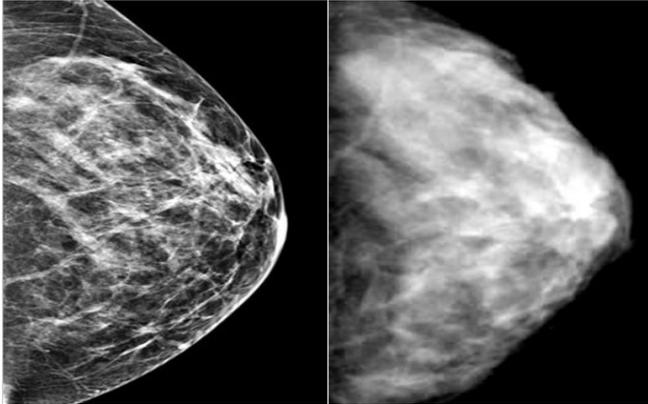


DIGITAL MAMMOGRAPHY

- Your Key to Breast Health



Our team of Breast Care Specialists will provide you and your physician with timely results when it comes to your annual digital mammogram. Should you need further assessment, both you and your physician will have your results right away, no waiting.

By having your mammogram at Bermuda Cancer and Health Centre you'll experience *shorter exam times, faster results* and *fewer callbacks—all resulting in less anxiety and superior care.*

Bermuda Cancer and Health Centre's has been designated a Breast Imaging Centre of Excellence by the American College of Radiology.



Appt. date:

Appt. time:

Providing a specialist approach to patient care with specialized doctors, lower cost, after work and Saturday appointments, convenient location and lots of parking.

Our Services Include:

Clinical services

Digital Mammography
Ultrasound
Breast Biopsy
Prostate Biopsy
Bone Densitometry

Educational Services

SunSmart Programme
LungSmart Programme
FREE Wellness Talks
In-house talk series

Supportive Services

Cancer Information Service (CIS)
Call 232-2247 for cancer information & support

FREE Resource Center and Lending Library
Over 700 health related books and DVDs

 **Bermuda Cancer
and Health Centre**
Your Breast Care Specialist

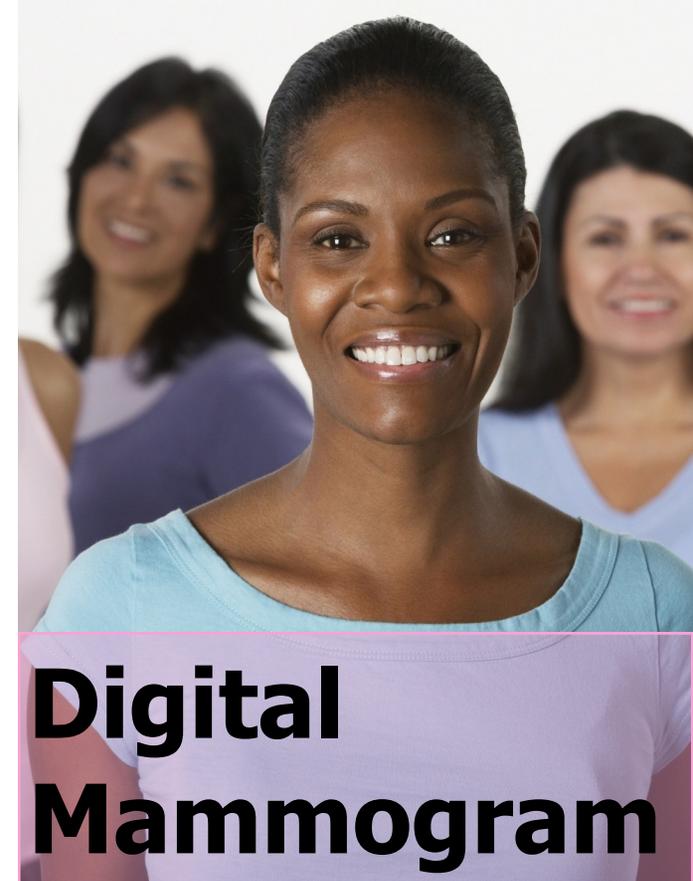
46 Point Finger Road, Paget, Bermuda

Centre's Hours:

Monday—Thursday 7:30am—6:00pm
Friday 7:30am—5:00pm
Saturday 2nd & 4th per month 9:am—1:00pm

T: (441) 236-1001 F: (441) 236-0880

www.chc.bm



Digital Mammogram

Early detection is your
best protection.



**Bermuda
Cancer and
Health Centre**

DETECTION PREVENTION SUPPORT

Offering Digital Mammography since 2008



Screening and Recall Mammograms

Bermuda Cancer and Health Centre follows the guidelines of the American Cancer Society which recommends women participate in an annual mammogram screening program beginning at the age of 40 years.

In approximately 10% of screening cases, the interpreting physician/radiologist will request some additional images and, in these cases, patients will be recalled to the Centre for follow-up.

Recall patients will be contacted by one of our technologists, within a few days of their screening mammogram, should a follow-up appointment be requested.

Clinical Breast Exam

- If you are in your 20s or 30s, you should receive a clinical breast exam (CBE) preferably every 3 years.
- Your family physician or gynecologist can perform a clinical breast exam.

Breast Cancer - Some Risk Factors

- Gender, Race and / or Age
- Family history
- Genetic predisposition
- Excess weight
- Early onset of menstrual cycles
- Late menopause
- First pregnancy at an older age
- Hormone therapy
- Birth control pills
- Smoking
- Excessive use of alcohol

Discuss these and other risk factors with your physician.

Bermuda Cancer Genetics Risk Assessment Programme

Using the latest genetic testing, it is possible to identify the hereditary genes that place women and men in the 'most at risk' category for developing breast or ovarian cancer at an early age.

Dr. Kevin Hughes, breast cancer specialist at the Massachusetts General Hospital in Boston, runs Bermuda's only Cancer Genetic Risk Assessment Programme. "The intention is to identify the patients before the cancer occurs" states Dr. Hughes.

Bermuda Cancer and Health Centre is pleased to be working with Partners Healthcare providing a confidential environment for Dr. Hughes to host quarterly clinics, which primarily focus on patient education and evaluation services.

This programme is open to all women and men in Bermuda with a goal of identifying people who may have the hereditary gene.

For more information on the programme visit www.chc.bm



How you can participate

If you are interested in learning your family's risk, please pick up a questionnaire from our front desk or download a copy from www.chc.bm.

Completed forms can be returned to Bermuda Cancer and Health Centre, faxed to 236-0880 or emailed to info@chc.bm.

What is a Digital Mammogram?

Digital Mammography is a low dose x-ray that is used to take computerized images of the breasts. Physicians use these images to help detect and diagnose breast disease in women.

Digital mammography can detect changes in the breast before you or your physician can feel them. As a result, breast cancer may be found earlier.

Benefits of Digital Mammography

- Digital mammograms can find all types of lumps (approximately 80% are benign).
- These high-quality images can help detect 85-90% of all cancers.
- Digital mammograms can reveal breast cancers at an early stage, before a lump can be felt.
- Early detection leads to effective treatment and increases survival rate, to 95% or higher.
- No waiting for film to be developed, digital images are immediately available.
- The digital machine is fast, so your time in the exam room is minimal.