

How to Perform a Self-exam

There are three components to performing a thorough self-examination. It takes several minutes to perform it correctly, so take your time and get to know what your breast tissue feels like. Perform these steps each month one week after your period begins, when breasts are least likely to be tender or swollen. If you no longer have periods due to menopause, a hysterectomy or pregnancy, select a day of the month that is easy to remember. If you are nursing, it may be helpful to perform your exam after a feeding when breasts contain as little milk as possible.

It is also normal for breast tissue to contain some lumps or thick tissue. If you find the same kind of lump or thickness in the same area of your other breast, it is probably a normal part of your breast tissue – this is why it is important to get to know how your breasts feel. Pay close attention to any lump that feels harder than the rest of your breast or appears to be fixed or asymmetrical. Continue until you have covered every area of your breast and inside your armpit.

Should you find ANY of the following, report them to your doctor:

Any new lump or thickness

Sticky or bloody discharge from your nipples

Any changes, puckering or dimpling in the skin of your breasts or nipples

A new increase in the size, or change of the shape or position of one breast

The good news is that most changes are not cancer, but don't ignore them. Early discovery and treatment are the key to beating breast cancer.

For more detail, see the backside of this panel. Tear this card at the perforation and keep it someplace handy – for example, taped to your bathroom mirror – to assist you each month.



Why You Should Visit

The chance of a woman having invasive breast cancer during her lifetime is about one in eight. Breast cancer is the most common cancer among women in the United States. It is the second leading cause of cancer deaths in women today.

When breast cancer is detected and treated early, lives are saved.

The American College of Radiology recommends that women 40 and over have a mammogram every year.

We at RAO agree.

Greater experience, services, technology and accreditation – that is the RAO difference.



Both our Women's Imaging Center and TimberRidge Imaging Center have received the designation of Breast Imaging Center of Excellence by the American College of Radiology, an honor given to only a select few of Florida's breast imaging centers. This means they meet nationally accepted standards of care in all ACR-accredited breast imaging modalities.

Women's Imaging Center

1901 S.E. 18th Avenue, Building 200

3D Mammography • Breast Ultrasound
Ultrasound-Guided Breast Biopsy
Stereotactic Breast Biopsy • DEXA (Bone Densitometry)
Pelvic Ultrasound

TimberRidge Imaging Center

9521 S.W. Highway 200

High Performance Open MRI • MR Angiography
Cardiac Scoring • CT (Cat Scan)
CT Angiography • CT Enterography
3D Mammography • DEXA (Bone Densitometry)
Ultrasound • X-Ray • Fluoroscopy

Medical Imaging Center at Windsor Oaks

1901 S.E. 18th Avenue, Building 200

Women's Imaging Services Offered:
PET/CT • MRI-Guided Breast Biopsy

TimberRidge Imaging Center

Heathbrook Pavilion

3949 S.W. College Road, Suite 150

Women's Imaging Services Offered:
3D Screening Mammography • DEXA



www.RAOcala.com

352-671-4300 • 352-671-4261

(Mammography Scheduling)



Women's Imaging



WOMEN'S IMAGING CENTER
TIMBERRIDGE IMAGING CENTER

www.RAOcala.com

Your Full-Service Breast Imaging Centers of Excellence

Women's Imaging Center and TimberRidge Imaging Center are committed to providing focused, compassionate, and preventive care in addition to a comfortable and supportive environment. Our centers were established with women's health in mind and offer a full range of women's imaging services, from DEXA (Bone Densitometry scans) to 3D mammography and breast biopsy.

For more information or to schedule an appointment, please call 352-671-4300. We accept self-referrals for screening mammograms.



Achieving Your Optimum Health Through Technology

Breast MRI has emerged as a new technique of breast imaging. When used in conjunction with mammography, a breast MRI can provide valuable information for the detection and characterization of breast disease. MRI does not replace mammography – it is an imaging technique that can provide additional information, including:

- Diagnosis of breast implant ruptures
- Surgical planning
- Staging of breast cancer and treatment planning
- Post-surgery and post-radiation follow-up
- Dense breast tissue evaluation
- Monitoring of high-risk patients, such as those with a family history of breast cancer

Computer Aided Detection (CAD)

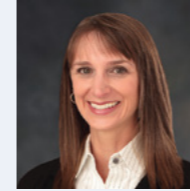
aids in early detection of breast cancer and is provided on every screening and diagnostic mammogram. The computer does not replace the radiologist who reads the mammograms; it merely acts as an aide to highlight possible suspicious areas for the radiologist to carefully review.

Stereotactic Breast Biopsy was designed to improve the quality, accuracy and ease of breast biopsies. Through a simple minimally invasive x-ray procedure, the precise location of a tumor or nodule can be determined for obtaining a tissue sample.

www.RAOcala.com

Our Certified Radiologists

Our radiologists are certified by the American Board of Radiology and have subspecialty training in breast imaging.



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Medical Director of the
Women's Imaging Center



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RYAN K. TOMPKINS, MD



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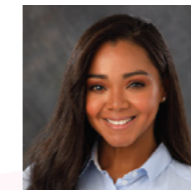
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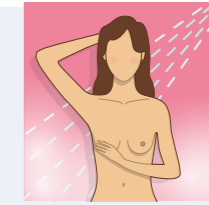
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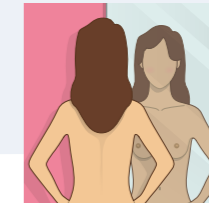
LARRY C. FULLER, DO



1. IN THE SHOWER

Place your right hand behind your head. With your left hand, soap your fingers and place the pads of your three middle fingers on the outside of your right breast and gently move your fingers in a circular motion toward the center, carefully feeling the entire breast and

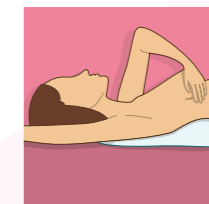
armpit area for any lump, thickening or hard knot. Mentally separate your breast into quadrants and examine each quarter carefully. Repeat the process on the opposite side.



2. IN THE MIRROR

After your shower and before you dress, visually examine your breasts in a large mirror with your arms at your sides. Then slowly raise your arms high over your head, looking for any changes in breast shape, and any swelling, dimpling

or puckering of the skin. Next, place your palms on your hips and press firmly to flex your chest muscles, still looking for abnormalities or changes. Most women have one breast that is bigger and/or lower than the other; this is normal. Finally, examine your nipples for any discoloring or swelling. Gently squeeze each one and look for any discharge or changes in the skin.



3. LYING ON YOUR BACK

Lie down on your back, and place a pillow under your right shoulder with your right arm behind your head. This spreads out your breast tissue. Using your left hand, start at your collarbone and move the pads of your three middle fingers in a small circular motion down

to the very bottom of the outside of your breast. Keep your fingers against your skin and move them one finger-width toward the center and repeat the process going upward so that you examine your entire breast in strips. Next repeat the process starting from your armpit and moving from the very top of your breast inward to your breastbone, then slightly lower and back outward, never lifting your fingers from your skin. As you move your fingers circularly, use three levels of pressure: light, medium, and firm, to feel your breast surface, middle region and the areas resting deep against your breastbone and ribs. It is normal to feel a firm ridge in the lower curve of each breast.