

# What You Should Know About Mammograms

## Detection is protection.

A mammogram is an X-ray exam of the breast that is used to detect and evaluate breast changes. While a screening mammogram is an annual preventative exam for women who have not experienced any abnormal breast symptoms, a diagnostic mammogram is typically for women who display symptoms that need to be investigated, such as a breast lump or nipple discharge. The latter test may also be performed as a follow-up to a screening mammogram to further investigate a particular area of the breast.

## A mammogram can save your life.

Screening mammograms are the most effective way to prevent, detect and diagnose breast cancer and are recommended at least every two years, starting between the ages of 40 and 50. This simple screening allows your doctor to detect breast cancers, benign tumors and cysts before you can feel them.

## AdventHealth imaging facilities offer\*:

- 3D, 30-minute mammograms
- Central Florida's largest network of locations
- Imaging records via patient portal or any AdventHealth imaging location
- Smart paddle comfort
- Online scheduling
- On-site parking
- Same-day availability
- Extended hours and weekend appointments
- No script needed in select counties\*\*

**To schedule your mammogram, call 407-303-2273  
or visit [ScheduleYourMammo.com](https://www.adventhealth.com/scheduleyourmammo).**

*\*Exact offerings vary by location.*

*\*\*Women do not need a physician's order for a screening mammogram if you are 40+ years of age, have no breast symptoms and have not had a mammogram in the last year. Insurance coverage varies. Please call for details.*

