

# Covenant Breast Health Program tests to help fight breast cancer:

Test	Facts	Common Uses
<b>Digital Mammogram</b>	<ul style="list-style-type: none"> <li>• Quick examination, 15–20 minutes</li> <li>• Relatively small amount of radiation with instantaneous images</li> <li>• Least expensive</li> </ul>	<ul style="list-style-type: none"> <li>• Yearly screening for women 40 years and older is the recommended standard of care (American Cancer Society). Women under the age of 40 should consult their physician.</li> <li>• Standard test for evaluation of breast problems such as a lump, pain or nipple discharge</li> </ul>
<b>Automated Full Breast Ultrasound</b>	<ul style="list-style-type: none"> <li>• 30–40 minute exam</li> <li>• Screening test for full breast with no radiation — uses sound waves</li> <li>• Moderate cost</li> </ul>	<ul style="list-style-type: none"> <li>• Used in conjunction with — does not replace — a mammogram</li> <li>• Especially useful for women with breast density of 3–4 or who have breast implants</li> </ul>
<b>3D Digital Mammogram/ Breast Tomosynthesis</b>	<ul style="list-style-type: none"> <li>• Quick examination, 15–20 minutes</li> <li>• Multiple images taken in each position allow the radiologist to view the images layer by layer similar to a CT scan</li> <li>• Relatively small amount of radiation</li> <li>• Moderate cost</li> </ul>	<ul style="list-style-type: none"> <li>• Especially useful in patients who have denser breast tissue</li> <li>• To evaluate a questionable finding from a previous mammogram</li> <li>• To better evaluate the size, shape and location of a possible problem</li> </ul>
<b>Diagnostic Ultrasound</b>	<ul style="list-style-type: none"> <li>• 30–60 minute exam</li> <li>• A targeted exam that uses sound waves — no radiation</li> <li>• Moderate cost</li> </ul>	<ul style="list-style-type: none"> <li>• To evaluate a lump found during a mammogram or a physical exam</li> <li>• Useful for determining whether a lump is fluid-filled (cyst) or a solid mass</li> </ul>
<b>MRI</b>	<ul style="list-style-type: none"> <li>• Longer examination, 45–60 minutes</li> <li>• No radiation — uses magnets and radio waves</li> <li>• Highly accurate in finding and evaluating cancers</li> <li>• Covered by most insurance plans when clinically necessary</li> <li>• Most expensive</li> </ul>	<ul style="list-style-type: none"> <li>• To evaluate a questionable finding from a mammogram or an ultrasound</li> <li>• Used in conjunction with mammography to screen women for breast cancer who are determined by their health care provider to be high risk</li> <li>• To accurately assess the extent of a newly-diagnosed cancer in one or both breasts</li> <li>• To monitor how cancer is responding to treatments such as chemotherapy and/or radiation therapy</li> </ul>



Please schedule your **mammogram** today.

Call 989.583.6278 to schedule your digital mammogram.

**Covenant Breast Health Center**  
5400 Mackinaw  
Saginaw, MI 48604

**Hours:**  
M, Th, F • 7:30 am – 5:00 pm  
Tue, W • 7:30 am – 7:00 pm



**Extraordinary care  
for every generation.**