ABOUT PACIFIC MEDICAL CENTERS

Pacific Medical Centers follows the American Cancer Society Guidelines for Early Detection. Our advanced 3D mammography technology, subspecialized radiology expertise and deep commitment to your health mean you'll get answers you can trust and care you can count on.

SCHEDULING:

206.568.3800
www.PacMed.org/Schedule

3D mammography locations:

Beacon Hill
1200 12th Avenue S
Seattle, WA 98144

Canyon Park
1909 214th Street SE, Suite 300
Bothell, WA 98021

www.PacMed.org/Breast-Health

pacific medical centers

WHAT IS 3D MAMMOGRAPHY?

Frequently Asked Questions About Breast Tomosynthesis

WHAT IS BREAST TOMOSYNTHESIS?

Breast tomosynthesis, or 3D mammography, is a screening and diagnostic tool designed for early breast cancer detection. It represents a significant advancement in breast imaging technology.

Tomosynthesis produces a three-dimensional picture of the breast that a radiologist can view in 1-millimeter slices, helping doctors to visualize breast tissue at a level of detail never before possible. With the addition of 3D images, radiologists can provide a more comprehensive evaluation of a patient's breast tissue during screening, while reducing the need for follow-up imaging.

How are the 3D images obtained?

3D images of the breast are obtained during a single pass of the imaging device. The X-ray beam swings in an arc over the breast, capturing images from a variety of angles.

What about radiation exposure?

Even for studies where both 2D and 3D images are obtained, the dose is still below the limit set by the Mammography Quality Standards Act (MQSA).

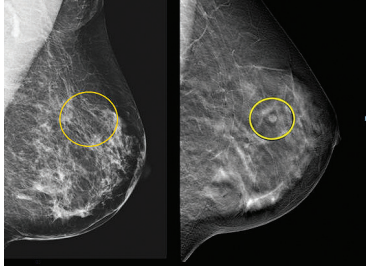
What are the advantages of 3D mammography?

A significant research study reported in the Journal of the American Medical Association* found that tomosynthesis imaging reveals significantly more incidence of invasive cancers than a traditional 2D mammogram. Invasive cancers are more likely to spread or cause death.

Research findings on 3D screening mammography* included:

- **A 41% increase** in the detection of invasive breast cancers.
- **A 29% increase** in the detection of all breast cancers.
- **A 15% decrease** in women recalled for additional imaging.
- **A 40% decrease** in "false positives."

***Source:** Journal of the American Medical Association, June 25, 2014, Breast Cancer Screening Using Tomosynthesis in Combination with Digital Mammography.



Cancer is visualized more clearly with 3D mammography (image right) than 2D (image left).

How do I get a 3D mammogram?

If you or your provider calls to schedule a mammogram, you will receive a 3D study unless otherwise specified. Every woman's breast health is better evaluated with 3D mammography.

ACS Recommendations

PacMed follows the American Cancer Society recommendations and guidelines:

- Women age 40 to 44 should have the choice to start annual breast cancer screening with mammograms if they wish to do so.
- Women age 45 to 54 should get mammograms every year.
- Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

Women should also know how their breasts normally look and feel and report any breast changes to a health care provider right away. Women who are at higher risk for breast cancer should have a screening every year. Women may be at a higher risk for breast cancer when there is a family history of breast cancer, a previous breast biopsy with abnormal cells, or dense breast tissue.

Does my health insurance cover it?

3D mammography is covered by Medicare and Medicaid as well as by a number of private insurers including Premera Blue Crosss. Consult your health plan for details. Ask your insurance provider about:

CPT 77067: 2D MAMMO SCREENING WITH CAD
CPT 77066: 2D DX MAMMO BILATERAL WITH CAD
CPT 77063: 3D MAMMO SCREENING (TOMOSYNTHESIS)
CPT 77062: 3D MAMMO DIAGNOSTIC (TOMOSYNTHESIS)

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