

City hospital announces first-of- its-kind Digital Breast Tomosynthesis for women

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Breast Cancer has been ranked as the number one cancer among Indian women with age adjusted rate as high as 25.8 per 100,000 women, as per the latest statistics published in the Asia Pacific Journal of Clinical Oncology. Bengaluru has ranked third with age adjusted incidence rate of carcinoma of the breast found as high as 34.4 per 100,000 women. Projections for India suggest the number of breast cancer cases will likely go as high as 1,797,900 by 2020. Though there has been an increase in health check-ups among women recently, we can still see that screening is low on priority even in major cities.

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Mammography continues to be the only screening test proven to decrease mortality from breast cancer. However, 2D mammography is less accurate in women with dense breasts for whom cancer may be masked by overlapping breast tissue. When a 2D mammogram detects an area of concern, radiologists further investigate with a diagnostic mammogram, ultrasound or biopsy. Looking at the same breast tissue in 3D, the radiologist may now be able to see that the abnormality on 2D mammogram, in fact, represents normal breast tissue. This avoids further investigation in a large number of patients undergoing routine screening.

3D mammography or Tomosynthesis is a special kind of mammogram that uses several low dose x-rays obtained at different angles to create multiple images or “sequential slices” that step through the breast tissue and allows radiologists to see more clearly. The breast is positioned and compressed in the same way as for a 2D mammogram but the x-ray tube moves in a circular arc around the breast. It takes less than 10 seconds for the scan. The information from the x-rays is sent to a computer, which produces a focused 3-D digital image of the breast.

Talking about Digital Breast Tomosynthesis, Dr. Mukta Mahajan, Consultant radiologist, Breast Imaging and Intervention said “The most important aspect as a Breast Radiologist at Cytocare Hospital is to spread awareness about personal risk-based screening and extent evaluation of breast cancer prior to planning treatment.”