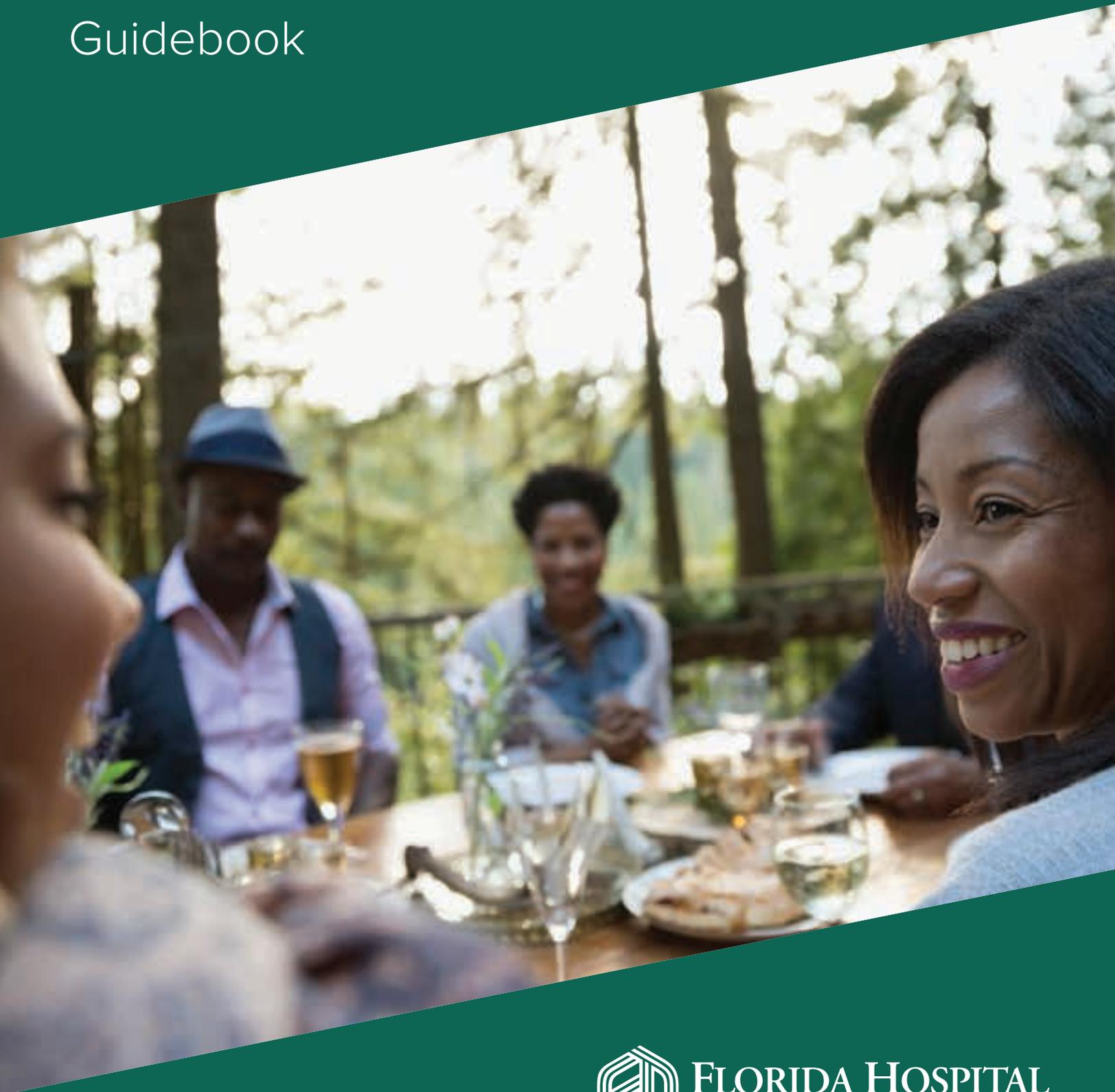


Mammography Services

Guidebook



FLORIDA HOSPITAL
for WOMEN



Learn about early detection for breast cancer.

At Florida Hospital for Women, we're dedicated to helping women protect themselves against breast cancer. Breast cancer is the second deadliest cancer among women in the country, and the second most common. Fortunately, with early detection and effective treatment, breast cancer has an extraordinarily high long-term survival rate.

A mammogram is the most effective way to detect breast cancer at the earliest possible stage, before it can spread to other parts of the body. While self-examination is not a substitute for a mammogram, the American Cancer Society also recommends that women be familiar with how their breasts normally look and feel, so they can talk to their doctors about any changes.



Make this simple screening a priority.

A mammogram is a non-invasive screening that is essentially an X-ray examination of the breast. There are two types of mammograms. The first type, known as a screening mammogram, is a preventive screening for women who have not experienced any abnormal breast symptoms. Screening mammograms are recommended at least every two years, starting between the ages of 40 and 50. You and your physician can determine when and how often you should have a screening mammogram based on your history and risk factors.

The second type, a diagnostic mammogram, is for women who display symptoms that need to be investigated, such as a breast lump or nipple discharge. They may also be performed as a follow-up to a screening mammogram that indicates a need to more closely investigate a particular area of the breast.

