



KNOW BEFORE YOU GO: MAMMOGRAMS

TIPS FROM ASSOCIATED PHYSICIANS

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KNOW YOUR FACILITY

At Associated Physicians, we are proud to offer 3D mammograms. These screenings allow for a lower dose of radiation, a quicker scan, and a clearer, more accurate picture. With this technology, our ability to detect invasive breast cancers increases by up to 41%!

KNOW YOUR BODY

If mammograms are uncomfortable for you, or if it is your first time, avoid scheduling your mammogram the week before, and the week during your period. This is the time when your breasts are most likely to be sore.

SHARE YOUR HISTORY

If you've gone through menopause, but still find mammograms a bit uncomfortable, try taking an over-the-counter pain reliever (like acetaminophen or ibuprofen) about an hour before your mammogram.

SKIP THE SPRAYS

If it's your first time seeing us, we recommend bringing in copies of previous mammograms, if you haven't filled out a transfer of medical records form. Your previous images allow us to make vital comparisons!

Because metallic particles in certain cosmetics and toiletries may show up on your exam, we recommend waiting until AFTER your mammogram to apply:



Deodorants/
Antiperspirants



Perfumes/
Body Sprays



Lotions/
Creams



Powders