

Good News for Women

Breast Ultrasound Saves Lives

(NAPSA)—It's quick, it's painless and it saves lives: Breast ultrasound, an invaluable tool in helping detect benign and cancerous lesions accurately and safely.

The American Registry of Diagnostic Medical Sonographers (ARDMS) recently certified its 1,000th breast sonographer in response to the growing need for these skilled professionals. Breast ultrasound exams, after mammography, are particularly useful in certain groups of women:

1. Women with "dense" breasts, usually younger, pre-menopausal women. Ultrasound can provide a clearer, more comprehensive picture of the breast. Ask your doctor if you have "dense" breasts.

2. Post-menopausal women taking some form of hormone replacement therapy (HRT) are more likely to have "dense" breasts.

3. Pregnant women. Ultrasound does not involve the ionizing radiation used in mammograms.

4. Women with cysts or other breast masses. An ultrasound breast exam can quickly determine whether the mass is harmless or potentially cancerous.

5. Women with breast implants. Implants make it hard to get good images of the breast with mammography.

Breast Ultrasound Helps:

- Women with "dense" breasts
- Post-menopausal women on HRT
- Pregnant women
- Women with cysts
- Women with breast implants
- Women whose mammograms are hard to interpret



6. Women whose mammograms are hard to interpret. Ultrasound can provide new and valuable information.

The painless procedure takes 30 minutes or less. A clear gel is applied to the breast and the healthcare professional moves a hand-held wand over the skin surface. The results are immediately displayed on the monitor of the ultrasound machine.

It's important to look for a sonographer who is knowledgeable and skilled in the use of breast ultrasound with mammography. Your sonographer should be certified by a nationally recognized credentialing agency, such as ARDMS. To learn more, visit the Breast Ultrasound Foundation Web site at www.breastultrasound.org.