



# What to know about your 3D mammogram.

At our practice, we use 3D mammography (also called tomosynthesis) as our standard approach for breast cancer screening. It's the most advanced and accurate way to detect breast cancer early—when it's easiest to treat.

## Why 3D Mammography?

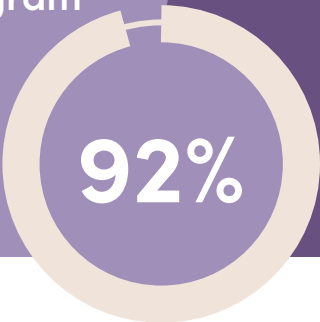
3D mammograms take many images of the breast from different angles, allowing the radiologist to see through overlapping tissue. This makes it easier to find small cancers that might be hidden on a standard (2D) mammogram.

### Benefits of 3D Mammography:

- ✓ Finds more cancers early
- ✓ Reduces the chance of being called back for extra images
- ✓ Especially helpful for women with dense breast tissue

As of March 2025,  
approximately 92% of  
U.S. mammogram  
facilities now have at  
least one mammogram  
machine that does  
3D mammograms.

– BreastCancer.org



Is the Radiation Safe?

**Yes.** The radiation dose from a 3D mammogram is **very low and well within safety guidelines**—similar to a 2D mammogram, and much less than the amount of natural background radiation we all receive in a year.

Old Standard (2D)

- Flat, two-image view
- May miss subtle cancers
- More callbacks for extra views
- Safe radiation dose

New Standard (3D)

- Many layered images for more detail
- Helps catch cancer earlier
- Fewer false alarms and less stress
- Same or similar safe dose, with better results

3D mammography is now our **standard approach** in breast screening—because it offers greater accuracy and better peace of mind. No extra steps are needed—just schedule your mammogram as usual and we’ll take care of the rest.

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