

Taking the Discomfort Out of Mammograms

Women will be excited to hear that their mammogram will be more comfortable the next time they have one. We usually don't use comfortable and mammogram in the same sentence, however, a small piece of foam is making a big difference for women. The MammoPad creates a cushion between the woman and the mammography machine that makes the procedure warmer and more comfortable.

It is well known that the discomfort many women feel during mammography compression is the primary reason that some don't get regular screenings. In addition to compression, the cold surfaces and hard edges of the mammography device make the experience uncomfortable for some of our patients. The MammoPad cushion answers these complaints by providing a soft warm cushion for the breast during mammography, and since women are more relaxed during the exam, it makes it easier for our mammography technologists to get the best possible image.

We use the adhesive-backed foam cushion one time and attach it to the positioning plate of the mammography device. The cushion is "invisible" to the X-rays and does not interfere with the quality of the mammogram. With the breast cushioned by the MammoPad, most women experience a more comfortable procedure, which may encourage more women to get regular mammograms.

With the addition of the MammoPad, Montrose Memorial Hospital Mammography Services is now recognized as a certified *Softer Mammogram Provider*. Knowing the procedure is more comfortable, we hope more women in our area will choose to follow recommendations for regular screenings, which are proven to save lives.

One of our physicians had her mammogram the other day and she stopped by my office and said, "You need to write an article about those soft pads in mammography—they really made a difference!" We hope you'll take advantage of MammoPad and call for your mammogram appointment right now.