

Breast Imaging

Information for Patients/Guardians



The department of radiology at The Aga Khan University Hospital (AKUH) provides state-of-the-art breast imaging performed by specialised and highly experienced female radiologists and technicians.

What is Mammography?

A Mammogram is an X-Ray of the breast. Detection of early-stage breast cancer through mammography enables us to save lives. Mammography is a safe technique that involves a tiny amount of **radiation exposure**, much less than a standard chest X-ray.

There are two types of Mammograms:

Screening Mammogram:

- The screening is meant for women without any cancer symptoms and with normal breasts. The examination allows early diagnosis and treatment.

Diagnostic Mammogram:

- This screening is performed on a doctor's recommendation. Such mammograms are required to further explore an area of concern identified during breast examination.



Call after a Mammogram:

After a mammogram is performed, it is reviewed in detail by the radiologist. You may be called in again to conduct additional imaging. This happens because certain areas on your image may require further evaluation. Depending upon the findings, you may be requested to have additional mammographic views, 3D mammography or an ultrasound examination.

What is Three-dimensional (3D) Mammography (Breast Tomosynthesis or Digital Breast Tomosynthesis (DBT))?

This is a more detailed imaging technique of the breasts as compared to a standard mammogram. However, all patients DO NOT require these additional images. Therefore, 3D mammography is used only in selective cases when recommended by the doctor. The imaging machines used to obtain these 3D views are available at the Aga Khan University Hospital.

How often Should You Have A Mammogram?

For an **average risk** female, a screening mammogram is recommended:

- Every alternate year, between ages 40-44 years
- Once a year starting at age 45 years

If you fall into the high-risk category, please consult a breast surgeon or a geneticist as you may warrant screening starting at a younger age. For high-risk patients, genetic testing and counselling is available at the Aga Khan University hospital to determine your risk for getting breast cancer and strategies to prevent it.

Risk Assessment:

You are considered to be at an average risk if you DO NOT have a:

- Personal history of breast cancer
- Family history of breast cancer
- may be too complex for common public
- History of chest radiation for treatment of cancer such as lymphoma, before the age of 30

Presence of any of the above-mentioned risk factors put you at a higher risk category for breast cancer.

Breast Ultrasound

It is an imaging study of the breast with no radiation. The procedure is safe for pregnant women.

Breast Intervention Procedures:

When a suspicious area is identified during breast imaging (Mammogram, ultrasound or MRI), additional tests may become necessary. Such tests may include a needle biopsy or rarely a surgical procedure when needle biopsy is not possible.

General Instructions for Mammography:

- Please bring copies of any previous mammograms or imaging related to the breasts.
- Do not wear perfume, deodorant or talcum powder when you come for the test.
- A screening mammogram is usually performed a week after the end of menstruation to ensure comfort.

Instructions for Ultrasound:

- Please bring copies of any previous mammograms or imaging related to the breasts
- No special preparation is required

Reports for Collection

If you have requested for a copy of the reports for your own records or have been referred by an outside doctor, your reports will be available for collection on the next working day between 5:00-7:00 pm (Except Saturday/Sunday and Public Holidays) from the department of Radiology at the Aga Khan University Hospital, Stadium Road.

OR

The Scan and the reports will be available on the Family Hifazat App.

Uploading of Reports to the System for Review in Clinics

It takes two working days for reports to be uploaded to the system and become available for review in clinic. It is therefore advised to have your tests done at least 2-3 days prior to your doctor's appointment.


How do I get an appointment?


To book an appointment for a mammogram or an ultrasound, please call: (021) 111-911-911.



For breast interventional procedures/biopsies, appointments are not given over the phone. Book an appointment at the radiology reception desk. Appointment booking are located at:

- The Radiology Department, AKUH Stadium Road.
- Ibn-e-Zuhr building, 1st floor
- The Aga Khan Clifton Medical Services

The Aga Khan University Hospital

 (021)111-911-911

 <https://hospitals.aku.edu/Pakistan>

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