

**Breast Cancer now has nowhere to hide
Introducing 3D Digital Mammography with
Stereotactic Prone Breast Biopsy Table -
A New Ally in the FIGHT AGAINST breast cancer:**

Breast cancer is steadily on the rise at an alarming rate. It is estimated that 1 in 28 women will develop breast cancer in their lifetime and is THE number one cause of cancer among the urban Indian women and the second common cause of cancer in the rural women today due to changing lifestyles. Majority of breast cancers are diagnosed at a relatively advanced stage. Early detection of breast cancer is the key to reduce the mortality and increase survival rates.

Mammography still remains the current Gold standard for breast cancer screening. With advancing technology in breast cancer imaging, diagnostics help in the screening for breast cancer in women which can detect changes in the breast that may be early signs of cancer, but are too small or subtle to be felt. The recently introduced 3D imaging technology with stereotactic prone biopsy table at Hinduja Hospital for accurate diagnosis of breast cancer promises to bring about the much needed improvement in breast cancer care in India.

Benefits of Full Field Digital Mammography?

Digital Mammography or “Full Field Digital Mammography” (FFDM) provides superior breast images and assist in early detection of breast cancer.

The breast is composed mainly of glandular tissue and when x-rayed under a standard mammogram, it creates an image that looks something like a smoky haze, making it difficult to see tiny spots, called microcalcifications, and other subtle signs of early cancer.

In digital mammography the radiologist can alter the orientation, brightness and darkness or contrast of the images as desired and magnify specific sections. Being able to manipulate images is one of the main benefits of digital technology. Unlike film mammography, which requires the technologist to develop films in a darkroom where the wait time ranges from two to five minutes, here the technologist will know within 30 seconds whether the images are satisfactory.

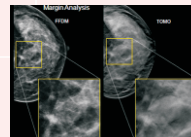
Another advantage of digital mammography, is that it greatly reduces the need for retakes or “call backs” due to over- or under- exposure and reduce stress and anxiety on the patients. This potentially saves additional time and reduces your exposure to X-rays. This is one of the main benefits of digital technology.



Radiologists working on the digital images

What's more the digital image files can be electronically transmitted and available to other radiologists, surgeons, or oncologists to use in determining the best biopsy or treatment plan for women with a mammogram abnormality or breast cancer. The images can be easily stored as an electronic image and are less likely to be damaged or lose their sharpness over a long period of time and can be easily retrieved as and when required.

To ensure extra comfort during the mammogram we provide foam-like mammopads which reduces the discomfort of compression during a mammogram while still providing high-quality X-rays. These gel pads will be given to the patients to take home and bring to the next mammogram.



Comparison between standard mammogram and Tomosynthesis images

Digital Precision: Power to See More
A recent landmark study* which included more than 42,000 women has proven that

*ACRIN-DMIST study (American College of Radiology Imaging Network-Digital Mammographic Imaging Screening Trial).

digital mammograms found cancers that traditional mammograms missed. Many of these cancers detected were the most serious, potentially fatal types.

The recently approved US FDA breast tomosynthesis is a quantum leap forward in breast cancer detection for delivery of high quality images of the breast tissue in 3D at multiple angles during a short scan. In a series of low dose radiation images are obtained at different angles around the breast during each scan, and the full depth of the breast tissue is separated into discrete one millimeter layers which help in detecting the smallest lesions in the breast. These provide better characterization of the breast cancer lesion with clarity and provides accurate diagnosis obviating the need for additional biopsy in certain cases. The tomosynthesis exam is quick without using additional radiation dose when compared to the traditional mammogram.

