

ABOUT P.H. MEDICAL CENTRE

P.H. Medical Centre is equipped with all the state-of-the-art diagnostic technology you would expect from a leading diagnostic centre. Our Centre offers a full array of diagnostic services. With leading-edge technologies and trained specialists, we are able to provide diagnosis for routine or not-so-routine medical problems. The doctors are all board certified and work closely with staff to ensure that our patients have access to experienced staff and advanced technology.

FACILITIES AVAILABLE AT P.H.

|                               |  |
|-------------------------------|--|
| ▀ Health Check-Up             | ▀ 2-D Echo Colour Doppler                            |
| ▀ Pathology                   | ▀ O.P.G. (Digital)                                   |
| ▀ Open MRI                    | ▀ E.E.G.   |
| ▀ Multislice CT Scan          | ▀ Sleep Study  |
| ▀ Sonography (3D/4D)          | ▀ Skin Allergy Test                                  |
| ▀ Colour Doppler              | ▀ P.F.T  |
| ▀ Mammography (Digital)       | ▀ Eye Check-Up                                       |
| ▀ Digital X-ray               | ▀ E.N.T./Audiometry                                  |
| ▀ ECG                         | ▀ Body Fat Analyzer                                  |
| ▀ Stress Test                 | ▀ Diet Plan  |
| ▀ Bone Mineral Density (DEXA) | ▀ 24 Hrs. Ambulatory Blood Pressure Monitoring (ABP) |

DISCLAIMER

All material provided in this brochure is provided for educational and informational purposes only. Consult with your doctor regarding the advisability of any opinions or recommendations with respect to your individual situation. The management reserves the right to change any information and prices mentioned herein without prior notice for improvement of performance.



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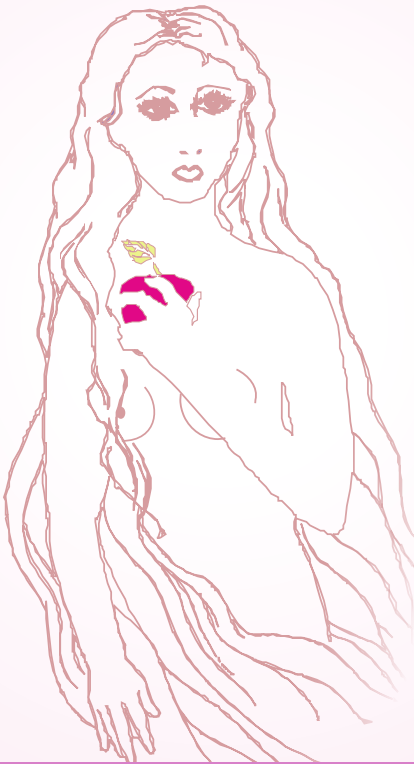
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*Closed On Sundays Only*

Mammography



Guard  
Against  
Breast  
Cancer





Mammography is a x-ray exam of breast tissue. The image produced is called a Mammogram. A Mammogram can help detect problems with your breasts, such as cysts or cancer.

**Before Your Test**

- ◆ Schedule the test for one week after your period, when your breasts are less tender
- ◆ Make sure you get your last Mammogram, this helps the doctor for comparing.
- ◆ On the morning of your test, wash your breasts and underarms, but don't use deodorant, powder, or perfume.
- ◆ Wear a top that you can remove easily.

**During Your Test**

- ◆ You will need to undress from the waist up.
- ◆ The technologist will position your breast to get the best test results.
- ◆ Each of your breasts will be compressed. This helps get the most complete x-ray image.

**After Your Test**

- ◆ More x-rays are sometimes needed. You'll be called again if required.



- ◆ Breast Sonography may also be required.
- ◆ Have Mammograms as often as your doctor recommends. Also be sure to do regular breast self-exams.

**8 out of 10 Breast lumps are benign & harmless**

| Age                        | 35 to 39   | 40 to 49   | 50 & above |
|----------------------------|------------|------------|------------|
| Breast Self Examination    | Monthly    | Monthly    | Monthly    |
| Examination by your Doctor | 2 to 3 yrs | 1 to 2 yrs | Yearly     |
| Mammogram                  | Baseline   | 1 to 2 yrs | Yearly     |

Recommended by American Cancer Society.

**Let the technologist know if :**

- You're Pregnant or think you may be.
- You have breast implants.
- You have any scars or moles on or near your breasts.
- You've had a breast biopsy or surgery.
- You're breastfeeding.

# Mammography



**These Circles Represent the Size of a Lump That Might Be Found :**

by a woman who rarely examines her own breasts.

by a woman who occasionally examines her own breasts.

by a woman who examines her own breasts every month.

by a doctor or nurse giving a clinical breast exam.

on a woman's first Mammogram

by getting Mammograms every 1-2 years

So, earlier the Diagnosis better the cure