



# 3D Digital Mammography

## What is Low Dose 3D Mammography?

Genius 3D Mammography™ helps us detect breast cancer earlier and more accurately than traditional 2D mammograms — finding 20–65% more cancers. This means our radiologists can spot even the smallest changes sooner, with clearer 3D detail and less radiation. It's also the only exam FDA approved as a better option for women with dense breast tissue, giving you extra peace of mind.

## Who should get a screening mammogram?

If you're 40 or older, getting a mammogram every year is one of the best ways to catch breast cancer early, when it's easiest to treat. You don't need a doctor's referral for an annual screening, and most insurance plans cover it — but it's always a good idea to double-check with your insurance provider.

## What to Expect

During your mammogram, your breast will be gently compressed while the X-ray arm moves in an arc to capture detailed images from different angles. 3D mammography makes it less likely you'll need to come back for extra pictures, but sometimes we do need a closer look with another mammogram or an ultrasound — this is very common.

### A FEW TIPS FOR YOUR VISIT:

- Please don't wear deodorant or perfume on the day of your appointment.
- Plan to spend about 30 minutes with us.
- If your last mammogram was done somewhere else, let us know when you schedule — we'll take care of the rest!

## Schedule an Appointment

### Current patients

Self-schedule in the patient portal, visit [IowaRadiology.com](http://IowaRadiology.com).

### New patients

Call us at 515-226-9810 to make an appointment.

### LOCATIONS

3625 N Ankeny Blvd, Ste H, Ankeny, IA 50023

1221 Pleasant St, Ste 350, Des Moines, IA 50309

12368 Stratford Dr, Ste 300, Clive, IA 50325

2515 Grand Prairie Pkwy, 2nd Floor, Waukee, IA 50263

### HOURS

Monday – Friday: 8 AM – 5 PM

Saturday appointments available.

515.226.9810

[IowaRadiology.com](http://IowaRadiology.com)

