

# Patient Education For Mammography

Linda F. Robertson-Hull, R.T., R.M.

**Objective:** To educate the Technologist of the importance of patient education in Mammography to include such topics as breast cancer, breast disease, risk factors, breast treatments and to emphasize the importance of the patient history sheet as well as current trends for Mammography exams, BSE and CBE

1. Risk Factors For Breast Cancer
  - a. Major
    1. Aging
    2. Personal or family history of breast cancer
    3. Nulliparity
    4. First birth after age 30
  - b. Minor
    1. Obesity
    2. Early menstruation
    3. Late menopause
2. Breast Disease
  - a. Signs and Symptoms
    1. Breast lump
    2. Thickening of breast tissue or skin
    3. Swelling of breast
    4. Dimpling
    5. Skin irritation / inflammation
    6. Nipple discharge
    7. Pain or tenderness
    8. Acute onset nipple inversion / retraction
    9. Lymph node enlargement
  - b. Benign and Malignant Conditions
    1. Breast cancer
    2. Cysts
    3. Fibroadenomas
    4. Other benign conditions
  - c. Treatment Options
    1. Basic information on surgery, chemotherapy and radiation therapy
3. Risk Versus Benefit of Mammography
  - a. Natural Incidence of Breast Cancer
  - b. Induced Cancers From High Doses of Radiation
  - c. Comparative Risk
  - d. Benefits of Early Detection
  - e. Typical Dose Levels
4. Other Breast Diagnostic Procedures
  - a. Ultrasound
  - b. Cyst Aspirations
  - c. Galactograms
  - d. Fine Needle Aspirations
  - e. Pneumocystogram
5. Patient History Sheet
  - a. Why it is important
  - b. What information should be collected on the patient
  - c. How does the information from the history sheet help the Radiologist
6. Recent Recommendation Changes For Mammography Exam, BSE and CBE
  - a. Current trends of recommendation for Mammography Exam
  - b. Current trends of performing BSE
  - c. Current trends of performing CBE

**This presentation will be 60 minutes in length**