



**DIAGNOSTIC IMAGING ASSOCIATES**  
 "RADIOLOGY WITH TODAY'S TECHNOLOGY"  
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## WHAT ALL WOMEN SHOULD KNOW ABOUT BREAST HEALTH

### What Is Breast Cancer?

Cells in the body normally divide (reproduce) only when new cells are needed. Sometimes, cells grow and divide out of control, which creates a mass of tissue called a tumor. If the cells that are growing out of control are normal cells, the tumor is called benign (not cancerous.) If however, the cells that are growing out of control are abnormal and do not function like the body's normal cells, the tumor is called malignant (cancerous).

### What Causes Breast Cancer?

We do not know what causes breast cancer, although we do know that certain risk factors may put you at higher risk of developing it. A person's age, genetic factors, gender, personal health history and diet all contribute to breast cancer risk.

### Who Gets Breast Cancer?

Breast cancer is the most common cancer among women, other than skin cancer. It is the second leading cause of cancer death in women, after lung cancer. About 215,990 women in the United States will be found to have invasive breast cancer in 2004. About 40,110 women will die from the disease this year. Right now there are slightly over 2 million women living in the U.S. who have been treated for breast cancer. (Source: American Cancer Society)

Although this may sound frightening, research reveals that breast cancer death rates are going down. This decline is likely the result of *earlier detection and improved treatment*.

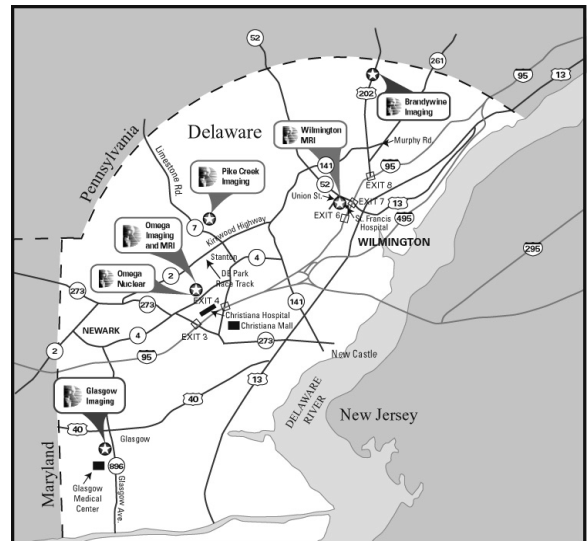
### What Are the Warning Signs of Breast Cancer?

- Lump or thickening in or near the breast or in the underarm that persists through the menstrual cycle
- A mass or lump, which may feel as small as a pea
- A change in the size, shape or contour of the breast
- A blood-stained or clear fluid discharge from the nipple
- A change in the feel or appearance of the skin on the breast or nipple (dimpled, puckered, scaly or inflamed)
- Redness of the skin on the breast or nipple
- An area that is distinctly different from any other area on either breast
- A marble-like hardened area under the skin

### How Can I Protect Myself From Breast Cancer?

Follow these three steps for *early detection*:

1. Get a mammogram. The American Cancer Society recommends having a baseline mammogram between ages 35 and 40, and then every year after age 40. Your risk of breast cancer increases as you age, so a yearly mammogram is especially important if you are over age 40. If you think you need a mammogram, don't wait for your yearly physical. Contact your health-care provider right away.
2. Examine your breasts each month after age 20. You will become familiar with the contours and feel of your breasts and will be more alert to changes. Breast self-examination should be performed at the same time each month, three to five days after your menstrual period ends. If you have stopped menstruating, perform the exam on the same day of each month.
3. Have your breasts examined by a healthcare provider at least once every three years after age 20, and every year after age 40. Clinical breast exams can detect lumps that may not be detected by mammogram.



**DIA OFFERS MAMMOGRAM SCREENINGS -- USING ONLY ADVANCED TECHNOLOGY -- AT THE FOLLOWING LOCATIONS :**

- **GLASGOW 302.392.5600**  
100 PEOPLES PLAZA, NEWARK
- **BRANDYWINE 302.654.5300 (DIGITAL)**  
3206 CONCORD PIKE, WILMINGTON
- **PIKE CREEK 302.995.2037**  
3105 LIMESTONE RD, STE 106, WILMINGTON



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### Mammogram Basics

Using a machine and x-ray film made especially for breast tissue; a technician compresses the breast and takes pictures from at least two different angles, creating a set of images for each of your breasts. This set of images is called a mammogram. Breast tissue appears white and opaque and fatty tissue appears darker and translucent.

In a screening mammogram, the breast is x-rayed from top to bottom and from side to side. A diagnostic mammogram focuses in on a particular lump or area of abnormal tissue.

### Why Do I Need A Mammogram?

Mammography is your best defense against breast cancer because it can detect the disease in its early stages, before it can be felt during a breast examination. Mammograms can evaluate any unusual changes in the breast. A mammogram can help your healthcare provider decide if a lump, growth or change in your breast needs further testing.

### How Should I Prepare For A Mammogram?

- Inform your doctor or the technician performing the test if you are pregnant or think that you may be.
- No dietary changes are necessary. Take your medicines as usual.
- Do not wear body powder, cream, deodorant or lotion on your chest the day of the test. These substances may interfere with the x-rays.
- You will be asked to remove all clothing above the waist and you will be given a gown to wear. You may want to wear a two-piece outfit the day of the test.
- You will be asked to remove all jewelry.

### What Should I Expect During My Mammogram?

- A registered mammography technologist performs the test (all DIA mammography techs are women). A certified DIA radiologist specialized in interpreting imaging studies will read the x-rays.

- You will be asked to stand in front of an X-ray machine. A technician will place your breast between two radiographic breast supports. The supports will be pressed together, gently flattening the breast. By compressing the breast, the health-care provider can get a clear picture while using a low dose of radiation.

The discomfort felt from this pressure will only last for a few seconds. Compression is necessary to obtain the clearest possible picture with the least amount of radiation. To minimize discomfort during compression, you may want to schedule your appointment seven to 10 days after the start of your period, when your breasts are least likely to be tender.

- The breast will be imaged in several positions to enable the radiologist to visualize all breast tissue adequately. For a routine breast screening, two pictures are taken of each breast. This examination takes about 20 minutes.

### What is CAD (Computer Aided Detection)?

CAD is offered with all DIA mammography services, which is not the case with every medical imaging provider. It is a cutting-edge advance in mammography proven to increase the detection rate for breast cancer. A computer program is used to analyze mammography data. This program searches the mammogram for findings associated with breast cancer. Essentially, CAD functions as a second reader, assisting your DIA Radiologist.

### What is Digital Mammography?

DIA offers this state-of-the-art technology so that our patients receive the extraordinary care they deserve. Digital mammography makes it possible for images to be transferred to a computer screen so they can be electronically enhanced. Your doctor can zoom in, magnify and optimize different parts of the breast tissue. This improves readability and interpretation of your images. Also, digital allows images to be stored and transferred electronically (no film). DIA is the only provider of Digital Mammography in Delaware.