



The **Women's** Imaging Center

The Women's Imaging is a full-service radiology suite that provides a calm, reassuring environment for patients. Medical expertise in performing both screening and diagnostic mammograms is only part of what we offer. We have mammography suites, bone densitometry, and ultrasound capabilities. We also offer convenient evening and Saturday hours.

We are a patient-centered facility and are very aware of women's emotional needs and concerns surrounding breast care. We strive to make patients feel comfortable, and are able to maintain a "human touch" without compromising our high technical standards.

MAMMOGRAPHY

Breast cancer strikes one in every eight women. Early detection utilizing mammography can make a difference in the success of treatment. A mammogram is a set of x-ray images of the breasts. The images are obtained by placing the breast in a special mammography machine, which is designed so that a radiation beam passes through the breast and forms its image on an x-ray film. The breast is held in compression for each x-ray exposure to achieve the clearest possible image.

Your mammogram is interpreted by board certified physicians who collaborate with your primary care physician, surgeons, and oncologists. At Nashoba Valley Medical Center we take pride in our credentials. All of our registered mammography technologists have taken advanced courses in mammography.

BONE DENSITOMETRY

Osteoporosis is a debilitating bone loss disease that affects millions of women. It is a major health problem with an impact that is expected to reach epidemic proportions as our country's population ages. Annually, 500,000 spine and hip fractures are directly attributed to osteoporosis.

A vital part of our Women's Imaging Center is bone densitometry, a sophisticated procedure used in the early diagnosis of osteoporosis. A bone densitometer uses a radiographic imaging

technique that focuses on the bone to measure bone mineral density. It analyzes an individual's measurements based on age, weight, sex, and ethnic background to determine a patient's age-related fracture risk. With a wide spectrum of new treatment options, the information received from this test is essential for instituting early treatment, which can prevent further bone loss.

The exam requires no preparation on your part and takes 15 to 20 minutes. Bone densitometry involves less than one-tenth the dosage of radiation from regular x-rays and is painless.

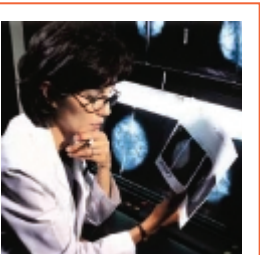
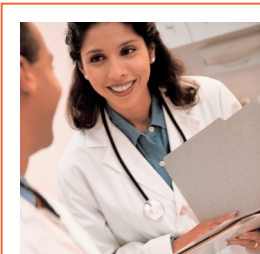
ULTRASOUND

Ultrasonography is an integral part of our Women's Imaging Center. It is the technique of using sound waves to create high quality images without the use of radiation. It is probably best known for monitoring the health and well being of babies prior to birth. At Nashoba Valley Medical Center, however, we also use ultrasound as an accompaniment to mammography in the evaluation of the breast. It can differentiate benign, fluid-filled cysts from solid, potentially malignant masses. Having an ultrasound done does not duplicate the information found on a mammogram but is used as a complementary evaluation.

Our ultrasound technology also allows excellent visualization of the uterus and ovaries. Analysis of blood flow with ultrasound is commonly used in evaluating arteriosclerosis, a degenerative disease of the arteries, and can help in characterizing tumors of the breast and ovaries. In the abdominal area, ultrasound is excellent at looking at the gallbladder, liver, kidney, spleen, and pancreas.

We have continued to upgrade our ultrasound unit to maintain a state-of-the-art system. Ultrasound scans are performed by registered ultrasound technologists and are interpreted by subspecialty trained radiologists.

Our Center is accredited by the American College of Radiology in ultrasound and mammography.





BREAST BIOPSIES

Based on the results of your mammogram, a biopsy may be recommended to make a final diagnosis. Our Women's Imaging Center offers both stereotactic breast biopsies as well as ultrasound guided breast biopsies. Both options are fast, highly exact, and less invasive than having an open surgical biopsy. These procedures, which last less than an hour, allow physicians to examine small samples of breast tissue, which are removed using a hollow needle guided by either digital x-ray imaging and computer coordinates, or ultrasound guidance. Both technologies allow for quick, definitive results, and require minimal time compared to inpatient surgery. Results are available within a few days.

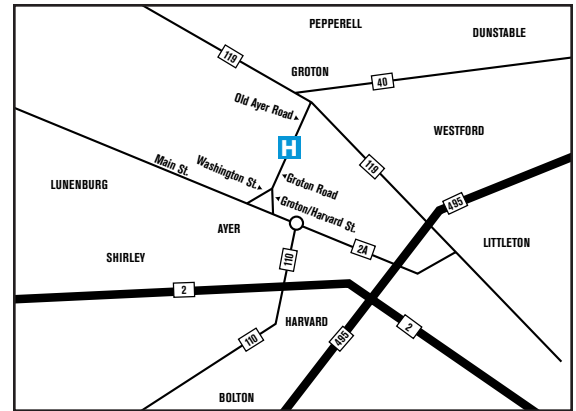
BREAST MRI

We are now offering breast MRI as needed in conjunction with mammography exams.

TO SCHEDULE AN APPOINTMENT

To schedule an appointment or if you have questions, call the Women's Imaging Center at **978-784-9272**.

DIRECTIONS TO NASHOBA VALLEY MEDICAL CENTER



Nashoba Valley Medical Center is a community hospital serving communities in North Central Massachusetts. Located in Ayer, the hospital boasts a highly qualified medical staff offering community based primary care and a wide range of specialty services.

Founded in 1964, Nashoba Valley Medical Center is known for many clinical strengths, including emergency medicine, cardiology, gastroenterology, oncology, orthopedics and surgery. The hospital also offers a diverse array of outpatient services in its Ambulatory Care Center, such as a Joslin Diabetes Center and a broad spectrum of services including an on-site Occupational Health Center focused on prevention of work-related injuries and illnesses, rehabilitation and management of return to work issues.

Our services include:

- Emergency | Acute Care | Cardiovascular | Diagnostic Imaging | Joslin Diabetes Center
- Occupational Medicine | Orthopedics | Surgery | Outpatient Rehabilitation



Important Telephone Numbers

Women's Imaging Center	978-784-9272
24- Hour Emergency Department	978-784-9250
Main Number	978-784-9000
Physician Referral	978-784-9257