



# MAMMO TO ANSWERS

## Expedited Breast Health Diagnostic Program



Memorial Medical Center

# The Process

## 1 Start with a mammogram

Mammograms are an essential part of preventive healthcare for women. Because breast cancer is very common, and because early detection is so important for successful treatment, most women who are over 40 should schedule a mammogram every year.

3D mammography is a clinically proven screening and diagnostic tool for early breast cancer detection. It uses advanced technology to take images of your breast from different angles and combine them to create a more complete and accurate image of your breast than is possible with regular 2D digital mammography.

For a routine annual (screening) mammogram, women 40 and older do not need a written referral. For patients experiencing unusual breast symptoms, a written referral is required for a diagnostic mammogram.

Schedule your mammogram at Memorial's Women's Imaging Center.

**Call 575.521.5270** (no order is required for a screening mammogram).

## Screening for dense breasts

Annual mammograms are the best way to catch breast cancer early, but not all breasts are the same. Dense breast tissue can mask the appearance of tumors, making it more difficult for mammography to detect cancer.

If you are one of the 40% of women with dense breast tissue, your provider may recommend an MRI, whole breast ultrasound or automated breast ultrasound (ABUS) for additional screening and added peace of mind. Memorial Medical Center is the only facility in Las Cruces offering this advanced technology.



## 2 What if everything looks normal?

Most mammograms don't find anything out of the ordinary. If this is the case, schedule your next annual mammogram and keep an eye on your breast health throughout the year by performing self-exams. Visit your primary care provider immediately if any concerns arise.

### 3 What if something doesn't look right?

If your provider spots something unusual, they may ask to schedule a breast ultrasound. A **breast ultrasound** uses medical sonography to obtain additional images of the breast that can help to identify benign or suspicious lesions. With the Mammo to Answers program, we will expedite unusual findings to a breast ultrasound.



### Most unusual mammogram findings are not cancer.

A breast ultrasound can show whether a breast lump is a fluid-filled breast cyst (usually not cancerous) or a solid mass (which could be cancer and may need further testing through a biopsy).

## 4 What if something still doesn't look right?

If your breast ultrasound yields unusual findings, your provider may recommend a biopsy. A breast biopsy is a procedure that involves using a biopsy needle or surgery to remove a sample of your breast tissue so that a pathologist can examine it for breast cancer or other conditions.

A breast biopsy is the only diagnostic procedure that can definitively determine if a suspicious area is cancerous. Most often this will be a core needle biopsy (CNB). But in some situations, such as if the results of a needle biopsy aren't clear, you might need a surgical biopsy. A pathologist then determines what type of disease, if any, is present.





At MMC's Women's Imaging Center, biopsies are performed by **Rob Shoots, MD**, who specializes in women's imaging.

**Women's Imaging Center at the Memorial HealthPlex**

2735 E. Northrise Drive  
Las Cruces, NM 88011

## **5 What if it's breast cancer?**

A cancer diagnosis can feel overwhelming. But don't worry! When detected early via a mammogram, breast cancer is often highly treatable. Cancer Warriors offers many resources that can help you. To learn more, visit **Cancer Warriors** on Facebook or online.

## **Nationally recognized cancer care in Las Cruces**

# **Memorial Cancer Center**

At Memorial Cancer Center, we have assembled a world-class program and care team to help you win the fight against cancer. As the only nationally accredited cancer program in the region (recognized by the American College of Surgeons Commission on Cancer), we access the latest research and utilize the most current treatments through our affiliation with the University of New Mexico Comprehensive Cancer Center.



## **Breast Health Patient Navigator:**

### **A teammate every step of the way**

We understand that an abnormal mammogram or breast ultrasound that results in a potential diagnosis of breast cancer can be frightening and overwhelming. Patients have many questions, and often don't know where to start. MMC's dedicated Breast Health Navigator can offer guidance and assistance throughout the patient's breast cancer experience.

Our Breast Health Navigator is available to provide assistance for an individual who is navigating the complexities of scheduling and care, so the important tests and treatments occur in a timely manner. Our Breast Health Navigator also offers emotional support and calm reassurance at a time when the patient needs it most.

Should the need for further diagnostics arise, MMC has an appointment reserved for you! The Mammo to Answers partnership between MMC and Cancer Warriors will reduce the length of time from mammogram to biopsy, so a woman can learn more quickly if she has breast cancer and needs treatment.

## Medical Oncology and Hematology Features and Treatments:

- 18-bed chemotherapy suite
- OCN-certified nurses
- On-site, dedicated pharmacists
- On-site speech-language pathologist
- Dietitian consultations
- Social services support and navigators
- Participation in robust clinical trials

## Radiation Oncology Features and Treatments:

- Two state-of-the-art linear accelerators: Edge and VitalBeam
- 3D conformal external beam radiation therapy
- IMRT (Intensity Modulated Radiation Therapy)
- IGRT (Image Guided Radiation Therapy)
- SBRT (Stereotactic Body Radiation Therapy)
- HDR brachytherapy
- Radiopharmaceutical treatments
- Participation in robust clinical trials
- Accredited by the American College of Radiology

## Cancer Center Locations:

### Hematology and Oncology

2530 S. Telshor Blvd., Suite 107  
Las Cruces, NM 88011  
Phone: 575.521.1554  
Fax: 855.715.7897

### Radiation Oncology

2450 S. Telshor Blvd., Suite B  
Las Cruces, NM 88011  
Phone: 575.556.5800  
Fax: 888.974.0806



Memorial Medical Center

Learn more at  
[mmclc.org/cancer](https://mmclc.org/cancer)