



## WHY ARE MAMMOGRAMS IMPORTANT?

Since there is currently no way to prevent breast cancer, an annual screening mammogram is the first step in early detection.

A mammogram improves the chances that breast cancer can be diagnosed at an early stage when it's more treatable.

### SCHEDULE AN APPOINTMENT

Call your nearest center; see back for listing.

## A TRADITION OF EXCELLENCE

We are committed to meeting your needs, providing answers and treating you with respect and comfort.

## WHEN YOU VISIT RAYUS, YOU ARE ACCESSING:

- Same-day diagnostic exam results and access to comprehensive services
- Subspecialized breast imaging radiologists (specially trained medical doctors) who provide a comprehensive report to your doctor to help guide your ongoing care
- A caring team of clinic staff members who will guide you through your appointment to ensure a successful exam
- Convenient and cost-effective outpatient services that are 30–50% less expensive than hospital-based centers
- Results available to view on our Patient Portal—myExamAnswers.com

**MY APPOINTMENT** Save time on the day of your exam by pre-registering online at [myExamAnswers.com](http://myExamAnswers.com).

Please arrive 15 minutes before your appointment time to allow time to register.

APPOINTMENT DATE | APPOINTMENT TIME

## LOCATIONS

- |   |  |
|---|--|
| <p><b>BELLEVUE BREAST CENTER</b><br/>1810 116th Ave. NE<br/>Suite 101<br/>Bellevue, WA 98004<br/><b>CALL 425.974.1044</b></p>           | <p><b>ISSAQUAH BREAST CENTER</b><br/>1301 4th Ave NW<br/>Suite 203<br/>Issaquah, WA 98027<br/><b>CALL 206.524.5599</b></p>                 |
| <p><b>BELLEVUE (Breast MRI only)</b><br/>1310 116th Ave. NE<br/>Suite E<br/>Bellevue, WA 98004<br/><b>CALL 425.637.9729</b></p>         | <p><b>ISSAQUAH (Breast MRI Only)</b><br/>1301 4th Ave NW<br/>Suite 202<br/>Issaquah, WA 98027<br/><b>CALL 855.643.7226</b></p>             |
| <p><b>FEDERAL WAY BREAST CENTER</b><br/>909 S. 336th St.<br/>Suite B101<br/>Federal Way, WA 98003<br/><b>CALL 253.735.1991</b></p>      | <p><b>PORT ORCHARD</b><br/>463 Tremont St. W.<br/>Suite 130<br/>Port Orchard, WA 98366<br/><b>CALL 360.876.3141</b></p>                    |
| <p><b>FEDERAL WAY (Breast MRI only)</b><br/>33801 First Way S.<br/>Suite 101<br/>Federal Way, WA 98003<br/><b>CALL 253.942.7226</b></p> | <p><b>POULSBO</b><br/>North Kitsap Medical Center<br/>20700 Bond Rd. NE<br/>Bldg. B<br/>Poulsbo, WA 98370<br/><b>CALL 360.598.3141</b></p> |

**SHINE ON** | 

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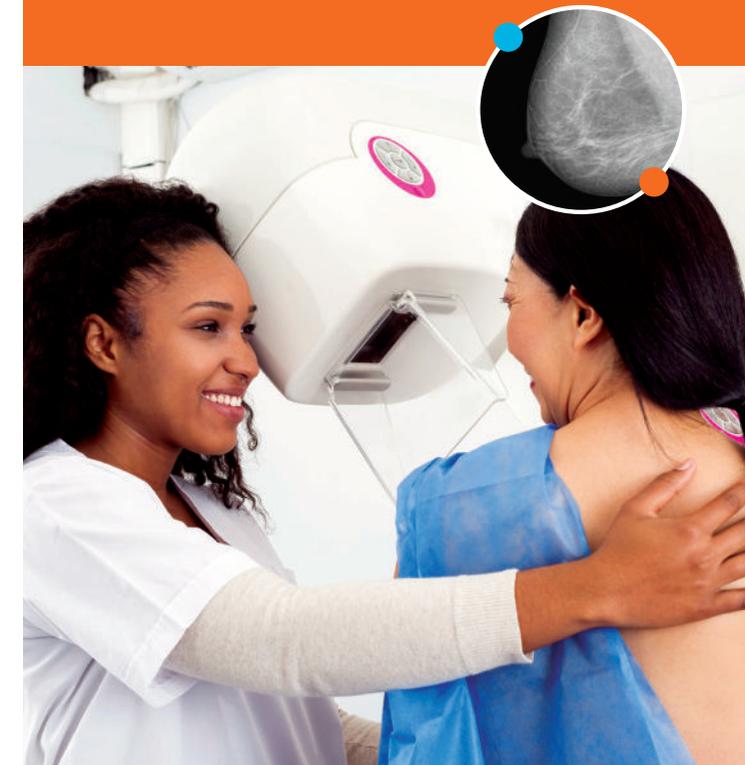
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**RAYUS**  
RADIOLOGY®

