

**Methodist** San Jacinto  
Methodist Hospital

# WOMEN'S CENTER



*The San Jacinto Methodist Hospital  
Women's Center Difference*

LEADING MEDICINE<sup>SM</sup>

*The San Jacinto Methodist Hospital Women's Center offers a new and comprehensive approach to breast health care: The San Jacinto Methodist Difference.*

Our Women's Center gives women a safe haven in breast health care. Patients can access the center for routine mammography, which is recommended yearly for women over the age of 40.

Women with breast lumps, abnormal mammogram findings or clinical concerns can access our experts for consultation. When suspicious lumps are identified, our staff is trained in minimally invasive procedures to ensure an accurate diagnosis with minimal scarring.

For breast cancer patients, our team of physicians partner to offer patients the best multidisciplinary medical care available, with state of the art imaging equipment, pioneering techniques in breast surgery, reconstruction and restoration.

Our chemotherapy infusion area, which is conveniently located onsite near the Women's center, facilitates clinical trials and hormone chemo-prevention. In addition to a dedicated team of physicians, our services offer comprehensive support. Support services are available to our patients, include: a cancer support group, bra fittings and physical therapy.

A breast health library is available for patient use at the San Jacinto Methodist Hospital Outpatient Treatment Unit, which is conveniently located on the 2 South Unit, on the second floor, just above the Women's Center. We can help you navigate the various web sites, books, support groups and resources currently available. Educational videotapes are available upon request.

#### *Procedures*

- Breast Imaging
  - Screening
  - Diagnostic
- Ultrasound
- MRI
- Bone Density Scanning

#### *Biopsies*

- Stereotactic
- Ultrasound Guided
- MRI Guided



## BREAST IMAGING

*When should I get my first Mammogram?* The National Cancer Institute suggests that women with no family history and a normal breast examination get their first mammogram at age 40, and every year after that. Women who are at a higher risk of breast cancer or are experiencing any breast symptoms such as lump or nipple discharge should talk to their primary doctor about their specific situation to ensure that they receive appropriate care.

### *What is a Digital Mammogram?*

Digital mammography- low energy x-rays pass through the breast exactly like conventional mammograms but are recorded by means of an electronic digital detector instead of the film. This electronic image can be displayed on a video monitor like a TV or printed onto film. Again, this is similar to digital cameras that produce a digital picture that can be displayed on a computer screen or printed on paper. The radiologist can manipulate the digital mammogram electronically to magnify an area, change contrast, or alter the brightness.

### *There are different types of mammograms:*

*Screening Mammogram* A screening mammogram is used to find breast cancer in women who have no personal history of breast cancer and a normal clinical breast exam. The exam consists of two to three x-rays of each breast taken

by a certified mammography technologist and interpreted by a radiologist. It is not uncommon for the radiologist to ask for a magnified image of a specific area of the breast in order to make an accurate diagnosis. In these cases, additional imaging may be recommended.

*Diagnostic Mammogram* A diagnostic mammogram is recommended for patients who have noticed an area of concern or suspicious change in the clinical examination of the breast. If your doctor has noticed a change in your breast clinical exam, a diagnostic mammogram and/or ultrasound will be ordered to clarify the finding and determine if a biopsy is needed. The exam takes longer because it is monitored by the radiologist and tailored to the individual patient.

The day of your mammogram you should make sure not to use any deodorant, powder, or lotion of any kind under your arms or on your breasts, these products can interfere with the reading. It is important for the radiologist to compare your current mammogram with any previous studies. If you have had mammograms at another institution, please bring them with you at the time of your appointment.

Some cancers are discrete in your mammogram, and may only become visible if the previous study is available for comparison. The mammogram itself involves compression. If you have very sensitive breasts, try to avoid scheduling your mammogram the week before your period because that is the time during which breasts are most sensitive.

## ULTRASOUND

### *What is a Breast Ultrasound?*

A breast ultrasound helps the radiologist determine if a lump is cystic or solid. Lumps that are clearly filled with fluid are called cysts. If the lump looks like it may be solid, often a biopsy will be needed to make the final diagnosis.

Ultrasound involves scanning the breast with gel and a transducer. There is no breast compression, and most women find the procedure painless. Though ultrasounds can be very helpful, they do not take the place of mammography because most early cancers that are visible as micro calcifications in the mammogram will not be visible with the ultrasound.

# PROCEDURES

## MRI

### *What is a MRI and what should I expect?*

San Jacinto Methodist Hospital offers the latest MRI technology. Our MRI is conveniently located onsite near the Women's center. MRI is an imaging technique that uses magnetic fields instead of radiation to look inside the body. During your breast MRI you will be asked to lie face down with your breasts placed in openings in the table. A contrast material is injected through a vein. The exam generally lasts between 30 minutes and one hour and usually both breasts are examined simultaneously.

