



Essential mammogram kit

Make mammo day more bearable with these tips.

1. Patient gowns come in a variety of styles these days, but the basic is a kimono model you tie in front. You slip the gown off an arm at a time to reveal each breast.
2. Tensing up during a mammo can interfere with the quality of breast

imaging and hike your discomfort. Calm those jitters beforehand with your favorite tunes, audiobook, or relaxation tape. Try *Instant Karma: The Amnesty International Campaign to Save Darfur*, a mix of John Lennon greats covered by today's artists. Prep yourself with a juicy Danielle Steele

audiobook (find a wide selection of audiobooks at store.playawaydigital.com). Or chill out with Brain Sync's *Guided Relaxation*, which takes you on a meditative tour of a magical garden (visit www.brainsync.com to purchase and download it right to your MP3 player).

3. A good read can put your mind at ease. We recommend *bOObs: A Guide to Your Girls* (\$15.95; Seal Press, 2007) by Elisabeth Squires; *Tiny Ladies in Shiny Pants* (\$14; Free Press, 2006), a humor collection by Jill Soloway; and *Mercy* (\$15; Simon & Schuster, 2007) by Jodi Piccoult.

4. Wear separates so you don't risk cold legs or having your panties peek out of your gown.

5. Pack a pre- or post-mammo kit. For before: unscented baby wipes; they're good for removing deodorant if your mammogram is after work. For after: deodorant, lotion, and fragrance.