



Bone Densitometry

More than 10 million Americans suffer from osteoporosis, a disease characterized by weak, porous bones. Because osteoporosis is a “silent” disease, you may not experience symptoms of bone fragility until a fracture occurs.

Scenic Mountain Medical Center can help diagnose osteoporosis with a painless bone density test that measures bone mass at the hip, spine and wrist. Ask your physician about scheduling your bone density scan at the Scenic Mountain Digital Mammography and Bone Densitometry Center. Call 432-264-0602 to learn more.

Are you at risk?

According to the National Institutes of Health, breast cancer will affect one in eight women in their lifetime.

Why breast cancer affects some women and not others isn't known; however, several known risk factors for the disease include:

- increasing age
- having the BRCA1 or BRCA2 genes; if your family members have had breast or ovarian cancer, talk with your physician about getting tested
- starting your period before age 12 or going through menopause after age 55
- being overweight
- using menopausal hormone therapy
- taking birth control pills
- drinking alcohol
- not having children or having your first child after age 35
- having dense breasts



SCENIC MOUNTAIN
MEDICAL CENTER

Digital Mammography and Bone Densitometry

*Located on the second floor
of the Malone & Hogan Clinic*

1501 W. 11th Place
Big Spring, Texas 79720
432-264-0602

www.smmccares.com/mammo

DIGITAL MAMMOGRAPHY BONE DENSITY



Early detection saves lives!



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Who Should Have a Mammogram?

The American Cancer Society recommends that all women have a baseline screening mammogram between the ages of 35 and 40, and beginning at age 40, women should have an annual screening mammogram.

What is a Mammogram?

A mammogram is an X-ray of the breasts, used to detect and diagnose breast diseases. Mammograms play a central part in the early detection of breast cancer because they can detect changes in the breast that may be early signs of cancer, but are too small or subtle to be felt.

What is Digital Mammography?

Unlike other parts of the body, the breast is composed mainly of soft tissue. When breast tissue is X-rayed, it creates an image that looks something like a smoky haze, making it difficult to see tiny “spots” called microcalcifications and other subtle signs that might signal cancer.

Digital mammography uses computers and specially designed digital detectors to produce an image that can be displayed on a high-resolution computer monitor and transmitted and stored just like computer files. In a matter of seconds, digital mammograms produce clear images which can be viewed by the radiologist for a prompt diagnosis.

The physician can adjust the brightness, change the contrast and zoom in for close-ups of specific areas of interest. Being able to manipulate images is one of the main benefits of digital technology.

Digital mammogram images are stored electronically, making them easy to retrieve for diagnosis and future viewing. The images can also be linked with software that marks abnormal areas on the mammogram, called Computer Aided Detection (CAD). CAD technology can increase the detection rate of abnormalities by up to 20 percent.

What can I Expect During a Digital Mammogram?

You will be asked to undress above the waist, and you will be given a gown to wear. For your comfort and privacy, you and the female technologist are the only individuals in the room during the exam.

The technologist will position your breasts, taking images from different angles. To get a high-quality image, it is necessary to flatten the breast. The actual breast compression only lasts a few seconds. The whole procedure takes approximately 20 minutes.

Scenic Mountain Medical Center will send the results to your physician, usually within two business days. You will receive a letter from our facility explaining your results and any necessary follow-up testing.

Scenic Mountain Medical Center is committed to providing quality breast care, close to home. To learn more about the advantages of digital mammography, talk to your doctor or visit smmccares.com/mammo. To schedule your digital mammogram today, call us at 432-264-0602.

