RADHIANT DIAGNOSTIC IMAGING

IMPORTANT NOTICE FOR WOMEN UNDER 40 REQUESTING A MAMMOGRAM

Approved by: Dr. Anith Chacko, CEO

At Radhiant, your safety and care come first. As part of our commitment to providing clinically appropriate and evidence-based care, we follow international and South African medical guidelines regarding breast screening.

BEFORE YOU PROCEED:
If you are under the age of 40, please take a moment to read the following information carefully.

Why Mammograms Are Not Routine for Women Under 40:

- Leading medical authorities—including the Breast Imaging Society of South Africa (BISSA) and the Radiological Society of South Africa (RSSA)—recommend routine mammogram screening from age 40 onwards.
- This is because breast cancer risk increases with age, and mammograms are more effective for women over 40.

What You Need to Know:
If You Are 35 to 39 Years Old, a mammogram may be done, but only if:

- You have a strong family history of breast cancer, or
- You have already had an ultrasound showing a concern, or
- You have a referral from your doctor stating why a mammogram is needed.
- If none of the above apply and you still choose to proceed with a mammogram, it will be done at your own request and risk. Radhiant Diagnostic Imaging will not be held responsible for any outcomes associated with proceeding outside of the recommended clinical guidelines.

If You Are Under 35:

- You **must** first have an ultrasound, which is the preferred method for younger women with breast symptoms.
- Mammograms will only be performed if you have a referral from a GP or specialist after an ultrasound confirms it is needed.

Why This Matters:

- Younger breast tissue is usually dense, making mammograms less accurate.
- Even though mammogram radiation is low, it's not medically appropriate to expose younger women unless truly necessary.
- Our team has a responsibility to follow medical ethics and only perform mammograms when there is a clear clinical reason.

Please Note: This policy applies regardless of whether you are paying cash or using medical aid. Our priority is ensuring your care is guided by best medical practices.