

MONTHLY Check-Up

WHITE PLAINS HOSPITAL

FIVE FACTS:

Breast Cancer Screening

1

Basic Screening

1 in 8 women in the U.S. will develop breast cancer during her lifetime. All women should have clinical breast exams every three years in their 20s and 30s, and every year age 40 and over. All women should have yearly mammograms starting at age 40. Those with a strong family history of breast cancer should start mammograms as early as age 30.

In addition to digital mammography, the latest in breast cancer screening includes 3D mammography, computer aided detection, 3D breast ultrasound, breast MRI (when indicated), and image-guided breast biopsies (when necessary). Women can talk with their doctors about what tests they need and when to start them.

2

Beyond Mammograms

3

Dense Breast Tissue

Dense breast tissue significantly increases a woman's cancer risk and is found in more than 40% of all women. Women with over 50-75% dense tissue are significantly more likely to develop breast cancer. Women with dense breast tissue should consider having ultrasound screening in addition to annual mammography.

Breast density on mammograms is currently assessed by a physician's visual judgment and assigned a classification. Physicians in New York are required to disclose density to patients and discuss additional screening options.

4

Determining Breast Density

5

Additional Options

Women with a strong family history of breast or ovarian cancers and those who are Ashkenazi Jewish should consider genetic testing in addition to diagnostic imaging. Women with high risk or strong positive family history of breast cancer should also consider annual MRI screenings.



“I WANT TO MAKE IT AS EASY AS POSSIBLE FOR WOMEN TO GET THEIR BREAST CANCER SCREENINGS - QUICKLY AND CONVENIENTLY, USING THE MOST UP-TO-DATE SCREENING TOOLS.”

CAREN GREENSTEIN, MD

Dr. Caren Greenstein is the Director of Breast Imaging for White Plains Hospital, which was one of only 14 centers in New York to receive the Women's Choice Award as one of America's Best Breast Centers.

She received her MD from the Albert Einstein College of Medicine/Montefiore Medical Center, and completed her internship and residency at Montefiore Medical Center. She is an expert in Breast Imaging and has authored a textbook about Breast MRI. White Plains Hospital has breast imaging centers in White Plains, Rye Brook, New Rochelle and soon to come in Armonk. Evening hours are available.

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