

CONTRAST

The official
newsletter of



With over 30 years of imaging services experience, Imaging Healthcare Specialists has earned an outstanding reputation for providing the highest quality medical imaging technology, highly specialized expertise and exceptional customer service to physicians and patients in San Diego and the surrounding communities.

TOMOSYNTHESIS

THE FUTURE OF MAMMOGRAPHY SCREENING AT IHS

Digital breast tomosynthesis (also known as 3D tomosynthesis mammography) is now being used exclusively at all IHS facilities.

Why is this important? Simply put, it finds more cancers and finds them earlier.

Like traditional mammography, tomosynthesis captures multiple images of breast tissue. However, it also captures them at different angles, and then reconstructs those images into a three-dimensional, more complete view for the radiologist. Because it allows the radiologist to see greater image detail within individual sections of breast tissue, smaller cancers that were previously obscured by breast tissue are now visible.

Skeptics point to the fact that tomosynthesis “only” detects about one more lesion for every thousand women screened. However, tomosynthesis has a 14.5% positive predictive value versus the 11.9% of 2D screenings.¹ And that’s only a small part of the whole picture.

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3D Tomosynthesis Mammograms
The future of mammography screening

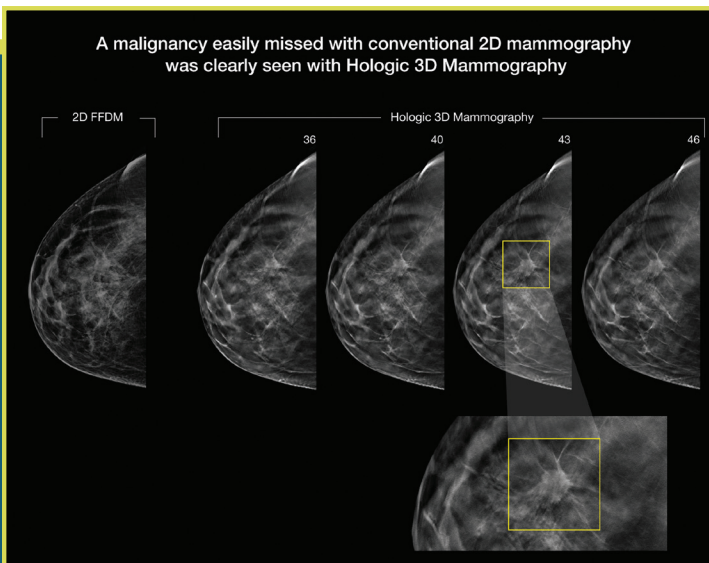
Online Mammogram Scheduling
Patient self-scheduling now available

Uterine Fibroid Embolization
An alternative to hysterectomy

New and Discontinued Exams
Stay up-to-date with tests currently offered on the IHS website

Radiologist Spotlight
Dr. Rowena Tena

UP TO
50%
of American
WOMEN
have dense breast
tissue.

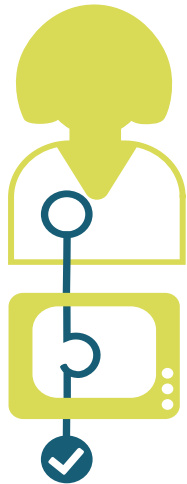


3D tomosynthesis mammography is capable of finding smaller cancers that may be hidden by the “overlapping” of breast tissue on a traditional mammogram.



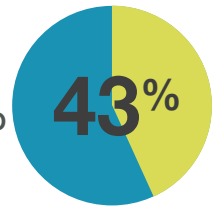
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Up to 50% of American women have dense breast tissue. Dense breasts have greater amounts of fibroglandular tissue than fatty tissue. Dense breast tissue appears white on a traditional mammogram, but so does cancer, which can make detection difficult in women with denser breasts. 3D Tomosynthesis Mammography allows radiologists to see beyond areas of density, which can lead to earlier detection of cancer than would be possible with 2D mammography.



“There is evidence that 3D Tomosynthesis Mammography can detect smaller cancers, at less aggressive stages, in women with both dense and less dense breast tissue,” said Dr. Rowena Tena, a breast imaging radiologist and co-chair of the IHS Women’s Imaging section.

Tomosynthesis has been shown to reduce the callback rate up to **43%** according to one study²



and a comparative effectiveness study showed a **DECREASE IN FALSE-POSITIVE RECALL FROM 9% TO 7.6%**³

There is also a significant convenience factor for patients. When radiologists detect an abnormality on a traditional 2D mammogram, they may require follow-up imaging. This happens in up to 10% of women who have 2D mammograms, and requires additional time and cost—as well as a great deal of anxiety and stress for the patient. Tomosynthesis has been shown to reduce the callback rate for women, up to 43% according to one study², and a comparative effectiveness study showed a decrease in false-positive recall from 9% to 7.6%.³

With more than a decade of data supporting tomosynthesis, the results are clear. 3D Tomosynthesis Mammography is now available on all screening mammograms at all IHS locations that provide mammography services.

