

7 Ways to a Better Mammogram



Get your mammogram here!

Where you get your mammogram matters. We find early-stage breast cancer at double the national standard.



Schedule at the same time each year.

Getting your mammogram on or near the same date annually helps ensure you don't let a year – or two, or three – slip by without making an appointment.



Provide previous mammograms from other facilities.

By comparing the new images with previous ones, the radiologist can detect subtle changes in breast tissue, which ensures the most accurate interpretation. You'll also receive your mammogram results more quickly.



Choose a facility with 3D mammography (tomosynthesis).

3D mammography provides 70-100 views of each breast, whereas conventional mammography provides only two. More accurate images mean a more accurate diagnosis.



Shower, yes, deodorant, no.

Bathe or shower before your appointment to remove deodorant particles that could be mistaken for early breast cancer. Don't reapply deodorant until after your mammogram.



Alert the technologist to any abnormalities you've noticed.

Let your mammographer know of any changes or abnormalities you've felt during breast self-exams.



Ask the technologist if you have dense breast tissue.

A dense breast has more connective tissue than fat, which increases your risk of breast cancer. It can reduce the accuracy of a mammogram. An ultrasound breast screening may be recommended to supplement your mammogram.

**We have multiple locations
throughout the area to serve you.**

Overland Park

The University of Kansas Hospital
10710 Nall Ave.
Overland Park, KS 66211

7 a.m.-7 p.m. Monday-Thursday
7 a.m.-4 p.m. Friday
8 a.m.-noon Saturday

Shawnee

KU MedWest
7405 Renner Road
Shawnee, KS 66217

8 a.m.-4 p.m., Monday-Wednesday, Friday
9 a.m.-5 p.m., Thursday

Westwood

Westwood Medical Pavilion
2650 Shawnee Mission Pkwy.
Westwood, KS 66205

7 a.m.-7 p.m., Monday-Thursday
7 a.m.-5 p.m., Friday
8 a.m.-2 p.m., Saturday

All three locations offer 3D mammograms and walk-in availability for screening mammograms.

Schedule an appointment online:
kansashealthsystem.com/breastimaging

Quality matters. Our comprehensive breast program is the region's only one recognized by the nation's leading quality assessment organizations.

