GE Senographe DS Full Field Digital Mammography, as installed at San Luis Diagnostic Center.

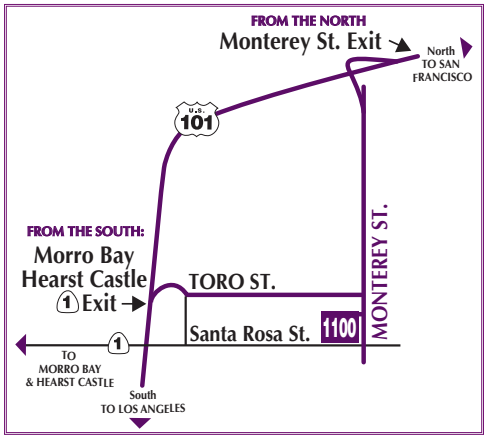
At San Luis Diagnostic Center, we are truly dedicated to the women of our community in the fight against breast cancer.

Please call if you have any questions. It may save your life.

(805) 542-9700

Insurance

San Luis Diagnostic Center contracts with most major insurance companies and bills patients' insurance companies for them. Prior to an examination, we contact all patients for details regarding their insurance coverage. We ask patients to sign an assignment of benefits form so that payment comes directly to our center. Any amounts not covered by insurances, such as deductibles or co-insurance amounts, we collect at the time of service. For our patients' convenience, we accept personal checks and credit cards. Specific insurance inquiries are handled by our business office at 805-542-9700.



FROM THE NORTH: Hwy 101 South to Monterey St. exit. Left over the freeway. Stay on Monterey Street 4 blocks. Driveway is on right before Santa Rosa St. Park at street level, below the building.

FROM THE SOUTH: Hwy 101 North to Morro Bay / Hearst Castle Hwy 1 exit. Veer left on Toro, straight 5 blocks to Monterey St. Right on Monterey. Driveway is on right before Santa Rosa St. Park at street level, below the building.

San Luis Diagnostic Center

Dignity Health™
French Hospital Medical Center

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San Luis Obispo, CA 93401

direct scheduling:
805.595.1535
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Breast Imaging

What every woman should know

BREAST CANCER:

The ***second*** most common cause of death among women

San Luis Diagnostic Center

Dignity Health™
French Hospital Medical Center

There are many imaging options available at San Luis Diagnostic Center to help diagnose breast disease and other related conditions. This pamphlet provides information about the procedures your doctor may prescribe for you.

Digital Mammography with Tomosynthesis (3D Mammogram)

Routine mammograms are the first step in the diagnosis of breast cancer. Research clearly shows they save lives. The American Cancer Society recommends women age 40 to 44 make an informed decision based on risk on annual mammograms, and recommends a yearly mammogram for all women ages 45 to 54. Women age 55 and older should make an informed decision on a yearly or every other year mammogram.

A 3D mammogram is the "gold standard" in breast imaging. It detects 27-53% more cancers in women than digital 2D mammography alone. 3D mammography reduces breast tissue overlap, revealing lesions that otherwise may have been missed and is particularly useful in women with dense breasts. Tomosynthesis is approved for all women, including those with implants.

The technologist begins a 3D exam by placing the patient's breast onto the mammography unit and applying pressure to compress the breast. Pressure is needed to obtain a high quality exam that results in a precise diagnosis. The machine then moves in a circle around the breast, capturing images from nine different angles. These images are put together to form a 3D image of the breast that the radiologist views as a video, magnifying or stopping it as necessary. If the scan is normal, the examination is complete. If the radiologist sees a possible abnormality, the patient may be asked to return for an additional exam.

Tomosynthesis complements digital 2D mammography and is performed at the same time with the same system. Our GE tomosynthesis system uses the same amount of low-dose radiation to acquire 3D images as it does for a digital 2D mammogram. A 3D mammogram takes approximately 10 minutes.

Ultrasound

Ultrasound is a reliable, radiation-free procedure for breast imaging. Ultrasound can help identify the composition of a breast lump or mass that can be felt or has been detected by a mammogram. The technologist performs a breast ultrasound by passing the transducer or probe across the skin of the breast. An ultrasound of the breast is painless and generally takes approximately 15-20 minutes.

In addition, if a patient has received notification that she has dense breast tissue (BI-RADS Category C or D), we also offer Automated Whole Breast Ultrasound (ABUS) as supplemental screening. This technology has been shown to detect over 50% more cancers in patients with dense breasts. This test takes approximately 30 minutes.

Breast MRI (Magnetic Resonance Imaging)

A breast MRI is very useful for women with implants. Breast MRIs can detect silicon in breast tissue or abnormalities with the implant, such as a rupture.

Breast MRI is also useful in the staging and diagnosis of breast cancer. It is particularly useful for screening women with dense breast tissue who are carriers of the genes called BRCA-1 and BRCA-2, which increase breast cancer risk. Breast MRI is also useful in staging women who have known breast cancers and to determine if there is more than one breast cancer in the breast. For more information, see our brochure on Breast MRI.

For a Breast MRI, the patient lies on her stomach in the MR scanner. The scan takes approximately 20-30 minutes and, depending on what we are looking for, may require an IV injection of dye.

Breast Biopsy

If the radiologist has identified a suspicious mass on a mammogram or ultrasound, a biopsy may be recommended. A Stereotactic, ultrasound-guided, or MR-guided breast biopsy has been proven to be as accurate as a surgical "open" biopsy in an operating room and has many advantages. These biopsies:

- **Are performed in an office**
- **Provide for immediate recovery**
- **Cost one-fifth to one-third the cost of an open biopsy**
- **Take less than one hour to perform**
- **Do not cause any scarring or breast deformity, resulting in more accurate interpretation of follow-up mammograms**

With a stereotactic biopsy, the patient sits in a chair and the breast with the abnormality is placed in the stereotactic unit. The radiologist numbs the skin and makes a small opening for a needle. The radiologist then passes a needle through the numbed area of the breast and removes small tissue samples. This is done several times through the same opening. The procedure lasts about 30 minutes. The tissue samples are sent to a laboratory for analysis.

Alternatively, when the breast abnormality can be seen by ultrasound, the abnormality can be biopsied using ultrasound as a guide. The patient lies on her back and the radiologist uses a technique very similar to that of stereotactic biopsy. It only takes 10-15 minutes and has all the biopsy advantages of the stereotactic biopsy.

If an abnormality is only seen on a Breast MRI, then the biopsy must be performed in an MRI machine. (See our Breast MRI brochure for more details.) When any type of biopsy is complete, the doctor places a bandage over the affected area and an ice pack on the breast.