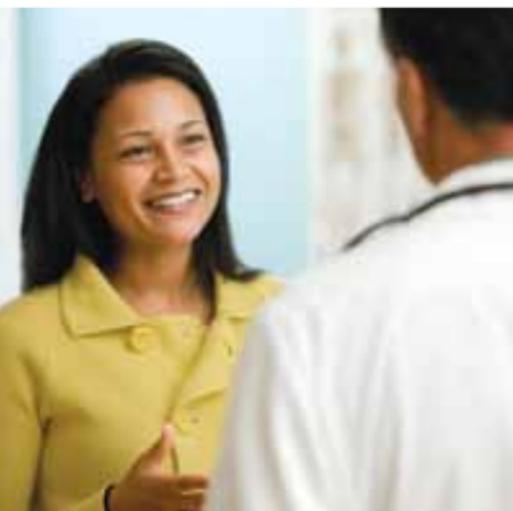


Breast Imaging – What's Best for Me?



Miami Valley Hospital
Premier Health Partners



What exam is best for me?

Early breast cancer detection can help save lives. Your personal physician and the Breast Center team at Miami Valley Hospital (MVH) will evaluate your history to determine which breast imaging exam/s is best for you.

Types of Exams

Screening Mammogram

Who is this for?

- Individuals 40 years of age and older with no breast related problems or concerns
- A screening mammogram is the appropriate exam for most women

What is a screening mammogram?

- The best tool for screening for breast cancer
- An x-ray used to evaluate the breast for early, unsuspected signs of breast cancer
- There is a small amount of radiation received
- The breast is compressed to allow even distribution of the tissue to improve visibility
- At least two views are taken of each breast
- Appointment takes 20 to 30 minutes
- Exam results are sent to your referring physician and

are available to the patient in approximately 10 business days

- Miami Valley Hospital recommends all mammography be performed with state-of-the-art digital technology



Should Women begin routine mammography prior to age 40?

Women at higher risk for breast cancer due to personal history or family history in a first-degree relative (mother, sister or aunt) may need earlier and more frequent screening. It is recommended that these women start routine mammography 5 to 10 years prior to the age of their mother or sister's age at diagnosis. For example; if a mother is diagnosed with breast cancer at the age of 45, her daughters might begin their routine mammography at the age of 35.

As with any screening recommendations, it is best to discuss this with your health care provider to determine what is best for you.

If you think you are at high risk for breast cancer based on your family history, please ask for information about Miami Valley Hospital's High Risk Breast Cancer Center at **(937) 438- 3810**.

Diagnostic Mammogram

Who is this for?

- Someone with new breast-related problems or concerns
- Someone needing follow-up on a breast related problem or concern

What is a diagnostic mammogram?

- The best tool for evaluating the breast for new problems and concerns
- The best tool for follow-up on an abnormality seen on a mammogram
- Requires a prescription from your physician
- There is a small amount of radiation received
- The breast is compressed to allow even distribution of the tissue to improve visibility



- At least two views are taken of each breast
- A radiologist is available at the time of the exam to review the images and customize the exam for each patient's issues
- Appointment takes 40 to 60 minutes
- Miami Valley Hospital recommends all mammography be performed with state-of-the-art digital technology

What if I have already had breast Cancer?

After your mammogram and/or clinical exam are deemed stable, yearly mammography may be performed for surveillance. Your physician and the breast imaging team will recommend which exams to use for this monitoring.

Breast Ultrasound

Who is this for?

- May be useful with certain types of abnormalities found on a mammogram
- May be useful for someone with a lump found on a clinical breast exam or self breast exam, most often in conjunction with a mammogram
- May be useful for someone with an abnormality who is pregnant or under the age of 30 as the first method of breast imaging
- Not used as a screening exam

What is breast ultrasound?

- A machine that uses sound waves to image the breast
- Helps evaluate whether a lump seen on a mammogram is solid or cystic
- Can be used to guide a biopsy of the breast
- A conducting gel is applied on the breast and an ultrasound probe is moved around the gel/breast obtaining images as needed
- Does not use radiation
- Requires a prescription from your physician
- Appointment takes 30 to 40 minutes

Breast Magnetic Resonance Imaging (MRI)

Who is this for?

- May be useful with a mammogram to screen women determined to be at high risk for breast cancer
- May be useful to evaluate certain abnormalities found on a mammogram and/or breast ultrasound
- May be useful to evaluate the extent of cancer in newly diagnosed patients
- May be useful to evaluate for other potential sites of cancer in newly diagnosed patients
- May be useful to determine breast cancer treatment response
- May be useful in evaluating silicone implant rupture





What is breast MRI?

- A tool to image the breast using a powerful magnet linked to a computer
- Requires the patient to lie on her stomach with the breast suspended inside the table
- Requires the injection of contrast except for evaluation of implant rupture
- Does not use radiation
- Requires a prescription from your physician
- May require a precertification from your insurance company
- Appointment takes 60 minutes

Image Guided Breast Biopsy

Who is this for?

May be used to obtain a sample of tissue from patients who have been recommended to have a biopsy of an abnormal area seen on mammography, ultrasound or MRI.

What is an image guided breast biopsy?

An image guided breast biopsy involves collecting a small sample of breast tissue with a needle and sending it for evaluation in the laboratory by a pathologist. This may be performed with the use of mammography, ultrasound or MRI to assist the radiologist in locating the abnormal tissue seen on the images.

Best Practice for Breast Care

Three Steps:

- Monthly breast self examination
- Yearly clinical breast exam by your health care provider
- Yearly mammograms for women 40 years of age and older

It takes **all three steps** to improve your chances of finding breast cancer in its earliest stages.

What to Look for Every Month

While doing your monthly breast self examination, look for:

- A lump or mass
- Changes in shape or size of either breast
- Inverted nipple
- Spontaneous nipple discharge
- Skin dimpling or thickening
- Pain

To schedule a mammogram, call our Central Scheduling office at **(937) 208-2080**.

For information on breast imaging and image-guided breast biopsy, call the MVH Breast Center Coordinator at **(937) 208-3785**.





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The Region's Leader