

We're Here for You

The professionals of Radiology Associates are committed to providing you with high quality imaging services using state-of-the-art technology in a caring, comfortable and professional setting.



John T. Carroll, MD
Breast Imaging
Ultrasound



Jacqueline M. Bernard, MD
Breast Imaging



Vashti F. Hellein, MD
Breast Imaging

Why Choose Radiology Associates?

Radiology Associates' commitment to breast imaging has made us the first regional practice to be designated a Breast Imaging Center of Excellence by the American College of Radiology, an honor given to only a select few imaging centers in Florida. We maintain ACR-accreditation in all breast imaging modalities for safety, leading-edge technologies and best practices.



In 1985, Radiology Associates became the first local provider to offer community-based mammography screening. In 2016, we became the first centers in Volusia and Flagler Counties to offer 3D mammography screening. Unsurpassed in safety, we are the first local imaging provider to receive Levels 1, 2 and 3 Honor Roll status by Image Gently® for our commitment to lowering patient imaging radiation doses.

We utilize the revolutionary SmartCurve™ Breast Stabilization System for ultimate accuracy that 93% of women report provides a more comfortable mammogram experience. Our Board-certified radiologists subspecialize in breast imaging and other women's imaging services, for exceptional interpretation of results. Our highly-trained, experienced technologists are industry-certified in their respective technologies. Our entire staff is efficient, helpful, considerate, and dedicated to making your exam as quick, easy and comfortable as possible.

St. Augustine

190 Southpark Blvd, Suite 101
St. Augustine, FL 32086
Breast MRI • Bone Density
Screening, Diagnostic & 3D Mammography
Stereotactic & Ultrasound Breast Biopsies

Palm Coast

3 Pine Cone Dr, Ste. 101 • Palm Coast, FL 32137
Screening, Diagnostic & 3D Mammography
Bone Density • Breast Ultrasound

Town Center

21 Hospital Dr., Ste. 130 • Palm Coast, FL 32164
Breast MRI • Bone Density • Breast Ultrasound
Screening, Diagnostic & 3D Mammography

Twin Lakes

1890 LPGA Blvd, Suite 110
Daytona Beach, FL 32117
Breast MRI • Bone Density
Screening, Diagnostic & 3D Mammography
Stereotactic & Ultrasound Breast Biopsies

Port Orange

1195 Dunlawton Ave • Port Orange, FL 32127
Breast MRI • Bone Density • Breast Ultrasound
Screening, Diagnostic & 3D Mammography

Deltona

3400 Halifax Crossing Blvd, Suite 170
Deltona, FL 32725
Stereotactic Breast Biopsy • Breast Ultrasound
3D Mammography • Bone Density • Breast MRI

Daytona Beach Shores

3048 South Atlantic Ave, Suite 120
Daytona Beach Shores, FL 32118
3D Mammography • Bone Density

Port Orange West

5440 S Williamson Blvd, Suite 102
Port Orange, FL 32128
3D Mammography • Bone Density

New Smyrna Beach

1998 SR 44, Suite 3 • New Smyrna Beach, FL 32168
Breast MRI • Bone Density • Breast Ultrasound
Screening, Diagnostic & 3D Mammography



**RADIOLOGY
ASSOCIATES**
Women's Imaging

386-274-6000 • 904-827-9191

(St. Augustine)

RadiologyAssociatesImaging.com

Women's Imaging

Embracing You in Care



**RADIOLOGY
ASSOCIATES**
Women's Imaging

Your Full-service Breast Imaging Centers of Excellence

Since 1958, Radiology Associates has been dedicated to outstanding diagnostic and interventional care. Our Women's Diagnostic Services division provides a complete range of women's imaging services, including breast cancer screening, breast biopsy, DEXA bone density testing and other services designed to protect and promote women's health.

Breast Imaging Services

Breast cancer is the second leading cause of cancer mortality in women. Caught while it is still localized, breast cancer has a 99% five-year survival rate. After five years without recurrence, a person is considered to be cancer-free. This is proof positive that early, accurate detection is the key to beating breast cancer. The American Cancer Society recommends that a baseline mammogram should be performed by age 40 to establish a healthy image for easy comparison with subsequent regular exams. 3D mammography takes just a few minutes to perform and is 100% covered by most insurance providers. For your convenience, you can schedule an appointment for a mammogram without a doctor's referral.

3D Mammography – Also known as breast tomosynthesis, the best-in-class FDA-approved Genius™ 3D exam is clinically proven to be 40% more effective than traditional mammography at discovering invasive cancers and eliminating stressful false positives. The American Cancer Society recommends that women get a baseline mammogram by age 40 for easy comparison with subsequent annual exams. It takes just a few minutes and is covered 100% by most insurance providers.

