



WHY SHOULD I GET A MAMMOGRAM?



- **One in every 8 women** women in the United States is diagnosed with breast cancer annually. Most of us know women who have been treated for this disease.
- A screening mammogram can detect a cancer early when it is smaller and more easily treated. You can reduce your risk of dying from breast cancer by **25-30%** with early detection.
- Breast cancer affects women of all ages. Women 55 and older represent **two thirds** of breast cancer cases. Women younger than 45 account for **one out of eight** invasive breast cancers.
- Women within certain **ethnic groups** (i.e. Ashkenazi Jewish descent) may be at higher risk of developing breast cancer.
- Having a mother, sister or daughter with breast cancer **doubles your risk** of having it. Having two such family members **triples your risk**.
- Women with **dense breasts** have a higher risk of breast cancer (1.2 - 2 times greater) than women with non-dense breasts.
- If you drink alcohol regularly, are overweight, or do minimal physical activity, you may be at **higher risk**.

Frequently Asked Questions

Q WHAT IS 3D MAMMOGRAPHY?

A: 3D mammography is a revolutionary new breast imaging tool that can be performed in conjunction with a traditional 2D digital mammogram.

During the 3D part of the exam, the x-ray arm sweeps in an arc over your breast, taking imaging of your breast from multiple angles. 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 of a book.

The additional 3D images make it possible for the radiologist to better evaluate your breast tissue¹, allowing him/her to find breast cancers earlier and reduce the need for follow-up imaging¹.

Q WHY DO I NEED A 3D MAMMOGRAM? WHAT ARE THE BENEFITS?

A: With conventional digital mammography, the radiologist is viewing all the complexities of your breast tissue in a one flat image. Sometimes breast tissue can overlap, giving the illusion of normal breast tissue looking like an abnormal area.

By looking at the breast tissue in one millimeter slices, the radiologist can provide a more confident assessment.¹ In this way, 3D mammography finds cancers missed with conventional 2D Mammography. It also means that there is less chance your radiologist will call you back for additional imaging, because now they can see breast tissue more clearly.

Q WHAT SHOULD I EXPECT DURING A 3D MAMMOGRAM?

A: 3D mammography complements standard 2D mammography and is performed at the same time with the same system. There is no additional compression required, and it only takes a few more seconds for each view.

Q IS THERE MORE RADIATION?

A: 3D exams do use more radiation than a 2D exam alone, but the total radiation is well within accepted limits. It's about the same amount of radiation as a traditional mammogram done on film (instead of digitally).

Q WHO CAN HAVE A 3D MAMMOGRAPHY EXAM?

A: It is approved for all women who would be undergoing a standard mammogram, in both the screening and diagnostic settings.¹

