

## Personalized Care for Women

Our new Women's Imaging Center offers comprehensive services for women, including screening and diagnostic breast imaging and bone-density scanning services. When it comes to caring for your health, experience counts—and so does compassionate care in a comfortable, stress-free environment. We are certified by the American College of Radiology and the Mammography Quality Standards Act.

## Comprehensive Care, Comfortable Surroundings

Everything you need for total breast and bone care is here at the Women's Imaging Center, the only center of its kind in the Hudson Valley. You will enjoy the personalized service and amenities of an environment focused on woman, with world-class medical technology that puts comprehensive health-care right at your fingertips. Our complete array of women's imaging services includes:

- *Low-dose digital mammograms*
- *Breast sonograms (ultrasounds)*
- *Breast MRI*
- *Stereotactic, ultrasound and MRI guided breast biopsies*
- *Bone density scanning*



At our new, 5,000-square-foot Women's Imaging Center, you'll find the complete range of screening and diagnostic breast imaging and bone-density scanning services in one convenient location. Featuring the most up-to-date technology available, the Center is guided under the expertise of radiologist Julian W. Sanchez, M.D., Director of Breast Imaging, along with a highly trained team of registered mammography and ultrasound technologists.

Located in the Medical Arts Building at 19 Bradhurst Avenue, Suite 3700 South in Hawthorne, the Women's Imaging Center accepts most private insurance plans, Medicare, and Medicaid. Valet parking is available for your complete comfort and convenience.

### Contact Us

For more information or to make an appointment, call 914-493-2500, ext. 310 or request an appointment online at [www.worldclassmedicine.com/womensimaging](http://www.worldclassmedicine.com/womensimaging).

Please note that all tests require a physician's prescription.



# Women's Imaging Center

at Westchester Medical Center



WESTCHESTER  
MEDICAL CENTER  
ADVANCED IMAGING





## Breast Imaging

At the Women's Imaging Center, we offer state-of-the-art imaging technologies for breast cancer screening before there are symptoms and to investigate symptoms that could indicate cancer. Through early detection, women are better positioned to successfully overcome breast cancer.

Our complete array of breast imaging and diagnostic services includes use of tomosynthesis ready full-field, low-dose digital mammography, high resolution ultrasound, the latest breast MRI technology available along with the dedicated equipment and staff to perform any minimally invasive biopsy that may be necessary.

## Mammography

Despite controversies, annual screening mammography beginning at age 40 remains the most effective means of detecting breast cancer early and ensuring the best possible outcome. And should symptoms arise, mammography remains the first tool in the diagnostic workup. Annual screening mammograms greatly increase a woman's chances of detecting this common malignancy early when treatment can be most successful. Early detection DOES save lives.

## About the Exam

A mammogram is a low-dose X-ray examination of your breasts used to detect cancer, even if you exhibit no symptoms, and to evaluate breast symptoms. The use of digital equipment results in less radiation and has been shown to be more sensitive in certain women. We utilize only digital equipment. The actual imaging process takes only a few seconds and most women experience little to no discomfort. Your screening visit should take about 30 minutes.

## How it Works

Two digital images of each breast are acquired and transmitted to high resolution computer screens to be interpreted by one of our experienced and MQSA certified radiologists. Occasionally additional views are needed for an accurate diagnosis.

Changes from year to year can be subtle and comparison with you previous films is extremely important in the early detection of breast cancer. If it is your first time here you will be asked to bring in your older outside studies so that additional workup and anxiety can be avoided.

## Bone Densitometry

Osteoporosis is a disease that thins and weakens bones over time and is a serious condition that affects millions of people as they grow older. Some experts estimate that 1 in 3 women and 1 in 5 men over the age of 50 will be affected by bone fractures that are a result of the disease. Left untreated, the effects of osteoporosis can seriously impact quality of life, producing:

- Bone pain or tenderness
- Fractures with little or no preceding trauma
- Loss of height over time
- Low back and neck pain due to fractures of the spinal bones
- Stooped posture or "dowager's hump"

In its early stages, osteoporosis has no symptoms, which makes early detection important for diagnosing and treating the condition before it becomes severe. One of the most effective ways to do this is through bone-density testing, or bone densitometry.

## Detecting Osteoporosis

The Advanced Imaging Center uses the Hologic DEXA Bone Densitometer to assess bone strength and your risk for bone fracture. It is a rapid, non-invasive test that uses very low-dose radiation. Testing is convenient and available at varying hours to accommodate the different scheduling needs of our patients.