

Biopsy Information and Benefits

Image-guided Biopsy:

Image-guided biopsy is performed by taking samples of an abnormality under some form of guidance such as ultrasound, MRI or mammographic guidance so that cells can be removed from the suspicious area and examined under a microscope to determine whether the abnormality is cancerous.

All breast biopsies are performed on an out-patient basis by a subspecialist breast radiologist. Recovery time is brief and patients can soon resume their usual activities. All of the image-guided procedures are less invasive than surgical biopsy and leave little or no scarring. Each procedure can be performed in less than an hour.

Below is a brief overview of the benefits of different biopsy procedures. The radiologist and your provider will guide you to the preferred biopsy methods for your medical needs.

MRI-guided Breast Biopsy:

- MRI is a noninvasive imaging technique that does not involve exposure to ionizing radiation.
- MRI-guided breast biopsy using a core needle is considered both safe and accurate.
- The speed, accuracy and safety of MRI-guided vacuum-assisted breast biopsy are as good as MRI-guided wire localization without the associated complications and cost of surgery.
- Avoids the need for ionizing radiation exposure.
- MRI-guided breast biopsy, using either the core needle method or the vacuum-assisted device, takes less time than surgical biopsy, causes less tissue damage, and is less costly.

Ultrasound-guided Breast Biopsy:

- Ultrasound imaging uses no ionizing radiation.

- Ultrasound-guided breast biopsy reliably provides tissue samples that can show whether a breast lump is benign or malignant.
- The ultrasound method is faster and avoids the need for ionizing radiation exposure.
- With ultrasound it is possible to follow the motion of the biopsy needle as it moves through the breast tissue.
- Ultrasound-guided breast biopsy is able to evaluate lumps under the arm or near the chest wall, which are hard to reach with stereotactic biopsy.
- Ultrasound-guided biopsy is less expensive than other biopsy methods, such as open surgical biopsy or stereotactic biopsy.

Seated Position Stereotactic Breast Biopsy:

- DINW offers this procedure in a comfortable sit-down position.
- Stereotactic breast biopsy is an excellent way to evaluate calcium deposits or tiny masses that are not visible on ultrasound.
- Compared with open surgical biopsy, the procedure is about one-third the cost.
- Generally, the procedure is not painful and the results are as accurate as when a tissue sample is removed surgically.
- No breast defect remains and, unlike surgery, stereotactic needle biopsy does not distort the breast tissue and make it difficult to read future mammograms.
- X-rays usually have no side effects in the typical diagnostic range for this exam and no radiation remains.

Comprehensive Breast Imaging

What is a screening mammogram?

Digital Mammography is an X-ray examination of the breasts. The breasts receive a very low dose of radiation. The value of mammography is its ability to detect irregularities that are extremely small, many times too small to be felt by touch in the breast tissue.

When should I have a screening mammogram?

As part of Diagnostic Imaging Northwest's commitment to early detection and treatment of cancer, we support the American Cancer Society guidelines for women to schedule an annual mammogram starting at the age of 40 and continuing for as long as a woman is in good health. Women should discuss any concerns about their breast health concerns, family history, and individual risk factors with their health care provider.

How do I schedule an appointment?

You have a choice in scheduling your screening mammogram. Ask your health care provider for a referral or call our scheduling department and ask to schedule your exam directly.

The fight against breast cancer begins with YOU. Did you know 1 in 8 women* will be diagnosed with breast cancer in their lifetime? Early detection is the best prevention.

Screening mammograms save lives.

Your mammogram starts here: **253-841-4353**



Breast Imaging Services:

- Digital Mammography
- Diagnostic Mammogram
- Breast Ultrasound
- Breast MRI
- MRI Guided Biopsy
- Ultrasound Guided Biopsy
- Stereotactic Breast Biopsy



DIAGNOSTIC IMAGING
NORTHWEST

An Alliance of Medical Imaging Northwest & MultiCare Good Samaritan Hospital

Bonney Lake | Puyallup | Sunrise

Scheduling: (253) 841-4353 | Fax: (253) 446-3973 | dinw.com

*www.cancer.org

Advanced Screening & Diagnostics



This demonstrates excellence
in breast imaging by successfully
achieving accreditation in
Mammography, Stereotactic Breast
Biopsy, Breast Ultrasound and
Ultrasound Guided Breast Biopsy.

Common Questions About Breast MRI

What is a Breast MRI?

Magnetic resonance imaging (MRI) is a noninvasive medical test that helps your provider diagnose and treat medical conditions. MRI uses a powerful magnetic field, radio frequency pulses and a computer to produce detailed pictures of organs, soft tissues, bone and internal body structures. MRI of the breast offers valuable information about many breast conditions that cannot be obtained by other imaging modalities such as mammography or ultrasound. It is not a replacement for mammography or ultrasound imaging, but rather a supplemental tool. MRI does not expose you to any radiation.

