

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?

	2D MAMMOGRAM	3D MAMMOGRAM
<b>TECHNOLOGY</b>	Low dose x-ray to exam breast tissue	
<b>PATIENT EXPERIENCE</b>	Breast is compressed between two plates	
<b>AVAILABILITY</b>	Widely available	Available at 6 UCLA locations

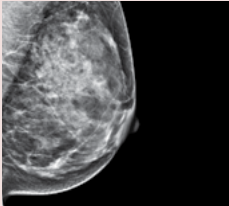


**IMAGING TECHNOLOGY**

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

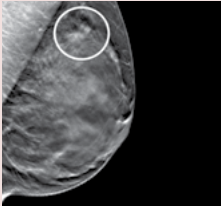


Takes 15 images of the breast in an arc from the top and from the side which are then transformed into multiple non-overlapping thin slices through the breast tissue.





**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**

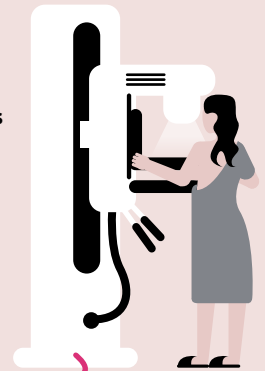
2-3 seconds 

4 seconds 

## 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

## 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