



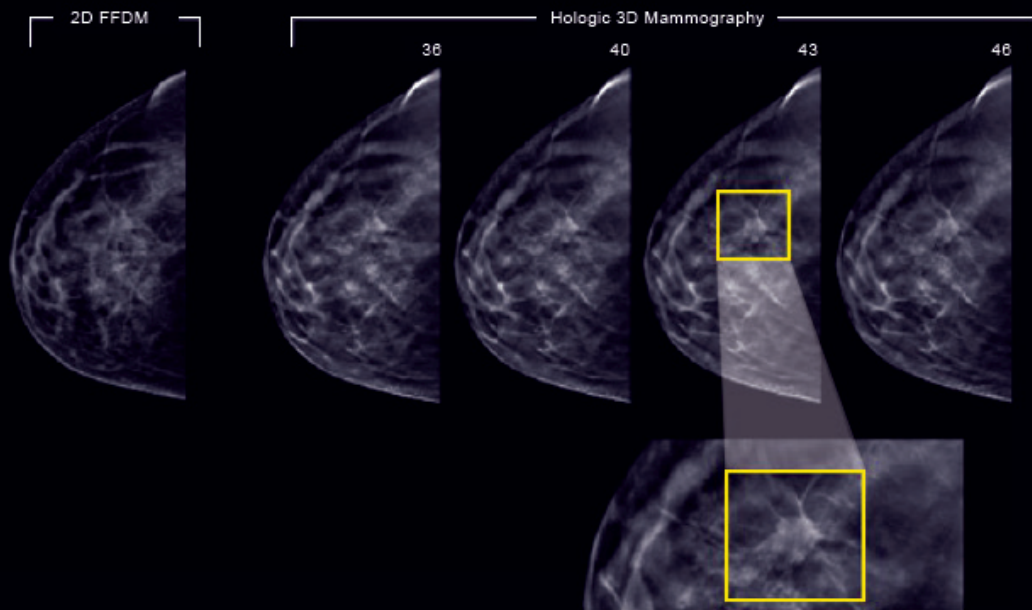
# 3D Mammography at John Muir Health

A revolutionary new screening tool  
designed for early breast  
cancer detection



## A comparison of 2D versus 3D images in identifying a malignancy

A malignancy easily missed with conventional 2D mammography  
was clearly seen with Hologic 3D Mammography





## What you should know

Mammography remains the best overall screening tool for the detection of breast cancer. However, traditional 2D mammography has some limitations in that it detects breast cancers in only about 70% of cases. In women with dense breasts, the detection rate is even lower. Another limitation of 2D mammography is that about 10% of women are called back for additional tests or biopsies because the results are unclear. The anxiety that women experience while they await their results and during their call backs is well documented.

## A new imaging technology and approach

3D mammography, also known as Digital Breast Tomosynthesis (DBT), is a breakthrough in imaging that provides a clearer, more accurate view compared to 2D mammography. DBT sets a new standard for clearer images of lesions, by reducing or eliminating the “tissue overlap” that can interfere with lesion detection and that is often seen with 2D mammography images.

## What are the benefits of DBT compared to 2D mammography:

- Earlier detection of small breast cancers
- Greater accuracy in pinpointing size, shape and location of lesions
- Fewer unnecessary biopsies or additional tests
- Greater likelihood of detecting multiple breast tumors, which occur in 15% of breast cancer patients
- Clearer images of dense breast tissue

## How DBT differs from the 2D mammography procedure

DBT is meant to complement but not replace traditional 2D mammography. Like 2D mammography, DBT involves placing your breast in a fixed position. During the DBT exam an X-ray arm will sweep over the breast while it takes multiple images. Rather than taking two-dimensional pictures of the breast, DBT takes a series of images as the X-ray arm travels through the structure of the breast. Fine details are more visible with DBT and are less likely to be hidden by tissue overlap. Very low-energy X-rays are used during the exam in about the same amount as 2D mammography. DBT is performed at the same time with the same system, and takes about 30 seconds longer than the 2D mammography procedure.

After taking multiple images of the breast, a computer produces a 3D composite image of your breast tissue in one millimeter slices, providing greater visibility for the radiologist to see breast detail in a way never before possible. In over 100 clinical studies, DBT has been proven to increase the detection of invasive breast cancer by over 40%. And DBT has been shown to reduce the percentage of women who are recalled by 15%.

**For more information about insurance coverage of  
3D mammography at John Muir Health contact:**

***Linda Womack***

Executive Director of Medical Imaging  
linda.womack@johnmuirhealth.com  
(925) 941-5077

OR

***Karen Connolly***

Manager of Breast Imaging Services  
Karen.connolly@johnmuirhealth.com  
(925) 941-4102

## Is DBT available to all women undergoing mammography

DBT is a relatively new procedure and has only recently been made available at select institutions like John Muir Health. Many physicians have recommended DBT in all patients with dense breasts, patients with BRCA gene mutation and those who have been previously diagnosed with breast cancer. Consult with your primary care doctor as to whether DBT is right for you. Depending on your insurance plan, not everybody will be covered for DBT the same way as 2D mammography.

## Where do I go for DBT at John Muir Health

DBT and other imaging services are available at:

John Muir Health Medical Imaging  
133 La Casa Via  
Suite 120  
Walnut Creek, CA 94598  
(925) 947-5396

John Muir Health Medical Imaging  
140 Brookwood Road  
Suite 100  
Orinda, CA 94563  
(925) 952-2701

John Muir Health Medical Imaging  
2400 Balfour Road  
Brentwood, CA 94513  
(925) 308-8123



**JOHN MUIR**  
HEALTH

[johnmuirhealth.com](http://johnmuirhealth.com)

Community-based, not-for-profit



# Questions and Answers about DBT and Insurance Coverage

**Remember, 2D mammograms and 3D mammograms are given as two parts of the same exam.**

## Is DBT covered by my insurance company?

Medicare and MediCal cover 2D and 3D mammograms and will reimburse for both parts of the exam. Some private insurers have not yet included 3D mammograms in their coverage, so that only the 2D portion of the exam is covered.

In time, it is likely that private insurers will include 3D mammograms in their coverage as they are aware and recognize the benefits of this new technology. Until then, 2D mammograms will continue to be covered.

## If DBT is not covered by my insurance, what are my options?

1. Pay the incremental cost for the 3D portion of the exam from your own pocket. Contact John Muir Health Imaging Services to discuss the costs before completing the exam.
2. You can petition your insurance company to cover the DBT portion of the exam. Some patients have been successful in obtaining reimbursement the second time the insurance company has reviewed their case. A separate website - [www.covermygenius3d.com](http://www.covermygenius3d.com) - has been set up to help walk you through the steps.
3. Always complete the 2D portion of the exam, and work with your insurance company, your doctor and John Muir Health Imaging Services to help broaden coverage at your next scheduled mammography.

Contact us at (925) 952-2701 for more information about the DBT procedure and its coverage.



**JOHN MUIR**  
HEALTH

[johnmuirhealth.com](http://johnmuirhealth.com)

Community-based, not-for-profit