

# OUR BREAST WELLNESS SERVICES

Providing clarity for your health



**MAYFAIR**<sup>®</sup>  
DIAGNOSTICS

Tel 403.777.3000  
radiology.ca

# YOUR BREAST WELLNESS JOURNEY

THE BEST PATIENT  
CARE WITH THE  
MOST ADVANCED  
MEDICAL IMAGING  
TECHNOLOGY.

**At Mayfair Diagnostics, we understand that medical exams can sometimes cause anxiety, so we make sure you receive the best care in a safe, warm, and calming environment.**

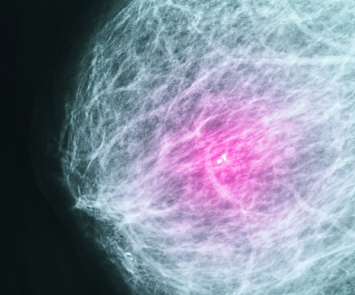
Plus, our experienced and specially trained breast health team uses the most advanced and sophisticated imaging technology to provide clearer, more detailed images for a more confident diagnosis and the most comfortable and complete breast imaging experience in Western Canada.

## MAMMOGRAPHY

Our mammography technology provides 3D X-rays (tomosynthesis) of the breast that can be viewed in slices, providing a detailed view of breast tissue with a very small dose of radiation, revealing changes that may be too small for you or your doctor to feel. This means that many cancers can be found when still very small, which is important for successful treatment.







WE RECENTLY  
UPGRADED OUR  
MAMMOGRAPHY  
TECHNOLOGY  
ACROSS ALL OUR  
LOCATIONS, AND  
NOW HAVE 13  
MAMMOGRAPHY  
LOCATIONS  
THAT FEATURE  
THE PATIENT-  
ASSISTED  
COMPRESSION  
OPTION.

There are two types of mammography exams:

1. **Screening Mammography** – This is performed on women who have no obvious breast abnormality and display no sign of breast cancer.
2. **Diagnostic Mammography** – This is performed if a screening mammogram shows a possible abnormality and additional imaging is required, or if there are symptoms of a breast abnormality. We will also schedule this exam for breast cancer patients, and patients who've had surgery within three years.

#### PATIENT-ASSISTED COMPRESSION

In addition to clearer, more detailed images, our newest mammography technology is ergonomically designed to be more comfortable and offers patients the option to use **patient-assisted compression** - a handheld remote that women can use to adjust the compression of their breast to what's comfortable for them, under the supervision of a technologist.



# KNOW YOUR BREAST DENSITY

YOU CAN'T TELL BY FEEL IF YOU HAVE DENSE BREASTS - IT'S ONLY VISIBLE ON A MAMMOGRAM.

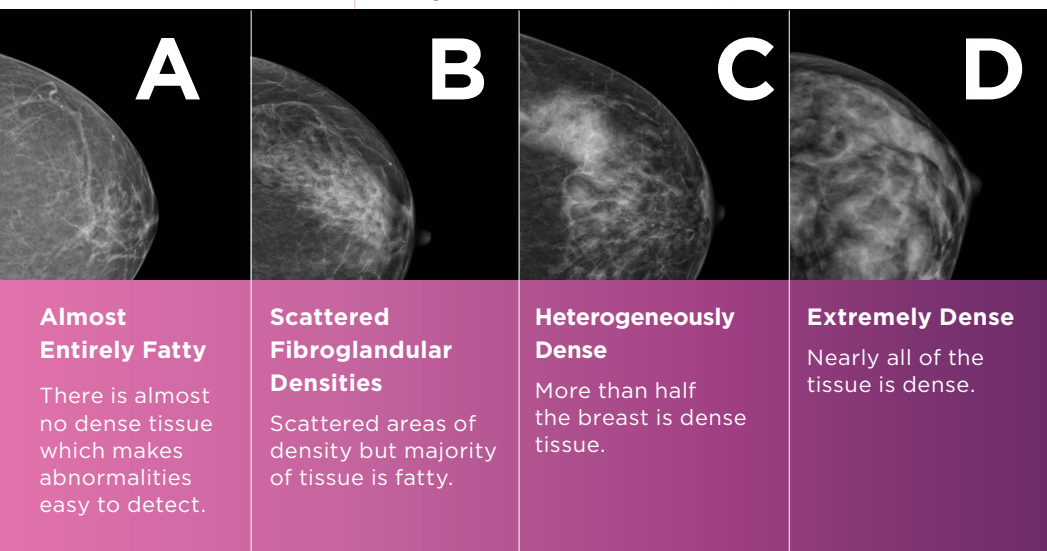
## VOLPARA

Your breasts are made up of different types of tissue: fibroglandular and connective tissue, and fat. All of our mammography machines are equipped with software that helps determine your breast density - a measure of the proportion of fatty (not dense) versus connective and fibroglandular (dense) tissue that make up your breast. It does NOT have to do with the size, look, or feel of your breast.

Knowing your breast density is an important part of your breast wellness plan because research shows that for women, breast density is the most prevalent risk factor for breast cancer<sup>1</sup>.