What will the exam be like?

The MRI unit is a large cylinder-shaped tube surrounded by a circular magnet. You will lie on a moveable examination table that slides into the center of the magnet. Diagnostic Imaging Northwest features a short-bore system, designed to be open on both ends. These units are especially helpful for examining patients who are fearful of being in a closed space and for those who are obese.

For an MRI of the breast, you will lie face down on a platform specially designed for the procedure. The platform has openings to accommodate your breasts and allow them to be imaged without compression.

How long does the exam last?

The imaging session lasts about an hour and a half.

Is the exam painful?

Most MRI exams are painless. With our large short bore unit you will discover spacious headroom and legroom. If you think you will need sedation, talk with your referring provider prior to your appointment. Our technologists strive for each patient's comfort and ease.

It is normal for the area of your body being imaged to feel slightly warm, but if it bothers you, notify the technologist. It is important that you remain perfectly still while the images are being recorded, which is typically only a few seconds to a few minutes at a time. For some types of exams, you may be asked to hold your breath. You will know when images are being recorded because you will hear tapping or thumping sounds when the coils that generate the radiofrequency pulses are activated. You will be able to relax between imaging sequences but will be asked to maintain your position as much as possible.

You will usually be alone in the exam room during the MRI procedure. However, the technologist will be able to see, hear and speak with you at all times using a two-way intercom. Diagnostic Imaging Northwest allows a friend or family member to stay in the room as long as they are also screened for safety in the magnetic environment.

Earplugs or music headphones are offered to reduce the noise of the MRI scanner, which produces loud thumping and humming noises during imaging. MRI scanners are air-conditioned and well-lit.

How do I prepare for the MRI exam?

Guidelines about eating and drinking before an MRI exam vary with the specific exam. Unless you are told otherwise, you may follow your regular daily routine and take food and medications as usual. At the time of the exam you may be provided a gown to wear. Some MRI examinations may require the patient to receive an injection of contrast material into the bloodstream. Your provider will advise you on any special concerns and you will be instructed of any additional prep at time of scheduling your exam at Diagnostic Imaging Northwest.

Common Questions About Breast Ultrasound

What is a Breast Ultrasound?

This exam involves the use of a small transducer and ultrasound gel to expose the body to high-frequency sound waves. Ultrasound is safe and painless, and produces pictures of the inside of the body using sound waves. Ultrasound examinations do not use ionizing radiation.

Ultrasound imaging is a real-time noninvasive medical test of the breast that produces a picture of the internal structures of the breast. During a breast ultrasound examination the sonographer may use Doppler techniques to evaluate blood flow or lack of flow in any breast mass. In some cases this may provide additional information as to the cause of the mass.

Determining the nature of a breast abnormality:

The primary use of breast ultrasound today is to help diagnose breast abnormalities detected by a provider during a physical exam (such as a lump or bloody or spontaneous clear nipple discharge) and to characterize potential abnormalities seen on mammography or breast magnetic resonance imaging (MRI).

Ultrasound imaging can help to determine if an abnormality is solid (which may be a non-cancerous lump of tissue or a cancerous tumor) or fluid-filled (such as a benign cyst) or both cystic and solid. Ultrasound can also help show additional features of the abnormal area.

Is the exam painful?

Ultrasound examinations are painless, non-invasive, fast and easily tolerated by most patients.

What will I experience during this exam?

After you are positioned on the examination table, a warm water-based gel will be applied on your skin and then the transducer will be placed firmly against your body. It is then moved back and forth over the area of interest until the desired images are captured. There is usually no discomfort from pressure as the transducer is pressed against the area being examined. If scanning is performed over an area of tenderness, you may feel pressure or minor pain from the transducer. Once the imaging is complete, the clear ultrasound gel will be wiped off your skin.

After an ultrasound examination, you should be able to resume your normal activities immediately.

How do I prepare for a Breast Ultrasound?

You will be asked to undress from the waist up and to wear a gown during the procedure.

How long does the exam last?

The ultrasound examination is usually completed within 30 minutes.



Mammograms Save Lives

The Affordable Care Act enables women, at the age of 40 and over, to get their screening mammogram at 100% coverage with no co-pay. Patients should check with their insurance provider to verify individual benefits.

Patients who are uninsured may qualify for Her Peace of Mind or other financial assistance.
Call: 253-697-4927

If you do not have insurance and wish to pay cash for your screening mammogram, call to schedule and find out how affordable a screening mammogram can be.

**To schedule a screening mammogram call:
253-841-4353**