

QUICK FACTS

Mammography screening is the best tool for detecting breast cancer at an early, treatable stage in women age 40 and older.

A screening mammogram is a simple, low dose x-ray procedure that can reveal breast cancer at its earliest stage, up to two years before it is large enough to be felt.

Older women are more likely to get breast cancer than younger women. Most breast cancers, about 77%, occur in women over the age of 50. About 5% of all breast cancer cases occur in women under the age of 40.

All women are at risk for breast cancer. About 90% of women who develop breast cancer do not have a family history of the disease.



DID YOU KNOW...

there are many factors that can increase a women’s risk of breast cancer, such as:
older age, earlier age at first period, later age at menopause, never having carried a pregnancy, later age at first full-term pregnancy, daily alcohol consumption, hormonal replacement therapy, post menopausal obesity, ionizing radiation, genetic factors and family history of breast or ovarian cancer.

FREQUENTLY ASKED QUESTIONS

What is Breast Cancer?

The term “breast cancer” refers to a malignant tumor that has developed from cells in the breast, usually in the tubes that carry milk to the nipple or the glands that make milk.

What are some signs and symptoms of breast cancer?

The most common sign of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft, or rounded. For this reason, it is important that any new breast mass or lump be checked by a health care professional experienced in diagnosing breast diseases. (Other possible signs of breast cancer are outlined on the bottom of page 2)

Are all breast lumps cancerous?

No, actually, most breast lumps are benign. This means they are not cancer. Benign breast tumors are abnormal growths, but they do not spread outside of the breast and they are not life threatening.

Can breast cancer occur in men?

Breast cancer occurs mainly in women, but men can get it, too. Many people do not realize that men have breast tissue and that they can develop breast cancer.

COMPASS MEDICAL, P.C.
RADIOLOGY | SUITE 105
1 COMPASS WAY, ROUTE 18
EAST BRIDGEWATER, MA 02333

Monday-Friday | 7:00am-8:00pm
Saturday | 8:00am-4:00pm

508-350-2200

Directions

From 93 (Boston):

93 South – bear right at Braintree Split
Move to middle lane staying on 93 South for approximately 5 miles
Take Route 24 South (Left Exit) to Exit 20 – Route 139 East/South
Follow Route 139 for approximately 7 miles to Route 18
Turn right onto Route 18 South for approximately 5 miles
Southeast Medical Center is on the right 2 miles after Route 27 junction

From Route 3 (Plymouth):

Route 3 North to Exit 9 – Route 3A North
Follow Route 3A North and bear left onto Route 106 West
Follow Route 106 for approximately 12 miles to Route 18
Turn right onto Route 18 for approximately 2 miles
Southeast Medical Center is on the left

From Route 3 (Weymouth):

Route 3 South to Exit 16 – Route 18 South
Follow Route 18 South for approximately 10 miles
Southeast Medical Center is on the right 2 miles after Route 27 junction

From 93 / 95 (Dedham):

