



Mammograms have been proven to save lives by detecting breast cancer early. That's why we recommend that women age 40 and over get a mammogram every year to maximize cancer detection.

Warning signs of breast cancer:

- A lump or thickening in the breast or armpit.
- Any puckering, pitting or dimpling of the breast skin.
- Any change in the position, or size of the breast.
- New, or bloody discharge from a nipple.
- A newly retracted nipple.
- Redness of the breast skin.

Basic Evaluation for Breast Cancer:

1. Regular breast self examination (BSE).
2. Clinical breast exams by your physician
3. Annual mammogram.
 - By age 40, a baseline mammogram for all women.
 - Age 40 & older, a mammogram every year.
 - Earlier and/or additional screening for women at high risk due to family history of cancer.



BREAST DIAGNOSTIC/SCREENING CENTERS

North

7120 Clearvista Drive
Suite 1500 and 3100
Indianapolis, Indiana 46256

- 3D Screening and Diagnostic Mammography
- Breast Ultrasound
- Breast Biopsy
- Bone Density Testing
- Breast MRI

East

1400 North Ritter Ave
Suite 170
Indianapolis, Indiana 46219

- 3D Screening and Diagnostic Mammography
- Breast Ultrasound
- Breast Biopsy

Carmel

11911 North Meridian
Suite 128
Carmel, Indiana 46032

- 3D Screening Mammography
- Bone Density Testing

Saxony

13121 Olio Road
Suite 120
Fishers, Indiana 46037

- 3D Screening Mammography
- Bone Density Testing
- General X-ray

Washington

10122 East 10th Street
Suite 101
Indianapolis, Indiana 46229

- Screening Mammography
- Bone Density Testing
- General X-ray

Scheduling: 317.806.8265

www.radiologyofindiana.com
www.ecommunity.com

BREAST HEALTH

Developing breast cancer is not your or anyone's fault. Feeling guilty, or telling yourself that breast cancer happened because of something you did, is not productive.



1 in 8 women will develop breast cancer in her lifetime.

Breast Diagnostic Center



What is Digital Mammography?

Digital mammograms use low-dose x-rays to produce an image of the breast, but the image is captured on a computer. This results in slightly improved detection of tumors in certain women. This procedure requires compressing the breast firmly between a plastic compression paddle and the film. The experience of having a digital mammogram “feels” exactly the same to women as the older film technique mammogram, but uses less radiation.

Approximately 10-15% screening mammogram patients are called back for additional imaging. This does not necessarily mean that there is cancer, only that in order to fully evaluate your particular breast tissue, further evaluation is needed to complete your exam.

What is Screening Mammography?

A screening mammogram is a routine test performed when a woman is not experiencing any breast problems.

What is Diagnostic Mammography?

A diagnostic mammogram is scheduled when a patient is experiencing breast problems or new symptoms since her previous exam. A diagnostic mammogram is also needed for additional evaluation after an abnormal screening mammograms.

What is Breast Ultrasound?

A breast ultrasound is a painless technique which uses sound waves to visualize the internal

structures of your breasts. It is not used as a screening exam; it is a diagnostic test to evaluate possible problems questioned during mammography, breast self exam or clinical breast exam.

Interventional Breast Biopsy

Breast biopsies are performed when your mammogram or ultrasound has revealed an abnormality. Biopsies are done if an area is more worrisome in appearance, or just not specific enough to wait for a follow up. Ultrasound and Stereotactic biopsies are both needle biopsies that can be done in our office and require less recovery time than a surgical biopsy. Both biopsy types are a less invasive way to obtain a tissue sample for diagnosis and have accurate results.

Breast MRI

Breast MRI is a screening tool that should be used in addition to a mammography in certain women at an increased risk for breast cancer, such as those with the BRCA 1 or 2 gene mutations, or a parent, child or sibling known to have the mutation. Increased risk also is defined as a woman with a lifetime breast cancer risk of 20% or greater using an accepted risk assessment tool predominantly based on family history, or a history of radiation therapy to the chest between the ages of 10 and 30.

