

A CLEAR VISION
FOR BETTER PATIENT CARE

Dedicated to Excellence

ASSOCIATION OF ALEXANDRIA RADIOLOGISTS, PC

(AAR) has been providing comprehensive diagnostic imaging and treatment services throughout the Northern Virginia area since 1970. Our board-certified radiologists use all imaging modalities to provide accurate diagnosis, consultation and intervention while utilizing state-of-the-art equipment. All the major sub-specialties of radiology are encompassed, including: musculoskeletal radiology; nuclear medicine; mammography; ultrasound; genitourinary radiology; CT/ MRI imaging; and neuroradiology.

Our facilities are staffed with highly qualified technologists and exceptional support personnel. The result is the highest quality images for advanced diagnoses so that you receive the most timely treatment. Rest assured that when you come to AAR for your radiological evaluation, you are in the best of hands.

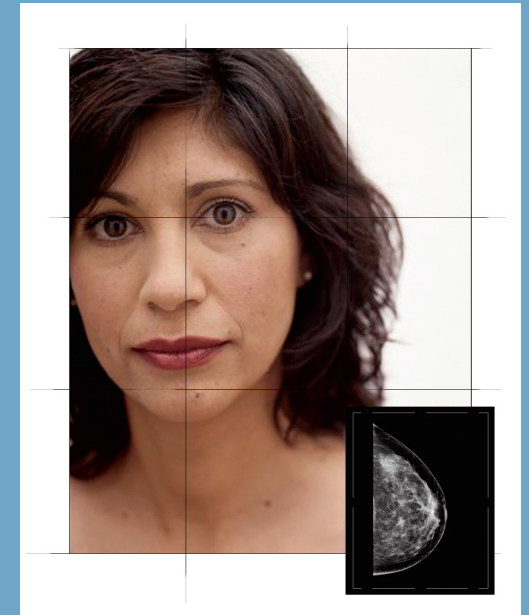
ASSOCIATION OF ALEXANDRIA RADIOLOGISTS, PC

AAR Alexandria Imaging Center
4660 Kenmore Avenue, Suite 525
Alexandria, VA 22304

AAR Lorton Imaging Center
8986 Lorton Station Boulevard, Suite 200
Lorton, VA 22079

AAR Woodbridge Imaging Center NOW OPEN
4001 Prince William Parkway, Suite 302
Woodbridge, VA 22193

To schedule an appointment,
please call 703-824-3260



BREAST HEALTH

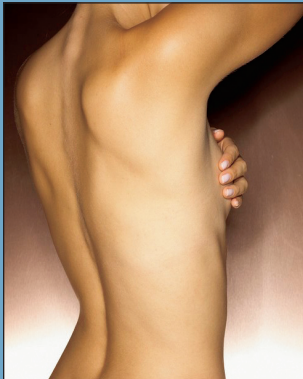
Digital Mammography Now Available

Increase Your Chances for Early Detection

Beginning at age 40, a woman's individual risk for developing breast cancer is approximately four percent. This number increases with age, making early detection and intervention critical to the successful treatment of the disease. Below are a few facts that every woman should know:

- Advanced imaging procedures, such as mammography, and routine physical exams are the most effective methods for early detection.
- For women 40 and older, an annual screening mammogram is recommended by the National Cancer Institute, the American Cancer Society and the American College of Radiology.
- Mammography has been used safely and effectively for more than thirty years.
- The clinical findings on your mammogram may require follow-up exams, such as ultrasound, MRI and biopsy. These additional studies are an important part in your continuum of care.

The breast imaging procedures highlighted in this brochure can identify changes in breast tissue before you develop symptoms, increasing your chance to detect breast cancer in its earliest stages, when treatment is most effective. Women should begin conducting Breast Self-Exams at age 20.

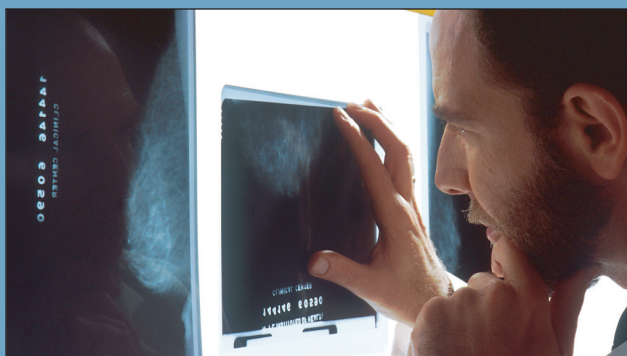


Your Exam

Your physician may order a screening mammogram or a diagnostic mammogram, based on your history. A screening mammogram is appropriate for most women. Diagnostic mammography exams are reserved for women who are experiencing symptoms (breast pain, nipple discharge, palpable lumps, etc.) or who have had a previous exam where abnormalities were detected.

