Results-

The Breast Imaging Reporting and Database System (BI-RADS®).

The American College of Radiology (ACR) has established a uniform way for radiologists to describe mammogram findings. The system, called BI-RADS, includes seven standardized categories or levels. Each BI-RADS category has a follow-up plan associated with it to help radiologists and other physicians appropriately manage a patient's care.

Breast Imaging Reporting and Database System (BI-RADS)		
Category	**Assessment**	**Follow-up**
0	Need additional imaging evaluation	Additional imaging needed before a category can be assigned
1	Negative	Continue annual screening mammograms (for women over age 40)
2	Benign (noncancerous) finding	Continue annual screening mammograms (for women over age 40)
3	Probably benign	Receive a 6-month follow-up mammogram
4	Suspicious abnormality	May require biopsy
5	Highly suggestive of malignancy (cancer)	Requires biopsy
6	Known biopsy-proven malignancy (cancer)	Biopsy confirms presence of cancer before treatment begins

What are the benefits of a mammogram?

- Imaging of the breast improves a physician's ability to detect small tumors. When cancers are small, the woman has more treatment options and a cure is more likely.
- The use of screening mammography increases the detection of small abnormal tissue growths confined to the milk ducts in the breast called ductal carcinoma in situ (DCIS). These early tumors cannot harm patients if they are removed at this stage and mammography is the only proven method to reliably detect these tumors. It is also useful for detecting all types of breast cancer, including invasive ductal and invasive lobular cancer.
- No radiation remains in a patient's body after an x-ray examination.
- X-rays usually have no side effects in the diagnostic range.

Facilities Offered :

- **Cath-lab**
  Angiography & Angioplasty
  DSA
  Pace Maker
- **Cardiac OT**
  CABG (Bypass Surgery)
  Valve Surgery
  ASD, VSD, PDA.
- **Ortho OT**
  Orthopaedic Surgery
  Joint Replacement Surgery
  Arthroscopy
- **Neurosurgery**
- **Bariatric Surgery**
- **Cosmetic Surgery**
- **Urology & Nephrology Dept.**
  Urogenital Surgery
  Lithotripsy
  Dialysis
- **Endoscopy**
- **ENT Dept.**
- **Dental Dept.**
- **Ophthalmology Dept.**
- **General OT**
- **Paediatric Dept.**
- **ICCU**
- **General Ward**
- **Polyclinic**
- **EECP** (Enhanced External Counter Pulsation)
- **DEXA (Bone Densitometry)**
- **EEG / EMG / BERA**
- **ECG**
- **2D Echocardiography**
- **USG (Sonography)**
- **Computerised Stress Test**
- **Pulmonary Function Test**
- **Audiometry**
- **Digital X-ray**
- **Holter Monitoring**
- **Ambulatory BP**
- **Ventilators**
- **Computerised Pathology**
- **Arterial Blood Gas**
- **Complete Health Check-up Plan**
- **Physiotherapy**
- **Cardiac Ambulance**
- **24x7 Pharmacy**
- **Canteen Facility**

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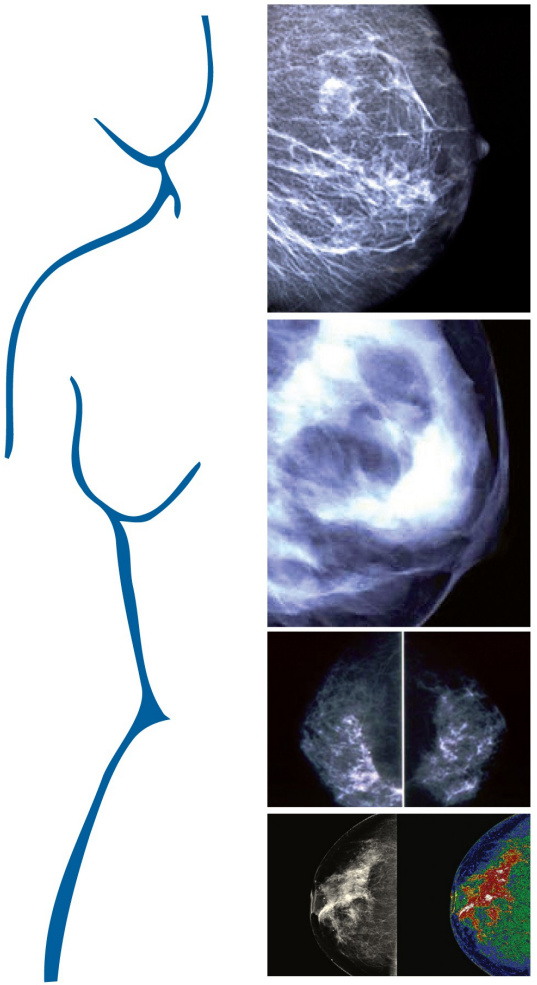
MAMMOGRAM

The quick information resource for patients



A mammogram is an x - ray of the breast that is designed to detect breast cancer.

