



North Valley Surgical Associates, PC

General & Minimally Invasive Surgery

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BREAST BIOPSIES

WHAT ARE THE ESSENTIALS OF BREAST HEALTH?

The American Cancer Society recommends that women take a three-step approach to good breast health: monthly breast self-examination, regular medical check-ups and, if you are age 40 or older, annual mammography. Remember, early detection is your most important weapon against breast disease!

WHAT DIAGNOSTIC PROCEDURES ARE PERFORMED?

The vast majority of women require only one annual diagnostic test to ensure breast health: an annual exam and mammogram. But for 10-15% of American women more testing is needed. Should your mammogram show any suspicious areas, your North Valley Surgical Associates surgeon may recommend another mammogram of the area in question or an ultrasound (an imaging method using sound waves). In many cases, this additional non-invasive test is all that is needed. However, if the physician desires further studies of the area, one or more additional diagnostic tests may be required. He or she may recommend:

NEEDLE BIOPSY — a needle is guided into the area of the breast abnormality while the doctor is feeling or palpating a lump

STEREOTACTIC BIOPSY — a computer-guided needle extracts a sample of the suspicious tissue

OPEN BIOPSY — surgical removal of the tissue sample, under local or general anesthesia

MAMMOTOME BIOPSY — a needle is inserted into the breast tissue that is capable of sampling the same diseased tissue as traditional open biopsy

Through the evaluation of one or more of these biopsy procedures, the physician can determine the composition of the lump and make further recommendations to the patient.

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