On the day of your exam, it is important to remember a few things:

- Your new mammography images will need to be compared with your old ones. If your prior exams were conducted at a different facility, you will need to retrieve those films and bring them with you.
- Compression, although uncomfortable, is necessary. It reduces tissue overlap for better visualization of potential abnormalities. Try not to schedule your mammogram just prior to your menstrual period when your breasts are most sensitive to compression.
- Do not use any creams, lotions or powders on the day of your exam. These may affect the quality of your mammogram, making the images difficult to interpret.



Digital Mammography

Women who undergo routine mammograms at AAR now have the latest diagnostic technology available to them, digital mammography. A landmark study published in the New England Journal of Medicine reported that digital mammography detected up to 28 percent more cases of cancer among women of certain subgroups.

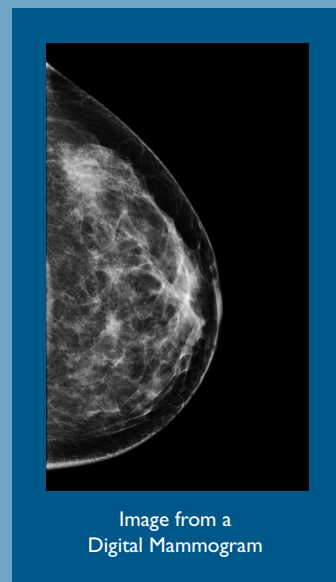


Image from a Digital Mammogram

Digital mammography feels identical to conventional screening from a patient's perspective, though women may notice shorter exam times and a reduction in call-backs to obtain additional images. Demand for digital mammography is high and AAR is pleased to offer this state-of-the-art technology.

Computer Aided Detection (CAD)

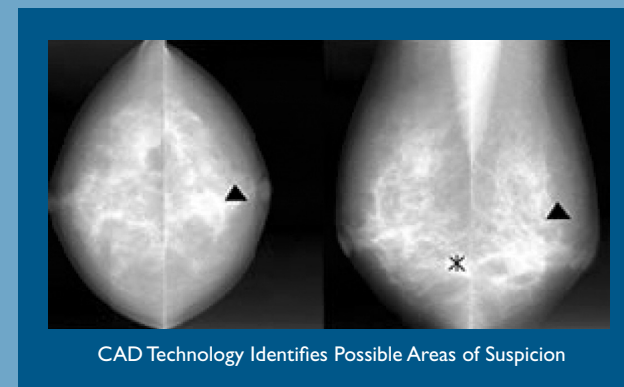
To further enhance the diagnostic value of your mammogram, AAR employs the use of Computer-Aided Detection (CAD). Digital CAD highlights characteristics commonly associated with breast cancer. When activated, it flags abnormalities to help the radiologist detect early breast cancer. CAD is, in essence, a second set of eyes to support and enhance the radiologist's judgment.

Graphics and excerpts in this publication courtesy of the National Cancer Institute. Illustration of Computer Aided Detection provided by R2 Technology.

Breast Biopsy

A mammogram cannot prove that an abnormal area is cancer. If a mammogram raises a significant suspicion of cancer, tissue must be removed for examination under the microscope to tell if it is cancer. This can be done with needle biopsy.

AAR provides a safe and simple minimally invasive diagnostic breast biopsy option to women of all breast sizes and risk groups in the convenience of our outpatient office. Our breast biopsy system offers a one minute biopsy with reduced pain and anxiety, no scarring or post-operative recovery time, and quality samples to ensure an accurate diagnosis.



CAD Technology Identifies Possible Areas of Suspicion

Your Results

Waiting for the results of any diagnostic test can be frustrating and cause anxiety. At AAR we strive to provide the highest quality, most advanced imaging services while emphasizing timely customer service. In many cases, it is not possible to report your results without full knowledge of your medical history and/or physical examination findings. You can help us deliver your report more promptly by discussing your medical history with the technologist during your exam. We will send your results to your doctor as soon as possible, however, please allow five business days before contacting your doctor's office. If you have had a breast biopsy, we will call you directly as soon as your results are available.

We pride ourselves on excellence in service to the patient including:

- Easy and flexible scheduling
- Accommodating emergency studies and special needs requests
- Prompt delivery of reports to the referring physician
- Ensuring confidentiality and a caring attitude

Insurance

AAR accepts a wide range of insurance carriers. Most insurance companies cover routine mammograms. You should check with your individual insurance company regarding their coverage for mammograms.

WOULD YOU LIKE TO LEARN MORE?

For more information on women's health studies, visit www.alexandriaradiology.com.