



Latest News

Mammography Study

A study of mammography effectiveness was reported in the journal *Cancer*, in 2010. Researchers found that mammography examinations of women aged 40-49 reduced breast cancer mortality by 29%, a statistically significant reduction. The study looked at statistics for all women in Sweden.

River Radiology Accreditation

We are very proud and pleased to announce that River Radiology has received American College of Radiology Accreditation in the following: Mammographic Imaging Services; MRI Services; Computed Tomography Services; and Breast Ultrasound. We received accreditation from the Intersocietal Commission for the Accreditation of Echocardiography Laboratories. We also were surveyed by the Committee on Nuclear Medicine Accreditation of the Commission on Quality and Safety, and our PET unit was approved for Brain and Oncology scans.



Jenine Gironda

Jenine Gironda, BS, R.T. (R) (M) (BD) ARRT, Lead Mammogram and Bone Density Technologist, performing a mammogram procedure.

Healthy Aging Hot Topic: What is Mammography?

Mammography is a simple X-ray examination of the breasts. The value of mammography lies in its ability to detect cancer in the breast when it is still very small – often too small to be felt and often too small to be detected any other way. At River Radiology we have the most experienced radiologists and technologists in the area. The Selenia Digital Mammography provides patients with the highest quality unit of care in the early detection of breast cancer, and all of our exams are interpreted with the aid of a state-of-the-art R2 “Image Checker” computer system.

When breast tissue is x-rayed, it creates an image that may contain tiny “spots,” called microcalcifications, or other subtle signs of early cancer. The R2 Image Checker aids in the detection of calcifications.

With our Digital Mammography, the radiologists and technologists can review the electronic images of the breast using high

and continuing for as long as they are in good health; women at increased risk (family history, genetic tendency, past breast cancer, etc.) should talk with their doctors about the benefits and limitations of starting screening earlier, having additional tests, or having more frequent exams.

When is Mammography Indicated for Symptoms?

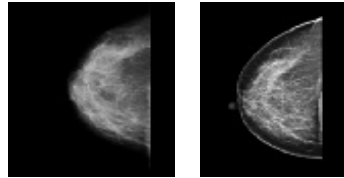
Women and men with new symptoms such as a lump, nipple discharge, pain or “cystic” breasts, should usually have a mammogram. The mammogram can provide more information which helps determine whether or not a biopsy or other diagnostic procedure is advisable. Diagnostic mammography takes longer than screening mammography because more x-rays are needed to obtain views of the breast from several angles. Some areas may also be magnified. Sometimes your doctor will also recommend an ultrasound examination of the breast, which can often complement the findings on a mammogram when a breast lump has been felt. It is important to remember that most lumps and other symptoms do not turn out to be cancer – even if a biopsy is recommended.

What About Radiation Risk?

You may have heard or read that exposing the breasts to X-rays could actually increase the risk of developing breast cancer. This was an area of controversy that arose out of early research involving much larger doses of x-rays than those used in mammography today. Unfortunately, some women have been frightened away from having this potentially life-saving examination. In fact, modern mammography exposes the breast to only a tiny amount of radiation, and today most experts in radiation biology feel that the risk is minimal – much less than the risk of not diagnosing early breast cancer.

The Mammography Procedure

You will be positioned for different views to obtain the best information. Both breasts will be x-rayed, since it is necessary to compare one with the other. Occasionally, additional views will be needed, to better show a particular part of the breast. During the exam, your breasts will be compressed briefly but firmly. This compression is extremely important, because reducing the overall thickness of the breast provides a much better picture and also results in less



L to R: plain film Mammogram; Digital Mammogram

resolution monitors, and adjust the brightness, change contrast, and zoom in for close-ups of specific areas. This is one of the main benefits of digital technology. Digital mammography reduces the need for re-takes. It saves time and reduces the x-ray dose/exposure. Digital mammography takes less than half the time of traditional film-based exams. Because they are electronic, digital images can be transmitted quickly to referring and consulting physicians, stored, and copied easily.

When is Mammography Indicated for Screening?

