



**DIAGNOSTIC IMAGING ASSOCIATES**  
"Radiology With Today's Technology"  
www.DIAXRAY.COM <> 302.369-4DIA (4342)

## 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 231,840 women in the USA will be found to have invasive breast cancer in 2015. About 40,290 women will die from the disease this year. About 1 in 8 (12%) women will develop invasive breast cancer during their lifetime, and about 60,290 will be diagnosed with noninvasive early form of breast cancer. Although this may sound frightening, research reveals that breast cancer death rates are going down. The decline is likely a result of earlier detection and improved treatment.

### WHAT ARE THE WARNING SIGNS OF 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 at age 40, and then every year after the age of 40.
2. Clinical Breast Examination. A clinical breast examination is recommended every three years for women in their 20's and 30's

by a healthcare professional. Clinical breast examinations can detect lumps that may not be detected by mammogram.

3. Self Breast Examination. Examine each breast each month after age 20. You will become familiar with the contours and feel of your breasts and will more alert to changes. Breast self-examination should be performed at the same time each month, three to five days after your menstrual cycle ends. If you have stopped menstruating, perform the examination on the same day of each month.

### MAMMOGRAM BASICS

Using a digital X-ray machine made especially for the breast tissue; a technician compresses the breast and makes images 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 evaluation.

### HOW SHOULD I PREPARE FOR A MAMMOGRAM?

- Inform your doctor or the technician performing the examination if you are pregnant or think you may be.
- No dietary changes are necessary. Take your medications as usual.
- Do not wear body powder, cream, deodorant or lotion on your chest the day of the examination. These substances may interfere with x-rays.
- You will be asked to remove all of your 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 your examination.
- You will be asked to remove all jewelry.

### WHAT SHOULD I EXPECT DURING MY MAMMOGRAM?

- A registered mammography technologist performs the examination (all DIA mammography technicians are women). A certified DIA radiologist specialized in interpreting imaging studies will read the digital X-ray images.
- You will be asked to stand in front of a digital 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 healthcare 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 the compression, you may want to schedule your appointment seven to 10 days after the start of your period, when your breast 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.
- The mammogram usually takes about 20 minutes.

## WHAT IS CAD (COMPUTER AIDED DETECTION)?

CAD is offered with all DIA 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.

## WHAT IS 3D MAMMOGRAPHY?

3D mammography is a revolutionary new screening and diagnostic tool designed for early breast cancer detection that can be done in conjunction with traditional 2D digital mammogram. During the 3D part of the examination, the X-ray arm sweeps in a slight arc over your breast, taking multiple breast images. Then, a computer produces a 3D image of your breast tissue in one millimeter slices, providing greater visibility for the radiologist to see breast detail in a way never before possible. They can scroll through images of your entire breast like pages from a book. The additional 3D images make it possible for a radiologist to gain a better understanding of your breast tissue during screening and the confidence to reduce the need for follow-up imaging. 3D imaging uses just about the same very low X-ray energy as a traditional mammogram. 3D mammography can be used for screening and diagnostic purposes.

## WHAT IS THE DIFFERENCE BETWEEN SCREENING AND DIAGNOSTIC MAMMOGRAM?

A screening mammogram is your mammogram that is annually (once a year). Sometimes the radiologist may ask you to come back for follow-up images which is called a diagnostic mammogram to rule out an unclear area in the breast or if there is a breast complaint that needs to be evaluated.

## DIA OFFERS MAMMOGRAM EXAMS AT THE FOLLOWING LOCATIONS:

### BRANDYWINE IMAGING

3206 Concord Pike  
(302) 654-5300

### GLASGOW IMAGING

100 Peoples Plaza  
(302) 392-5600

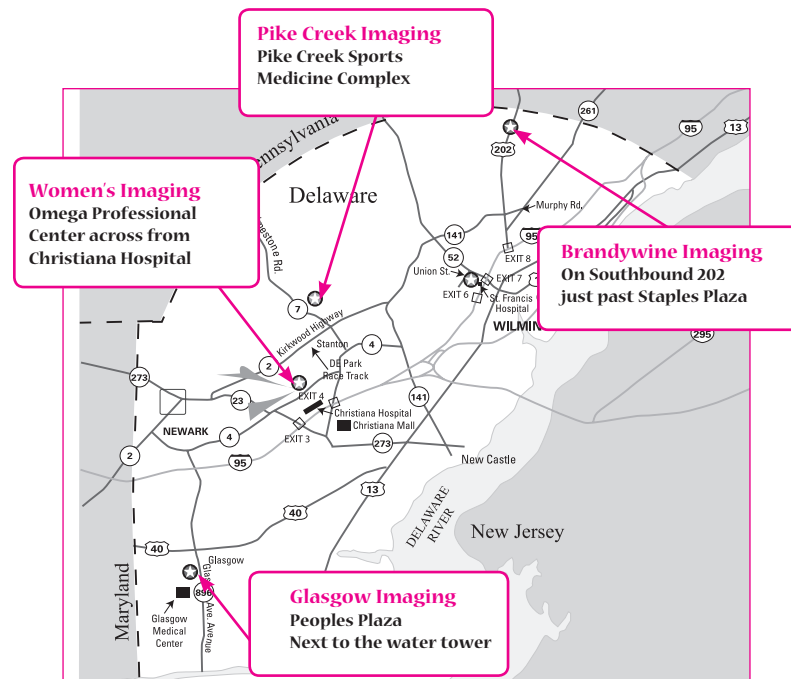
### PIKE CREEK IMAGING

3105 Limestone Road, Suite 106  
(302) 995-2037

### WOMEN'S IMAGING

J24-26 Omega Drive  
(302) 738-9748

### Map of Locations



### Joseph R. Peacock, M.D., Co-Director

Specializing in Obstetrical and Gynecological Ultrasound, Mammography, Breast MRI, Body CT, and Nuclear Medicine

### Ka-Khy Tzé, M.D., Co-Director, ABR, ASNR, ASHNR, ASSR

Specializing in Neuroradiology with special interest in Temporal Bones, Spine, Head and Neck CT and MRI, and Special Procedures

### Valerie J. Gilliam, M.D.

Specializing in Mammography, Ultrasound, DEXA, and Breast MRI

### Scot E. Goldberg, D.O., AAOS

Specializing in Mammography, Ultrasound, and DEXA

### Rita Gottesman, M.D., ABR

Specializing in Obstetrical and Gynecological Ultrasound, Mammography, and Body CT

### Helen Sax, M.D., ABR

Specializing in Mammography, Ultrasound, and DEXA

### Mithilesh K. Singh, M.D., MBBS, ABR

Specializing in Ultrasound, Mammography, Body CT, CT Vascular Imaging, Cardiac Score, Virtual Colonography and Nuclear Medicine

### Jawaad Mohiuddin, M.D., ABR

Specializing in Neuroradiology, Mammography, and Guided Biopsy Procedures.