

## Are You Dense?

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Every three minutes a woman in the United States is diagnosed with breast cancer. Women with dense breast tissue are at an increased risk for developing breast cancer. In fact, according to the *New England Journal of Medicine*, cancer is five times more likely to occur in a woman with dense breast tissue. Early detection has been proven to help significantly increase a woman's chance of survival. Time is ticking—do you know your risk?

Susan B. Allen Memorial Hospital has recently purchase and installed an ACUSON S2000 Automated Breast Volume Scanner (ABVS). It's the first one in the State of Kansas, and at this point, one of only 12 in the United States. After a very quick exam, we can view a full volume image of your entire breast, illuminating never-before-seen detail resolution and the ability to view the breast in a way that's not available with conventional ultrasound.



This advanced diagnostic technology enables us to enhance the level of care we can provide our patients. The ABVS is ergonomically designed with the patient in mind, and it utilizes minimum compression which results in a more comfortable and relaxed exam.

The full-field volumes of the entire breast that the ABVS captures are quickly acquired for a comprehensive semi-automated review. This reduces operator dependence and delivers results faster—minimizing patient wait time. The never-before-seen sonographic frontal plane of the breast viewed by the physician yields a more understandable representation of the breast's total structure for better diagnosis—from skin to chest wall.

Several studies have proven that as breast tissue density increases, the accuracy of mammography decreases. According to the New England Journal of Medicine, 35% of breast cancer goes undetected by mammography in women with dense breasts, as density masks the appearance of tumors.

However, research has shown that mammography combined with ultrasound imaging of dense breasts provides a more comprehensive and efficient analysis. In fact, a study published by the Radiological Society of North America (RSNA) in 2002 found that when mammography was followed by an ultrasound examination, the detection rate for nonpalpable, invasive breast cancers increased by 42 percent—a solid benefit.

Traditionally, if a suspicious lump or cyst is found with a mammogram, that area of the breast is biopsied. The American Cancer Society reports that 80 percent of breast biopsies prove to be benign. The highly sensitive imaging technique of the ABVS system helps reduce the need for unnecessary biopsies.

Susan B. Allen's diagnostic imaging department has consistently provided outstanding capabilities in both mammography and ultrasound. The Siemens MammoMat Novation digital mammography system was installed in mid-2009, along with the MammoTest breast biopsy table. Women can feel very comfortable in scheduling all of their procedures through one department, with the added benefit of highly skilled physicians and technicians providing their care.

The American Cancer Society still recommends a yearly mammogram for all women over the age of 40. If your doctor has mentioned dense breast tissue with you in the past, discuss the options for additional ultrasound testing with the ABVS at Susan B. Allen Memorial Hospital.

For information about mammography or ultrasound follow-up care, feel free to contact the Susan B. Allen Diagnostic Imaging department at 316.322.4510.