DIGITAL MAMMOGRAPHY

At Florida Hospital for Women and FRi–Diagnostic Imaging, we use the most advanced tools in digital mammography and computer-aided detection, which allows our imaging specialists to detect subtle differences between tissues, pinpointing areas of concern, like cancerous tissue, benign tumors and cysts, well before they can be detected by touch. Plus, we use the breast conforming “smart paddle” design, which provides a more comfortable overall experience.

Our radiologists then use computer-aided detection tools to read the digital images, looking for any signs of abnormality, including asymmetries, irregular areas of increased density and clusters of small calcium deposits. The development of these tools has enabled substantially improved breast imaging, especially for women with dense breast tissue. Digital mammography provides electronic images of the breasts that can be enhanced by computer technology, stored on computers, and even sent electronically when remote access to the mammogram is needed.

SELF-REFERRED MAMMOGRAM

Florida Hospital and FRi–Diagnostic Imaging offer self-referred screening mammograms for women age 40 and older who have not had a mammogram in the last year and who have no breast symptoms.* In this case, women refer themselves without a physician’s prescription and the results are sent directly to the patient as opposed to the patient’s physician. However, it’s best to talk to your physician to determine when you should start having mammograms, even if you plan on self-referring.

**A prescription is required for screening mammograms at Florida Hospital Waterman.*



Get the truth about mammograms.

From their cost, to their efficacy, to how uncomfortable or lengthy they are, mammograms are shrouded in mystery and misunderstanding. Here are the facts about mammograms.

MYTH 1: A MAMMOGRAM TAKES TOO LONG.

Fact: Exams usually take less time with digital mammography. Patients typically complete a screening mammogram appointment in less than 30 minutes. Plus, many of our locations offer weekend, lunchtime and evening appointments, as well as walk-in availability.

MYTH 2: MAMMOGRAMS COST TOO MUCH.

Fact: Most insurance companies cover the full cost of a screening mammogram as it may be considered preventive care. Also, low-cost or fully funded mammograms are offered through national programs, community organizations and the Florida Hospital Breast Cancer Care Fund.

MYTH 3: MAMMOGRAMS ARE PAINFUL.

Fact: Mammograms may be uncomfortable, but should not be painful. The level of discomfort you experience should be much less than in years past due to the new compression paddle design that flexes with your body, providing pressure only where needed.

MYTH 4: RADIATION FROM MAMMOGRAMS CAN CAUSE CANCER.

Fact: Mammograms are very safe. Digital mammography uses the lowest radiation dose required to produce clear and precise images. One would receive about the same amount of radiation on a cross-country flight.

Breast health starts with your health.

Prioritizing your well-being in mind, body and spirit is a great way to keep yourself healthy.

- » Begin an exercise program and work out at least three times per week.
- » Eat a healthy diet and maintain a normal weight.
- » Examine the stress in your life and find ways to reduce it, such as daily meditation and regular exercise.
- » Report any changes in how your breasts look or feel to your healthcare provider right away.
- » Schedule an annual physical exam.
- » Tap into a support network to stay healthy.

Be part of a legacy of excellence in caring for women.

Florida Hospital has been delivering high-quality care for women in Central Florida for more than 100 years, so we understand the importance of providing the care you need, when you need it.

Florida Hospital's medical-imaging services, including FRi-Diagnostic Imaging, are part of the Florida Hospital care network, which includes extended-care facilities supported by eight trusted hospitals. From our nationally recognized medical

centers of excellence to our rehabilitation and urgent care facilities, we provide an integrated network of services that delivers quality and convenience.

Our team of world-class physicians delivers comprehensive care, advanced treatments and minimally invasive techniques that promote faster healing for women of all ages. Plus, our specially trained care coordinators are here to help manage your health throughout your lifetime.





We design your care to fit your life.

We are committed to your care while minimizing disruption to your life. That's why we offer the expertise of our nationally recognized, sub-specialist radiologists 24 hours a day, seven days a week at 14 Florida Hospital and FRi-Diagnostic Imaging freestanding facility locations.

Accredited by the American College of Radiology

All of our imaging centers are accredited by the American College of Radiology (ACR) for imaging excellence. Rest assured that your prescribed imaging test will be done at a facility that has met the highest level of imaging quality and radiation safety. Our facilities and personnel have gone through a comprehensive review to earn accreditation status by the ACR.



Take charge of your care.

To schedule your mammogram, please call us at:

(855) 848-7309

Or, check out our website, where you can learn more about mammograms, review a list of our 14 convenient mammography locations and even make an appointment.

[FH4Women.com](https://www.fh4women.com)

This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.

DIGITAL MAMMOGRAM LOCATIONS

1. Florida Hospital Waterman*
2. FRi – Diagnostic Imaging Oviedo
3. Florida Hospital Apopka
4. Florida Hospital Altamonte
5. FRi – Diagnostic Imaging Orlando
6. Winter Park Memorial Hospital
7. FRi – Diagnostic Imaging Princeton
8. Florida Hospital for Women
9. Women's Health Pavilion at Florida Hospital East Orlando
10. FRi – Diagnostic Imaging Waterford Lakes
11. Florida Hospital Winter Garden
12. FRi – Diagnostic Imaging Lake Nona
13. Florida Hospital Celebration Health Institute for Women
14. Florida Hospital Kissimmee

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