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## 3D Mammogram

Everything you  
need to know about  
your mammogram  
screening

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## 3D mammogram

# Our 3D mammogram is the preferred way of detecting breast cancer early.

Mammograms can save your life.

1 in 11 women will get breast cancer in their lifetime. It is the most common form of cancer for Singaporean women.

However, early detection can make all the difference and significantly increases your chances of recovery.

If you are above the age of 50, it is recommended that you have a mammogram screening once every 2 years. If you are between the age of 40–49, you may want to do it once a year, depending on your doctor's advice.

## Benefits of 3D mammogram



### More precise in diagnosis

A screening test performed with low-energy x-rays, our 3D mammogram captures images of each breast from multiple angles to create high-resolution 3D images.

These reconstructed images make it easier to identify lesions as compared to a traditional 2D mammogram.



### More comfortable and less painful

Unlike a traditional 2D mammogram, our new 3D mammogram machines use a flexible compression paddle. This allows the machine to gently fit the natural curve of the breast, allowing the pressure to be dispersed evenly.

This means less pain and less discomfort without compromising effectiveness and accuracy.

## How to prepare for your 3D mammogram?



### One week after your period

To reduce your discomfort, schedule your mammogram one week after the start of your period. Avoid scheduling a mammogram one week before your period – especially if you suffer from tender breasts during your period.



### Wear a 2-piece outfit

Wear a comfortable 2-piece outfit with a top that can be easily removed. This is because you need to undress from waist up. Fret not, everything will be taken care by our all-female team of radiographers.



### Avoid wearing jewellery, perfume and deodorant

For best results, do not wear any jewellery on the day of your mammogram. Also, avoid applying anything (perfume, deodorant, etc) on your underarms or breasts.



### No fasting required

You do not need to fast before your 3D mammogram screening.

## What happens during your 3D mammogram?

1

Our female radiographer will place one breast on the platform of the x-ray machine, where your breast will be pressed by a special paddle that fits the shape of your breast.

There will be some pressure on your breast to spread out the breast tissue. You may feel some minor discomfort.

2

The gantry of our 3D mammogram machine rotates along the breast in an arc to capture images from multiple angles. 3D mammogram requires less pressure and captures better images.

3

The process is repeated on the other breast.

### Also important to know

- You will have to fill out a health screening questionnaire before your mammogram.
- While a 3D mammogram is a relatively safe procedure, exposure to radiation is unavoidable. As such, we will need to ask about your pregnancy possibility before your mammogram.
- While rare, a 3D mammogram may still produce a false-positive or a false-negative. Thus, additional diagnostic services like an ultrasound scan or an MRI scan may be recommended to supplement the mammogram study.
- 3D mammogram can also be used to assist a biopsy procedure to better locate the suspected tissues.