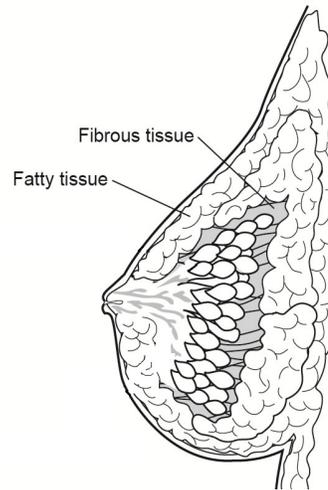


Automated Whole Breast Ultrasound (ABUS)

Your breasts are made up of dense (fibrous) breast tissue and fatty breast tissue. The density of your breasts can be checked with a mammogram. A mammogram will show the amount of dense tissue and fatty tissue in your breasts. Some women's breasts are made up of almost all dense breast tissue, with very little fatty tissue. This is called



heterogeneously dense (breast density category 3) or **extremely dense** (breast density category 4). Women with dense breast tissue have a higher risk of breast cancer.

Dense breast tissue can make it hard to find small tumors or other abnormal areas in your breast. **Automated Whole Breast Ultrasound (ABUS)** is a new way to screen dense breast tissue to look for cancer. ABUS creates 3D (3-dimensional) pictures of your breast tissue. These pictures show your breast tissue in different sections and orientations.

What are the benefits of ABUS?

For women with dense breast tissue, ABUS can find breast cancer that is unable to be found with a mammogram due to the density of the breast. Mammograms and other breast imaging, such as tomosynthesis, use radiation in the form of x-rays to take pictures. ABUS uses only sound waves to create pictures of your breast tissue.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

What should I expect during my ABUS?

You will lay down on your back during the ABUS screening. The imaging technologist will put a thin layer of lotion on both breasts. This lotion helps the ABUS scanner take images of your breast tissue. The ABUS scanner will be placed on your breast and moved 2 to 3 times to take pictures of different areas of each breast. You may feel gentle pressure on your breasts, but your breasts will not be compressed like during a mammogram. The ABUS is painless and takes about 15 minutes.

Do I still need a mammogram?

Yes. Mammograms are very important and are the best way to find breast cancer early. If you have dense breast tissue, ABUS screening, along with your mammogram, can provide a better picture of your breast tissue.

What other information do I need to know?

ABUS may not be covered by your health insurance plan. Every plan is different. You should check with your insurance company about what your plan covers before you make an appointment for this type of screening.

Talk to your doctor to order an ABUS screening or call the Breast Imaging Department at 614-366-3385 to schedule an appointment.