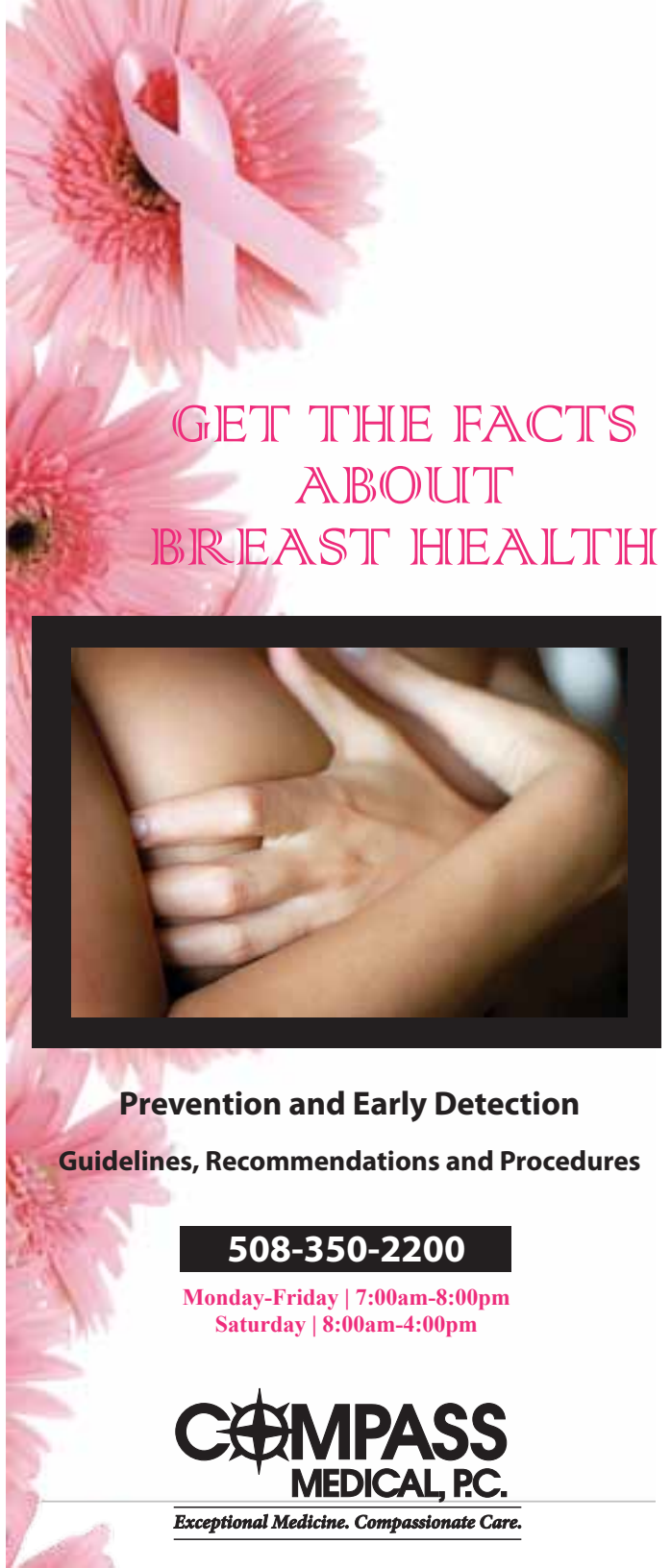
Route 95 / 93 North – get in right or middle lane before Route 24
Take Route 24 South to Exit 20 – Route 139 East/South
Follow Route 139 for approximately 7 miles to Route 18
Turn right onto Route 18 South for approximately 5 miles
Southeast Medical Center is on the right 2 miles after Route 27 junction

From 24 (Taunton):

Route 24 North to Exit 15 – Route 104 East/North
Follow Route 104 approximately 3 miles to Bridgewater Green
Take Route 18 North approximately 5 miles
Southeast Medical Center is on the left 2 miles past Route 106 junction

From Cape Cod:

Route 25 North to Exit 5 – Route 18/28 North
Follow Route 18 North around Middleboro Rotary
Pass Rotary staying on Route 18 for approximately 11 miles
Southeast Medical Center is on the left 2 miles past Route 106 junction



**GET THE FACTS
ABOUT
BREAST HEALTH**



**Prevention and Early Detection
Guidelines, Recommendations and Procedures**

508-350-2200

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Saturday | 8:00am-4:00pm



Exceptional Medicine. Compassionate Care.



WHAT TO EXPECT WHEN HAVING A MAMMOGRAM

Having a mammogram requires that you undress above the waist. Our facility will provide a wrap for you to wear.

A technologist will position your breasts for the mammogram. You and the technologist are the only ones in the room during the mammogram.

The whole procedure takes about 20 minutes. The actual breast compression only lasts a few seconds.

You may feel some discomfort when your breasts are compressed. If you are in pain, tell the technologist so she can try to make the compression more comfortable for you. If you are still having periods, try not to schedule your mammogram when your breasts are likely to be tender, as they may be just before or during your period.

