

# UNDERSTANDING 3D MAMMOGRAPHY

## THE BASICS

One in eight women in the United States is diagnosed with breast cancer in her lifetime. A mammogram is a screening test that helps detect breast cancer at an early stage, before there are any signs or symptoms or a lump is felt.

- More than 39 million mammograms are performed annually in the United States.
- Most patients will have their first mammogram around age 40.
- Most patients have a mammogram every year as long as they are in good health.
- 3D mammography, or breast tomosynthesis, is a technology that is available in all UCLA Health breast imaging locations.

## 2D VS. 3D MAMMOGRAPHY: WHAT'S THE DIFFERENCE?

	2D MAMMOGRAM	3D MAMMOGRAM
<b>TECHNOLOGY</b>	Low dose X-ray to examine breast tissue	
<b>PATIENT EXPERIENCE</b>	Breast is compressed between two plates	

### IMAGING TECHNOLOGY

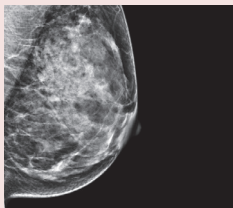


Takes one mammogram image of the breast from the top and one from the side, which may create images with overlapping tissue.

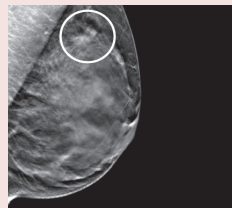


Takes 15 images of the breast in an arc from the top and from the side which are then transformed into multiple non-overlapping thin slices through the breast tissue.

### IMAGING RESOLUTION



The small star-like mass in the upper breast, which turned out to be breast cancer, is not visible on 2D mammography, but clearly seen on 3D mammography.



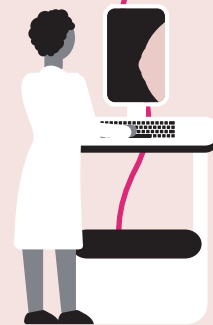
### LENGTH OF IMAGING STUDY



## BENEFITS OF 3D MAMMOGRAPHY

- Leads to fewer follow-up tests

**15%**  
reduction in follow-ups



- **Detects additional cancers.** About one to two more breast cancers detected for every 1,000 women screened

**40%**  
more invasive cancers found with 3D exam

## COST OF 3D SCREENING MAMMOGRAPHY

- 3D mammography is covered by insurance companies.

## WHEN AVAILABLE, UCLA RADIOLOGISTS PREFER 3D MAMMOGRAPHY

- 3D mammography is approved for all patients. It is especially beneficial for patients with dense breasts.
- 3D mammography makes finding abnormalities easier.
- 2D mammography is still an effective screening option for most patients.

## UCLA HEALTH LOCATIONS THAT OFFER 2D & 3D MAMMOGRAPHY

Century City | Downtown L.A. | Encino | Manhattan Beach | North Hollywood | Palos Verdes  
Santa Clarita | Santa Monica | Toluca Lake | Westlake Village | Westwood