



Center for Breast Care

Screening Guidebook

Welcome



Welcome to the Center for Breast Care at the University of Illinois Hospital & Health Sciences System. We are committed to working together to best serve your breast health and treatment needs. The Center for Breast Care at UI Health has been successfully leading the fight against breast cancer, providing patients with renewed hope.

We offer a full range of breast imaging services, including screening and diagnostic mammograms, tomosynthesis (the “3-D” mammogram), ultrasound, MRI, and image-guided biopsy. Our radiologists are specialists in breast imaging, and we are one of the leading providers of breast imaging services in the Chicagoland area.

The Center for Breast Care at UI Health offers:

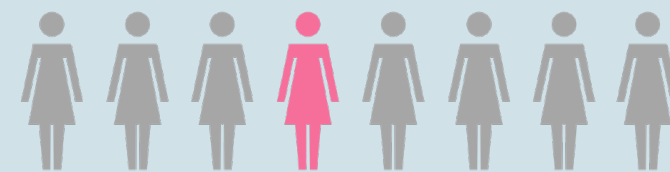
- Walk-in or next-day appointments
- Timely results
- Patient-centered care from expert technologists and staff
- A comprehensive breast care team, including patient navigator, to guide you through the entire process
- Convenient locations with easy access to CTA Pink Line and Buses

The Center for Breast Care has also received full accreditation by the National Accreditation Program for Breast Centers and the Commission on Cancer, both programs of the American College of Surgeons.



Breast Cancer

In the United States breast cancer is the most common cancer in women of all races and cultures. Breast cancer occurs when normal cells in the breast begin to change and grow uncontrollably, and form a mass called a tumor. The tumor can be benign (non-cancerous) or malignant (cancerous) which means there is a risk that it can spread to other areas



1 in 8 women in the U.S. will be diagnosed with breast cancer this year.



of the body. There are numerous types of breast cancer, but cancer that begins in the milk ducts (ductal carcinoma) is the most common type.

Most women do not show any signs or have symptoms when they are diagnosed, so it is important to get screened regularly and understand risk factors.



Breast cancer is the most common cancer among women of all ethnicities

Black and White women have similar rates of breast cancer. But Black women are more likely to die from the disease. **Hispanic women** tend to be diagnosed with more advanced breast cancers than White women.

Many doctors believe that mammograms help save thousands of lives every year.

We recommend that you:



Begin regular screening mammograms at the age of 40.



Talk with your doctor if you have risk factors such as a family history of breast cancer. You may need earlier screening or other tests.



Continue regular screening as long as you're in good health and are expected to live 5 years or more.



It usually takes only 20 minutes

Women who get regular mammograms are:

1. More likely to obtain an early detection of breast cancer
2. Less likely to need aggressive treatment
3. More likely to be cured.

Take Care



MAMMOGRAMS & EARLY DETECTION

Early detection saves lives. Women who catch and treat breast cancer in its earliest stages have a survival rate of 98%.

What is a Mammogram?

A mammogram is a breast exam that is used for the early detection of breast cancer. It is an X-ray picture of your breast. It can find breast changes that are too small for you or your healthcare provider to feel.

In accordance with the American College of Radiology's guidelines, UI Health's Cancer Committee and Center for Breast Care recommends:

- Women begin annual screening mammograms at age 40.
- Women who are at an increased risk of breast cancer, for example due to family history breast cancer or a personal history of chest radiation for lymphoma, should have a conversation with their doctor about earlier screening and additional breast screening tests, such as MRI.
- Women ages 35 to 39 may obtain one baseline mammogram.
- Screening should continue as long as a woman is in good health and is expected to live 5 more years or longer.

How Is a Mammogram Done?

You stand in front of the mammogram machine, and your breast is positioned on the bottom square plate, or image detector. The top plastic plate is slowly lowered to compress each breast, and this action allows us to get a good picture.

Does It Hurt?

When the plates press your breast, this "squeeze" might be uncomfortable for 4 to 11 seconds (per view). Some women say that it is uncomfortable; others say that it is not. In general, more compression generates better images.



Imaging & Follow-Up Care

- You will receive your results within 24 to 48 hours via the Patient Portal, or within 10 days by regular mail.
- Your primary care physician will also receive a copy of your results.
- Your results will say normal or that you need to come back for additional testing. Diagnostic mammogram results are given same-day.
- When you come back to UI Health, you will receive different mammography projections or other tests that radiologists will interpret. Then your doctor can make the best plan for you.

What Happens If They Find Something?

Having an abnormal mammogram or needing diagnostic testing does not mean that you have breast cancer. Further diagnostic testing and additional mammography projections allow radiologists different ways of determining each patients' particular need and situation.

