



# Providing the answers you need

October is Breast Cancer Awareness Month and in this newsletter we look at advances in breast imaging technologies.

BREAST CANCER IS THE MOST COMMON cancer for women with around 2800 New Zealand women diagnosed every year. Most will survive five years or longer if the cancer is detected early enough but tragically, around 650 women die of the disease every year.

**Insight+Ascot Radiology's Ascot Central branch in Remuera** offers an expert and professional breast imaging service. We work closely with **Breast Associates**, a clinic of breast surgeons & breast physicians who are also located in the Ascot Central building, as well as with specialists across Auckland.

At our Ascot Central rooms we have the latest in digital mammography, as well as ultrasound facilities, and one of the world's most advanced 3-Tesla MRI scanners, supported by leading-edge computer-aided technology. We also have one of the few MRI-guided breast biopsy systems in the country.

Breast MRI is used in conjunction with digital mammography and ultrasound. Each of these modalities provides a different way of looking at the breast and is complementary to the others, providing radiologists and breast specialists with the best possible information.

We also offer mammography services at our Ascot Hospital and Millennium Institute of Sport & Health branches.

## Advances in Breast Imaging

### DIGITAL MAMMOGRAPHY

OVER THE PAST 15 YEARS, breast imaging has expanded with the introduction of Breast MRI.

However there have also been significant advances in mammographic technology with the change from analogue to digital imaging. Not only is digital mammography less demanding on MRTs, the images are readily accessible on the database system, and easily transferable. In some cases, digital mammography has also been shown to be more effective in the diagnosis of breast cancers. Ultrasound remains a vital adjunct to mammography.

Proportionally, there are fewer radiologists involved in mammography than there were 15 years ago. However there has been a significant increase in the body and level of experience of radiologists who have a sub-specialty interest in mammography and other forms of breast imaging.

### BREAST MRI

MRI OF THE BREAST is not a replacement for mammography or ultrasound, but is an additional tool.

When further information is needed, MRI is often recommended as a subsequent test. MRI scanning has been



around for about two decades but has only been used in recent years for breast cancer diagnosis.

The latest generation of MRI scanners use a stronger 3T (3-Tesla) magnet that result in better images which are more detailed and higher in resolution, with about 1700 images created in approximately 45 minutes.

MRI is sensitive for detecting breast cancer and does find disease that cannot be found with conventional imaging methods.

**Faster, better diagnosis from our expert term of professional radiology clinicians in a caring environment**

## Advances in Breast Imaging CONTINUED

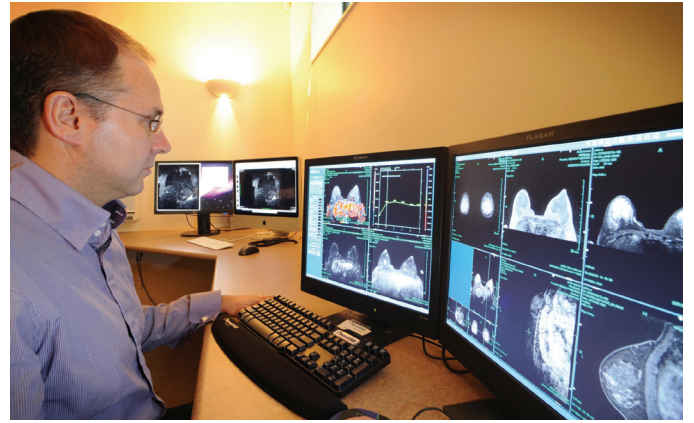
### BREAST BIOPSIES

THE CHOICE OF MODALITY USED to obtain a biopsy depends on how best the lesion is seen.

**MRI GUIDANCE:** Insight+Ascot Radiology has one of the few systems for MR-guided biopsies in New Zealand. This uses the DynaCAD workstation to accurately guide the needle to the desired spot. There are masses and other abnormalities seen only on MRI (versus mammography and ultrasound), and the ability to biopsy these give Insight+Ascot Radiology the complete package.

**MAMMOGRAPHY GUIDANCE:** Using the digital mammography system, breast lesions can be biopsied using stereotactic guidance. This system uses computer guidance to guide the needle to the desired spot.

**ULTRASOUND GUIDANCE:** Ultrasound can also be used to guide a needle to the desired location to take a biopsy, and the progress of the needle can be viewed in real time.



### OTHER DEVELOPMENTS

THERE IS ONGOING DEVELOPMENT AND TRIALING both internationally and nationally in the use of tomosynthesis in the breast, and in the assessment of breast density on mammography and its association with relative increased risk of developing breast cancer. However, mammography still remains the best imaging tool in the diagnosis of breast cancer.



## Introducing Dr Sally Urry MB CHB 1979 OTAGO; FRANZCR 1986

SALLY IS ORIGINALLY FROM WELLINGTON and trained at Otago Medical School and Wellington Clinical School of Medicine, graduating in 1979. She trained in Radiology at Wellington Hospital, completing her Fellowship year in Auckland.

Sally was appointed as a general radiologist at Counties Manukau DHB in December 1985 and over the years has developed a sub-specialty interest in Breast Imaging and Clinical Management.

Sally has been **Clinical Director of BreastScreen Counties Manukau** since May 2005, and the **Clinical Director of Radiology at Counties Manukau DHB** since July 2010.

She also practices at Insight+Ascot Radiology, primarily in Breast Imaging.

## CLINICAL EDUCATION SEMINARS

OUR SEMINAR SERIES ran over August & September and covered a variety of topics:

- Obstetrics & Paediatrics
- Orthopaedics
- The Breast
- Women's Imaging
- Chest & Cardiac
- PET CT

If you are interested in any of the talks, they are available to look at and/or download from our website:

[www.insightradiology.co.nz/Medical-Professionals/2013-Clinical-Education-Seminar-Series/](http://www.insightradiology.co.nz/Medical-Professionals/2013-Clinical-Education-Seminar-Series/)

## Patient information sheets

WE HAVE DEVELOPED a series information sheets for patients on a range of different radiology examinations, including Mammography and MRI.

This is a great resource for patients, particularly for first-time radiology visitors.

These are available to download at:

[www.insightradiology.co.nz/Medical-Professionals/Brochure-Downloads/](http://www.insightradiology.co.nz/Medical-Professionals/Brochure-Downloads/)

or by scanning the QR code here:



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