

ABOUT INLAND IMAGING

At Inland Imaging, our specialty trained radiologists, nurses, and technologists make sure that you get detailed answers quickly and accurately. Because when it comes to your health, better answers can lead to better outcomes.

SCHEDULING: (509) 455.4455

BREAST IMAGING CENTER LOCATIONS

For a list of our breast imaging center locations, please refer to: www.inlandimaging.com/locations. To find out more, talk with your doctor or call Inland Imaging at 509.363.7799.



Inland Imaging[®]

Answers you can trust and care you can count on.



ABBREVIATED BREAST MRI

A Highly Sensitive Screening Tool
for Patients with Dense Breast Tissue



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WHAT IS AN ABBREVIATED BREAST MRI (AB-MRI)?

Abbreviated Breast MRI is an excellent screening tool that has been shown to detect 16 additional cancers per 1000 women screened when used in addition to annual screening mammography. The exam takes 15-20 minutes, much shorter than the full-length Breast MRI, making this exam more tolerable and less costly.

Is AB-MRI Right for me?

If you have dense breasts (classified as heterogeneously or extremely dense on your mammogram) and you have no additional risk factors including no personal or family history of breast cancer then AB-MRI may be an important screening tool for you. If you have significant additional risk factors for breast cancer including strong family history, genetic mutation or personal history of breast cancer with a lifetime risk >20%, AB MRI may not be an appropriate screening exam and we recommend you talk to your doctor about risk assessment.

What Else Should I Know Before Getting an AB-MRI

As a supplemental screening exam, AB-MR should only be performed if you have had a normal mammogram within one year and currently have no breast symptoms. AB-MRI can lead to additional testing including biopsy or diagnostic mammogram and ultrasound.

Limitations of AB-MRI

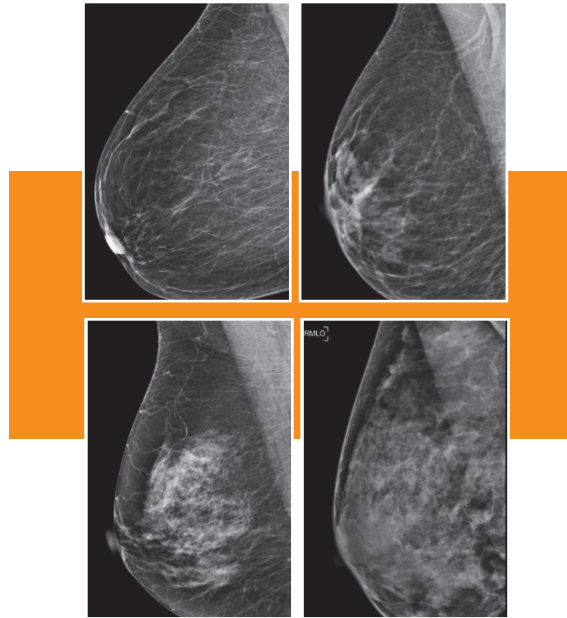
- Cost is not currently covered by insurance.
- AB-MRI is not appropriate for women with a strong family history of breast cancer or if you have been recently diagnosed with breast cancer.
- AB-MRI requires a contrast agent (*gadolinium*) which is administered through an IV.

How do I get an AB-MRI?

Talk to your physician about whether an AB-MRI is an appropriate screening tool for you. Once we receive an order from your physician, we will call you to schedule your AB-MRI.

What is Breast Density?

- Breast density is a description of how your breast appears on a mammogram. It is determined by the radiologist, the doctor reading the mammogram.
- Breasts are made up of fibrous and glandular tissue and fatty tissue. On the mammogram, fibrous and glandular tissue appears white and fatty tissue appears black. A dense breast contains mostly white fibrous and glandular tissue.
- There are four categories of breast density on a mammogram: almost entirely fatty, scattered areas of fibroglandular density, heterogeneously dense, and extremely dense. Women with mammograms that are heterogeneously dense or extremely dense are considered to have “dense breasts”.
- Breast density may decrease with age, but for most women there is little change.



Clockwise from top left: Four categories of breast density; almost entirely fatty, scattered areas of fibroglandular density, heterogeneously dense, and extremely dense. Images courtesy of the American College of Radiology (ACR).

- Dense breasts are normal and common. About half of all women have dense breasts.

Why is Breast Density Important?

- Having dense breasts may make it more difficult to spot a cancer on a mammogram.
- Dense breast tissue also slightly increases a woman’s risk for developing breast cancer. There are factors other than breast density which may place a woman at increased risk for breast cancer, including family history, chest radiation treatments, and genetics. You should discuss all risk factors with your clinician.



As a supplemental screening exam, AB-MR should only be performed if you have had a normal mammogram within one year and currently have no breast symptoms.

What Can I Do to Get Rid of the Pain?

Speak with your provider about breast density and discuss if there are any other factors which may increase your risk for breast cancer.

Inland Imaging, the American College of Radiology and the Washington State Radiological Society recommend women get a screening mammogram once a year beginning at age 40. No matter the breast density the only medical imaging test proven to reduce breast cancer deaths is a screening mammogram. Every woman’s breast health is better evaluated with 3D mammography.

For additional information, go to:

www.mammographysaveslives.org, wa-dense-breastanswers.org, and densebreast-info.org/information-for-dense-breast-patients.aspx .

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