

## Is Contrast-Enhanced Mammography (CEM) right for me?

CEM may be a good choice if

- You have **dense breast tissue**. Your mammogram report may say “heterogeneously dense” or “extremely dense.”
- You have a **higher chance of getting breast cancer**. This could be because of family history or genes.
- You **cannot have an MRI**. This might be because of the cost, an allergy to MRI dye, or a health condition like having a pacemaker.
- You **had breast cancer in the past**.

## What can I expect from the test?

- You don't need to do anything special to get ready.
- The test takes about 30 minutes.
- You will get contrast dye through an IV.
- Your breasts will be pressed, like in a regular mammogram.
- Most people can go back to normal activities right after.



**Talk to your doctor  
to find out if CEM  
is right for you.**

**Questions? Call our breast care coordinator at 985-898-7023.**