



## North Valley Surgical Associates, PC

General & Minimally Invasive Surgery

Brian Lipton, MD, PhD

Barbara Merz, MD

R. Alejandro Morales, DO

## BREAST PROCEDURES

### WHAT ARE THE ESSENTIALS OF BREAST DISEASE DIAGNOSIS?

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.

If a mammogram or self-evaluation uncovers a lump or other suspicious tissue, your North Valley Surgical Associates surgeon may recommend a biopsy to determine the location and analyze the composition of any suspicious tissue. There are many types of breast lumps. Most are benign (not cancerous). Benign breast tumors such as fibroadenomas or papillomas are non-cancerous and are not life-threatening. Other lumps may be malignant (cancerous) and may become life-threatening.

Your surgeon may recommend a needle biopsy, stereotactic biopsy or open biopsy, depending on the disposition of the lump, the patient's medical history and her wishes. With these biopsies, the physician may use an x-ray or ultrasound guided needle to take a sample of the suspicious area. Surgical removal of all, or a portion, of the lump for microscopic analysis may be required in some cases. The procedures cause very little discomfort for most women, and the results are usually available within a few days.

One of the latest biopsy techniques available is a mammotome biopsy, in which a needle is inserted into the breast tissue that is capable of sampling the same diseased tissue as traditional open biopsy.

ph 602.995.0822

fax 602.995.0825

#### Main Office

15600 N. Black Canyon Hwy  
Suite 102C  
Phoenix, Arizona 85053

*This material is presented for information only. If you have concerns about your health, consult your personal physician.*

WWW.NORTHVALLEYSURGEONS.COM