All mammogram facilities are now required to send your results to you within 30 days. In most cases, you will be contacted within 5 working days if there is a problem with the mammogram.

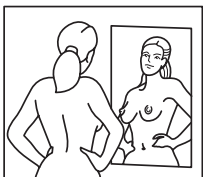
On average, only 2 to 4 screening mammograms of every 1,000 lead to a diagnosis of cancer. About 10% of women who have a mammogram will need more tests, but most will only need another mammogram. Don't panic if this happens to you. Only 8% to 10% of those women will need a biopsy, and most (80%) of those biopsies will not be cancer.

DID YOU KNOW...

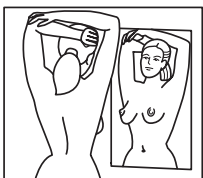
Screening mammograms are done for women who have no symptoms of breast cancer. When you reach age 40, you should have a mammogram every one to two years.

Diagnostic mammograms are done when a woman has symptoms of breast cancer or a breast lump. This mammogram takes longer than screening mammograms because more pictures of the breast are taken.

5 QUICK STEPS TO A SELF BREAST EXAM

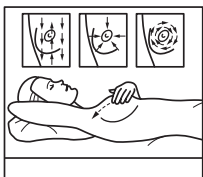


Step 1: Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips. Here's what you should look for:
Breasts that are their usual size, shape, and color
Breasts that are evenly shaped without visible distortion or swelling



Step 2: Now, raise your arms and look for the same changes.

Step 3: While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).



Step 4: Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter. Cover the entire breast from top to bottom, side to side — from your collarbone to the top of your abdomen, and from your armpit to your cleavage. Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.



Step 5: Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in Step 4.

IF YOU SEE ANY OF THE FOLLOWING CHANGES, TELL YOUR DOCTOR AS SOON AS POSSIBLE: DIMPLING, PUCKERING OR BULGING OF THE SKIN, A NIPPLE THAT HAS CHANGED POSITION OR AN INVERTED NIPPLE (PUSHED INWARD INSTEAD OF STICKING OUT), REDNESS, SORENESS, RASH OR SWELLING.

WHY COME TO COMPASS MEDICAL?

All exams read by
Brigham and Women's Board Certified Radiologists
State of the art 100% digital Imaging throughout entire department
ACR accredited 64 Slice Cat Scan
ACR accredited Digital Mammography
Digital Ultrasound (awaiting ACR accreditation)
Brand new Bone Density Equipment
Digital Xray

At Compass Medical, we are passionate about your health and safety, which is why we practice under the American Cancer Society Guidelines stating;

Annual screening mammography should begin at age 40, unless a patient:

- ▶ has been irradiated for Hodgkin's disease,
- ▶ is a known carrier of BRCA mutations,
- ▶ has a first degree relative who was diagnosed with breast cancer in which case imaging can begin 10 years before the age of diagnosis of the relative but not before 25 years of age,
- ▶ or has Li Fraumeni syndrome or other rare condition associated with a high incidence of breast cancer.
- ▶ has breast lump/pain.

Always check with your doctor to see if a baseline mammogram is recommended before the age of 40.

Other Specialty Services at Southeast Medical Center include:

Brigham and Women's Vein Care	Behavioral Health
Brigham and Women's MRI	Bone Densitometry
Cardiology and Stress Testing	Gastroenterology
Nutrition Counseling and Education	Neurosurgery
Diabetic Education	Urology
Weight Management	Rheumatology Education
Obstetrics and Gynecology	Sports Medicine
Oncology and Hematology	Physiatry
Vascular Surgery	Podiatry
Genetic Testing	Stress Testing
Genetic Testing for Hereditary Cancers	EMGs / EKGs
Pulmonary Function Testing	Hearing Tests
24-Hour Holter Monitoring	Nuclear Scans
Pain Management	Chiropractic Medicine
Physical Therapy	Orthopedic Surgery