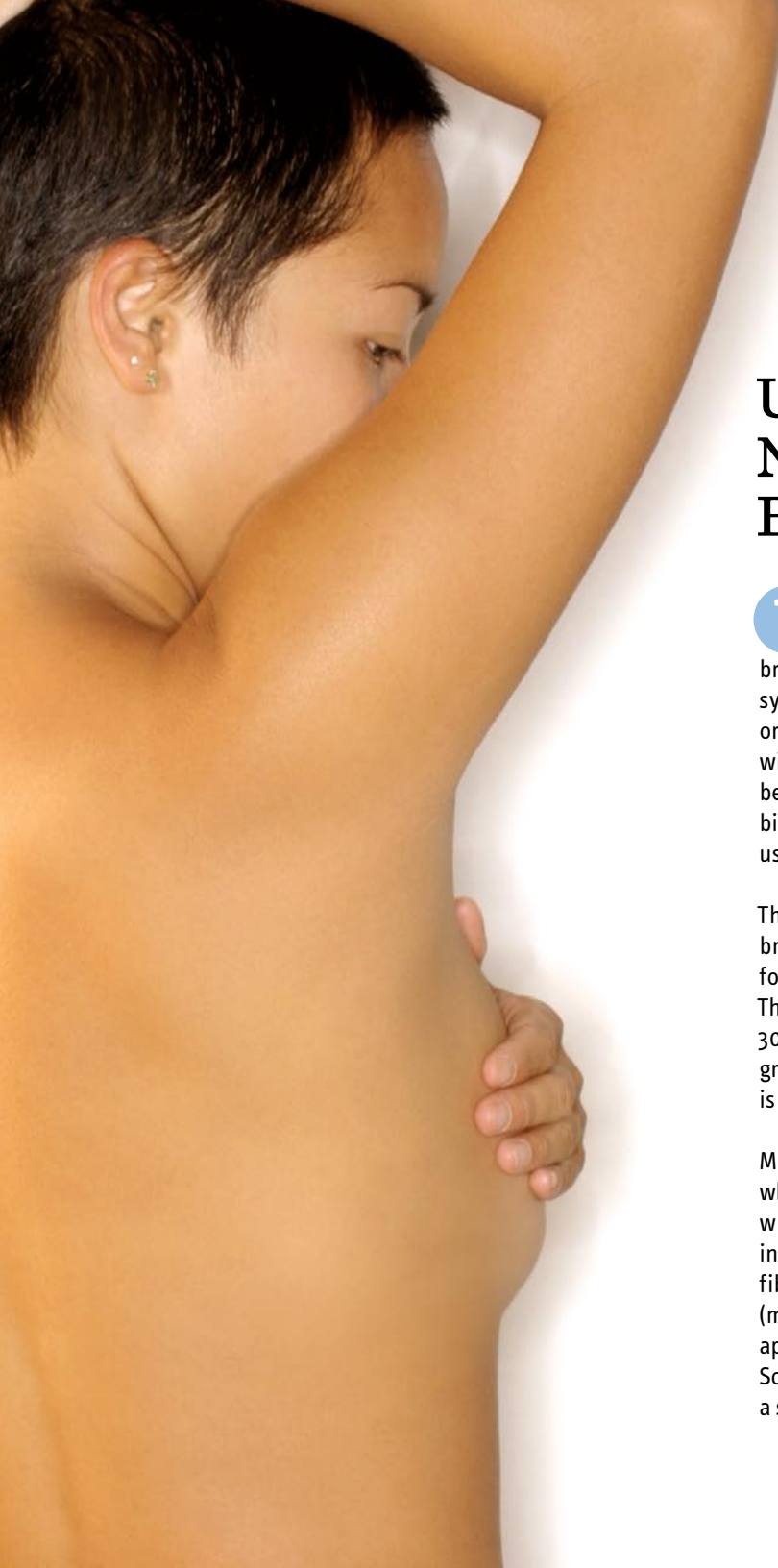


Non-Cancerous Breast Tumors

■ Surgery is not your only option

epicTM
IMAGING





Understanding Non-Cancerous Breast Tumors

The vast majority of all breast abnormalities turn out to be non-cancerous or benign. Benign breast conditions are not life threatening but may cause symptoms like a thickening of the tissue, a lump, pain or tenderness. Because these symptoms also may occur with breast cancer, it is very important to confirm a benign diagnosis with your doctor. Frequently a breast biopsy is ordered. This is a tissue sampling technique used to confirm or rule out the presence of cancer.

The most common type of benign or non-cancerous breast tumor is a fibroadenoma. Fibroadenomas are formed from an overgrowth of normal breast cells. They are very common in teenagers and women under 30 but may occur at any age. They often continue to grow and may even double in size during pregnancy. It is also not uncommon to have more than one.

Most fibroadenomas are simple fibroadenomas which are characterized by a fairly uniform appearance when viewed under a microscope. They do not increase your risk for breast cancer. Some complex fibroadenomas, however, contain other components (macrocyts, sclerosing adenosis, calcifications, or apocrine changes). According to the American Cancer Society, women with these complex fibroadenomas have a slightly increased risk of developing breast cancer.

