

# 3D MAMMOGRAPHY

## Frequently Asked Questions

Now that 3D mammography is available at our facility, you may have some questions. We've prepared this short Q&A to address concerns you may have.

### What is a 3D mammography breast exam?

3D mammography is a revolutionary new screening and diagnostic tool designed for early breast cancer detection that can be done in conjunction with a traditional 2D digital mammogram.

During the 3D part of the exam, the X-ray arm sweeps in a slight arc over your breast, taking multiple breast images. 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 a radiologist to gain a better understanding of your breast tissue during screening<sup>1</sup>, significantly improving early breast cancer detection<sup>2-4</sup> and providing the confidence to reduce the need for follow-up imaging by up to 40%.<sup>4-5</sup>

### Why is there a need for tomosynthesis breast exams? What are the benefits?

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 also looking at the breast tissue in one millimeter slices, the radiologist can provide a more accurate exam.<sup>2</sup> In this way, 3D mammography finds 40% more invasive cancer missed with conventional 2D mammography.<sup>2-4</sup> It also means there is less chance your doctor will call you back later for a "second look," because now they can see breast tissue more clearly.<sup>4-5</sup>

### What is the difference between a screening and diagnostic mammogram?

A screening mammogram is your annual mammogram that is done every year. Sometimes the radiologist may ask you to come back for follow-up images which is called a diagnostic mammogram to rule out an unclear area in the breast or if there is a breast complaint that needs to be evaluated.

### What should I expect during the 3D mammography exam?

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 longer for each view.

### Is there more radiation dose?

Very low X-ray energy is used during the exam, just about the same amount as a traditional mammogram done on film.

### Who can have a 3D mammography exam?

It is approved for all women who would be undergoing a standard mammogram, in both the screening and diagnostic settings.<sup>1</sup>

Please call \_\_\_\_\_ to schedule your annual screening mammogram appointment. For additional information, please visit \_\_\_\_\_

1. Zuley M, Bandos A, Ganott M, et al. "Digital Breast Tomosynthesis versus Supplemental Diagnostic Mammographic Views for Evaluation of Noncalcified Breast Lesions." *Radiology*. 2013 Jan; 266(1):89-95. Epub 2012 Nov 9. 2. Skaane P, Bandos A, Gullien R, et al. Comparison of Digital Mammography Alone and Digital Mammography Plus Tomosynthesis in a Population-based Screening Program. *Radiology*. 2013 Apr; 267(1):47-56. Epub 2013 Jan 7. 3. Ciatto S, Houssami N, Bernardi D, et al. "Integration of 3D Digital Mammography with Tomosynthesis for Population Breast-Cancer Screening (STORM): A Prospective Comparison Study" *The Lancet Oncology*. 2013 Jun;14(7):583-589. Epub 2013 Apr 25. 4. Rose S, Tidwell A, Bujnock L, et al. "Implementation of Breast Tomosynthesis in a Routine Screening Practice: An Observational Study." *American Journal of Roentgenology*. 2013 Jun; 200(6): 1401-1408. Epub 2013 May 22. 5. Haas B, Kalra V, Geisel J et al. "Comparison of Tomosynthesis Plus Digital Mammography and Digital Mammography Alone for Breast Cancer Screening" *Radiology*. 2013 July 30. [Epub ahead of print].