

# A Consumer's Guide to Mammography

## How to Use This Guide

Call other facilities to compare their mammography services with St. Joseph's Breast Imaging Center for Women. Ask the questions in this guide and record the answers in the space provided.

Due to today's advances in mammography, the early detection of breast cancer has saved many women's lives. Every woman needs to be assured that the quality of the mammography services she uses meets the highest of standards.

The American Cancer Society recognizes the value of mammography and recommends the following guidelines for women who do not have any symptoms of breast cancer:

- ✓ Women who are 35 years old should have a baseline mammogram (i.e. a first mammogram) from which following mammograms can be compared.
- ✓ Women who are over 40 years old should have a mammogram every year.

Quality, professionalism, personal attention to your needs... that's the dedication our mammography program has to medical excellence. At St. Joseph's, our mammography services are:

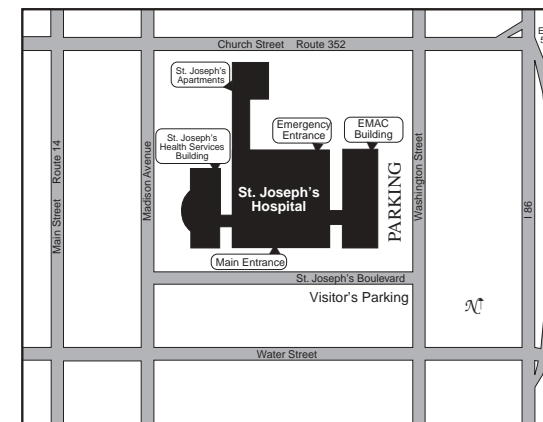
- designed to offer the most complete breast cancer diagnostic services available in the Southern Tier.
- accredited by the American College of Radiology, which has the highest standards of quality for mammography in the United States.
- organized with a computerized tracking system to remind your doctor when it's time for your next mammogram.
- comprehensive. Every patient receives individual educational services, including instruction on how to properly perform breast self-examination.
- easily accessible. For routine screening mammograms, you don't need a physician's referral—you can call and make the appointment yourself. (607) 737-7817.

A mammogram order from any area physician is accepted at St. Joseph's, even if it has another hospital's name and address on the order.

## Directions and Map

**St. Joseph's** is conveniently located in Elmira, NY just off the Southern Tier Expressway (NY Route 17).

**From Route 17:** Take the Elmira exit (Exit 56). Continue straight on Church Street for three blocks to Washington Street. Turn left onto Washington Street for one block. Then turn right on St. Joseph's Boulevard and proceed to the Visitors Parking Lot.



Helping You Live a Healthy Life  
555 St. Joseph's Boulevard • Elmira, NY 14901

Department of Medical Imaging  
Phone: (607) 737-7813

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## A Consumer's Guide to Mammography at St. Joseph's Breast Imaging Center for Women

... Each woman is special, therefore receive special treatment at St. Joseph's Breast Imaging Center for Women.

Use this reference guide to identify quality mammography services, courtesy of the Breast Imaging Center for Women.



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# See how the Breast Cancer Screening Program at St. Joseph's Breast Imaging Center for Women compares

Use this reference guide to compare area mammography services.

Questions you should ask facilities that perform mammograms:	St. Joseph's Breast Imaging Center for Women Services	Facility A (name of facility)	Facility B (name of facility)	Answers to the questions asked at left:
1) Has your facility received <b>“Accreditation in Mammography”</b> from the <b>American College of Radiology</b> ?	YES	(yes or no)	(yes or no)	St. Joseph's Breast Imaging Center for Women is accredited by the American College of Radiology (ACR). This means our mammography equipment and staff meet the highest national standards of quality assurance in the United States.
2) Does the facility post an <b>“Accreditation in Mammography”</b> certificate from the <b>American College of Radiology</b> next to each mammography machine?	YES	_____	_____	Accreditation certificates from the American College of Radiology (ACR) must be displayed next to each mammogram machine to fulfill accreditation requirements. At St. Joseph's, each of our mammogram machines has this certificate on display. Another way to determine if a facility is accredited by the ACR is to ask your local American Cancer Society.
3) Are <b>registered</b> technologists with certification in mammography performing the mammograms?	YES	_____	_____	Quality mammography is dependent upon the competency of the technologists performing it. Ask if your technologist is registered or licensed in Radiologic Technology and if she is specially trained in mammography. At St. Joseph's Breast Imaging Center for Women, the professional performing your mammogram is a Registered Technologist with Advanced Certification in Mammography.
4) Are the mammograms interpreted by <b>Board Certified Radiologists “on site”</b> ?	YES	_____	_____	The physicians who are the most qualified to interpret mammograms are Board Certified Radiologists with additional training in mammography. At St. Joseph's Breast Imaging Center for Women, an onsite radiologist will see your films before you leave. That way, if additional films or sonography exams are needed, you can have them done while you are still there.
5) Is a physical breast exam offered with the mammogram by a registered nurse?	YES	_____	_____	At St. Joseph's, a female Registered Nurse performs a physical breast exam on each patient before her mammogram. Her exam provides the interpreting radiologist with important information with the most comprehensive breast exam possible.
6) Is the radiation dosage of each mammogram exposure less than 300 mRAD?	YES	_____	_____	For American College of Radiology (ACR) accredited facilities like St. Joseph's, the “mean glandular dose” should be less than 300 mRAD. St. Joseph's also participates in the ALARA (As Low As Reasonably Achievable) Program through the National Council on Radiation Protection. This ensures quality imaging at the lowest possible dose of radiation. Ask to see the physicist's dosimetry report that should state the mRAD dosage.
7) Does the facility offer educational services?	YES	_____	_____	St. Joseph's Breast Imaging Center for Women offers individual instruction in breast self-examination from female Registered Nurses who are trained by the American Cancer Society. Women are welcome to call (607) 737-7813, Monday through Friday, 8:00 a.m. to 4:30 p.m., for information or to discuss their concerns about breast cancer and mammography with a breast screening nurse or technologist. In addition, St. Joseph's offers breast cancer educational programs for groups and community organizations.
8) Does the facility offer self-referral mammography services?	YES	_____	_____	Since May 1991, St. Joseph's offers mammography services on a self-referral basis. Women without symptoms of breast cancer can schedule an appointment for a routine screening mammogram by calling (607) 737-7817, Monday through Friday, 8 a.m. to 4:30 p.m. The results of your mammogram will be sent directly to your doctor. If you don't have a doctor, your results will be sent to one of our primary care physicians. If you are in need of a doctor, St. Joseph's will find you one.