



GE Senographe DS Full Field Digital Mammography,
as installed at San Luis Diagnostic Center.

*At San Luis
Diagnostic Center,
we are truly dedicated
to the women
of our community
in the fight
against breast cancer.*

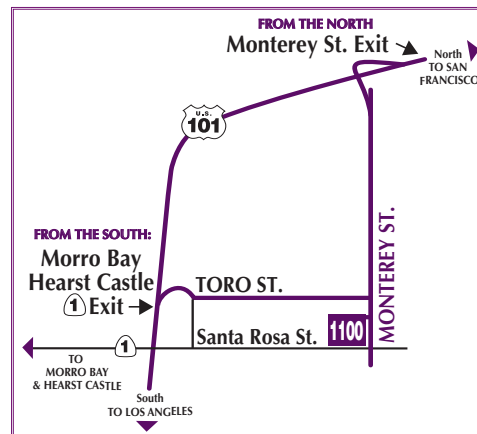
*Please call
if you have any questions.
It may save your life.*

(805) 542-9700

Insurance

San Luis Diagnostic Center contracts with most major insurance companies and bills patients' insurance companies for them. Prior to an examination, we contact all patients for details regarding their insurance coverage. We ask patients to sign an *assignment of benefits* form so that payment comes directly to our center. Any amounts not covered by insurances, such as deductibles or co-insurance amounts, we collect at the time of service. For our patients' convenience, we accept personal checks and credit cards.

Specific insurance inquiries are handled by our business office at 805-542-9700.



FROM THE NORTH: Hwy 101 South to Monterey St. exit. Left over the freeway. Stay on Monterey Street 4 blocks. Driveway is on right before Santa Rosa St. Park at street level, below the building.

FROM THE SOUTH: Hwy 101 North to Morro Bay / Hearst Castle Hwy 1 exit. Veer left on Toro, straight 5 blocks to Monterey St. Right on Monterey. Driveway is on right before Santa Rosa St. Park at street level, below the building.



1100 Monterey Street, Suite 210
San Luis Obispo, California 93401

(805) 542-9700

sldcinfo.com

Breast Imaging

*What every
woman
should know*



BREAST CANCER:

The **second** most common
cause of death among women

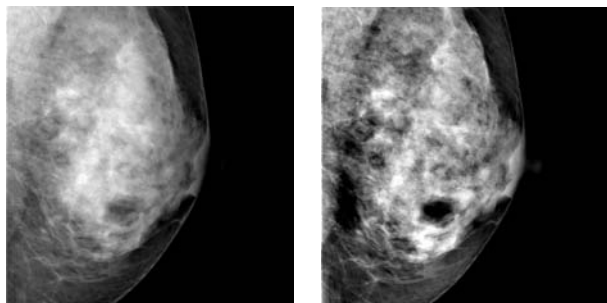


There are many imaging options available at San Luis Diagnostic Center to help diagnose breast disease and other related conditions. This pamphlet provides information about the procedures your doctor may prescribe for you.

Digital Mammogram

Routine mammograms are the first step in the diagnosis of breast cancer. The American Cancer Society recommends a yearly mammogram after the age of 40.

Digital mammography is now the “gold standard” in x-ray imaging of the breast. It detects 15-28% (depending on your age) more cancers in women with dense breasts than film-based



Left, old-fashioned film mammogram. Right, digital mammogram. In which image do you want your radiologist looking for breast cancer?

mammography. When you add Computer Aided Detection, digital mammography can detect another 20% of cancers. San Luis Diagnostic Center is proud to say we were the first imaging center from Santa Barbara to Monterey to offer this superior technology.

The technologist begins a mammogram by placing the patient’s breast onto the mammography unit and applying pressure to compress the breast. Pressure on the breast is required to obtain a high quality exam and, therefore, a precise diagnosis.

The technologist takes pictures of the patient’s breast in different positions. The radiologist reviews the pictures and if they are normal, the examination is complete. If the radiologist sees a possible abnormality, the patient may be asked to return a different day for additional images.

Digital mammography is the primary method of breast imaging for all women, including those with implants. A digital mammogram takes approximately 10 minutes.

Ultrasound

Ultrasonography has proven to be a reliable procedure for breast imaging. Ultrasound can help to identify the composition of a breast lump or mass that can be felt or has been detected by a mammogram.

The technologist performs a breast ultrasound by passing the transducer or probe across the skin of the breast. An ultrasound of the breast is painless and generally takes approximately 15-20 minutes.

Breast MRI – (Magnetic Resonance Imaging)

A Breast MRI is very useful for women with implants. Breast MRIs can detect silicon in breast tissue or abnormalities within the implant, such as rupture. Breast MRI for implant rupture is the standard technique for deciding if an implant is ruptured.

Breast MRI is also useful in the staging and diagnosis of breast cancer. It is particularly useful for screening women with dense breast tissue who are known as carriers of the genes called BRCA-1 and BRCA-2, which increase the risk for breast cancer. Breast MRI is also useful in staging women who have known breast cancers, looking for tumor invasion into the chest wall and also to determine if there is more than one breast cancer in the breast. Breast MRI is also used to determine the difference between scar tissue and a recurrent breast cancer in patients who have already had a cancer. See our brochure on Breast MRI.

For an Breast MRI, the patient lies on her stomach in the MR scanner. The scan takes approximately 20-30 minutes and, depending on what we are looking for, may require an IV injection of dye.

Breast Biopsy

Once the radiologist has diagnosed a suspicious breast mass on a mammogram or an ultrasound, a biopsy may be required. A Stereotactic, ultrasound-guided, or MR-guided breast biopsy has been proven to be as accurate as a surgical “open” biopsy. However, breast biopsies done stereotactically have several advantages over open biopsies done in the operating room. These percutaneous (through the skin) biopsies:

- Are performed in an office
- Provide for immediate recovery
- Cost one-fifth to one-third the cost of open biopsies
- Result in no scarring or breast deformity
- Take less than one hour to perform
- Do not cause any deformities, resulting in more accurate interpretation of follow-up mammograms

With a stereotactic biopsy, the patient sits in a chair and the breast with the abnormality is placed in the stereotactic unit. The radiologist numbs the skin and makes a small opening for a needle. The radiologist then passes a needle through the numbed area of the breast and removes small tissue samples. This is done several times through the same opening. The procedure lasts about 30 minutes. The tissue samples are sent to a laboratory for analysis.

Alternatively, when the breast abnormality can be seen by ultrasound, the abnormality can be biopsied using ultrasound as a guide. The patient lies on her back and the radiologist uses a technique very similar to that of stereotactic biopsy. It only takes 10-15 minutes and has all the biopsy advantages of the stereotactic biopsy.

If your abnormality is only seen on a Breast MRI, then your biopsy must be performed in an MRI machine. (see our Breast MRI brochure for more details.)

When any type of biopsy is complete, the doctor places a bandage over the affected area and an ice pack on your breast.