

Changing breast care forever

Request your digital mammogram for all the right reasons.

- A digital mammography exam usually takes less than half the time of a traditional film-based exam, and there's less of a chance you'll be called back to retake your images.
- Your physician will gain viewing options with the unique ability to enhance certain areas to get a more precise picture of your condition.
- Your breast images can be zoomed in and out, and the contrast can be lightened or darkened. Also, through an inverting feature, black can reverse to white and white can change to black. This feature helps detect microcalcifications, which is like revealing a grain of salt in a ball of clay. All these image enhancements help aid in proper diagnosis.
- Digital images give better visibility of the breast, particularly near the skin line, chest wall and in women with dense breast tissue. Also, digital images are helpful for women with implants and for imaging patients with known abnormalities.
- Digital images can be viewed on workstations anywhere in the world, allowing physicians to compare current images to past images.

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 **Steinberg Diagnostic
Medical Imaging Centers**
"Where Imaging Revolves Around You"™



*Digital technology
for personalized
breast care*

Digital mammography

Make the leap to digital mammography

Extraordinary care you deserve

When it's time for your annual mammogram, make it digital. Digital mammography is your newest ally in the fight against breast cancer. Digital images appear in seconds on a computer screen, revealing an exciting new world of diagnostic possibilities.

- Better visibility at the skin line
- Greater image flexibility
- Shorter exam times
- Faster results
- Fewer call backs
- Less anxiety

Discover all the benefits of a digital mammogram, learn the importance of early screening for breast health and get answers to commonly asked questions. If you have additional questions, please consult your healthcare professional.

 **Steinberg Diagnostic
Medical Imaging Centers**

Early detection is on your side

Every day we learn more about breast cancer and how to win the battle. One fact is very clear – the distinct advantage of early detection. Fortunately, breast cancer is highly detectable through digital mammography screening. If breast cancer is detected early, before it spreads, 98 percent of the women will be alive five years later. The earlier it's discovered, the earlier it's treated, the better your chance of survival.

Why the switch to digital?

Digital mammography was developed for many important reasons. A digital system transfers images to a computer so they can be electronically enhanced. Your doctor can zoom in, magnify and optimize different parts of the breast tissue using just four standard pictures. And special software allows your doctor to view the entire breast on one image.

How do digital mammograms differ from conventional film?

The steps involved from your perspective will be very similar. How the images are captured and what healthcare providers can do with them sets digital apart. Digital mammograms allow your doctor to focus in on the areas of concern, which enhance readability and interpretation of the image. Digital also allows the images to be stored and transferred throughout the care network.

When should I have a mammogram?

If you're a woman 40 and over, you should have a mammogram every year to check for abnormalities or lumps that may indicate early stages of breast cancer. Women with personal or family histories of breast cancer should consult their doctors about the need for more frequent or earlier mammography. However, mammograms do not replace breast self-exams. Although mammograms can see cancerous lesions earlier than you can feel them with a self-exam, it is still important to examine your breasts every month.

I've heard that digital mammography is better for patients who have dense breasts. What is the difference between dense and fatty breasts?

Your breast contains varying amounts of glandular (dense) tissue and fatty tissue. The more glandular tissue, the denser the breast. Digital mammography is better for imaging dense breast tissue than a traditional film method.

How long will my digital mammogram take?

It will take about 10 to 15 minutes for your healthcare provider to acquire the images. The compression and positioning are the same as traditional mammography but with less waiting time and far fewer call backs – a 20 percent to 30 percent reduction in call backs. Your technologist will know right away if the image positioning is correct.

Does a digital mammogram involve any radiation?

The amount of radiation you'll receive is approximately the same as with a traditional film mammogram, but may be less if you have very dense breast tissue.

Is there anything I can do to make the exam go more smoothly?

It's best not to wear deodorant or powder the day of your exam since it could affect the image. Also, wear a two-piece outfit because you'll need to undress from the waist up. And schedule your mammogram shortly after the end of your period to ease any discomfort.

The American Cancer Society recommends

Women over 40:

- Get an annual mammogram
- Obtain an annual clinical breast exam by a healthcare professional
- Perform monthly breast self-exams

Women 20–39:

- Obtain a clinical breast exam by a healthcare professional every three years
- Perform monthly breast self-exams

To reduce your risk of breast cancer:

- Breastfeed your children
- Limit your alcohol intake
- Maintain a healthy weight
- Exercise regularly

To learn more:

American Cancer Society:
<http://www.cancer.org>

Susan G. Komen Breast Cancer Foundation:
<http://www.komen.org>

American Breast Cancer Foundation:
<http://www.abcf.org>

National Breast Cancer Coalition:
<http://www.natlbcc.org>
<http://www.breastcancer.org>