

You take your breast health seriously. So it's only natural to put your trust in professionals who specialize in breast care. That's why both Bethesda North and Good Samaritan hospitals have designated breast centers with the most current technology and dedicated physicians and staff who are expert in providing breast screening and diagnostic services.

Computer review of mammograms

Your screening or diagnostic mammogram will be reviewed using the newest Computer Aided Diagnostic technology. The ImageChecker System from R2 Technology, Inc., assists the radiologist by identifying areas on the mammogram that contain suspicious features that may warrant a second review. It does not replace the radiologist, rather, it enhances the radiologist's ability to identify potential breast cancers earlier.

Multi-specialty review of new breast cancer cases

Getting a breast cancer diagnosis is devastating. At our centers, we understand that it can be difficult to navigate the health care system to determine what to do next. That's why our centers offer patients the distinct advantage of a group of physicians who review new breast cancer cases. Should you be diagnosed with breast cancer, your surgeon can present your case to physicians who specialize in areas such as radiology, pathology, surgery, medical oncology, radiation oncology and plastic surgery to recommend a comprehensive plan of care. This provides a more integrated approach to care and can give you peace of mind, knowing that your specific situation has been thoroughly reviewed by not just one, but a group of experts in the field.



Everything you need

Furnished with state-of-the-art digital equipment, the Mary Jo Cropper Family Center for Breast Care at Bethesda North Hospital and the Good Samaritan Hospital Breast Center both provide all the breast services you need in one location. Screening and diagnostic mammograms, diagnostic tests, and even surgeon appointments can be conveniently scheduled at the centers. Our staff will help coordinate all of your procedures to ensure that you receive the timely care you need. Your physician will be informed of all your test results and recommendations.

- ~ ACR accredited mammography
- ~ Breast ultrasound
- ~ Cyst aspiration and Breast MRI
- ~ Stereotactic biopsy
- ~ Surgeon appointments

Softer mammography

To make mammography more comfortable for you, we offer Mammopad, a soft foam breast pillow that cushions

your breast without compromising the quality of the X-ray image. About the size of a computer mouse pad, the Mammopad adheres to the imaging device where your breast is placed during the mammogram procedure. If you choose to use a Mammopad, you will be charged a small fee.

High-risk care

If you are at high risk of developing breast cancer, you need a more comprehensive approach to early detection. The High Risk Program at the Mary Jo Cropper Family Center for Breast Care at Bethesda North Hospital provides you with close and more frequent monitoring, appropriate medical therapy, access to clinical trials, nutrition and diet recommendations, and educational sessions about advances in breast care.

Breast Health Navigator

Nurses in the Breast Health Navigator program at the Mary Jo Cropper Family Center for Breast Care at Bethesda North Hospital advocate on behalf of their breast cancer patients, guiding them through the emotional and physical journey of diagnosis and treatment. Each patient is paired with a nurse who is certified in breast health navigation and has years of breast health experience, including oncology, to collaborate with providers to develop a customized program that's essential to recovery.

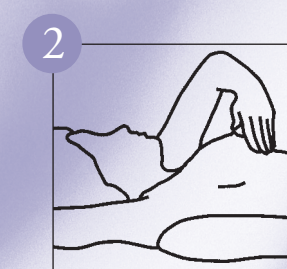
HOW TO EXAMINE YOUR BREASTS

The following are steps for performing a self-breast exam. We recommend choosing between step one or step two, depending on which step is more comfortable for you. Then, we recommend including steps three and four.



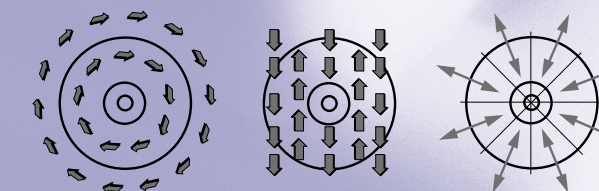
1 In the shower, raise one arm and place the flat part of your fingers (not tips) on your breast. Use your left hand for your right breast, right hand for left

breast. Feel for thickenings, lumps or changes as you firmly guide your hand using one of the methods below. Use the same method each time. Also examine your armpit. Use this procedure for both breasts.



2 Lie flat with a towel under your right shoulder and your right arm over your head. Firmly move your fingers using one of the techniques

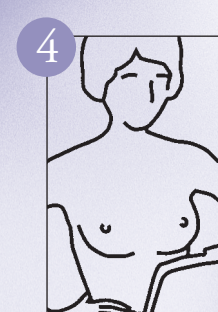
shown below. Examine your armpit. Repeat for your left breast.



Use one of these three patterns when examining your breasts. When examining, gently squeeze both nipples and look for any discharge.



3 In front of a mirror, press your arms forward as you clasp your head. Look for any changes, like puckering, dimpling, or changes in skin texture.



4 Again using the mirror, pull your shoulders and elbows forward as you press your hands on your hips and lean slightly toward the mirror. Examine your breasts for changes.



What happens during the exam?

A registered radiologic technologist specially trained in mammography and breast evaluation will conduct the examination. Before your exam, you will be asked to remove all clothing above the waist and put on a hospital gown that fastens in the front. Breast compression is important to allow for a more clear X-ray and it decreases your dose of radiation. This process may be slightly uncomfortable.

If my doctor recommends a mammogram, is it likely I have cancer?

No. Most mammograms turn out negative, so a great deal of worry ends up being totally unnecessary. Many doctors now are using mammography as a precautionary measure and recommend that all women be tested once they reach a certain age.

Why should I have a mammogram?

- ~ Because breast cancer does not have to be a killer
- ~ Because the survival rate approaches 100 percent for women with tumors detected when less than one centimeter
- ~ Because mammography can aid in deciding whether surgical removal of a lump is indicated
- ~ Because mammogram reports most often bring good news

What is a mammogram?

A mammogram is an X-ray of the breast that is helpful in the diagnosis of breast disease. A mammogram can find abnormalities too small to be felt by the woman herself or by an experienced physician. The mammogram shows changes in breast tissue that could represent early signs of breast cancer.

Who should have a mammogram?

For women 40 and older, the American Cancer Society, the National Cancer Institute and the American College of Radiology agree on an annual mammogram. Regardless of national guidelines, a woman, at any age, and her physician have the authority to decide on screening mammogram frequency based on the woman's risk factors, such as family history of breast cancer.

Convenient mammography locations,
simple scheduling.

To schedule a mammogram at any of our mammography locations, call
513-569-6777 or 800-253-9809.

**The Mary Jo Cropper Family
Center for Breast Care at
Bethesda North Hospital**
10494 Montgomery Road
Cincinnati, OH 45242
513-865-1344

**Bethesda Medical Center
at Arrow Springs**
100 Arrow Springs Boulevard
Lebanon, OH 45036
513-282-7000

**Good Samaritan
Outpatient Center at Glenway**
6350 Glenway Ave.
Cincinnati, OH 45211
513-662-1616

**Good Samaritan Hospital
Breast Center**
375 Dixmyth Ave.
Cincinnati, OH 45220
513-862-4844

TriHealth Women's Health Van
513-569-6565



Breast Care at TriHealth



**Bethesda North
Good Samaritan**