TREATING YOU WITH THE COMFORT AND RESPECT YOU DESERVE

# BREAST IMAGING SERVICES



WE BRING BRILLIANCE TO HEALTH & WELLNESS





## WHO SHOULD HAVE A MAMMOGRAM?

The American College of Radiology and the Society of Breast Imaging recommend annual screening mammograms for women age 40 and older who are in good health.

If you have a family history of breast cancer, dense breasts or personal risk for breast cancer, you may require earlier, additional or more frequent screenings.

Our centers offer a risk assessment at no extra charge.

## DO YOU HAVE DENSE BREASTS?

Dense breasts have more fibrous and glandular breast tissue than fatty tissue. About 40% of women have dense breasts. A mammogram is required to determine the density of your breasts, which is reported in your mammogram exam results.

3D mammography technology is useful when screening women with dense breast tissue because it provides the most information and decreases the chances you'll be called back for a re-scan. Dense breast tissue can make it difficult to detect small cancers using mammography; therefore, in certain cases, supplemental screening is recommended using whole breast ultrasound screening or breast MRI. The state of Washington has enacted laws mandating coverage of supplemental ultrasound screening.

Talk to your doctor about your results and what screening is best for you.

## BREAST IMAGING SERVICES FOR THE WHOLE JOURNEY

We will work with you and your doctor to get the answers you need through our full continuum of screening and diagnostic breast imaging services.

### 3D MAMMOGRAPHY (TOMOSYNTHESIS)

A 3D mammogram is an X-ray that uses a safe, low-dose amount of radiation to take multiple images of each breast, allowing the radiologist to examine the breast tissue in much finer detail than a traditional mammogram.

Your breast will be gently compressed to achieve the best view. A typical exam lasts 10 to 20 minutes. Our female technologist will guide you through your exam to minimize any discomfort. There are two types of mammography we perform:

#### SCREENING MAMMOGRAPHY

An X-ray exam for women with no breast symptoms.

#### DIAGNOSTIC MAMMOGRAPHY

An X-ray exam to evaluate a lump or other breast symptoms, or for women who have an abnormal screening mammogram.

### BREAST ULTRASOUND

A procedure that uses sound waves to evaluate breast symptoms or abnormal mammogram findings.

#### AUTOMATED BREAST ULTRASOUND (ABUS)

A quick ultrasound exam used to detect cancer in women with dense breasts. Early detection of breast cancer saves lives.

### BREAST MRI

A powerful magnet and radio waves are used to provide detailed images of the breast tissue. Breast MRI is extremely sensitive for the detection of breast cancer. It is frequently used for additional screening in high-risk patients, and to evaluate the extent of disease when a patient is diagnosed with breast cancer. It is also used to further evaluate breast tissue when a mammogram or ultrasound is inconclusive.

### MINIMALLY INVASIVE STEREOTACTIC, MRI OR ULTRASOUND-GUIDED BIOPSY SERVICES

#### BREAST BIOPSY OR ASPIRATION

Checks for cancer by removing very small amounts of tissue using MRI, stereotactic or ultrasound images to guide a needle into the suspicious area.

#### CYST ASPIRATION

Fluid is removed from a cyst by placing a needle through the skin, usually under ultrasound guidance.

### BONE DENSITY SCANS: DXA

Evaluation of bone density for osteoporosis.

### BREAST CANCER RISK ASSESSMENT

We offer a complimentary breast cancer risk assessment program to identify at-risk women early. When you choose us for your annual screening mammogram, we will also perform a risk assessment to determine whether additional studies may benefit you.

## MAKE AN APPOINTMENT

Screening mammograms do not require a referral from your doctor. You will be asked to provide your doctor's contact information so we can share your results. Schedule by calling one of our locations listed on the back.

To help prepare for your appointment, we will work with you to get copies of your prior annual mammograms, which are needed for comparison.

 **COST AND INSURANCE** CALL 425.250.1160