

## **SCHEDULING**

The staff at Saint Louise Regional BreastCare Center are here to make your examination convenient and affordable. Our hours are 8:00 a.m. to 5:00 p.m. Monday through Friday, with extended evening and weekend appointments available. You or your doctor may arrange an appointment. Please call our centralized scheduling number at (408) 848-8640.

## **FOR YOUR CONVENIENCE AND COMFORT**

When you come for your mammogram, wear a comfortable two-piece outfit if possible, as you will need to undress to the waist. Please avoid perfume, deodorant, powders and lotions on the breast and underarm area; as they interfere with the film.

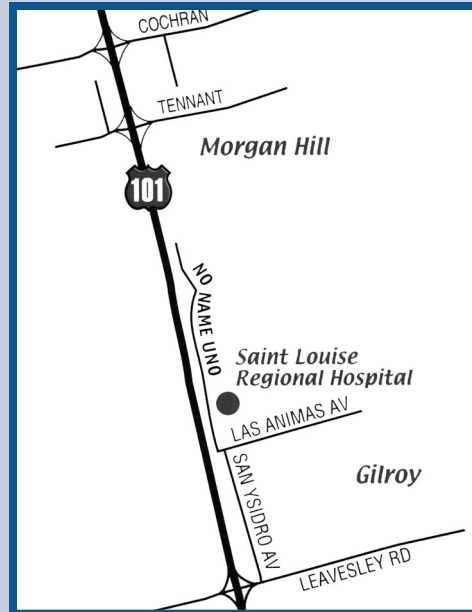
During the mammogram, only you are allowed in the x-ray room with the technologist. For the protection of your children, we encourage you to make arrangements so that it is not necessary for children to accompany you.

## **PREVIOUS FILMS**

Previous films are very important in helping the radiologist detect subtle changes that could potentially be important in diagnosing cancer. Having these prior films the day of your mammogram may avoid the need for additional views, follow-up procedures or surgery.

### *Saint Louise Regional Hospital from Highway 101:*

- Take Leavesley Road exit (east)
  - Turn left on San Ysidro
  - Turn right on No Name Uno



**Saint Louise Regional Hospital**

**BreastCare Center**  
9460 No Name Uno  
Suite 225  
Gilroy, CA 95020  
(408) 848-8640



Member of Daughters of Charity Health System

S a i n t L o u i s e  
R e g i o n a l H o s p i t a l  
**B r e a s t C a r e**  
**C E N T E R**



**A MISSION OF C**



**Saint Louise  
Regional Hospital**

## EXPERT CARE

At Saint Louis Regional BreastCare Center, we're dedicated to helping you make regular breast care as easy, convenient and pleasant as possible. We have created a warm, friendly outpatient setting staffed by caring experts who will make you feel safe, relaxed and comfortable. Our goal is to offer the widest possible range of breast healthcare services delivered with compassion and sensitivity to the needs and concerns of you and your family.

Saint Louis Regional BreastCare Center's mammography facilities are FDA certified and ACR accredited.

## EARLY DETECTION

Most lumps are not breast cancer. In fact, eight of 10 lumps are benign. Nevertheless, every woman fears the prospect of finding a lump in her breast. It is important to remember that early detection of breast abnormalities is essential because it enables you to make more and better choices for your health and well being.

All women over the age of 20 should establish a regular schedule of breast self-examinations and periodic physical examinations by a physician. In addition to the many services provided by Saint Louis Regional Hospital, we work closely with the American Cancer Society to teach you effective breast self-examination.

The importance of regularly scheduled breast examinations by a physician cannot be overemphasized. So, **please schedule a follow-up appointment with your physician after your mammogram.**

## MAMMOGRAPHY SAFE AND PAINLESS PREVENTION

Mammography is safe, simple and quick. A mammogram is a low-dose x-ray that can detect a breast abnormality when it is no larger than the head of a pin—long before it can be felt or becomes a serious health concern. Early detection helps to avoid the need for more radical treatment.

Saint Louis Regional BreastCare Center uses state-of-the-art low-dose equipment, which poses even less health risk than a chest x-ray. The films can be taken at different angles and, in some cases, to magnify a specific area. The breast is placed on a film holder, and a paddle gently compresses to get a more accurate result. Pictures are then taken from different angles.

## SECOND LOOK

At Saint Louis Regional BreastCare Center we make every effort to provide the highest quality care possible. Toward that end, we use the state-of-the-art Second Look system to aid our radiologists in the reading of mammograms.

Second Look is a computer-aided detection system (CAD) that uses a film scanner and a high-powered, sophisticated program to locate areas suspicious for cancer of the breast.

After an initial review of the mammogram, our radiologists run the film through Second Look and then re-examine the films paying particular attention to areas that the system marked as suspicious.

## BONE DENSITY SCREENING

Osteoporosis—a disease that affects some 28 million Americans (80 percent of whom are women)—thins and weakens bones to the point where they break easily. Lifting an object or experiencing a fall can result in fractures in those with osteoporosis. Called a silent killer, osteoporosis victims may not be aware that they have the disease until a bone breaks.

We provide this low-cost ultrasound screening to assist women and men in determining if they are at risk for osteoporosis. Risk factors include, but are not limited to: being female, advanced age, family history of osteoporosis, a diet low in calcium, cigarette smoking, low testosterone levels in males, inactive lifestyles, ethnicity (Asians and Caucasians are at greater risk), and use of certain medications, such as steroids and anticonvulsants.

## RESOURCE CENTER

The staff and physicians at the BreastCare Center believe that an educated patient is the best patient, and we recently took steps to ensure that all of our patients are educated patients.

The Resource Center at the BreastCare Center opened last year thanks to the generous support of the Saint Louis Hospital Foundation. The Foundation receives gifts from grateful patients, families and members of the community, and designated a portion of those gifts to create the Center.

Visitors to the Center have the benefit of a dedicated computer terminal with access to the Internet; a large selection of books on subjects such as breast care, osteoporosis, heart disease, and more; and videos dedicated to teaching about breast self exam and specific procedures at Saint Louis.