

## Diagnostic Methods

### Non-invasive diagnostic techniques

**Mammography:** This is an x-ray of the breast. It is done with an x-ray machine specially for breasts, which uses low-dose radiation to detect a variety of problems, but mainly breast cancer.

You will be asked to undress from the waist up and to place your breast onto the mammography device.

Your breast is briefly squeezed during the procedure, but this is painless.

The information it provides in terms of new blood vessel growth, Microcalcifications (small calcium deposits) and ray distortions in the breast tissue leads us to a definitive diagnosis.

**Ultrasound:** Mammary ultrasound is a test that complements the previous test, on many occasions it makes it possible to describe structures within the breast, like cysts in better detail.

The doctor gently slides a probe that emits ultrasonic waves over the breast. When going through the tissue, these waves bounce off, producing ultrasonic echoes that show up on a screen and can be photographed.

### Minimally invasive diagnostic tests

#### Fine needle or stereotactic biopsy

This is a radiological technique that allows the study lesion to be located accurately, either to obtain a cell sample (fine needle aspiration or FNA), or tissue sample (core needle biopsy or CNB).

We have two systems:

#### VABB System – Vacuum Assisted Breast Biopsy

This is a system that, with a single biopsy puncture, allows multiple cylinders to be obtained which are only a few millimeters thick allowing an accurate histopathological study.

#### PEBB – Percutaneous Excisional Biopsy

This is a minimally invasive system, that under the guidance of a digitalis stereotactic table, allows the extraction of a biopsy or tumor of up to 20 mm, in an ambulatory procedure with no need for hospital admission and is as effective as conventional surgery.

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## Diagnosis of Breast Cancer



... because prevention is  
the best treatment

Obstetrics and Gynecology  
Service





Breast cancer is the most common malignant tumor among the female population. Raising awareness among women about the importance of knowing self-examination techniques, regular check-ups and mammograms are essential to stopping the disease in time.

The importance of early detection of breast cancer by mammography is essential, since "early detection changes the history of the disease" as the way the disease develops and its consequences are critical factors.

Early diagnosis is vital because the chances of curing the disease depend on the it, and can be 100% if it is detected in time.

Women must learn to know their body well and therefore recognize any warning signs. Specialists recommend all women over 20 years of age examine their breasts every month.

After 25 years of age, its best that a specialist examine your breasts annually. And after 40 years of age, a regular mammogram is recommended.

It only takes a little care and to be alert to any change in your breasts and if you notice anything unusual, see your doctor as soon as possible, the only person qualified to decide, by means of specific tests, like the mamogram, if you are dealing with breast cancer.

You can examine your breasts in front of a mirror to see any changes in the color and texture of the breasts. Once both breasts have been studied, the examination is completed with feeling the breasts with an open hand.

## What are we looking for?

- A lump about the size of a pea or hazelnut, which need not be painful. A hard, dense mass which does not move when touched.
- Asymmetric anomalies. They generally only appear in one of the breasts.
- Inverted nipple (pushing inward instead of outward).
- Changes in the color of the areola (the dark circle surrounding the nipple).
- Alterations in the texture of the skin of the breast (dimpling, puckering, redness, cracks).
- An increase in the number of visible veins in one of the breasts. Differences in the size of the breasts.

## Breast Self-Examination (BSE)

You should self-exam your breasts every month after your period, or if you longer no longer menstruate, on a set day of each month.

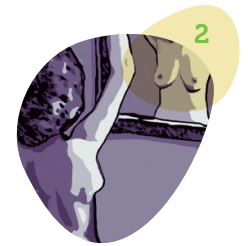


### You only have follow these simple instructions:

- 1 Stand in front of a mirror with your arms at your sides and check that your breasts are the same shape and size as normal, that the skin is smooth, not wrinkled and does not have rough patches, and that the underside of the breast is even in shape.



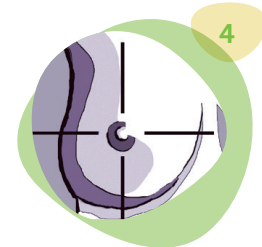
- 2 Lift your arms slowly and hold them over your head, check for noticeable differences between the breasts or armpits.



- 3 With your arms above your head twist your body and check for changes to the profile of your breasts.



- 4 To feel your breasts, you must lie down. Imagine your breast is divided into four sections. Examine the four sections as follows:



Left side:

- 5 Lying on the bed, lift your left arm and place your hand under your head. With your right hand and with your fingers held flat and stretched out, begin feeling your way round the four sections of the breast.



Right side:

- 6 Lift your right arm and examine the four sections of your right breast with your left hand. Carefully examine your armpits with the tips of Your slightly curved fingers.

