

Here's one of the most basic breast health questions every woman should ask. If you have a history of breast disease or what is called radiographically dense breast tissue (which your care provider can tell you), you'll need to be more proactive about breast health. In fact, dense breast tissue increases the risk of breast cancer up to five times.

## Are there specific technologies I should know about?

One of the most promising new technologies is automated 3D ultrasound. Instead of flat, 2D images, this powerful ultrasound technology gives physicians a much more realistic view of the whole breast and its physical structures; providing multiple views — side to side, back and front and more.





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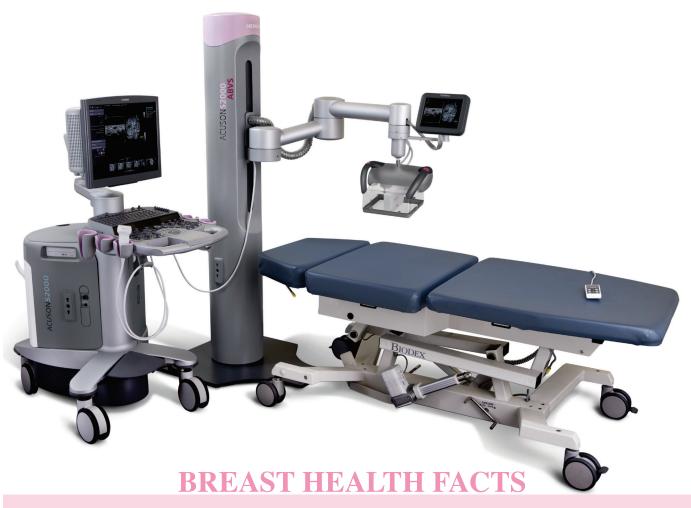




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Ultrasound evaluation of breast lesions is quick, inexpensive, and does not expose you to potentially harmful ionizing radiation.

Ultrasound provides greater detail of breast anatomy, which may aid in earlier detection with more accurate diagnoses.

## Should I ask to be scanned with a 3D system?

If you have dense breast tissue or a history of breast disease, it's something you should definitely discuss with your healthcare provider. Ultrasound is an established tool for imaging

dense breast tissue. It has the unique ability to distinguish between fatty and dense breast tissue, as well as being non-ionizing, meaning there is no radiation.

## What's the exam process like?

You lie on a table, and a lotion is applied to your breast. A stabilizing membrane is attached to the ultrasound scanner to minimize breast movement and the scanner in placed on your breast. The scan takes approximately 60 seconds and typically three scans are done on each breast. The entire exam is usually finished in less than 10 minutes.