

## PASSIONATE ABOUT YOUR HEALTH AND SAFETY

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:

1. Has been irradiated for Hodgkin's disease.
2. Is a known carrier of BRCA mutations.
3. 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.
4. Has Li Fraumeni syndrome or other rare conditions associated with a high incidence of breast cancer.
5. Has breast lump or pain.

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



## OFFERING YOU MORE

Compass Medical Radiology Departments offer:

ACR accredited Digital Mammography\*

ACR accredited Digital Ultrasound\*

ACR accredited 64 Slice Cat Scan\*

Digital X-ray\*

Bone Density\*

*\*See back panel for specific services by location. Not all services offered at every location.*

## RADIOLOGY AND IMAGING LOCATIONS AND SERVICES

Southeast Medical Center  
One Compass Way | E. Bridgewater, MA  
508.350.2200 ph | 508.350.2312 fax

East Bridgewater Operating Hours  
Monday - Friday | 7:00am - 7:30pm  
Saturday | 8:00am - 4:00pm  
Sunday | 8:00am - 12:00pm

East Bridgewater Radiology Services  
ACR accredited Digital Mammography, ACR  
accredited Digital Ultrasound, ACR accredited 64  
Slice Cat Scan, Digital X-ray and Bone Density

21 Bristol Drive | Easton, MA  
508.565.7200 ph | 508.565.7240 fax

Easton Operating Hours  
Monday - Friday | 8:00am - 7:30pm  
Saturday | 8:00am - 4:00pm

Easton Radiology Services  
ACR accredited Digital Mammography, Digital  
Ultrasound, 64 Slice Cat Scan, Digital X-ray and  
Bone Density

152 Dean Street | Taunton, MA  
508.824.9869 ph | 508.828.9738 fax

Taunton Operating Hours  
Monday-Thursday | 8am-4:30pm  
Friday | 8am-3:30pm

Taunton Radiology Services  
Digital Ultrasound and X-ray

Compass Medical Radiology & Imaging Services  
will be available in the new Middleboro  
Medical Center, opening in late 2011.

VISIT US AT  
[WWW.COMPASSMEDICAL.NET](http://WWW.COMPASSMEDICAL.NET)  
FOR MORE INFORMATION ABOUT THE  
RADIOLOGY AND IMAGING SERVICES AT  
COMPASS MEDICAL.



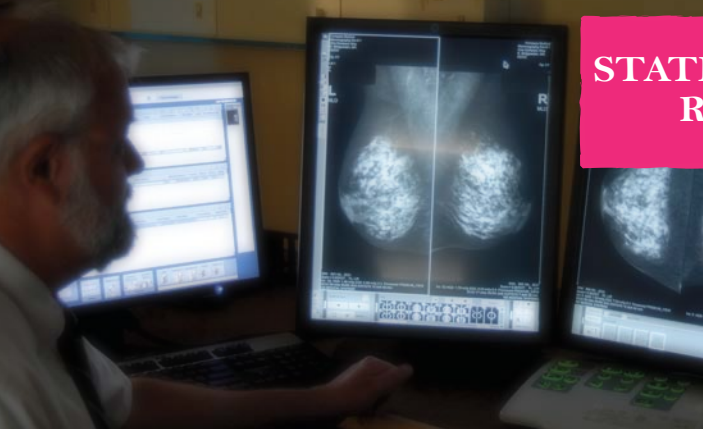
## GET THE FACTS ABOUT BREAST HEALTH



## PREVENTION AND EARLY DETECTION

### Guidelines, Recommendations and Procedures

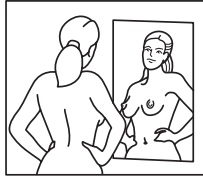
**COMPASS  
MEDICAL** PC  
Exceptional Medicine. Compassionate Care.



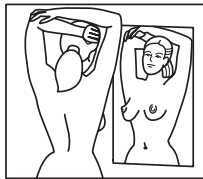
Radiologist viewing Mammography results

## STATE OF THE ART IMAGING SERVICES RIGHT IN YOUR OWN COMMUNITY.

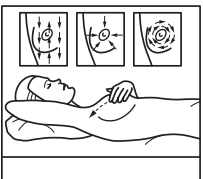
### 5 QUICK STEPS TO A SELF BREAST EXAM



**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.

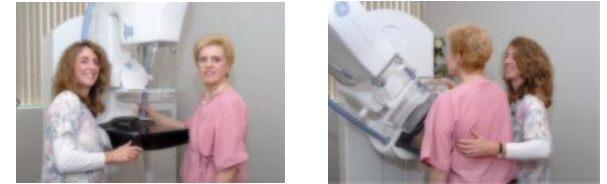


**Step 5:** Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in Step 4.

### 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.



Patient and Mammography Technologist

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.



#### DID YOU KNOW...

A Mammography screening is the best tool for detecting breast cancer at its earliest stage, up to two years before it is large enough to be felt, in women age 40 and older.

#### Self Exam Tip:

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?

Compass Medical Radiology and Imaging offers comprehensive diagnostic imaging services supported through collaboration with Brigham and Women's Hospital Radiology Department. All exams are read by Brigham and Women's Board Certified Radiologists.



Compass Medical offers ACR accredited mammograms in East Bridgewater and Easton and is licensed by the state of Massachusetts.

### GET THE FACTS: MAMMOGRAPHY

Mammography involves a low-dose x-ray image of the breast. It is the best way to find breast cancer in its early, most treatable stage. The American Cancer Society recommends that all women receive annual mammograms after the age of 40.

### WHAT'S THE DIFFERENCE?

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

**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.

*\*In the event you are contacted for an additional test, please contact your insurance company to ensure your Diagnostic mammogram is covered.*