

DIGITAL MAMMOGRAPHY:

NEW TECHNOLOGY IN DETECTING BREAST CANCER AT MID-DELAWARE IMAGING



By: Anush Parikh, M.D.

It is known that breast cancer ranks as the second leading cause of death among women (after lung cancer). The key to survival is early detection which allows for early treatment ultimately resulting in the goal of reducing morbidity and mortality. Mammography has always been the most important method of early detection, with digital mammography further improving a time tested method for the detection of breast cancer.

The facts are as follows (American Cancer Society/National Breast Cancer Coalition): The National Cancer Institute

estimates a woman in the U.S. has a 1 in 8 chance of developing invasive breast cancer throughout their lifetime. It was estimated that 250,230 new cases of breast cancer were going to be diagnosed in the U.S in 2008. Older women are significantly more likely to get breast cancer than younger women (approximately 80% occur in women older than 50). However, younger women who are diagnosed with breast cancer have a lower survival rate than older women who develop breast cancer. A 2006 statistic cites that Delaware ranked 7th in the U.S. for breast cancer mortality.

Knowing these facts about the prevalence of breast cancer, we return to the most important weapon in our arsenal against breast cancer: early detection with mammography, and now digital mammography. The American Cancer Society recommends that women obtain a yearly screening mammogram beginning at age 40. In ad-

dition, all women over 30 should be performing regular self breast exams and undergoing routine clinical breast exams. The goal of mammography is to detect the disease before symptoms manifest. In fact, many breast cancers are only seen with mammography and even when the exact location is known, it may not be felt or detected with a self/clinical breast exam.

The radiology exam known as a screening mammogram routinely includes two x-rays of each breast for a total of four images. The breast is compressed to even out the tissue and x-rays are passed through the breast. With digital mammography the images are reviewed on high-resolution screens and no films are involved. One of the numerous advantages of digital technology includes image post processing (ability to change the contrast and magnify the image) thus optimizing cancer detection. With digital mam-

mography, the images are electronically stored so there is no degradation of quality and the images can be electronically transmitted to other consulting physicians. The technique of digital mammography also results in less radiation to the breasts than the older method of film mammography.

The New England Journal of Medicine published a landmark article on October 27, 2005 entitled, "Diagnostic Performance of Digital versus Film Mammography for Breast-Cancer Screening." The results of this research article are as follows:

Digital mammography is more accurate in women under the age of 50 years, women with radiographically dense breasts and premenopausal or perimenopausal women.

While training in NYC, I realized that facilities were transitioning to digital mammography to improve the process of breast cancer screening. I was shocked that in 2008 no facility in Dover offered this new technology to the women of my community. I strongly believe that if women in major cities across the U.S. have access to digital mammography then so should the women of Dover. We were pleased to announce in 2008 that Mid-Delaware Imaging was the first facility in Dover to offer digital mammography. The combination of my father's 30 years of experience and my training with digital radiology place us in a unique position to offer well rounded radiologic care to our patients.

In addition to digital mammography, MDI is a full service radiology practice with the newest generation 64 detector CT scanner, open MRI, ultrasound, x-ray, nuclear medicine, bone density scans, and hip/shoulder steroid injections under x-ray (allowing for precision). When possible and requested we will gladly discuss the results of your test with you and your doctor as we believe in practicing a more

personal-patient based approach to radiology. Nearly all insurances are accepted and reimburse digital mammography with no extra or added cost to the patient.

For more information digital mammography, or to schedule contact Mid-Delaware Imaging at (302)734-9888.

Anush Parikh, M.D. is with Mid-Delaware Imaging in Dover, DE. Dr. Parikh was raised in Dover and educated through the Holy Cross, Caesar Rodney and St. Andrew's school systems. He attended New York University for undergraduate training where he majored in Anthropology. Dr. Parikh received his M.D. at Syracuse-Upstate Medical University where he achieved the medical academic honor of Alpha Omega Alpha. He moved back to NYC where he completed his Internship at St. Vincent's Catholic Medical Center. This was followed by a residency in Diagnostic Radiology at Beth Israel Medical Center and a mini-fellowship in cardiac/coronary CT. Dr. Parikh has recently returned to his community where he is practicing along with his father Mahendra Parikh, M.D. (who has been a practicing radiologist and serving the community of Dover for 30 years).

Testimonials:

"After years of mammograms at other facilities, I was unbelievably pleased with my experience at MDI where the Radiologist actually spoke to me about my mammogram and answered all of my questions. I had never met the Radiologist who read my scans before MDI and I will be back next year."

"The staff at MDI is exceptionally pleasant and knowledgeable. This is always a high anxiety moment for me and the technologists and Dr. Parikh always put me at ease, year after year. I will always continue to go to MDI for my mammograms and will bring my family and friends there for any x-ray exam they may need."

MDI

Mid-Delaware Imaging

710 South Queen Street
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Mahendra Parikh, M.D.
Anush Parikh, M.D.
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