

Breast Cancer Early Detection

One in eight women will develop invasive breast cancer over the course of her lifetime.

Boundary County has one of the lowest screening rates for annual mammograms in the State of Idaho.

3D Mammography improves the chance of catching breast cancer early.

For the Ones in Your Life, Fry Healthcare Foundation is asking the community for help funding 3D Mammogram equipment at Boundary Community Hospital to provide this life-saving cancer screening for local women. Together, we can save lives.

There are approximately 3000 women over 40 years of age in Boundary County who the American Cancer Society recommends receive annual screenings. Let's make a difference in their lives by coming together to fund this necessary, life-saving diagnostic equipment.



Mammogram Appointments

To schedule an appointment call
(208) 267-3141 ext 4258

Appointments Available
Monday and Friday

When you come for your screening mammogram please remember:

- arrive 10 minutes early
- do not wear talcum powder, lotion, or deodorant
- bring your reading glasses, if required
- wear a two-piece outfit

Check In at the Admitting Reception Desk in Outpatient Services located on the southeast side of the Hospital off Comanche Street.



At Boundary Community Hospital, our goal is to provide the community with timely modern radiology services that are second to none. Your health is important to you, and so is your time. You can expect fast and friendly service from the moment you schedule your exam to the moment your physician receives the results.

Diagnostic Services

- CT Scan (Computer Tomography)
- Ultrasound
- Diagnostic X-ray
- Mammography
- DXA Scans (Bone Densitometry; Body Composition)
- Magnetic Resonance Imaging (MRI)

Ultrasound Appointments

Tuesday and Friday 8 am to 2 pm

Magnetic Resonance Imaging (MRI) Appointments

Thursday 8 am to 4 pm

Other Diagnostic Imaging Appointments

Monday through Thursday 8 am to 5 pm

Friday 8 am to 4 pm



6640 Kaniksu Street, Bonners Ferry, ID 83805

(208) 267-3141

www.boundarycommunityhospital.org

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Diagnostic Imaging

Genius™ 3D Mammography™ Exams

Caring for Our Community,
Every Day





What is a Mammogram?

A mammogram is an x-ray of the breast. A diagnostic mammogram is used to diagnose breast disease in women who have breast symptoms or an abnormal result on a screening mammogram. Screening mammograms are used to look for breast disease in women who are asymptomatic; that is, those who appear to have no breast problems. Screening mammograms usually take 2 views (x-ray pictures taken from different angles) of each breast, while diagnostic mammograms may take more views of the breast. Women who are breastfeeding can still get mammograms, although these are probably not quite as accurate because the breast tissue tends to be dense.

For a mammogram, the breast is compressed between two plates to flatten and spread the tissue. Although this may be uncomfortable for a moment, it is necessary to produce a good, readable mammogram. The compression only lasts a few seconds. The entire procedure for a screening mammogram takes about 20 minutes.

Our Genius™ 3D Mammography™ exam, available on a Selenia® Dimensions® system from Hologic, is revolutionizing how breast cancer is detected by providing a better option for women of all breast densities compared to 2D alone. Researchers have found that:

- The Genius™ 3D Mammography™ exam finds 20-65% more invasive breast cancers compared to 2D alone, an average increase of 41%.
- Only the Genius™ 3D Mammography™ exam is FDA approved as superior for women with dense breasts compared to 2D alone.
- The Genius™ 3D Mammography™ exam reduces callbacks by up to 40% compared to 2D alone.

How a 3D Mammogram™ Works

Women will see little difference between a conventional 2D mammogram and a 3D mammogram™. The exam takes about the same amount of time – a 3.7 second scan time – and the positioning is the same. The real difference is in the information available to the doctor.

A good analogy for 3D Mammography™ is like thinking of the pages in a book. If you look down at the cover you cannot see all of the pages – but when you open it up, you can go through the entire book page-by-page to see everything between the covers.

Before Your Exam - It is helpful to be able to review any previous mammograms. If you are new to the area and have had previous mammograms elsewhere, our radiologist would like to review those images for comparison purposes. Please provide the facility name and a phone number so our technologist can contact them to request the images.



How do you prepare for a Mammogram?

Please arrive at least 20 minutes before your appointment and bring your referral. If you need to reschedule or cancel, call 24 hours in advance. Once you have signed in, the department staff will come to the waiting area to escort you to the imaging area. Please be prepared to provide information on your insurance and medical history.

- Tell us if you are or may be pregnant or are breastfeeding.
- Let us know if you have breast implants. If you have had a breast biopsy, please tell us.
- To minimize your discomfort, schedule your exam 2 to 3 days after the end of your period when your breasts will be less tender.
- Do not wear perfume, powder, deodorant, or lotions on the breast or underarm area.

What to Expect

Upon Arrival

You will be asked to complete a medical questionnaire. A member of our staff will escort you to the exam room.

The Exam

In the exam room, you will undress from the waist up and put on a gown.

The technologist will review your medical history and any symptoms you've been experiencing related to your breasts.

In the exam room, the technologist will position you standing at the mammography machine and place your breast over the receptor.

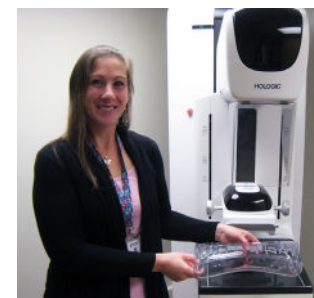
The machine applies moderate compression to your breast for a few seconds to obtain the clearest image. Two X-ray views are usually taken of each breast.

The technologist will view your images on the computer screen in the room, just to assess the image quality.

In some situations, the radiologist may request additional X-rays or an ultrasound (sonogram) to further evaluate your breasts.

After The Exam

You may get dressed and leave immediately after your test and resume your normal activities. The radiologist will review your mammogram. The report of the exam will be electronically sent to your provider within 24 hours.



Having grown up in Bonners Ferry, Amber Allen, RT(R)(M) has a deep sense of community that shows in her care for her patients. She is grateful for the opportunity to care for those she has known for some time and to care for those new to her, treating everyone like family.