

Breast Cancer Risk assessment by Tyrer-Cuzick®

With the goal of providing personalized medicine, Grand River Health now offers the Tyrer-Cuzick® risk assessment tool as a complementary addition to our breast cancer screening and diagnostic services.

The Tyrer-Cuzick® model incorporates a comprehensive set of variables to assess a woman's lifetime risk of breast cancer. It identifies women at greater than average risk of breast cancer who could benefit from supplemental screening with breast MRI or breast ultrasound. The data collected also identifies families at high risk of hereditary cancer who could benefit from a genetics consultation. The patient's lifetime risk calculation will be documented on the mammogram report. Screening recommendations for each risk category are listed below.

Average Risk – less than 15%

Continued annual screening mammography is recommended. Screening with tomosynthesis is preferred for women with heterogeneously dense or extremely dense breast tissue.

Intermediate Risk – 15 to 19%

Supplemental screening could be considered for women that fall in this risk category with heterogeneously dense or extremely dense breast tissue, after discussion regarding the risks of false positive and insurance issues. This risk group has insufficient evidence to recommend for or against supplemental screening. Screening breast MRI or ultrasound may be appropriate for selected patients.

High Risk – greater than 20%

The American Cancer Society recommends annual screening breast MRI in addition to annual screening mammography, regardless of density. If the patient is unable to receive MRI, then supplemental screening with ultrasound in addition to routine mammography may be appropriate. For women with elevated risk limited to increased breast density, ultrasound can be considered for adjunctive screening after weighing benefits and risks.



Women's Wellness Connection

Grand River Health participates in Women's Wellness Connection (WWC) and with their help, we are able to offer qualified women breast and cervical cancer screenings. For more information on WWC, or to see if you qualify, please contact Leticia Lozano (Spanish speaking) at 970.625.1100.

Ladies' Night Out

A fun-filled evening with

- Complimentary desserts
- Tasty hors d'oeuvres
- Relaxing chair massages
- Great company along with your screening mammogram



To register or for more information call: 970.625.6497.

Best of all, other than the cost of the mammogram, * Ladies Night Out is completely FREE!

**Insurance will be billed and participants are responsible for any "out of pocket" expenses. If the participant doesn't have insurance, they can apply for any of the mammography grant assistance programs offered.*



501 Airport Rd, Rifle, CO | 970.625.1100

grandriverhealth.org

grand river Health



Mammography

"Every woman over 40 should be examined for breast cancer once a year."

- American College of Radiology

Mammography



Mammography

Appointments recommended:

Weekdays from 8:30 am — 4:00 pm

Walk-in options available for screening mammograms

Weekdays from noon — 4:00 pm

- *No physician's order necessary for screening mammograms*
- *Must have no symptoms*
- *Must have been one year since last mammogram*
- *Age 40 or above*
- *First come, first served*

Breast care ranging from:

- Breast MRI
- Breast Ultrasound
- 2D & 3D Breast Mammography
- Ultrasound Guided Biopsy
- Stereotactic Biopsy
- Needle Localization
- Surgical Lumpectomy, Mastectomy and Reconstruction

What are the Benefits of 3D Digital Mammography?

- Exceptionally sharp breast images, improving diagnostic performance
- Advanced ergonomic design for more patient comfort
- Reduction of repeat mammograms
- Decrease in false negative readings

Grand River Health was the first in Colorado to offer 3D Digital Mammograms. Tomosynthesis (3D) mammograms are a revolutionary technology that gives radiologists the ability to identify and characterize individual breast structures without the obstruction of overlapping tissue. During a tomosynthesis exam, multiple, low-dose images of the breast are acquired at different angles. These images are then used to produce a series of one-millimeter thick slices that can be viewed as a 3D reconstruction of the breast.

Grand River Health is proud to offer each patient the choice between a 2D mammogram and a 3D mammogram.*



**Some insurance companies will not pay for the 3D screening mammogram, please check with your insurance before your appointment.*

Why Are Annual Mammograms Important?

A mammogram is a non-invasive X-ray used to check breasts for breast cancer and other abnormalities. It is the only screening tool shown to detect the earliest forms of breast cancer. Mammograms can detect cancer early, when most treatable and long before it can be felt. This improves odds of survival and can help avoid more extensive treatment.

What is breast density?

Breasts are made up of a mixture of fibrous and glandular tissue and fatty tissue. Your breasts are considered dense if you have a lot of fibrous or glandular tissue but not much fat. Density may decrease with age, but there is little, if any, change in most women.

How do I know if I have dense breasts?

Breast density is determined by the radiologist — the doctor who reads your mammogram. There are four

categories of mammographic density. The radiologist assigns each mammogram to one of the categories. Your doctor should be able to tell you whether you have dense breasts based on where you fall on the density scale.

Why is breast density important?

Having dense breast tissue may increase your risk of getting breast cancer. Dense breasts also make it more difficult for doctors to spot cancer on mammograms. Dense tissue appears white on a mammogram. Lumps, both benign and cancerous, also appear white. So, mammograms can be less accurate in women with dense breasts.

If I have dense breasts, do I still need a mammogram?

Yes. A mammogram is the gold standard test proven to detect breast cancer. Many cancers are seen on mammograms even if you have dense breast tissue.

What should I do or don't if I have dense breasts?

If you have dense breasts, please talk to your doctor. Together, you can decide which, if any, additional screening exams are right for you. If your breasts are not dense, other factors may still place you at increased risk for breast cancer — including a family history of the disease, previous chest radiation treatment for cancer and previous breast biopsies that show you are high risk.

Talk to your doctor and discuss your history. Even if you are at low risk, and have entirely fatty breasts, you should still get an annual mammogram starting at age 40.

