# 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 women will have their first mammogram between 40 and 50 years old.
- Most women have a repeat exam every one to two years until they are about 75 years old.
- 3D mammography, or breast tomosynthesis, is a new technology that is available in many UCLA Health locations.

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

<table>
<thead>
<tr>
<th></th>
<th>2D MAMMOGRAM</th>
<th>3D MAMMOGRAM</th>
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<tbody>
<tr>
<td>TECHNOLOGY</td>
<td>Low dose x-ray to exam breast tissue</td>
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<tr>
<td>PATIENT EXPERIENCE</td>
<td>Breast is compressed between two plates</td>
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<tr>
<td>AVAILABILITY</td>
<td>Widely available</td>
<td>Available at 6 UCLA locations</td>
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<tr>
<td>IMAGING TECHNOLOGY</td>
<td>Takes one mammogram image of the breast from the top and one from the side, which may create images with overlapping tissue.</td>
<td>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.</td>
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<td>IMAGING RESOLUTION</td>
<td></td>
<td></td>
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<tr>
<td>LENGTH OF IMAGING STUDY</td>
<td>2-3 seconds</td>
<td>4 seconds</td>
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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.

## 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
- UCLA Health may collect a $45 surcharge for 3D screening mammography at check-in, which is reimbursed if the 3D portion of the study is covered by insurance. All 2D screening mammograms are covered.

## WHEN AVAILABLE, UCLA RADIOLOGISTS PREFER 3D MAMMOGRAPHY
- 3D mammography is approved for all women. It is especially beneficial for women with dense breasts.
- 3D mammography makes finding abnormalities easier.
- 2D mammography is still an effective screening option for most women.

## UCLA LOCATIONS THAT OFFER 3D MAMMOGRAPHY
- Manhattan Beach
- Palos Verdes
- Santa Clarita
- Santa Monica
- Westlake Village
- Westwood

uclahealth.org/radiology/3d-mammography | (310) 301-6800