Access the Most Difficult Lesions

The digital mammography at Hinduja Hospital has the additional benefit of a stereotactic prone image guided biopsy. This is the latest in vacuum assisted breast biopsy that is less stressful, with minimal risk of complications and a high accuracy rate. Patient safety and comfort are our top priority. The stereotactic biopsy is used to obtain a more precise diagnosis of suspicious tissue changes which have been detected in the mammography or ultrasound. The procedure is performed under a continuous stream of local anesthesia with the patient lying in a prone position on the stereotactic prone biopsy table with the breast to be examined hanging down through the aperture. The suspicious site is located via digital stereotactic X-ray and the biopsy needle is aimed at the site with computer

guidance and placed in the center of the segment of tissue to be examined. The auto guide function of the needle ensures an almost 100% strike accuracy even in the deep seated lesions of the breast. With the aid of instantaneous digital imaging, the biopsy can be localized and checked in a matter of seconds. The entire procedure is made less painful with minimal internal scarring and can be performed on an OPD basis in 30 minutes. No stitches are required post procedure allowing women to resume their daily activities immediately. This minimally invasive approach is very beneficial in detection of microcalcifications that are important early signs of breast cancer.

“Digital Mammography is a very safe procedure that uses low doses of radiation to produce high-quality X-rays to detect breast lesions or abnormalities that are too small or subtle to be felt.”

**Who should undergo Mammography?
Screening Mammography**

The goal of screening mammography is to detect breast cancer when it is too small to be detected by the physician. Cancer institutions worldwide have laid down guidelines for women.

Follow these steps to protect your breast health

- For women in the age group of 20-40 years monthly breast self examination (BSE) and examination by a physician (PE) every year.
- Women should begin mammography self screening at the age of 40 years



- Between ages 40-49 years women should have mammograms every 1-2 years combined with monthly BSE and yearly PE.
- From the age of 50 years women should have yearly mammograms combined with monthly BSE and PE
- Women with family history of breast cancer should have annual mammograms.

Remember..... an annual mammogram is your best defense against breast cancer

Diagnostic Mammography

Any women having symptoms of breast disease i.e. lump, pain, and discharge from the nipple, nipple retraction or skin texture / colour changes should undergo a mammogram in consultation with her doctor. Mammography can help to decide whether the lump is benign or malignant and can guide for biopsy.

What are risk factors for breast cancer?

Some known risk factors for breast cancer include:

- Family or personal history of breast cancer
- Early menstrual onset/late onset menopause
- Use of oral contraceptives
- Use of hormone replacement therapy
- Alcohol use (2 or more drinks/day)

How to prepare for a Mammogram?

- Mammography should ideally be done 3 to 5 days after the menstrual period.
- On the day of the mammogram do not wear deodorant, powder or cream under your arms, as it may interfere with the quality of your mammogram.
- It is advisable to wear loose clothing on the day of the mammogram

Exam Results

The entire procedure from start to finish including mammography and ultrasound will not take more than 40 minutes. The Imaging reports will be given in one film with 4 images and a CD which is easier to carry and keep as a record.

How will I get my reports?

Reports can be collected from the OPD report collection counter on the next working day after 7:00 pm. The report counter timings are:
Monday to Friday: 8:00 am to 10:00 pm
Saturday: 8:00 am to 8:00 pm

Get the Latest in Digital Technology

Breast cancers if detected early, has more than 90% cure rate and can decrease the mortality by 30-35% and also increases the chances of breast conservation surgery. Because our primary goal has always been to deliver the highest quality care to our patients, Hinduja Hospital has introduced digital mammography to their women's health diagnostic services so that you have access to the most advanced technologies and receive the best possible treatment for breast cancer.

"Join us in the fight against breast cancer and schedule your annual mammogram today."

Mammography can be done at Hinduja Hospital as:

- A separate test
- An add on with any health check package
- Included in the Well Women plus Health check up package

Working Hours

Monday to Friday: 9:00 am to 7:00 pm
Saturday: 9:00 am to 5:00 pm

For Appointments Please Call

39818181 / 67668181

Remember that breast cancer is usually treated successfully when it is found early.

3D Digital Mammography with Stereotactic Prone Breast Biopsy Table



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