding breast cancer.

What if I have already been diagnosed or treated for breast cancer? If you have had breast cancer, we recommend following the post treatment recommendations from your breast cancer team.