Health Check

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Kelsey-Seybold Clinic®
Changing the way health cares.℠

What To Expect From a Screening Mammogram

A screening mammogram is an important part of preventive care for people who do not have breast symptoms. These routine images are designed to look for changes that may not be felt or noticed yet. Finding changes early can lead to more options for followup care if something needs attention and may help identify smaller changes before they progress.

Many people feel uncertain about scheduling a mammogram because they don't know what to expect. Understanding how the exam works and why it's recommended can make the process feel more manageable and help you plan with confidence.

When it may be time to schedule a screening mammogram:

- You're 40 or older and haven't scheduled a screening mammogram.
- You have a family history of breast cancer or certain inherited conditions.
- You've noticed a new lump, thickening, or change in breast shape.
- You've seen changes in breast skin, such as dimpling or redness.
- You've noticed nipple changes, including inversion or discharge.

During a screening mammogram, your breast is gently positioned between two plates for a brief moment while images are taken. You may feel pressure, but the compression usually lasts only a few seconds for each image. The exam is short, and technologists work with you to make positioning as comfortable as possible.

At many KelseySeybold locations, 3D mammography is available, and you can directly schedule your mammogram on your MyKelsey patient portal or by talking with your OB/GYN or primary care doctor for a referral. The 3D imaging creates thin, layered views of the breast, which can help radiologists see details more clearly. It may be especially helpful for people with dense breast tissue.

After your mammogram, a Kelsey-Seybold radiologist carefully reviews the images. In some cases, additional views may be recommended to look more closely at a specific area. This does not always mean that something is wrong. Often, it simply helps provide a clearer picture so the radiologist can be confident in the results.

Talk with your doctor about when to begin screening and how often to repeat it based on your age, family history, and overall health. At Kelsey-Seybold Clinic, screening mammograms are recommended for patients age 40 and older, though earlier screening may be appropriate depending on family history or other concerns.

KelseySeybold Clinic offers onsite breast imaging and access to Kelsey Cancer Center locations within one connected system. If a mammogram shows an area that needs further evaluation, your care team will coordinate additional imaging and specialty care as directed.

To schedule a visit, call 713-442-7038, visit Kelsey-Seybold.com, or visit your MyKelseyOnline patient portal.



By
Andrea Costello, MD
Women's Health, OB/GYN

Dr. Costello cares for patients at Kelsey-Seybold's Downtown Clinic location. She provides comprehensive OB/GYN care,including annual preventive exams, pregnancy care, pregnancy prevention, and treatment for problems with menstrual periods.

To schedule an appointment, call **713-442-7038**
or visit **MyKelseyOnline.com** to get started.