

Breast Cancer Screening Recommendations

The Breast Center follows the Breast Screening Guidelines recommended by The Susan G. Komen Breast Cancer Foundation.

A 3-step approach to breast cancer screening that includes, depending upon a woman's age, a combination of mammography, clinical breast exams and breast self exams.

- Monthly breast self-exams beginning by age 20
- Clinical breast exam at least every 3 years beginning at age 20, and annually from age 40 on.
- Annual mammograms beginning at age 40.

Women with a family history of breast cancer or other concerns about their personal risk should consult with a health care provider. Screening tests

may be done more often and/or started earlier than usual.

As part of a total approach to breast health, it is also important that women become familiar with their own bodies; play an active role in their own health; and develop a close partnership with their health care providers.

To make an appointment, call 866-718-6266. Your appointment at The Breast Center will take about 30 minutes and includes:

- A Breast Health History
- A Mammogram

Your Guide to Mammography

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Welcome to The Breast Center

Our Breast Center provides you with mammography facilities that have been accredited by the American College of Radiology, certified by the State of Arkansas and the U.S. Food and Drug Administration and meet all requirements of the Mammography Quality Standards Act.

Digital Mammography

One out of eight women in the United States will develop breast cancer in her lifetime. The good news is most cancers found in their earliest stages are curable. Ninety-six percent of women treated for early stage breast cancer are disease-free five years after diagnosis.

Screening Mammography

Mammography is a special X-ray of the breast tissue. It allows radiologists to see the internal structure of the breast and can reveal abnormal growths at their earliest stages.

This is done for women who are NOT experiencing problems or concerns, including women with breast implants. Upon entering the mammography area, you will be shown to a dressing area where you will undress down to your waist. A cover up will be provided for you to wear. Deodorants and powders should not be used on the day of your mammogram. Ingredients in some deodorants and powders may show up on the X-ray and make it look abnormal to the radiologist. If you feel the need to apply deodorant or powder the

day, we can provide you with products to remove these prior to your mammogram. You may want to bring your own deodorant.

A specially trained radiologic technologist will take your mammogram. The mammogram will usually be done standing, but can be done sitting. The technologist will place each breast onto an X-ray plate. The technologist will slowly lower the compression paddle firmly on top of your breast.

You may notice a brief discomfort from compression. Each mammogram is read by a radiologist who specializes in breast imaging. The radiologists also use a tool called computerized assisted detection or CAD as a "second look". Our radiologists will review your mammogram and report the findings to your physician for evaluation. You will also receive a letter about the results. We think it is in your best interest to have the most thorough mammography reading possible. If the radiologist determines that there is a need for additional X-rays, you will be notified by phone by the office staff.

Diagnostic Mammogram

Although the diagnostic mammogram starts like a screening mammogram, it is done on women with a new problem, such as a lump or focal pain. In a diagnostic examination, the radiologist reviews the images while you are at The Breast Center. The radiologist can then decide immediately if additional views and/or a diagnostic ultrasound are needed.

Diagnostic Mammogram

Occasionally, there will be a questionable area on a mammogram. The radiologist may need to get an X-ray from a different angle. Often this is enough to determine that the spot was nothing more than overlapping tissue. A different view spreads the tissue, so the overlapping tissue disappears.

Additional views also may be needed to look at areas called microcalcifications. They are tiny specks of calcium in the breast tissue that appear as tiny white dots on a mammogram.

In this instance, a magnification view allows the radiologist to view this area 8-10 times larger than it appears on a normal mammogram. After this is done, the radiologist can determine if a follow-up mammogram is needed or if a biopsy is recommended.

Diagnostic Ultrasound

Ultrasound uses high-frequency sound waves to record an image on a special screen. Radiologists use ultrasound to tell the difference between fluid-filled cysts and solid masses. A special, warmed gel will be placed on your breast to help transmit sound waves, then the technologist will use an instrument, called a transducer, to obtain the images. The transducer is placed on your breast and moved back and forth to produce a picture of the breast tissue on a screen. The pictures are copied in an electronic file, and may be printed.

An ultrasound takes approximately 15 to 45 minutes. There is little or no discomfort during this procedure.

Digital Mammogram

At The Breast Center, we use digital mammography, the latest technology available for your mammogram. Digital mammography is a technique for recording x-ray images in computer code instead of on x-ray film, as with conventional mammography. The images are displayed on a computer monitor and can be enhanced -- lightened or darkened. Images can also be manipulated; the radiologist can magnify or zoom in on an area. From the patient's perspective, positioning for a digital mammogram is the same as for conventional mammography.

Digital mammography has some advantages over conventional mammography. The images can be stored and retrieved electronically, which makes long-distance consultations with other mammography facilities easier. Because the images can be adjusted by the radiologist, subtle differences between tissue may be noted. The improved accuracy of digital mammography may reduce the number of follow-up procedures.

Only facilities that have been certified to practice mammography and have FDA approval for digital mammography may offer the digital system.