



# 3D

**MAMMOGRAPHY**  
**NOW SHOWING AT**  
AVISTA ADVENTIST HOSPITAL

The Avista Breast Care Center now offers 3D mammography – the most advanced technology in breast cancer screening.

## 1 in 8 women

will be diagnosed with breast cancer during their lives and the risk increases with age.

3D mammography is clinically shown to detect breast cancer earlier when it is the most curable. With 3D imaging, breast tissue can be examined one millimeter at a time. This more complete picture means there is less chance you will be called back later for a second look.

Plus, 3D mammography takes only seconds more than a regular digital mammogram.

**Call 844-642-2273 to schedule your 3D mammogram today.**

Avista Breast Care Center

 Centura Health.

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## What is 3D mammography?

3D mammography, called tomosynthesis, takes 15 X-ray images of the breast from all angles and reconstructs them into a 3-dimensional image of your breast. This allows your radiologist to see detailed images of your breast tissue in a way never before possible.

## How is 3D mammography different?

Traditional mammography produces one flat image, which can make it difficult to view all the complexities of your breast tissue. By looking at the breast tissue in one-millimeter slices, the radiologist can scroll through images of your breast like pages of book and provide a more accurate reading.

## What are the benefits of 3D mammography?

3D mammography has been shown to detect 40 percent more invasive cancers than traditional mammography. It also means there is less chance your doctor will call you back for a “second look” because they can see the breast tissue more clearly.

## What should I expect during the 3D mammography exam?

3D mammography is done in conjunction with a standard 2D mammogram with the same system. It only takes a few seconds longer for each view, and no additional compression is required.

## Is there more radiation dose?

Very low X-ray energy is used during the exam. This is just about the same amount as a traditional mammogram and well below regulated limits.

## Insurance Coverage

Insurance coverage for 3D mammography varies between plans. We recommend patients consult with their insurance provider or call 1-866-224-3030 to request a custom quote from Centura Health.

## Avista Breast Care Center



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[avistahospital.org/breastcenter](http://avistahospital.org/breastcenter)

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