

MY MAMMOGRAM RESULTS



American Indian
Cancer Foundation®

Mammograms are screenings done to detect abnormalities in the breasts. Mammograms are done as either a **screening** (if no symptoms are present) or **diagnostic** (if there are symptoms or if something unusual is seen on a screening). **It is important for us, as well as our relatives to get screened because Native American women are 7% more likely to develop breast cancer.** Native American women are also more likely to be diagnosed before age 50.

Once your mammogram is completed, your results may be described as:

Negative or Benign:

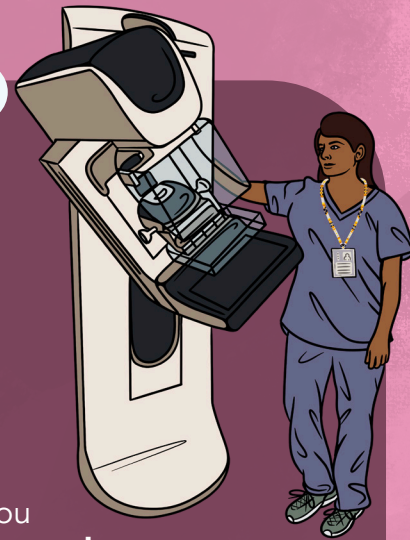
- Nothing new or abnormal is found (this is why it is important to keep on your screenings to notice any changes)
- Any lumps or cysts seen are not cancerous

Abnormal, Suspicious, or Highly Suspicious:

If the provider finds something “abnormal” on your mammogram, you may be given one of the above descriptors as your result. **This does not always indicate a diagnosis for cancer. A biopsy is the only definitive way to make a diagnosis of breast cancer. 10%-12% of women need to have repeat testing.**

You might have an abnormal mammogram result if:

- The x-ray images were blurry
- You have dense breast tissue
- You have tissue calcification
- You have a noncancerous mass or cyst
- You have a cancerous growth



Your mammogram result was abnormal, now what?

You will be contacted to make a follow-up appointment. This call may not come from your normal provider, but the facility where you had your mammogram. The follow-up appointment will likely consist of some additional testing. That test may consist of a diagnostic mammogram, a breast ultrasound, an MRI, or a breast biopsy.

It is important to remember that not all abnormal test results indicate cancer. It can be nerve-racking but remember that you do not have to figure out your results or next steps on your own. It is important to follow up with your primary provider. You may even want to consider bringing a family member, friend, or trusted elder to help you retain all the information at your follow-up appointment.



For more
information visit:
AICAF.org