

## FREQUENTLY ASKED QUESTIONS

# 3D Mammography

*(Digital Breast Tomosynthesis)*

## What is a 3D mammography breast exam?

A mammogram is an x-ray examination of the breasts that is used to detect and diagnose breast disease. Each year there are approximately 40 million mammograms performed in the United States.<sup>6</sup>

3D mammography, also known as digital breast tomosynthesis, is a revolutionary new screening and diagnostic tool designed for early breast cancer detection. 3D mammography is similar to a conventional mammogram except that it uses multiple images to create a 3-dimensional view of the breast.

## Why is there a need for 3D (tomosynthesis) breast exams?

With conventional digital mammography, the radiologist views your breast tissue in one flat image (2D view). Sometimes breast tissue can overlap, giving the illusion that normal breast tissue is abnormal. 3D images make it possible for a radiologist to gain a better understanding of your breast tissue during screening<sup>1</sup>, significantly improving early breast cancer detection<sup>2-4</sup>.

## What are the benefits of 3D mammography?

- Detects 40% more invasive cancer missed with conventional 2D mammography<sup>2-4</sup>
- Reduces the need for follow-up imaging by up to 40%<sup>4-5</sup>
- Greater accuracy in pinpointing size, shape and location of abnormalities
- Greater likelihood of detecting multiple breast tumors, which occur in 15% of breast cancer patients

## Is there more radiation exposure?

Very low x-ray energy is used during the exam, just about the same amount as a traditional mammogram done on film.

## What should I expect during the 3D mammography exam?

3D mammography complements standard 2D mammography and is performed at the same time with the same system. No additional compression is required, and it only takes a few seconds longer for each view.

During the 3D part of the exam, the x-ray arm sweeps in a slight arc over your breast, taking multiple breast images. Then, a computer produces a 3D image of your breast tissue in one millimeter slices, provide greater visibility and allowing the radiologist to see breast tissue in a way never before possible.

## Who can have a 3D mammography exam?

It is approved for all women who would be undergoing a standard mammogram.

## Is there an additional cost?

3D mammography is available at **no** additional cost to our patients.

**For more information about Digital Breast Tomosynthesis, or to schedule an appointment at one of Main Line Health's Comprehensive Breast Centers, please call 484.580.1800 or visit [mainlinehealth.org/imaging](http://mainlinehealth.org/imaging).**



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# 3D Mammography

## Locations:

### Lankenau Medical Center

Comprehensive Breast Center | Medical Science Building | 6th Floor | 100 Lancaster Avenue  
Wynnewood, PA 19096

Monday–Thursday: 7:00 am–7:00 pm

Friday: 7:00 am–5:00 pm

Saturday: 8:00 am–3:00 pm

### Bryn Mawr Hospital

The Barbara Brodsky Comprehensive Breast Center | 101 South Bryn Mawr Avenue  
Bryn Mawr, PA 19010

Monday–Thursday: 7:00 am–7:00 pm

Friday: 7:00 am–5:00 pm

Saturday: 8:00am–12:00 noon

### Paoli Hospital

The Holloway Breast Center | 255 West Lancaster Avenue  
Paoli, PA 19301

Monday, Tuesday, Thursday, Friday: 7:30 am–5:00 pm

Wednesday: 7:30 am–6:30 pm

Saturday: 8:00 am–12:00 noon

### Riddle Hospital

Comprehensive Breast Center | Outpatient Pavilion | Health Center 3 | 1068 West Baltimore Pike  
Media, PA 19063

Monday and Thursday: 7:30 am–7:00 pm

Tuesday and Wednesday: 7:30 am–6:00 pm

Friday: 7:30 am–5:00 pm

Saturday: 8:00 am–12:00 noon

## References

1. Zuley M, Bandos A, Ganott M, et al. "Digital Breast Tomosynthesis versus Supplemental Diagnostic Mammographic Views for Evaluation of Noncalcified Breast Lesions." *Radiology*. 2013 Jan; 266(1):89-95. Epub 2012 Nov 9.
2. Skaane P, Bandos A, Gullien R, et al. Comparison of Digital Mammography Alone and Digital Mammography Plus Tomosynthesis in a Population-based Screening Program. *Radiology*. 2013 Apr; 267(1):47-56. Epub 2013 Jan 7.
3. Ciatto S, Houssami N, Bernardi D, et al. "Integration of 3D Digital Mammography with Tomosynthesis for Population Breast-Cancer Screening (STORM): A Prospective Comparison Study" *The Lancet Oncology*. 2013 Jun;14(7):583-589. Epub 2013 Apr 25.
4. Rose S, Tidwell A, Bujnock L, et al. "Implementation of Breast Tomosynthesis in a Routine Screening Practice: An Observational Study." *American Journal of Roentgenology*. 2013 Jun; 200(6): 1401-1408. Epub 2013 May 22.
5. Haas B, Kalra V, Geisel J et al. "Comparison of Tomosynthesis Plus Digital Mammography and Digital Mammography Alone for Breast Cancer Screening" *Radiology*. 2013 July 30. [Epub ahead of print]. MISC-02104-003A
6. U.S. Food and Drug Administration. "MQSA National Statistics." Last modified February 1, 2013. <http://www.fda.gov/RadiationEmittingProducts/MammographyQualityStandardsActandProgram/FacilityScorecard/ucm113858.htm>



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