

Schedule your appointment with Charlotte Radiology

Appointments for screening and diagnostic mammography are available Monday through Friday. Walk-in appointments are available during the week for screening mammography. If you would like a Saturday appointment ask our scheduler about available locations. A physician referral is not necessary for a screening mammogram, however you must have a physician for us to send your results. A physician referral is needed for a diagnostic mammogram. Please arrive 15 minutes prior to your scheduled appointment to allow time for patient registration.

704.367.2232 • toll-free 877.362.2232
Online at www.charlotteradiology.com

For more information

If you have questions about any of our procedures or for directions, please visit our comprehensive website:

www.charlotteradiology.com

May we also suggest:

www.breastcancer.org
www.cancer.org
www.cancer.gov
www.komen.org

CharlotteRadiology
Breast Center

The following locations offer
mammography services:

AdBel Medical Plaza
1401 Matthews Township Parkway, Suite 310
Matthews, NC 28105

Ballantyne
15110 John J. Delaney Drive, Suite 130
Charlotte, NC 28277

CMC-Morrocroft
4525 Cameron Valley Parkway, Suite 1000
Charlotte, NC 28211

CMC-Northcross
16455 Statesville Road, Suite 110
Huntersville, NC 28078

CMC-Union Medical Plaza
1550 Faulk Street, Suite 1200
Monroe, NC 28112

Medical Center Plaza
1001 Blythe Boulevard, Suite 103
Charlotte, NC 28203

Morehead Medical Plaza
1025 Morehead Medical Drive, Suite 150
Charlotte, NC 28204

Piedmont Park
197 Piedmont Boulevard, Suite 110
Rock Hill, SC 29732

Pineville Medical Plaza
10650 Park Road, Suite 280
Charlotte, NC 28210

Randolph Road
1960 Randolph Road, Suite 200
Charlotte, NC 28207

University Medical Park
101 W.T. Harris Boulevard, Suite 2122-A
Charlotte, NC 28262

Mobile Breast Center
Mobile mammography services offered at various locations,
visit www.charlotteradiology.com/mobilebc for details.

www.charlotteradiology.com

CharlotteRadiology
Breast Center



Breast Lumps

providing the perfect balance of health and spirit.

Breast cancer is the second most common form of cancer in women, affecting one in every eight women in the United States. At Charlotte Radiology, we believe the key to beating this statistic and detecting breast cancer early is to perform monthly self-breast exams and schedule a yearly, quality mammogram. Our impressive staff of board-certified physicians and female technologists specializes in mammography and have all of the latest technologies at their fingertips—such as digital mammography and the first and only MRI dedicated to breast imaging in the Carolinas. All of these things, combined with compassionate care, have allowed us to be the provider of choice for more than 85,000 women a year.

Breast Lumps

Finding a breast lump can be alarming, but it does not necessarily mean you have breast cancer. A breast lump can result from many benign conditions including fibrocystic changes, a cyst or fibroadenoma. **If you feel a breast lump, notice changes in the breast skin or nipple discharge, you should contact your physician promptly for evaluation.**

Fibrocystic Breast Changes:

Fibrocystic breast change is a common, non-cancerous condition that affects more than half of women at some point in their lives. Fibrocystic lumps tend to be smooth, rounded and mobile since they are not attached to breast tissue. They are most common among women between the ages of 30 and 50, although women younger than 30 may also have fibrocystic breasts. This condition is related to the menstrual cycle and symptoms will usually cease after menopause unless a woman is taking hormone replacement therapy. These lumps are often tender to touch and may increase or decrease in size during the menstrual cycle.

Having fibrocystic breasts is not a risk factor for breast cancer. However, due to dense breast tissue, it can sometimes make it more difficult to detect a hidden breast cancer with standard examination and mammography. For this reason it is important to ask your physician about any changes you notice, get routine clinical exams by a medical professional and annual mammograms starting at 40. Charlotte Radiology has digital

mammography which has been found to have increased sensitivity for detecting breast cancer in women with dense tissue. Therefore, it may be helpful in evaluating women who have fibrocystic breasts.

Treatment of Fibrocystic Breasts may include:

- Wearing extra support bras
- Avoiding caffeine
- Taking oral contraceptives
- Taking over-the-counter medications such as aspirin
- Maintaining a low-fat diet rich in fruits, vegetables and grains
- Applying heat to the breasts
- Reducing salt intake
- Taking diuretics
- Taking Vitamin E, B6, niacin or other vitamins
- Taking prescription drugs

Cysts:

Unlike cancerous tumors which are solid, cysts are fluid-filled masses in the breast. Cysts are very common, and are rarely associated with cancer. Ultrasound is the best way to tell a cyst from a cancer, because sound waves pass right through a liquid-filled cyst. Solid lumps, on the other hand, bounce the waves right back to the film.

Cysts can make it hard to examine yourself, since it's hard to feel around and behind them. For women with multiple cysts, routine mammographic screening is recommended. Ultrasound is often used if the screening mammogram shows change, or if a woman complains of a new mass. This is done to ensure that the mass is a cyst.

Cyst aspirations are preformed under ultrasound guidance, by removing fluid from a lump with a hollow needle and a syringe. This may be done if there is uncertainty as to whether the lesion is cystic or solid. It can also be done to relieve discomfort from a painful cyst. When cysts are drained, the fluid is usually discarded unless it is bloody or looks suspicious. In these cases, it is sent to pathology for analysis.

Fibroadenomas:

Fibroadenomas are mobile, solid, rounded lumps made up of normal breast cells. They are the most common kind of breast mass, especially in young women. While not cancerous, these lumps may grow. And any solid lump that's getting bigger is usually removed to make sure that it's not a cancer. If the lump causes discomfort or is bothersome cosmetically, a patient may elect also to have it surgically removed.

Needle biopsy for breast lumps

Sometimes a biopsy may be needed to determine whether a breast lump is benign or cancerous. At Charlotte Radiology, we realize a needle biopsy may be an emotionally stressful experience. **Our staff is trained to make this safe, minimally invasive procedure as comfortable and quick as possible.**