

Thank you for trusting Hyperlife with your next Mammogram.

Our mammogram machine is Tomosynthesis enabled, which gives accurate results due to the breast tissue being more visible with this technology. With this added digital technology, it makes mammography a much faster and less painful experience for all. Medical aid tariffs are charged and claims submitted directly for your convenience.

We are sensitive to the fears associated with mammograms: our expert team aims to help each of our patients feel comfortable and at ease while providing an accurate assessment and diagnosis.

Preparing for your Mammogram:

- To help minimise discomfort during mammography, schedule your mammogram to take place one week after your period (when breasts are less tender).
- If possible, bring your previous mammogram and/or report with you, or bring a list of where and when you have had previous mammograms with you to your appointment.
- On the day of the examination, do not wear talcum powder, deodorant, lotion or perfume under your arms or on your breasts. These substances can cause artifacts on your mammogram making the images harder to interpret (aluminum flecks in some powders and deodorants can mimic macro calcifications on the x-ray image).
- Wear a two-piece outfit so that you only have to remove your top and bra for the examination: a blouse which buttons in the front is optimal since it can be easily removed, while pullover tops are less convenient.
- Any jewellery worn (especially earrings or necklaces) should be easily and quickly removable, especially if you will have a procedure which requires you to lie face down.
- Any breast symptoms or problems that a woman is experiencing should be described to the technologist performing the examination. A woman should also be prepared to discuss with the mammography technologist any pertinent history: prior surgeries, hormone use, family or personal history of breast cancer. Prior to mammography a woman should also discuss any new findings or problems in her breasts with her clinician.