



## The care you deserve...

Prima CARE provides you with the best diagnostic equipment available for the early detection of breast cancer.

When we set out to update our technology, we made a list of benefits we wanted for our patients:

- ★ Optimized patient comfort
- ★ State-of-the-art technology – the best available
- ★ Faster, more efficient examinations
- ★ Clearer and more accurate images

After careful consideration of the latest innovations in technology, we chose the General Electric full-field digital mammography system. GE pioneered digital mammography and offers the best diagnostic equipment available.

Prima CARE is committed to constantly updated technology and testing procedures to provide the care you expect and deserve.

## Prima CARE... *by your side.*

Prima CARE is a special place that fosters a partnership between the medical staff and the patient. It's a place where doctors are free to care... where constantly updated technology and testing procedures are the norm.

Prima CARE provides an easier, more convenient and different kind of care. State-of-the-art services are offered close to home, so you don't have to travel long distances. It's also more accessible than most hospitals.

You owe it to yourself and your family to have Prima CARE by your side.

Contact your physician to schedule an appointment.

## Prima CARE, P.C.

[www.prima-care.com](http://www.prima-care.com)

FALL RIVER ★ SOMERSET ★ TIVERTON

Licensed by the Massachusetts Department of Public Health and ACR accredited.

## Prima CARE offers **DIGITAL MAMMOGRAPHY**

*State-of-the-art technology for the early detection of breast cancer*

## Prima CARE, P.C.



Prima CARE's digital mammography produces a clear, electronic image that can easily and quickly be shared with other doctors and specialists.

#### WHAT IS A MAMMOGRAM?

Performed on an outpatient basis, a mammogram is a radiological examination of the breast that can detect cancers so small that even the most experienced examiner cannot feel them. It's the most reliable method of early detection of breast cancer.

The images are recorded electronically rather than on film and viewed on a computer. It results in shorter examination times and improved patient comfort and convenience.

#### WHY SHOULD I GET ONE?

Studies have shown that mammograms do save lives. They help find issues before they become problems. Ignoring the risk of breast cancer does not diminish it. There is nothing to be gained by delaying the diagnosis.

It's important to discuss your testing and treatment with your doctor, understand his/her recommendations completely, and then act on them.

#### WHEN SHOULD I GET ONE?

The risk of breast cancer increases with age, so that the older you get, the more chance you have of developing breast cancer.

Unfortunately, the incidence of breast cancer is increasing in younger women. Yearly mammograms should begin at age 40, or even earlier for women at increased risk.

The first mammogram serves as a baseline for future comparison. The purpose of regular mammograms is to make sure that everything stays the same and nothing new develops. It's one of the ways to find those tiny cancers that are too small to be felt.

Women with a family history of breast cancer should have mammograms earlier and more often. Other risk factors include other types of cancer such as colon and uterine cancer. Women with no children or who have their first child after 30 are also at a higher risk for breast cancer. You should consult your physician regarding your own particular situation.

#### HOW SAFE IS IT?

Mammography has been used on millions of women for close to 50 years. Like all x-rays, it involves limited exposure to radiation, but the amount has been dramatically reduced with new technology. It is less than what you are exposed to spending a day in the bright sunlight.

#### HOW ACCURATE IS IT?

Mammography has been used increasingly since 1960 and is constantly being improved. Our new digital mammography system offers unparalleled precision and reliability for complete diagnostic confidence.

#### DOES IT HURT?

To get the most accurate image possible in each x-ray, a special device gently compresses the breast. It's generally only slightly uncomfortable and lasts only a few seconds. The new system has a smooth, ergonomic design and our technicians control the level of compression to reduce any discomfort.

#### HOW LONG DOES IT TAKE?

Our system is excellent for diverse body types, providing the largest field of view available. And because it's digital, the images are almost instantaneous, reducing the waiting time and resulting in faster, more efficient exams. As a result, the exam should only take a few minutes.

#### WHAT IF I HAVE IMPLANTS?

With specialized techniques, most women with implants can have an excellent mammogram. Additional views may be necessary, but with the new technology and larger field of view, the number of exposures may be reduced.

You should notify us of the fact that you have implants so the examination is planned accordingly. It allows us to provide extra time for the exam and to utilize specialized techniques.

## Who should get a mammogram?

Eventually, all women should have a mammogram. The American Cancer Society offers the following guidelines to women who are symptom-free:

- ★ Women 20 and older should perform breast self-examinations every month.
- ★ Women 20 to 39 should have a clinical breast examination at least every three years, and women 40 and over should have one every year.
- ★ Women 40 and over should have a screening mammogram every year, or more often for women at increased risk.

Women with personal or family histories of breast cancer should consult their doctors about the need for more frequent or earlier exams or mammograms.

If you find a breast lump or swelling, dimpling of the skin of the breast, or nipple discharge during self-examination, you should see your doctor right away. Most breast lumps are not cancerous. However, only your doctor can make the proper diagnosis. Don't put it off; it may save your life.

## How do I get a mammogram?

Ask your doctor to make an appointment for you. They should call the Prima CARE scheduling office to arrange your visit.

Your doctor will discuss the results with you.

## How do I prepare for my mammogram?

Getting ready for your mammogram is very easy. You only need to remember two things:

**NO** deodorant, lotion or powder as they may interfere with the quality of the image.

**DO** wear a two-piece outfit as you only need to remove your top.