

# MONTHLY Check-Up

## WHITE PLAINS HOSPITAL

### FIVE FACTS :

## 3D Breast Ultrasound

# 1

### The Facts

According to the National Cancer Institute, an estimated 40% of women have dense breasts, placing them at a significantly higher risk for developing breast cancer. For these women and some others with certain risk factors, a breast ultrasound, in addition to an annual mammogram, is recommended as a supplemental screening tool to optimize the detection of tumors at an early and more treatable stage.

3D breast ultrasound is a newer technique being used to detect abnormalities to provide accurate, operator-independent, 3-dimensional images of the entire breast in less than ten minutes. The ultrasound technology does not rely on a technician to operate the test, thereby reducing the risk of human error and enabling for more diagnostic information in less time.

# 2

### What is 3D Breast Ultrasound?

# 3

### Who Should be Screened

Women with very dense breasts can have up to a six times higher risk of developing breast cancer and should consider supplemental breast exams beyond mammography alone. Women with other risk factors, including possession of the BRCA1 and BRCA2 genes, a family and/or personal history of breast cancer, or prior benign masses should also consider regular ultrasound in addition to mammography.

If any suspicious findings are detected on ultrasound, follow up testing will examine the findings more closely to determine the most appropriate next steps. While additional testing can sometimes lead to false positive results, the potential benefits of finding a malignancy at an early, treatable stage are far greater.

# 4

### Benefits

# 5

### Implications for Most Women

Generally women who are younger and have dense breasts and/or other risk factors should speak to their OB-GYN about adding ultrasound to their annual breast screening. For many women who have non-dense breast tissue and no other risk factors, annual mammography after the age of 40, in addition to monthly breast self-exams may be sufficient.



“NEWER 3D TECHNIQUES INCLUDING BREAST ULTRASOUND ARE ENABLING US TO FIND SMALLER TUMORS WHEN THEY ARE AT THEIR MOST TREATABLE STAGES, WHICH HAS INCREDIBLY POSITIVE IMPLICATIONS FOR WOMEN TODAY”

### PAMELA WEBER, M.D.

Pamela Weber, M.D., is a Board-Certified Radiologist and Director of Imaging at the White Plains Hospital Imaging Center at New Rochelle. Dr. Weber graduated from the Albert Einstein College of Medicine and completed her residency in Radiology at the Long Island Jewish University Hospital, where she served as Chief Resident. She received fellowship training in Breast and Body Imaging at the Mount Sinai School of Medicine in New York and is a member of the American College of Radiology, the Radiologic Society of North America and the Society of Body CT and MRI.

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