



BREAST HEALTH FACTS

- In 2009, 192,370 women will develop breast cancer in the U.S.; 40,170 will die¹.
- Breast cancer is the second leading cause of cancer death in women¹.
- One in eight women in their lifetime will develop breast cancer¹.
- Dense breast tissue increases the risk of breast cancer up to five times².
- Ultrasound evaluation of breast lesions is quick, inexpensive, and does not expose you to potentially harmful ionizing radiation.
- Ultrasound provides greater detail of breast anatomy, which may aid in earlier detection with more accurate diagnoses.

¹ American Cancer Society—Key Statistics for Breast Cancer 2009.

² N Engl J Med 356;3. Boyd N.F. et Al., Mammographic Density and the Risk and Detection of Breast Cancer.

³ Berg WA, Blume JD, Cormack JB, Mendelson EB, Lehrer D, Bohm-Velez M, et al. Combined screening with ultrasound and mammography vs. mammography alone in women at elevated risk of breast cancer. JAMA. 2008;299(18):2151-63.

If you'd like to learn more about 3D Ultrasound for dense breast imaging, or the ACUSON S2000 Automated Breast Volume Scanner (ABVS), visit Siemens Healthcare. (www.siemens.com/abvs)

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Breast health.
What you know can
make *all* the difference.

Answers for life. **SIEMENS**

Ask. Question. Probe. Learn. Understand.

If you or someone you know is dealing with a breast health issue, now's the time to start asking questions. The more you learn about today's latest treatments, technologies and breast pathologies, the better equipped you'll be to make smart decisions concerning tests, treatment plans and recovery.

This is particularly true if you have a history of breast disease or have "dense" breast tissue. Here are 10 questions (and answers) designed to start you on a journey of breast health knowledge and empowerment.

ACUSON S2000 AUTOMATED BREAST VOLUME SCANNER



Do I have dense breast tissue and does it matter?

Here's one of the most basic breast health questions every woman should ask. If you have a history of breast disease or what is called radiographically dense breast tissue (which your care provider can tell you), you'll need to be more proactive about breast health. **In fact, dense breast tissue increases the risk of breast cancer up to five times²**

If I am at higher risk, what can I do to protect myself?

You'll want to partner closely with your healthcare provider to ensure you're getting regular check-ups. And you'll want to ask about technologies optimized for assessing breast health in those considered difficult to scan or at higher risk.

Are there specific technologies I should know about?

One of the most promising new technologies is automated 3D ultrasound. Instead of flat, 2D images, this powerful ultrasound technology gives physicians a much more realistic view of the whole breast and its physical structures; providing multiple views—side to side, back and front and more.

Should I ask to be scanned with a 3D system?

If you have dense breast tissue or a history of breast disease, it's something you should definitely discuss with your healthcare provider. Ultrasound is an established tool for imaging dense breast tissue. It has the unique ability to distinguish between fatty and dense breast tissue, as well as being non-ionizing, meaning there is no radiation.

So...does 3D ultrasound replace mammography?

Absolutely not. Mammography is considered the gold standard in breast screening, but it misses or overlooks roughly 10 percent of the cancers in women with dense breast tissue. It's been reported that a single screening ultrasound following a standard mammogram increases detection of breast cancers that are small and node-negative³. For more

information on the benefits of ultrasound for dense breast tissue screening, visit www.areyoudense.org.

Is the 3D ultrasound scan painful?

If you've experienced a traditional mammogram, it's completely understandable why you ask. You'll be pleased to know the answer is "No." It is a relatively painless, quick and comfortable exam.

What's the exam process like?

You lie on a table, and a lotion is applied to your breast. A stabilizing membrane is attached to the ultrasound scanner to minimize breast movement and the scanner is placed on your breast. The scan takes approximately 60 seconds and typically three scans are done on each breast. The entire exam is usually finished in less than 10 minutes.

How do I get a supplemental 3D scan?

Talk with your healthcare provider about your condition and whether a 3D scan makes sense. An increasing number of breast centers and radiology departments are investing in this state-of-the-art breast technology. It is likely your physician's office or a center near you can perform the procedure.

Who makes 3D breast scanning technology?

There are a number of companies providing 3D ultrasound. One of the newest and most promising is from Siemens Healthcare and is called the ACUSON S2000™ Automated Breast Volume Scanner (ABVS). It provides extraordinary detail of the breast anatomy and a range of features designed for patient comfort.

Will the procedure be covered by my insurance?

Consult with your healthcare provider and insurance company.