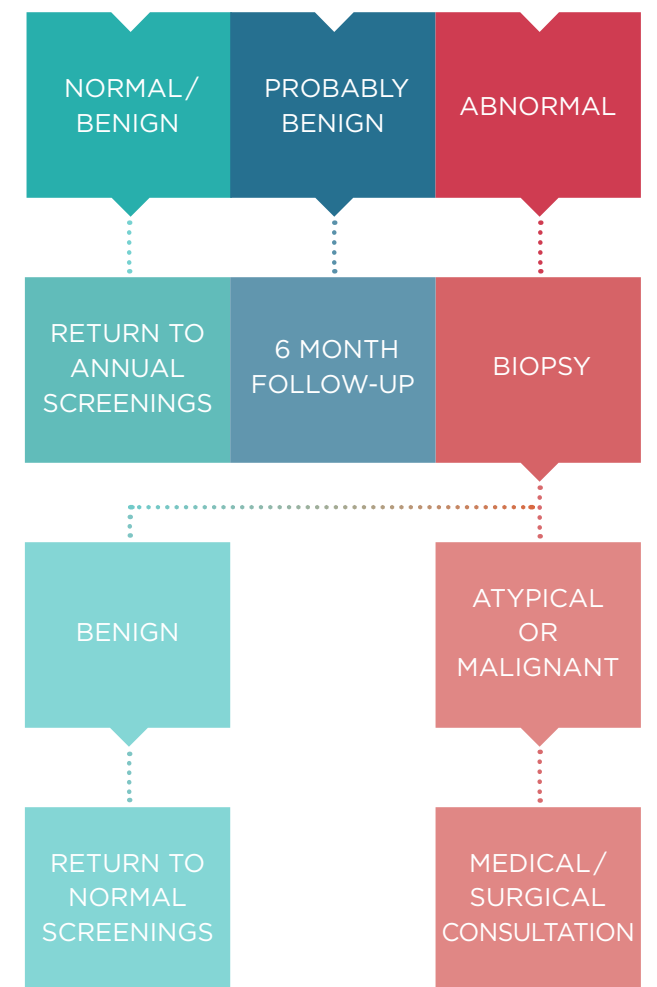
Below are some of the imaging services that may be used for additional screening:

- **Diagnostic mammograms** Used to evaluate women who have an abnormal screening mammogram, a history of breast abnormality, or a specific breast symptom.
- **Ultrasound** This test uses high-frequency sound waves, not heard by humans, to provide images of body tissues. The sound waves enter the breast and bounce back. The pattern of their echoes produces a picture called a sonogram, which is displayed on a screen.
- **Magnetic resonance imaging (MRI)** An MRI is a diagnostic procedure that uses a combination of large magnets, radio frequencies, and a computer to produce detailed images of organs and structures within the body. A contrast-enhanced MRI of the breasts has been shown to have a high sensitivity for detecting breast cancer in women both with or without symptoms.
- **Image-Guided Biopsy** If imaging shows an area that requires further evaluation, the doctor may need to look for cancer cells. The procedure is called a biopsy. It can be done using a needle to get a piece of the abnormal tissue, or it can be done with surgery to completely remove the tissue.

IF YOUR MAMMOGRAM RESULT IS ABNORMAL

WHAT HAPPENS NEXT?

YOU MAY NEED ADDITIONAL DIAGNOSTIC TESTING



Be Aware

WE RECOMMEND REGULAR BREAST CANCER SCREENINGS
You can avoid wondering and worrying — take an active role in your breast healthcare.

Know your risks and when to get screened.

All women should be familiar with the guidelines and benefits linked to regular breast cancer screenings and early detection. They also should know how their breasts normally look and feel, and report any breast changes to a health care provider right away.

At UI Health, we recommend:

- **Women begin screening mammograms at age 40** for early detection of breast cancer.
- Women who are at an increased risk of breast cancer — for example, due to family history breast cancer or a personal history of chest radiation for lymphoma — should have a conversation with their doctor about earlier screening and additional breast screening tests, such as breast MRI.
- Screening should continue as long as a woman is in good health and is expected to live 5 more years or longer.



Women who get regular mammograms are:

- **more likely to have their cancer detected in its early stages**
- **less likely to need aggressive treatment**
- **more likely to be cured**

UI Health offers Mammography Services at two convenient locations

Walk-In Mammograms at Mile Square

Mile Square Health Center - Main

1220 S. Wood St.
Chicago, IL 60608

If you have a referral for a mammogram

UI Health offers walk-in mammograms every weekday at the Mile Square Health Center-Main location from noon to 4 pm.

If you do not have a referral for a mammogram

We offer extended walk-in hours – 9 am to 3 pm – the second Wednesday of every month for patients without a referral.

No appointments are necessary. Financial assistance available for qualified patients.

WALK-IN HOURS

Monday – Friday: Noon to 4 pm

EXTENDED HOURS

Walk-in Wednesdays Program

Second Wednesday of each month: 9 am to 3 pm

***Entrance is on the Roosevelt St. side of building**



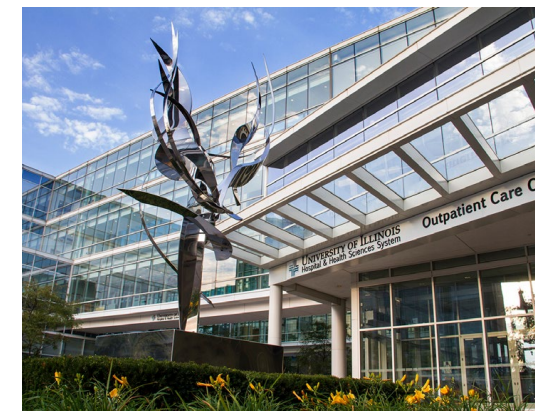
Mammograms by Appointment

Outpatient Care Center

UI Health Radiology
Outpatient Care Center, Suite 2C
1801 W. Taylor St.
Chicago, IL 60612

To Request an appointment call 312.413.4900

For more information visit
Mammo.UIHealth.Care





**Mammogram Screenings Save Lives.
Know When To Get Screened.
[Mammo.UICHealth.Care](https://www.mammo.uic.edu)**