PREVENTIVE CARE
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>TECHNOLOGY</th>
<th>2D MAMMOGRAM</th>
<th>3D MAMMOGRAM</th>
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<tbody>
<tr>
<td>Imaging technology</td>
<td>Low dose x-ray to exam breast 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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<tr>
<td>Patient experience</td>
<td>Breast is compressed between two plates</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>
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<td>Availability</td>
<td>Widely available</td>
<td>Available at 6 UCLA locations</td>
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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

- 2D mammography: 2-3 seconds
- 3D mammography: 4 seconds

UCLA LOCATIONS THAT OFFER 3D MAMMOGRAPHY

Manhattan Beach | Palos Verdes | Santa Clarita | Santa Monica | Westlake Village | Westwood

UCLA locations that offer 3D mammography include Manhattan Beach, Palos Verdes, Santa Clarita, Santa Monica, Westlake Village, and Westwood.

UCLAHEALTH.ORG/RADIOLOGY/3D-MAMMOGRAPHY | (310) 301-6800