If your doctor has suggested that you have this examination, it does not necessarily mean he or she suspects that you have breast cancer, since most doctors believe in regular mammographic screening exams for women over the age of 40. The earlier cancer is found, the better the chances of cure. That’s why the American Cancer Society recommends the following: All women should have yearly mammograms starting at age 40

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radiation exposure. This compression may be slightly uncomfortable for some women, but it only lasts for a few seconds. The radiologist will study the images and report the findings to your doctor; you will also receive a personal letter from us with the results, within a few days. If you have additional questions or concerns, please discuss them with your doctor. Remember, the majority of women do not develop breast cancer. And the majority of breast diseases, including most lumps and most mammographic changes, are not cancer. But if it is cancer, then the earlier it is discovered, generally the better the chance for cure.



Mammography team

Your Mammography exam

Mammography is a quick and easy procedure. For a screening or diagnostic exam allow approximately 30 minutes. Allow an additional 15 minutes if an ultrasound or bone density exam is also scheduled. It is necessary to undress to the waist for the exam, and a comfortable robe will be provided. Your skin should be clean; don't use any deodorant, powder or preparation of any kind in your underarm or breast area, since the residue from such preparations can obscure your mammogram films. Scripts are now required for all mammograms (diagnostic and screening).

Remember – Mammography is not perfect!

While mammography is the single best method of detecting most breast cancers, it cannot find all cancers; some cancers may be detectable only by physical examination. It is therefore very important for you to do monthly breast self-examination on a con-

tinuing basis, as well as have annual exams by your doctor. If you or your doctor does feel something suspicious in your breast, remember that a normal mammogram cannot completely exclude the possibility of cancer – additional investigation (such as ultrasound, MRI, or biopsy) may be recommended. Remember also that most mammographic findings are not caused by cancer, even when additional testing or biopsy has been recommended.

According to the National Cancer Institute false-negative results occur when mammograms appear normal even though breast cancer is present. The main cause of false-negative results is highly dense breasts, which occur more often among younger women. False positive results can also occur and all abnormal mammograms should be followed up with additional testing, such as diagnostic mammograms, ultrasound and/or biopsy. False positive results are also more common in younger women and women who are taking hormone replacement therapy.

When can my physician expect a copy of my report?

In most cases, reports are provided within two – three business days.

Technological Advances for Breast Imaging

For women with a personal or strong family history of breast cancer, annual mammography may not be sufficient. That's why River Radiology continues to invest in new technologies for breast cancer diagnosis.

MRI Vibrant

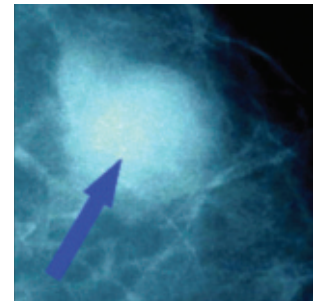
This technology allows MRI of both breasts simultaneously and offers detailed 3-D imaging. This test is for women who have a strong family history of breast cancer, inconclusive mammogram results, or a diagnosis of breast cancer. MRI screens for cancer and also assesses the extent of breast cancer.

Computer-Aided Detection (CAD) for Breast MRI

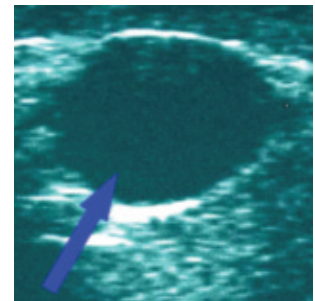
This system improves diagnostic capabilities. It reduces false images due to motion; uses color to evaluate blood flow; and results in improved speed and accuracy.

Ultrasound for Breast Imaging

This is used both to evaluate abnormalities found with mammography and to evaluate palpable lumps. Ultrasound allows significant freedom to obtain images of the breast from almost any position, and can detect benign cysts as well as malignant cancers.



Mammography shows a mass and ultrasound is recommended.



Ultrasound proves that it is a benign cyst (smooth borders & black inside)

Invest an hour in early screening. It can add years to your life.