Breast MRI – Women with especially dense breast tissue, breast implants or a strong family history of breast cancer can benefit from breast MRI screening,

a radiation-free supplementary exam that can provide additional information along with routine screening mammography. When an imaging exam reveals an abnormality, MRI can provide pinpoint guidance for biopsy collection with minimal invasion. A tiny marker may also be placed at the site if surgery is deemed necessary.

Ultrasound Guided Biopsy – Noninvasive, radiation-free ultrasound provides safe, accurate guidance for a cell sample collection and marker placement for any needed surgery. Using a topical anesthetic, your radiologist will create a very small incision in the skin, through which a biopsy needle is guided directly to the area to quickly collect multiple tissue samples. A tiny clip may also be placed there for surgical guidance, eliminating the need for outdated wire marking and immediate surgery. This marker may be placed up to 30 days before surgery.

Stereotactic Breast Biopsy – If an imaging test discovers an area needing further investigation, stereotactic breast biopsy is performed using quick, painless x-ray guidance. As with other breast imaging systems, this exam can also be used to place a surgical marker to guide your surgeon to the site.

In any case where cancer is discovered, your radiologist will consult directly with your referring physician to help plan and stage the most beneficial course of treatment, and monitor its effectiveness throughout for optimal results.

DEXA Bone Densitometry – Women over 65 and men over 70 at moderate risk for fracture may benefit from done density testing. People at higher risk, including people who have suffered from previous fractures, have a family history of osteoporosis, are of Caucasian race, have a history of tobacco use, have low weight and/or inadequate nutrition, engage in limited physical activity, or have undergone early menopause (before age 45), may be at elevated risk. Diagnosed osteoporosis can lead to treatment to help prevent further bone loss and increased risk of fracture. Ask your referring clinician if painless DEXA testing is right for you.

How to Perform a Self-exam

There are three components to performing a thorough self-examination. It takes several minutes to perform it correctly, so take your time and get to know what your breast tissue feels like. Perform these steps each month one week after your period begins, when breasts are least likely to be tender or swollen. If you no longer have periods due to menopause, a hysterectomy or pregnancy, select a day of the month that is easy to remember. If you are nursing, it may be helpful to perform your exam after a feeding when breasts contain as little milk as possible.

It is also normal for breast tissue to contain some lumps or thick tissue. If you find the same kind of lump or thickness in the same area of your other breast, it is probably a normal part of your breast tissue – this is why it is important to get to know how your breasts feel. Pay close attention to any lump that feels harder than the rest of your breast or appears to be fixed or asymmetrical. Continue until you have covered every area of your breast and inside your armpit.

Should you find **any** of the following, report them to your doctor:

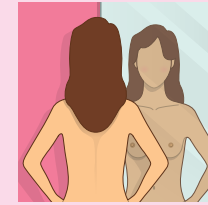
- Any new lump or thickness
- Sticky or bloody discharge from your nipples
- Any changes, puckering or dimpling in the skin of your breasts or nipples
- A new increase in the size, or change of the shape or position of one breast

The good news is that most changes are not cancer, but don't ignore them. Early discovery and treatment are the key to beating breast cancer.



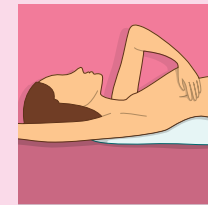
1. In the Shower

Place your right hand behind your head. With your left hand, soap your fingers and place the pads of your three middle fingers on the outside of your right breast and gently move your fingers in a circular motion toward the center, carefully feeling the entire breast and armpit area for any lump, thickening or hard knot. Mentally separate your breast into quadrants and examine each quarter carefully. Repeat the process on the opposite side.



2. In the mirror

After your shower and before you dress, visually examine your breasts in a large mirror with your arms at your sides. Then slowly raise your arms high over your head, looking for any changes in breast shape, and any swelling, dimpling or puckering of the skin. Next, place your palms on your hips and press firmly to flex your chest muscles, still looking for abnormalities or changes. Most women have one breast that is bigger and/or lower than the other; this is normal. Finally, examine your nipples for any discoloring or swelling. Gently squeeze each one and look for any discharge or changes in the skin.



3. Lying on your back

Lie down on your back, and place a pillow under your right shoulder with your right arm behind your head. This spreads out your breast tissue. Using your left hand, start at your collarbone and move the pads of your three middle fingers in a small circular motion down to the very bottom of the outside of your breast. Keep your fingers against your skin and move them one finger-width toward the center and repeat the process going upward so that you examine your entire breast in strips. Next repeat the process starting from your armpit and moving from the very top of your breast inward to your breastbone, then slightly lower and back outward, never lifting your fingers from your skin. As you move your fingers circularly, use three levels of pressure: light, medium, and firm, to feel your breast surface, middle region and the areas resting deep against your breastbone and ribs. It is normal to feel a firm ridge in the lower curve of each breast.