1. Bahl, M., Pinnamaneni, N., Mercaldo, S., McCarthy, A. M., & Lehman, C. D. (2019). Digital 2D versus Tomosynthesis screening mammography among women aged 65 and older in the United States. *RSNA Radiology*, 291(3), 582–590. <https://doi.org/10.1148/radiol.2019181637>

2. Initial Callback Rates for Conventional and Digital Breast Tomosynthesis Mammography Comparison in the Screening Setting Scientific Paper Presented on November 27, 2007 Presented as part of SSG01: Breast Imaging (Digital Mammography)

3. JAMA Network Open Ho T-Q, et al “Cumulative probability of false-positive results after 10 years of screening with digital breast tomosynthesis vs digital mammography” *JAMA Network Open* 2022; DOI:10.1001/jamanetworkopen.2022.2440.

ONLINE SCHEDULING FOR 3D TOMO SCREENING MAMMOGRAMS NOW AVAILABLE



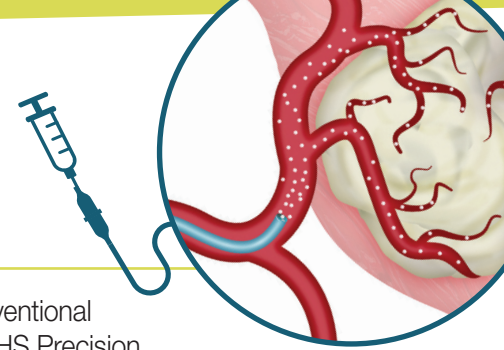
IHS is pleased to announce the availability of patient self scheduling for 3D Tomo Screening Mammograms. Our new scheduling tool enables patients the convenience of finding the exact time that works for them.

Also available to our referring providers is the ability to schedule their patient imaging exams using our referring provider portal.

For more information about this, please contact info@imaginghealthcare.com

UTERINE FIBROID EMBOLIZATION:

A MINIMALLY INVASIVE TREATMENT OPTION



Uterine fibroids are the most common benign (non-cancerous) tumor. Many women with fibroids do not experience any symptoms, however for some they can be unbearable. Pelvic cramping, intense pain and heavy menstrual periods can impact a woman's quality of life.

Hysterectomy is the most common treatment for symptomatic fibroids. However, a new and far less invasive procedure, performed by the doctors of IHS Precision Therapy, effectively treats fibroids without the need to remove the uterus.

The procedure is performed by guiding a very thin catheter to the arteries feeding the fibroids. According

to Dr. Sharjeel Sabir, Interventional Radiologist, and Chief of IHS Precision Therapy, "Once we get access to the selected arteries, we inject non-absorbable particles—small beads—that essentially block the blood flow to the fibroid. Over time, the treated fibroid will shrink in size, improving patients symptoms."

UFE is performed in our outpatient clinic where patients go home the same day. In addition, it's safer, easier and a far less expensive option than surgery.

For more information, please visit IHSPrecisionTherapy.com or contact us at precisiontherapy@imaginghealthcare.com.

QUESTIONS ABOUT NEW OR DISCONTINUED EXAMS?

Our field is constantly changing. Every year, new tests are made available, and old tests are retired. Certain tests may also be suspended temporarily due to the labor shortage that is impacting healthcare providers throughout the nation.

IHS has made it convenient to find out which imaging tests are currently offered, and which tests

are no longer available.

Simply scan the QR code below to access a dedicated page within our website that provides a full list of available, discontinued or suspended tests along with other important updates.



DR. ROWENA TENA RADIOLOGIST SPOTLIGHT



Dr. Tena is a breast imaging specialist at IHS and co-chair of the IHS Women's Imaging section. She earned her medical degree at Tulane University Medical School in New Orleans. While at Tulane, she also obtained her master's degree in public health at the Tulane School of Public Health and Tropical Medicine. Dr. Tena completed her internship at Georgetown University Hospital in Washington, DC, followed by her Radiology residency at the University of Pittsburgh Medical Center.

She received state-of-the-art training in cross-sectional imaging, ultrasound and image-guided procedures. Her Pediatric Radiology training was completed at the Children's Hospital of Pittsburgh and Women's Imaging training at Magee Women's Hospital, Health and Recovery Institute. During her final year, she was elected Chief Resident of the Radiology Department at the University of Pittsburgh. During Dr. Tena's leadership, IHS has ushered in the transition from a film screen to digital mammography, 3-D tomography, supplemental breast MRI screening in High Risk patients with genetic predisposition to breast cancer, and MRI-guided biopsies. Dr. Tena is board certified in Diagnostic Radiology by the American Board of Radiology.

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