After Diagnosis

If you have recently been diagnosed with a benign breast tumor, you are probably asking: What next? Historically, women have had two primary choices. They could either do nothing and simply monitor the tumor or they could choose to have it surgically removed. Needless to say, surgery is an unpleasant prospect for most women resulting in scarring and changes in the shape of the breast due to tissue removal. Fortunately, it is no longer the only option. Today an exciting new, non-surgical treatment called cryoablation is also available.

Most women with a benign fibroadenoma prefer to have it removed either at the recommendation of their doctor or for one or more of the following reasons:

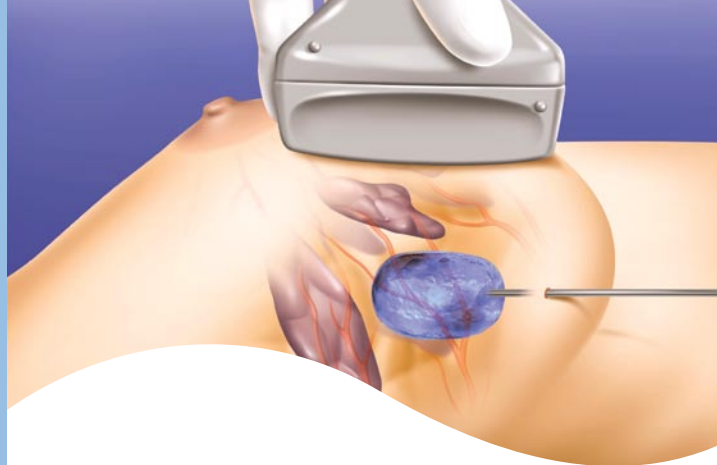
- Pain
- Fear of future malignancy
- The anxiety of a palpable lump
- The tendency of the fibroadenoma to grow rapidly during pregnancy
- The need for frequent monitoring

If you have decided on removal of your fibroadenoma, it is nice to know you now have an alternative to an invasive surgery.

Ultrasound Guided Cryoablation

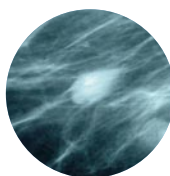
Ultrasound guided cryoablation is a relatively new procedure utilizing state-of-the-art, extreme cold technology to destroy fibroadenomas without harming surrounding tissue. The procedure is best performed on fibroadenomas under 3 cm in diameter. Unlike surgery, this minimally-invasive treatment preserves the original shape and size of the breast. Patients report little to no pain and are free to return to work within a day or two.

If your doctor has recommended surgery to remove your fibroadenoma, you may wish to discuss whether or not you are a candidate for the cryoablation alternative. The doctors at EPIC Imaging are always happy to consult with your physician and are just a phone call away.



The Procedure

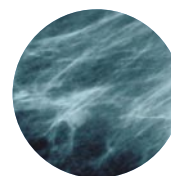
Cryoablation is performed entirely on an outpatient basis and is frequently covered by insurance. The treatment site is first numbed with a local anesthetic. A tiny 3mm incision about the size of a match head is made in the breast. The radiologist then inserts a small ultrasound-guided probe into the center of the fibroadenoma. The probe freezes and destroys the tumor, surrounding it in a ball of ice. The destroyed tissue is simply reabsorbed into the body over time and can generally no longer be felt within 12 months.



PRE CRYOABLATION
MAMMOGRAM



ULTRASOUND OF ICEBALL



12-MONTH POST CRYOABLATION
MAMMOGRAM

Thanks to the ability of ultrasound technology to provide highly detailed, real time images of the breast's internal structures, the radiologist can carefully and painlessly monitor all aspects of the procedure. In cases where the fibroadenoma is close to the skin, the radiologist may inject sterile saline to increase the distance between the skin and the forming ice ball to better protect it.

The entire procedure takes just 20 to 30 minutes. Most women report little or no pain. The tiny incision does not even require stitches. A small bandage is all that is necessary.



After the Procedure

Mild tenderness in the treated site is normal and can generally be relieved with Tylenol or Motrin. Normal activity can be resumed within 24 hours but strenuous or jarring exercise should be avoided for about seven days. Discoloration, bruising and swelling around the cryoablation site is expected and generally fades in a week or two. Wearing a comfortable sports bra for the first week is very helpful.

Once the swelling subsides, you may notice a hard lump that actually feels larger than the fibroadenoma that was treated. This is the body's normal response to freezing. It may take between 3 and 6 months to soften and in most cases will entirely disappear within 12 months. Ultrasound follow-up is recommended at 3 and 6 months.



Scheduling

The best source of information about your health is your doctor. We encourage you to discuss all your options with your physician to make an informed decision. Ultrasound guided cryoablation may be scheduled at both EPIC's East and West side locations by calling the number on the back of this brochure. A physician referral is required and the diagnosis of fibroadenoma must be confirmed by a biopsy. Breast biopsies are also available at both EPIC locations.



Get More Information

The best source of information about your overall health is your doctor. The EPIC Imaging website can provide you with more detailed information on imaging technology and procedures.

www.epicimaging.com



Additional Resources

American Cancer Society

www.cancer.org

Key word: Non-cancerous breast conditions

Sanarus/Visica Treatment System

www.sanarus.com



Answers for Life

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