It is very important to stay still during the MRI for an accurate reading. If you are claustrophobic, you can ask your doctor about a mild sedative that may help make the procedure more comfortable.

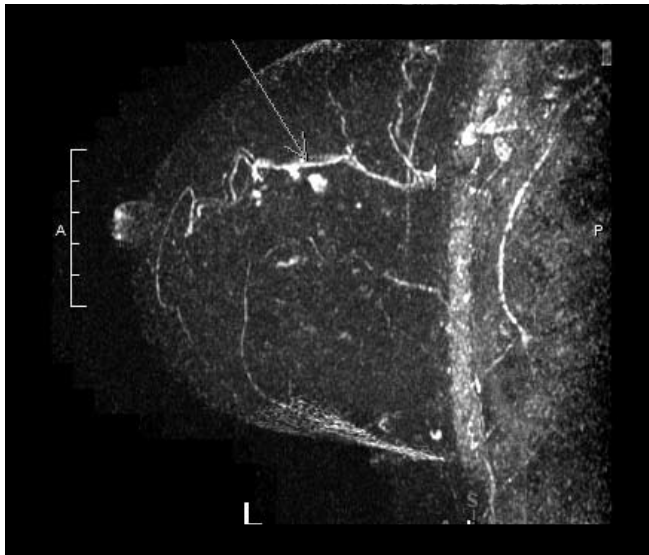
*When will my doctor ask for a MRI?* The indications for breast MRI are constantly changing as more data becomes available. In addition to being used as a better tool for breast cancer detection in patients with high risk for breast cancer, this new technique can be used to help identify questionable findings arising from a complex mammogram or physical exam. Breast MRI is useful for deciding treatment in women who have already been diagnosed with cancer, patients with very dense breast tissue, and those with a strong family history of breast cancer.

## BONE DENSITY SCANNING

*What is a Bone Density Scan?* Bone density scanning, also called dual-energy x-ray absorptiometry (or DEXA) is an enhanced form of x-ray technology that is used to measure bone loss. The test is used to assess the strength of the bones and the probability of fracture in women at risk for osteoporosis. DEXA is most often performed on the lower spine and hips.

*When should I get a Bone Density Scan?* In general, the test is recommended for women 65 and older along with your postmenopausal women who have further risk factors for osteoporosis, including: a history of bone fractures, smoking, a vitamin D deficiency, excessive alcohol or caffeine consumption, low body weight, early menopause or late onset of menstrual periods, physical inactivity, taking a medication known to cause bone loss, low estrogen levels, hyperparathyroidism and hyperthyroidism.

*What can I expect during a Bone Density Scan?* This is a painless test which only takes 10 to 30 minutes. You will be asked to lie flat on your back on a padded table. The DEXA machine scans the spine and hip. The technologist may place a special pillow under your knees for part of the test. The exposure to radiation is minimal.



# BIOPSIES

## *What is a Breast Biopsy?*

**Core Needle Biopsy** A core needle biopsy is a procedure used to determine whether a suspicious lump is cancer. Some lumps look the same whether they are benign or malignant (cancer) so the only way to find out is to remove a piece through a biopsy. The tissue removed from the lump is then sent to a pathologist who looks at it under the microscope and determines whether or not it is malignant.

**Open Incisional Biopsy** Core needle biopsies are different from surgical biopsies in that only small pieces of the lump are removed through a very small cut in the skin. Surgical biopsies usually remove the entire lump through a larger cut in the skin. Since most lumps are benign, most doctors recommend a core needle biopsy be performed.

## STEREOTACTIC

**What is a Stereotactic Biopsy?** A stereotactic biopsy is guided by mammography. It is most helpful in sampling areas of suspicious calcifications on your mammogram. The first thing that will happen is the technologists will help you get on the padded table as comfortably as possible. You will lie face down with your breast inserted through an opening in the table. Your breast will be held in compression during the procedure. It is very important that you take the time to get comfortable so that you can stay perfectly still, as any movement or talking can interfere with the biopsy.



**What should I expect from my Stereotactic Biopsy?** During the biopsy, the radiologist injects local anesthetic to numb the area. Through a small cut in the skin a needle is inserted and pieces of tissues are removed. This incision is so small that stitches are unnecessary. The radiologist will x-ray the tissue removed to make sure the calcifications have been removed.

## ULTRASOUND GUIDED

**What is an ultrasound guided biopsy?** An ultrasound guided biopsy is done when the lump can be seen with ultrasound. Usually ultrasound biopsies are the quickest and easiest of all biopsy procedures. You will lie on your back or slightly on your side.

