

## Screening and Diagnostic Mammography

Mammography is an X-ray examination of the breast which can spot breast cancer in its earliest stages—even before you or your doctor can detect a lump.

There are two types of mammography—screening and diagnostic. A screening mammogram is performed annually, when a woman has had no symptoms and does not have a personal history of breast cancer. Diagnostic mammograms are used to follow up on known problems or to clarify the results of a screening mammogram.

The Society of Breast Imaging and the American College of Radiology offer the following breast health guidelines:

- Women age 40 and above should have an annual mammogram
- Women with a personal or family history of breast cancer should consult with their doctor about the need for more frequent or earlier mammography
- You should report symptoms such as lumps, nipple discharge, and persistent discomfort to your physician immediately

3D Breast Tomosynthesis increases detection of invasive cancers by 41%, and decreases false positive callbacks by up to 40%. And because 2D images are generated directly from the 3D images, there is no need for additional scans, reducing overall radiation dose by up to 40%.

As of January 1, 2019, Connecticut law will expand the definition of “mammogram” to include 3D Breast Tomosynthesis, requiring all insurance plans with preventative benefits to provide coverage for screening mammography. Please contact your insurance carrier for specific information about your plan.

## Image-Guided Breast Biopsy

### HOW IT WORKS:

Using real-time images for precise targeting, our radiologists extract a small sample of tissue. Advanced Radiology uses Ultrasound or 3D Breast Tomosynthesis for the most accurate image guidance and reduced procedure times. This minimally-invasive procedure is often a desirable alternative to surgical biopsy.

### WHAT IT IS USED FOR:

A biopsy is performed to remove sample cells from suspicious areas for further examination and to determine a diagnosis.

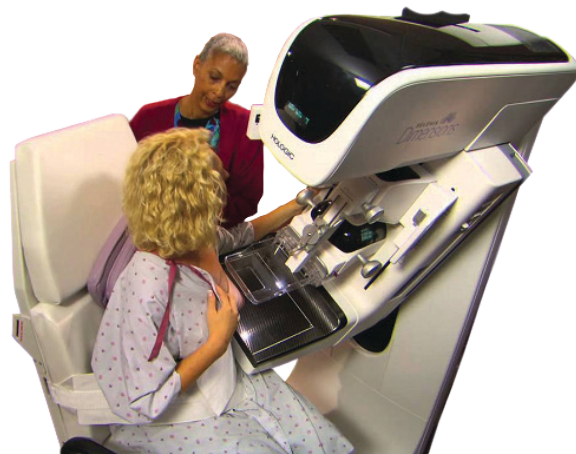
### WHAT YOU EXPERIENCE:

You will be awake during your biopsy. Most women report little pain and no scarring on the breast.

A local anesthetic injection is used. You will feel some pressure during tissue sampling, which is normal.

Temporary bruising is normal following your biopsy. You may take an over-the-counter pain reliever and use a cold pack. If a marker is necessary for marking the biopsy site, it will cause no discomfort.

You should avoid strenuous activity for at least 24 hours after your biopsy.



Fairfield	1055 Post Road
Orange	297 Boston Post Road
Shelton	4 Corporate Drive
Stamford	1259 East Main Street
Stratford	2876 Main Street
Trumbull	15 Corporate Drive
Wilton	30 Danbury Road

# Women's Imaging

Screening & Diagnostic Mammography  
Breast Ultrasound  
Breast MRI  
Image-Guided Breast Biopsy  
Bone Densitometry  
Vein Treatments



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## Breast Ultrasound

### HOW IT WORKS:

Ultrasound uses high-frequency sound waves to generate images of the internal structures of the breast, and is based on the same principles involved in sonar.

### WHAT IT IS USED FOR:

Breast ultrasound is frequently used to evaluate an area of concern found during a mammogram. This exam is also used as a screening supplement for dense breast tissue. The state of Connecticut mandates that this use is covered by insurance. If you have a deductible, co-insurance, or co-pay, these may apply. Please contact your insurance carrier for more specific information.

### WHAT YOU EXPERIENCE:

You will lie on your back on the examining table and may be asked to raise your arm above your head. The technologist will apply gel on the skin of the area to be examined. The transducer is moved back and forth over the area of interest until the desired images are captured. There is usually no discomfort. The ultrasound image is immediately visible on a video display screen that looks like a computer monitor.

When the exam is complete, usually within 30 minutes, the clear gel will be wiped off. Any gel that is not removed will dry to a powder. Ultrasound gel will not stain or discolor clothing.



## Breast MRI

### HOW IT WORKS:

Magnetic Resonance Imaging (MRI) uses radio waves and a powerful magnetic field, combined with digital computations, to produce detailed images of your body's internal structures. Unlike X-ray or CT scans, MRI uses no radiation.

### WHAT IT IS USED FOR:

Breast MRI is primarily used to supplement mammography or ultrasound. It may be used to screen women at high risk for breast cancer, to further evaluate irregularities seen on mammography, or to evaluate breast implants.

### WHAT YOU EXPERIENCE:

You will be positioned on the moveable exam table. Cushions may be used to maintain correct positions during imaging. Most MRI exams require intravenous contrast material. When the contrast is injected, you may feel coolness and a flushing sensation.

MRI scanners are air conditioned and well lit, and produce loud noises during imaging. MRI exams are painless, however, some patients may experience a sense of claustrophobia.

Scanning time is usually less than 30 minutes. If you have not been sedated, no recovery period is necessary.



## DEXA Bone Densitometry

### HOW IT WORKS:

Dual-Energy X-ray Absorptiometry, (DEXA), uses small doses of ionizing radiation to create images of internal body structures to measure bone loss. The device delivers a low-dose X-ray beam with two distinct energy peaks, one absorbed by soft tissue, the other by bone. A computer subtracts the soft tissue information, leaving only the bone density measurement.

### WHAT IT IS USED FOR:

DEXA is the most accurate method for diagnosing osteoporosis, and is the established standard for measuring bone mineral density (BMD). It is commonly used to track the treatment of conditions that cause bone loss, and assess a patient's risk for developing fractures.

### WHAT YOU EXPERIENCE:

The DEXA device has a large, padded table with a detector arm suspended overhead. While the detector is slowly passed over you, you must remain very still, and may be asked to hold your breath briefly during the exam to ensure clear images. DEXA exams usually last 10 to 30 minutes.



## Sclerotherapy Vein Treatment

### HOW IT WORKS:

In sclerotherapy, a solution is injected directly into the affected veins, causing them to close, shrink, and disappear.

### WHAT IT IS USED FOR:

Treatments are used to improve the cosmetic appearance of spider veins and relieve related symptoms such as aching, burning, swelling, and cramping.

### WHAT YOU EXPERIENCE:

Your radiologist will inject sclerosing solution into the varicose and/or spider veins. During the procedure you will feel small needle sticks and possibly a mild burning sensation. The number of veins treated in one session varies depending upon their size and location.

The procedure is usually completed with 30 to 45 minutes. Some bruising may occur around the injection site. After the treatment you will be asked to wear compression hose to support the treated veins.

In general, spider veins disappear within three to six weeks. If the treated veins respond well, they will not reappear. Your radiologist will inform you of the success of the procedure when it is completed, and may recommend a follow-up visit.

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