

Caring as One



A New Ally in the Fight Against Breast Cancer

Breast cancer will affect one in eight women sometime in their life, and it is still the second most common cause of cancer related deaths in women. Studies have shown that, when detected early, the chance for successful treatment of breast cancer is high.

Mammograms play a central part in the early detection of breast cancer because they can detect changes in the breast that may be early signs of cancer, but are too small or subtle to be felt. The use of mammography has greatly enhanced the ability to detect breast cancers at earlier stages. Now a new technology called full field digital mammography shows even more promise in the fight against breast cancer.

Call 817-408-3182 to schedule your appointment today.

How to Conduct a Breast Self-Exam

- Lie down with a pillow under your right shoulder and place your right arm behind your head.
- Use the finger pads of the three middle fingers on your left hand to feel for lumps in the right breast.
- Press firmly enough to know how your breast feels.
- Move around the breast in a circular, up-and-down or wedge pattern. Use the same pattern every time you examine your breasts. Check the entire breast area and up under your arms.
- Repeat the exam on your left breast.
- Repeat the examination of both breasts while standing. The upright position makes it easier to check the upper and outer part of the breasts.
- Do the exam every month (after your period, if you have periods).



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Digital Mammography



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What is Full Field Digital Mammography?

Digital mammography uses computers and specially designed digital detectors to produce an image that can be displayed on a high-resolution computer monitor and transmitted and stored just like a computer file.

From a patient's point of view, having a digital mammogram is very much like having a conventional screen-film mammogram. Both film-based and digital mammography use compression and X-rays to create clear images of the inside of the breast.

During all mammography exams, the technologist positions the patient to image the breast from different angles and compresses the breast with a paddle to obtain optimal image quality. We offer softer touch mammo pads to improve comfort during the exam.

Unlike film-based mammography, digital mammograms produce images that can be reviewed by our radiologist on a high-resolution computer monitor – in a matter of seconds. There is no waiting for film to develop, which can mean less time spent in the women's imaging suite and faster results.

The Benefits of Digital Mammography

Unlike other parts of the body, the breast is composed mainly of soft tissue. When breast tissue is X-rayed, it creates an image that looks something like a smoky haze, making it difficult to see tiny "spots," called microcalcifications, and other subtle signs of what might be early cancer.

With digital mammography, the radiologist reviews electronic images of the breast, using special high-resolution monitors. The physician can adjust the brightness, change contrast, and zoom in for close ups of specific areas of interest. Being able to manipulate images is one of the main benefits of digital technology.

Another convenience of digital mammography over film-based systems is it can greatly reduce the need for retakes due to over- or under-exposure. This potentially saves additional time and reduces exposure to X-rays.

Because they are electronic, digital mammography images can be transmitted quickly and securely. Digital images can also be easily stored and copied without any loss of information. This transmission and delivery of images streamlines and eliminates dependence on only one set of "original" films.

For more information, please call our Breast Imaging Center at **817-408-3182**.

Who should have a mammogram?

The American Cancer Society recommends that all women have a baseline screening mammogram between the ages of 35 and 40. The ACS also recommends that women have an annual screening mammogram beginning at age 40.

What is a Mammogram?

A mammogram is an X-ray examination of the breasts. Mammograms play a central part in the early detection of breast cancer because they can detect changes in the breast that may be early signs of cancer, but are too small or subtle to be felt.