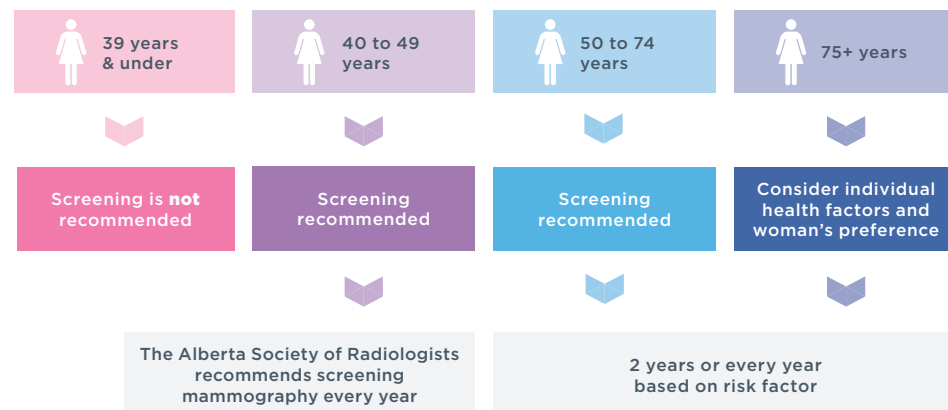


<sup>1</sup>Engmann et al. *JAMA Oncol.* 2017; 3(9) 1228-36.



## Recommended Breast Screening

Alberta Health covers screening mammograms for women age 40 and above, but the frequency of regular screening will depend on age and risk factors. If you are not at high risk of breast cancer, we recommend you receive breast screening at the following intervals:



It's important to discuss your risk with your health care practitioner. Women with the following are considered at high risk:

- Personal history of breast or ovarian cancer.
- First-degree relative (parent, sibling, child) diagnosed with breast or ovarian cancer.
- BRCA1, BRCA2 positive
- Three or more second-degree relatives with breast or ovarian cancer.
- Volpara D (extremely dense) breast density score.
- Chest wall radiation at an age younger than 30.
- History of lobular carcinoma in situ or atypical hyperplasia on previous breast biopsy.

**NOTE:** If you are at high risk, we recommend regular breast screening every year starting at any age above 40 or 10 years earlier than the age a first-degree relative was diagnosed.



### **AUTOMATED BREAST ULTRASOUND (ABUS)**

This state-of-the-art technology uses 3D ultrasound technology to check your breast from a variety of angles offering a more accurate and reproducible look at your breast tissue. It is a fast and almost painless procedure which can look at both breasts in about 15 minutes. ABUS has been proven to detect very small breast cancers more often than mammography alone, among patients with high breast density.

### **BREAST ULTRASOUND**

Handheld breast ultrasounds are often requested when you or your health care practitioner feel a lump, see nipple discharge, or your mammogram shows new findings. It is often performed in conjunction with a mammogram so that results from each test can be correlated to the area of concern.

### **IF YOU HAVE DENSE BREAST TISSUE**

For extremely dense (Volpara D), or heterogeneously dense breast tissue (Volpara C) combined with additional risk factors for breast malignancy, we recommend you speak to your health care practitioner about ABUS or handheld breast ultrasound as a supplement to a screening mammography.

### **BREAST BIOPSY**

A breast biopsy examines a nodule that is indeterminate in nature on mammography or ultrasound. We perform ultrasound-guided and mammography-guided (stereotactic) biopsies using a fine needle to take a small tissue sample, which is then sent to a lab for diagnosis.

### **BREAST MRI\***

Although mammography is still the standard first method of detecting abnormalities in breast tissue, breast MRI is a powerful tool for breast cancer screening and diagnosis. For women at risk, it may be the best way to detect the disease in its earliest, most treatable stage.

