CELEBRATING OVER 30 YEARS OF LEADERSHIP

As one of the largest medical group practices in the region, Community Radiology Associates (CRA) is proud of its long tradition of excellence. Founded in 1980 by Dr. Sid Pion, our first office was located in Olney, Maryland. The practice soon expanded and CRA operates 19 imaging centers located throughout four counties in Maryland. All of CRA's physician members are board-certified in diagnostic radiology.

COMMUNITY RADIOLOGY ASSOCIATES IS DEDICATED TO PROVIDING PATIENTS WITH:

- Diagnostic expertise and timely, accurate reports to your referring physicians.
- Convenience and respect for your time in a clean and comfortable setting.
- Compassionate care from our team members, from scheduling through treatment and if necessary, follow-up.
- A network of doctors at multiple locations that consult with each other to provide superior patient care.
- Community support through donations to local charities and service organizations.

OUR SERVICES

Community Radiology Associates offers a full range of imaging services, including:

- MRI/MRA (3T & Wide-Open available)
- CT/CTA
- PET/CT
- Nuclear Medicine
- Digital Mammography (3D available)
- Ultrasound (4D available)
- DEXA (Bone Density)
- Fluoroscopy
- Digital X-Ray

OUR LOCATIONS

For your convenience, Community Radiology Associates has 19 imaging centers located throughout four counties in Maryland:

- Charles
- Frederick
- Montgomery
- Prince George's

All referrals and most insurances accepted.

Foreign language interpretation services available upon request.

All locations are accredited by the American College of Radiology.

For information and scheduling

call 888-601-0943

1/2014 www.communityradiology.com

CRA Community Radiology Associates

A Patient's Guide To

DIGITAL MAMMOGRAPHY

WHAT IS DIGITAL MAMMOGRAPHY?

Digital mammography is a safe, low-dose x-ray of the breast that electronically captures clear, sharp images and saves them as files on a computer. Radiologists are able to easily retrieve and analyze the images for signs of breast cancer.

CRA utilizes "direct capture technology" to obtain the sharpest images possible and Computer Aided Detections (CAD) to better evaluate tiny lesions. By using the latest equipment and technology, we are able to find breast cancer at its earliest stages.

WHAT IS 3D MAMMOGRAPHY?

3D mammography is a new technology that complements conventional 2D mammography. When 2D and 3D mammography are used together, cancer detection rates are increased. Because 3D technology produces exceptionally clear images, it is valuable for women who have dense breast tissue or a personal history of breast cancer. At this time, 3D technology is an optional add-on to your standard mammogram. Insurance does not currently cover the cost, so an additional charge may apply.

WHAT WILL I EXPERIENCE?

ON ARRIVAL

- You may request to have 3D technology added to your exam.
- After signing in and being taken back to the mammography area, you will undress from the waist up and change into a gown.

DURING YOUR SCAN

- The technologist will review your medical history and any breast symptoms you've experienced.
- You will be positioned standing at the mammography machine and will be asked to place your breast over the receptor. The machine compresses your breast and uses a low dose x-ray to obtain a clear image.
- If you have elected to add 3D technology to your exam, no additional breast compression is needed.
- Digital mammography captures and produces images quickly, which helps reduce wait time and the need for retakes.
- The procedure takes about 10 minutes.

AFTER YOUR SCAN

- You may leave immediately and resume normal activities.
- A board-certified radiologist who specializes in reading mammograms will carefully analyze your mammogram and send the results to your referring physician.

HOW DO I PREPARE FOR MY DIGITAL MAMMOGRAM?

- Wear a shirt that can easily be removed during your mammogram.
- Do NOT use deodorant, antiperspirant, or powder on the day of your mammogram.
- Consider adding 3D technology to your exam.

BRING WITH YOU

- Prescription or referral from your physician.
- List of medications you take.
- Insurance cards and photo ID.
- Images from any previous, relevant imaging exams (films or CDs) if from another facility.
- Medical history.
- Pathology reports.

GUIDELINES FOR EARLY DETECTION

The **American Cancer Society** has composed the following guidelines for early detection of breast cancer:

- Yearly mammogram, beginning at age 40, for those at average risk.
- Yearly clinical breast exam by a physician, beginning at age 40.
- Monthly breast self-examination.