

Why **compression** matters during your **mammogram**.

Breast **compression** is important for optimal mammograms.

Compression is necessary for several reasons:



Compression spreads out breast tissue and minimizes tissue overlap, making abnormalities easier to see, especially in dense (fibroglandular) tissue.

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Compression reduces motion artifacts that blur mammography images.

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Calcifications in the breast are more apparent in compressed tissue.

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Thinner tissue requires less radiation exposure, thus reducing the required dose.

Early detection saves lives.