*\*This is a private pay exam offered at our Mayfair Place clinic.*

### **YOUR RESULTS**

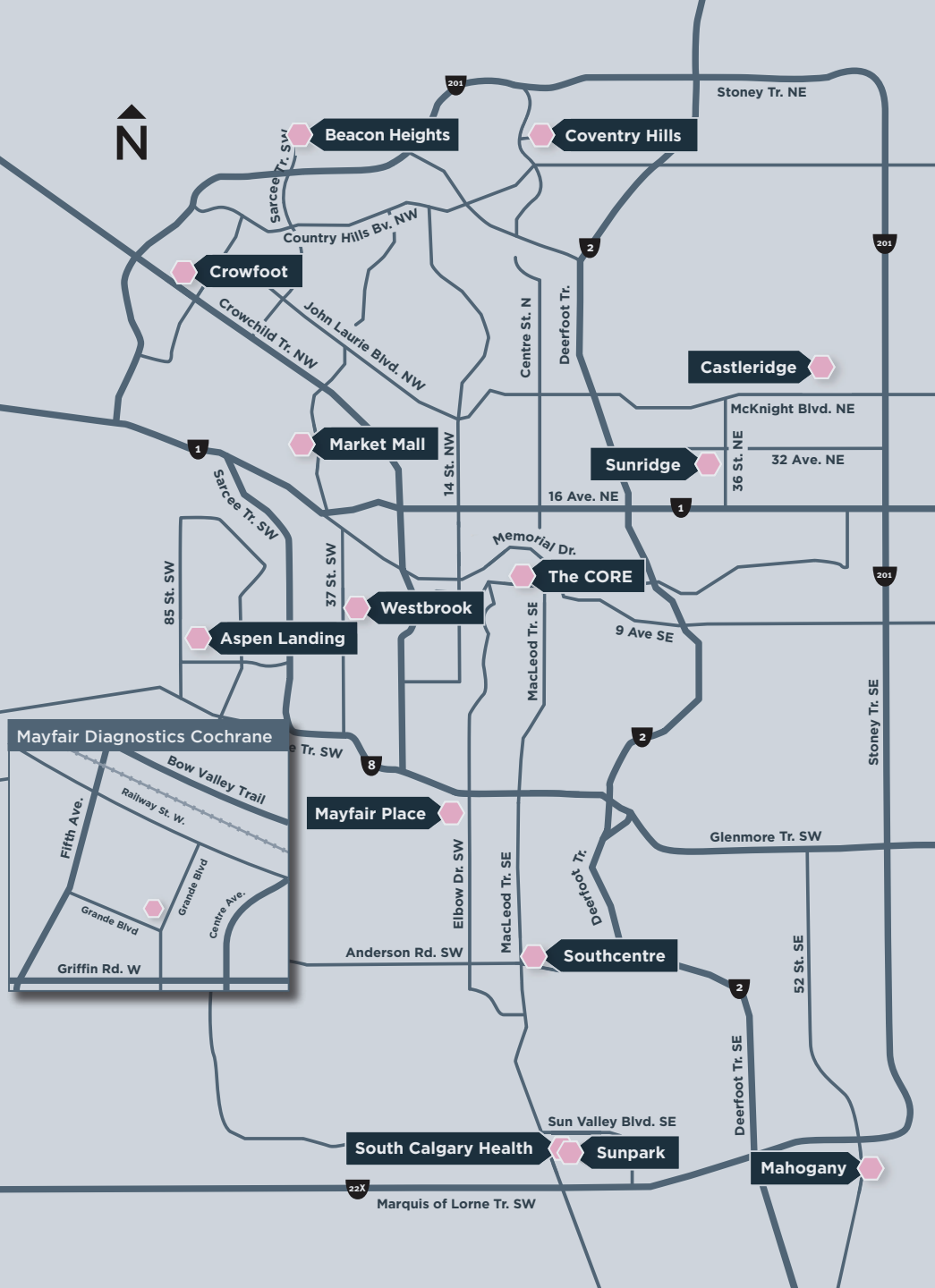
Our breast health team forwards your results within 24 hours, facilitating supplemental diagnostic mammography or ultrasound where necessary and booking a biopsy if needed. We will also mail you a letter detailing your results.

COMPLETE CARE  
IN A **SAFE, WARM,  
AND CALMING  
ENVIRONMENT.**



# MAYFAIR

## DIAGNOSTICS



### BREAST IMAGING CLINIC LOCATIONS

- Aspen Landing** ● ● ●  
105, 339 Aspen Glen Lndg. SW
- Beacon Heights Shopping Centre** ● ● ● ●  
440, 12024 Sarcee Trl. NW
- Castleridge Plaza** ● ● ● ●  
20, 55 Castleridge Blvd. NE
- Cochrane** ● ● ● ●  
1123, 116 Grande Blvd.
- Coventry Hills Centre** ● ● ● ●  
457, 130 Country Village Rd. NE
- Crowfoot Business Centre** ● ● ● ●  
401, 400 Crowfoot Cres. NW
- Mahogany Village Market** ● ● ● ●  
230, 3 Mahogany Row SE
- Market Mall Professional Building** ● ● ● ● ● ●  
333, 4935 - 40 Ave. NW
- Mayfair Place** ● ● ● ● ● ● ● ●  
132, 6707 Elbow Dr. SW
- Southcentre Mall** ● ● ● ● ● ●  
177, 100 Anderson Rd. SE
- Sunpark Professional Centre** ● ● ● ● ●  
125, 40 Sunpark Plz. SE
- Sunridge Plaza** ● ●  
150, 3363 - 26 Ave. NE
- The CORE Shopping Centre** ● ● ● ● ● ● ● ●  
417B, 751 - 3 St. SW (4<sup>th</sup> floor in The CORE Medical Centre, next to the food court)
- Westbrook Professional Building** ● ● ● ● ● ●  
200, 1610 - 37 St. SW

### BREAST IMAGING SERVICES

- Automated Breast Ultrasound (ABUS)
- Breast Magnetic Resonance Imaging (MRI)
- Complete Screening Assessment
- Diagnostic & Screening Breast & Axilla Ultrasound
- Diagnostic & Screening Mammography
- Intervention (Breast Biopsy)

## **CONTACT US**

Please contact us if you have questions, need more information about our services, or want to book an appointment.

**Toll Free** 1.866.611.2665

**Tel** 403.777.3000

**Fax** 403.777.3001

You can book your appointment in over 200 languages. Simply call us and ask for your preferred language.