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# Digital Mammography



## Your better option for early detection.

When it comes to breast cancer, the earlier you detect it, the easier it usually is to treat it. At Oaklawn Hospital we were the first in Southwest Michigan to offer full-field digital mammography, and remain the most experienced, providing you with the best screening and diagnostic methods available to detect and assess breast cancer early on and, therefore, more effectively treat it.



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OaklawnHospital

ADVANCING MEDICINE  
COMPASSIONATE CARE



Highest award for nursing excellence worldwide

# Digital Mammography



*"In 2002, Oaklawn became the first hospital in Southwest Michigan to provide digital mammography to its patients."*



## A commitment to better technology.

At Oaklawn, we're continually striving to better address the many healthcare needs of our community. Part of this commitment includes investing in the latest, state-of-the-art technology. Our full field digital mammography offers several advantages over conventional (film) mammography:

- \* This technology provides clearer, more readable images that can be manipulated and magnified. Therefore, we reduce the amount of repeat testing that women have to undergo.
- \* Our healthcare professionals have better visibility of the entire breast area and the tissue at the skin line.
- \* Images can be stored and transmitted electronically and are, therefore, much more accessible and usable.
- \* Digital mammography allows for shorter exam times for both screening and diagnostic procedures.
- \* This technology results in lower doses of radiation in dense breast tissue.
- \* Because this is digital, a healthcare professional can review images almost instantaneously.

## Early detection starts with you.

At Oaklawn, we understand technology is only part of the puzzle to solving breast cancer. Information is also critical. And it starts by knowing your body.

By looking for telltale signs of breast cancer, you can often detect the early stages of the disease. If you are over 40 or have a family history of breast cancer, you should perform a breast self-exam on a regular basis by following these simple steps:

**\*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.

If you see any of the following changes, bring them to your doctor's attention:

- 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.

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

**Step 3:** While you're at the mirror, gently squeeze each nipple between your finger and thumb and check for nipple discharge (this could be a 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 fingers of your hand, keeping the fingers flat and together. 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.

**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.

## Some critical things to know about breast cancer.

While certainly treatable, breast cancer is a deadly disease that impacts lives every day. Consider the following:

- \* Breast cancer is the second most common cancer (behind skin cancer) found in American women.
- \* Breast cancer is the second leading cause of cancer deaths in American women, next to lung cancer.
- \* Women under the age of 40 account for only 5 percent of diagnosed breast cancers, while women over age 50 make up more than 75 percent of breast cancer cases.

To learn more about Oaklawn's digital mammography services, please call (269) 789-3917.

\*Information provided by [breastcancer.org](http://breastcancer.org)

