

What to Expect / FAQs

What to expect with 3D mammography

We understand that getting a mammogram can feel a little overwhelming, especially if it is your first time. But knowing what to expect can help ease any anxiety. A mammogram is a simple, safe, and essential part of taking care of your breast health. Adena Health is here to guide you through every step with care and compassion.

Here's how it works

The process for a 3D mammogram is nearly identical to a conventional 2D mammogram, just with more images. A trained technologist will position you, compress each breast, and capture images from different angles — all with no additional compression and just a few extra seconds of imaging time.

Once the images are taken, the technologist reviews them to ensure they are clear and complete. Then, a radiologist interprets the images and sends the results to your physician. With 3D mammograms, radiologists analyze more images using specialized software, giving them a clearer, more detailed view of breast tissue.

Frequently Asked Questions

What is 3D screening mammography?

A 3D mammogram, also known as **tomosynthesis**, is an advanced, **FDA-approved** imaging technology that helps detect breast cancer more accurately than traditional methods. It creates a layered, 3D image of the breast using multiple low-dose X-rays. This clearer view allows radiologists to detect abnormalities that may be hidden in dense tissue, leading to **earlier detection** of breast cancer.

What will a mammogram cost?

If you have insurance, your **annual screening mammogram is typically covered at no cost** — as long as it has been at least 12 months since your last mammogram. If you're unsure about your coverage, we recommend contacting your insurance provider directly.

What if I can't afford a mammogram?

Adena Health partners with the **Breast & Cervical Cancer Project (BCCP)** to help cover mammogram costs for those without insurance. If you need financial assistance, please call our **Breast Health & Imaging Navigator** at **740-779-8665**, or contact **BCCP directly at 1-800-236-6253** to see if you qualify for a **free screening**.

This is my first mammogram. What should I expect?

When you arrive, you'll register for your appointment and then change into a cape. You'll be asked to remove powders, lotions, or deodorants from your breast and underarm areas. The technologist will gently compress each breast and take **four images** for a routine screening. The entire appointment typically takes **about 20 minutes**.

What should I wear for my mammogram?

Wear a **two-piece outfit** so you can easily undress from the waist up while remaining clothed from the waist down.

Can I get a mammogram if I have implants?

Yes, you can still receive a mammogram. If you have implants, **eight images** are taken instead of the usual four to ensure complete screening.

When will I receive my results?

Your physician will typically receive your results within **one to three days**. You will also receive a **confirmation letter by mail** approximately one week after your exam. If follow-up imaging is needed, our **Breast Health & Imaging Navigator** will contact you directly to schedule your appointment.

Is the mammography bus handicap accessible?

Yes. Adena's **mobile mammography bus is fully handicap accessible**, ensuring comfortable access for all patients.

Getting a mammogram is one of the most effective ways to detect breast cancer early, often before symptoms appear and when it's most treatable. It's a simple step that can make a life-changing difference in your health and future.

For more information or to schedule your mammogram, please contact **740-779-7711**.