


# BUSTING BREAST IMAGING MYTHS

Mammography and breast ultrasound are often used together to get a clear picture of both the look and composition of areas of concern within breast tissue.

But, when it comes to concerns about finding breast cancer, there are many myths about these exams.

MYTH	FACT
<b>I have dense breast tissue, so mammography won't work for me.</b>	Mammograms provide a very good internal picture of breast tissue. Even for dense breast tissue there are many details that can be seen better on a mammogram compared to ultrasound. Breast ultrasound is an excellent tool to take a closer look at an area of concern to see what's inside a lump or area of dense tissue. It's a good complement to mammography, especially for extremely dense breasts.
<b>Mammograms use a lot of radiation and will cause breast cancer.</b>	Mammograms use a very small amount of radiation which is highly regulated by various regulatory organizations. We are exposed to constant background radiation every day and mammograms equate to about two month's worth of that background radiation. <i>See radiation dose graphic below.</i>
<b>Breast ultrasound and mammography do the same thing, so I only need ultrasounds.</b>	Mammograms use X-rays and ultrasound uses sound waves. Mammography sees the whole breast for an overall picture of breast tissue and any changes or irregularities. Ultrasound can take a closer look at an area of concern to determine its composition (fluid vs. solid). Ultrasound is not allowed as a stand-alone screening tool for regular breast cancer screening checks.
<b>I don't have any symptoms of breast cancer, so I don't need a mammogram.</b>	All women should be having regular screening mammograms every 1-2 years depending on your age and risk factors. Screening mammograms can find breast cancer before it can be felt or before you have symptoms. Early detection increases your odds of survival.
<b>I don't have a family history of breast cancer so I'm not at risk.</b>	About 90% of breast cancers are not due to genetic factors. Canadian women have a 1 in 8 chance of developing breast cancer in their lifetime. Screening is important for all women regardless of family history.
<b>My doctor didn't tell me I need a mammogram, so I am not able to book one.</b>	 <p>You don't always need a doctor's requisition to book a screening mammogram. In certain instances, you are able to self refer.</p>

## RADIATION DOSE EXAMPLES

