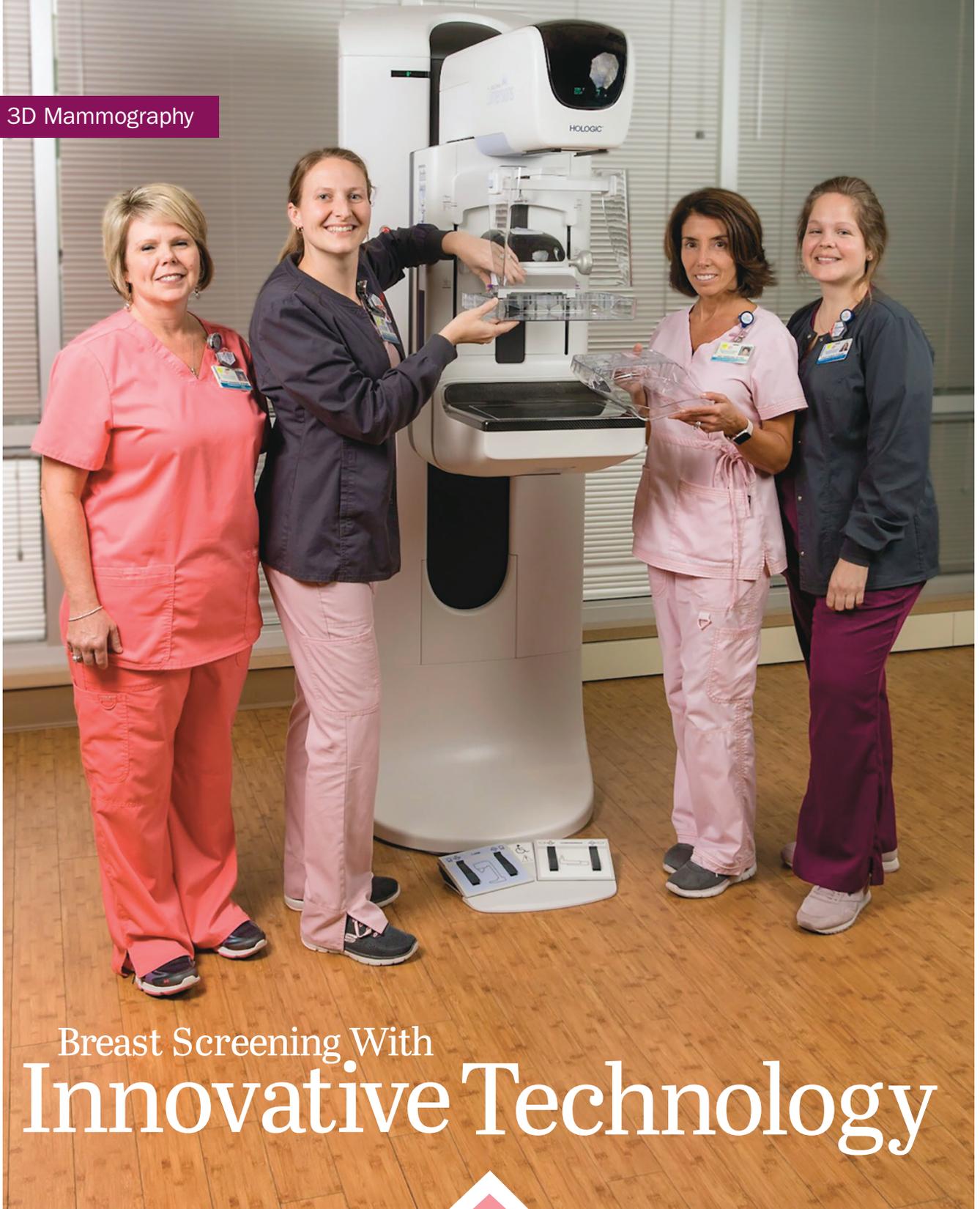


3D Mammography



# Breast Screening With Innovative Technology

## Ready to Get a Mammogram?

Make an appointment for a mammogram at one of our convenient locations.

Breast Care  
Center  
2500 Starling St.  
Brunswick  
912-466-1240

Medical Plaza—  
Brunswick  
3025 Shrine Rd., Suite 160  
Brunswick  
912-466-1240

Women's Imaging—  
Camden Campus  
2000 Dan Proctor Dr.  
St. Marys  
912-576-6190

Screening mammograms are a woman's best defense against breast cancer. These imaging exams can spot breast cancers early, when they're still too tiny to be felt and when treatment typically works best.

As technology has advanced, these lifesaving breast exams have gotten even better at finding cancer. A case in point: three-dimensional (3D) mammography, sometimes called breast tomosynthesis. This innovative technology can increase breast cancer screening accuracy and make stressful false alarms less likely.

Southeast Georgia Health System recently upgraded all of its mammography units with the state-of-the-art Genius® 3D Hologic technology. This means women who schedule their breast cancer screenings at a Southeast Georgia Health System facility in Brunswick or St. Marys can now choose to have a 3D mammogram.

### The 3D difference

For both conventional and 3D mammography, X-ray images are taken while the breast is compressed between two plates.

In a conventional mammogram, two X-ray images are typically taken of each breast, creating a flat, two-dimensional view. For a 3D mammogram, multiple images are taken from different angles by an X-ray tube that moves across each breast. Computers reconstruct those images into thin cross-sections, or slices, of each breast.

"You can scroll up and down through the images, and it gives you more of a 3D view of the breasts," says Hillary Williams George, M.D., a fellowship-trained radiologist at the Health System's Brunswick Campus.

Crucially, this ability to view very thin slices of the breast helps overcome a significant mammography limitation. "Compressing the breasts can cause overlapping tissue, which can hide cancerous masses deep within the breasts or make it

harder to distinguish masses from harmless tissues," says Susan G. O'Sullivan, M.D., a board-certified radiologist and vice chief of the Department of Radiology, Brunswick Campus.

"3D mammography makes everything much clearer," Dr. O'Sullivan explains. "It helps improve visualization of different parts of the breasts without the confusion of having different tissues overlapping one another."



### A Few More Facts to Know

Getting a 3D mammogram doesn't feel any different than getting a conventional, 2D mammogram. It requires no additional breast compression, and it takes just a few seconds longer to complete.

Most major health insurance plans cover 3D mammograms. Conventional mammograms continue to be an option at Southeast Georgia Health System as well.



### Distinct advantages to 3D

According to Dr. O'Sullivan, a 3D mammogram can be especially helpful in detecting cancer in women with dense breasts — defined as breasts that are made up of more glandular and fibrous connective tissues than fatty tissues. But women of all ages and breast densities may still benefit from the technology's accuracy.

Compared to a conventional 2D mammography alone, 3D mammography:

**Reduces unnecessary callbacks by up to 40%.** That's when a woman is asked to return to the mammography department for additional testing (a mammogram and/or ultrasound images) due to an abnormal finding on a routine

screening mammogram.

**Improves breast cancer detection rates.** 3D mammography can detect 20% to 65% more invasive breast cancers compared to 2D mammography alone.

### Easy access to the best

It's good to know that a better tool for finding breast cancer is nearby for women in Southeast Georgia.

"The entire mammography team here at Southeast Georgia Health System is very excited for the women in this community and surrounding areas to have easy access to this wonderful new technology so close to home," says Amy Simmons, R.T.(R)(M), mammography program team lead for the Health System.