What is a mammogram ?

A mammogram is a safe test used to look for any problems with a woman's breast. The test uses a special, low - dose x - ray machine to take pictures of both breasts. The results are recorded on x - ray film or directly onto a computer for a radiologist to examine. Mammograms allow the doctor to have a closer look for breast lumps and changes in breast tissue. They can show small lumps or growths that a doctor or a woman may not be able to feel when doing a clinical breast exam. " Mammography " is the best screening tool that doctors have for finding breast cancer.

If a lump is found, your doctor may order other tests, such as ultrasound or a biopsy, a test where a small amount of tissue is taken from the lump and area around the lump. The tissue is sent to a lab to look for cancer or changes that may mean cancer is likely to develop. Breast lumps or growth can be benign or malignant. Finding breast cancer early means that a woman has a better chance of surviving the disease. There are also more choices for treatment when breast cancer is found early.

Risk factors for breast cancer

(a) Family history of breast cancer

A woman's chance of developing breast cancer increases if her mother, sister, and/or daughter have been diagnosed with the disease, especially if they were diagnosed before age 50.

(b) Genetic alterations (changes) -

Inherited changes in certain genes (for example-BRCA1, BRCA2 and others) increase the risk of breast cancer.

(c) Reproductive and menstrual history -

Women who had their first menstrual period before age 12 or who went through menopause after age 55 are at increased risk of developing breast cancer. Women who had their first full-term pregnancy after age 30 or who have never had a full-term pregnancy are also at increased risk of breast cancer.

(d) Long-term use of menopausal hormone therapy.

(e) Radiation therapy-

Women who had radiation therapy to the chest (including the breasts) have an increased risk of developing breast cancer throughout their lives. This includes women treated for Hodgkin's lymphoma. Studies show that the younger a woman was when she received treatment, the higher her risk of developing breast cancer later in life

(f) Body weight-

Studies have found that the chance of getting breast cancer after menopause is higher in women who are overweight or obese.

How is a mammogram done ?

You stand in front of a special x - ray machine. The person who takes the x - rays, called a radiology technologist, places your breast (one at a time) between two plastic plates. The plates press your breast to make it flat. You will feel pressure on your breast for a few seconds . It may cause you some discomfort ; you might feel squeezed or pinched. But, the flatter your breast , the better the picture. Most often, two pictures are taken of each breast -- one from the side and one from above . A screening mammogram takes about 15 minutes from start to finish.

What if I have breast implants ?

If you have breast implants, be sure to tell your mammography facility that you have them when you have when you make your appointment. You will need an x - ray radiology technologist who is trained in x - raying patients with implants. This is important because breast implants can hide some breast tissue, which could make if difficult for the radiologist to see breast cancer when looking at your mammograms. For this reason to take a mammogram of a breast with an implant, the x - ray technician might gently lift the breast tissue slightly away from the implant.

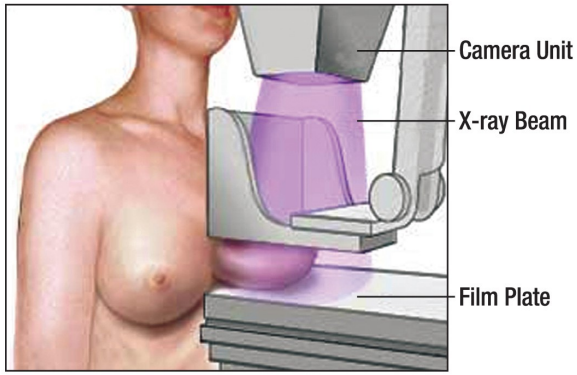
How often should I have a mammogram ?

- Women 40 years and older should get a mammogram every 1 to 2 years .
- Women who have had breast cancer or other breast problems or who have a family history of breast cancer, might need to start getting mammograms before age 40 or they might need to get them more often. Talk to your doctor about when to start and how often you should have a mammogram.

How do I get ready for my mammogram ?

First, check with the place you are having the mammogram for any special instructions you may need to follow before you go. Here are some general guidelines to follow :

- Make your mammogram appointment for one week after your period. Your breasts hurt less after your period.
- If you have breast implants, be sure to tell your mammography facility that you have them when you make our appointment.
- Wear a shirt with shorts, pants or skirt this way you can undress from the waist up and leave your shorts, pants, or skirt on when you get your mammogram.
- Don't wear any deodorant, perfume, lotion or powder under your breasts on the day of your mammogram appointment. These things can make shadows show up on your mammogram.



In mammography, each breast is compressed horizontally, then obliquely and an X-ray is taken of each position