**What should I expect from my ultrasound guided biopsy?** During an ultrasound guided biopsy, the radiologist injects local anesthetic to numb the area. Through a small cut in the skin a needle is inserted and pieces of tissues are removed. This incision is so small that stitches are unnecessary.

## MRI GUIDED

**What is an MRI guided biopsy?** MRI guided biopsy uses an MRI to guide a needle into the lesion. The procedure is performed while lying on the stomach. Once the radiologist identifies the lump, a computer program is used to determine the position of the needle in the breast. The radiologist administers local anesthesia, makes a skin cut, and places the needle in the area of concern. The needle usually has a vacuum that will withdraw the tissue and sample the lump. The removed tissue is sent to the laboratory where a pathologist will examine it and determine the diagnosis.

**Will the magnetic field interact with anything on or in my body?** The magnet used in breast MRI can interfere with metal objects in your body. People with an artificial heart valve, implanted drug infusion port, infusion catheter, IUD, implanted electronic device (pacemaker), artificial limb, joint prosthesis, implanted nerve stimulator, metal pins, screws, plates or surgical staples should make sure to alert the technologist before the procedure. Breast MRI cannot be performed on people who have an internal defibrillator, cochlear implant, or aneurysm clip.

Patients with implants will be asked to provide an implant card to verify MRI compatibility.

### *What can I expect after my Biopsy?*

At the end of the procedure sometimes a small clip is placed in the area of the biopsy. The clip helps identify the biopsy site for future mammograms. Usually after a biopsy procedure, you will be instructed to keep the breast area dry for 24 hours. Strenuous activity such as weight lifting or aerobic activity should be avoided during this time.

Most women find that they can resume their normal activities the next day. It is important to carefully follow the post-procedure instructions so any specific circumstances are taken care of properly. It is normal to have bruising after a breast biopsy. In order to reduce the amount of bruising, the nurse will hold pressure at the biopsy site at the end of the biopsy. You will be instructed to place ice on your breast at intervals during the remainder of the day.

The pathology report will be ready a few days after the biopsy. This result goes to the referring physician and the radiologist. The referring physician will have your results and can answer any questions or concerns.

*How do I schedule one of these services offered at the Women's Center?* If a radiologist recommends one of our services your doctor will be consulted, after which the office will send orders for the procedure to the Women's Center. Once these orders are received you will be able to schedule the procedure. You will be given specific instructions about what to do before and after the procedure. Please make sure to follow the instructions carefully.

If you would like to schedule a procedure yourself contact the Women's Center at 832-556-6300. For verification purposes, you will be asked to provide your primary physician's contact information.

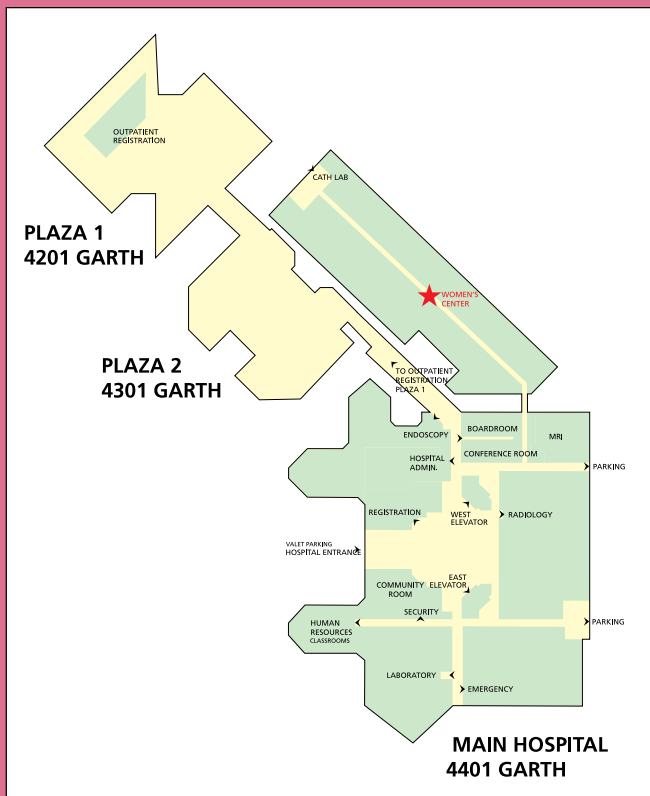
### *Our Team Includes:*

- Medical Oncologists
- Radiologists
- Plastic Reconstructive Surgeons
- Surgeons
- Pathologists
- Radiation Therapists
- Certified Technologists

### SAN JACINTO METHODIST HOSPITAL WOMEN'S CENTER

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[www.sanjacintomethodist.com](http://www.sanjacintomethodist.com)



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