

Extraordinary Care for Extraordinary Women



Castle Medical Center

**Adventist
Health**

*Exceptional Medicine
by Exceptional People*



RECOGNIZED FOR
EXCELLENCE
IN BREAST HEALTH



About our imaging services

At Castle, we offer an integrated care team approach to breast cancer detection, treatment and support as we strive to provide excellence in breast health care to women on the Windward side of Oahu. Our mammography and ultrasound units are staffed with experienced technologists and office staff who work closely with radiologists throughout the day.

Our center provides:

- 3D Digital Mammography
- Softer Mammogram® Provider
- Bone Density Testing Unit
- Body Fat Composition
- Private Ultrasound Suites
- Personalized care from our Breast Health Patient Navigator
- Short waiting periods and a beautiful waiting area
- All our patients go home with a special gift.

For more information, visit our website at
www.castlemed.org

Immediate appointments, including same-day
appointments, are often available.

For an appointment, call 263-5166

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Clinical expertise and technology

Patients benefit directly from a team of dedicated, and recognized experts in utilizing imaging to promote women's health. All women's imaging personnel, including radiologists, technologists and medical physicists have met and/or exceeded the minimum education requirements.

Our Radiologists are all Board Certified with the American Board of Radiology. Our Technologists are all nationally recognized as board certified with the American Registry of Radiologic Technologists and are licensed in the state of Hawaii. All women's imaging personnel are subject to several hours of mandatory continuing education directly relating to breast health and breast imaging.

Our subspecialty radiologists, clinical and specialized staff use the newest tools available to help screen, diagnose and treat a spectrum of conditions affecting women.

About our Setting:

Warm, calm & private setting

The Women's Imaging Center features state-of-the-art imaging technology in a convenient and comfortable setting designed exclusively for women. Throughout their treatment, women are cared for in a relaxing, spa-like setting — warm, soothing and private.

Castle Medical Center's Mammography program is accredited through the American College of Radiology (ACR). ACR accreditation means that our mammography program has the benefit of peer review and constructive feedback on staff qualifications, equipment, quality control, quality assurance, and image quality and radiation dose.

On November 11, 2014 the Castle Mammography Program was peer reviewed by and on-site survey team consisting of a Board Certified Radiologist, a medical physicist and an ACR staff member. Here is what they had to say about our program:

"Excellent quality control program."

"Excellent policy, procedures and staff qualifications [documentation]"



What you should know:

Our center is complete with the Lunar iDXA for bone density testing by GE which allows the radiologist to identify and classify vertebral deformities and delivers enhanced precision to detect small, statistically significant changes in bone density sooner, which plays an important role in patient compliance to treatment regimens.

FACT: Millions of Americans – 52 million to be exact – have low bone density or osteoporosis. In fact, about one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis. By 2020, half of all Americans over age 50 are expected to have low bone density or osteoporosis.

FACT: While osteoporosis is common among white women, men and women of all races can have the disease. Also, while the disease is more common in older people, it can strike at any age.

FACT: Even if you drink plenty of milk and exercise, you still may be at risk for osteoporosis. There are many risk factors for osteoporosis - some you can control and some you can't.

Castle Medical Center is proud to be the only hospital provider utilizing CoreScan™ software, which is the first and only system approved by the FDA to quantify visceral adipose tissue (VAT). This is the fatty tissue that resides under the skin and around your internal organs. There is significant research linking the amount of VAT and metabolic risk.

FACT: Visceral fat has been linked to metabolic disturbances and increased risk for cardiovascular disease and type 2 diabetes. In women, it is also associated with breast cancer.

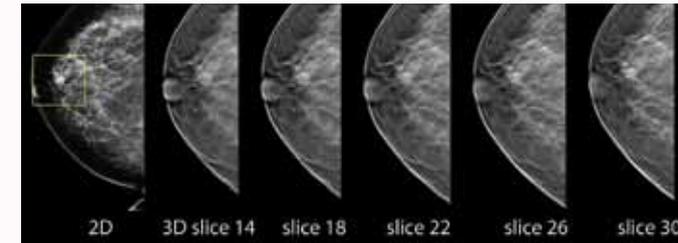
Castle's Lunar iDXA bone density scanner is the only one of its kind on O'ahu.



Do women need a referral from their doctor for a mammogram?

Women can schedule a screening mammogram without her care provider's orders.

If you are experiencing pain or have developed a new lump, a diagnostic work up should be ordered by your physician.



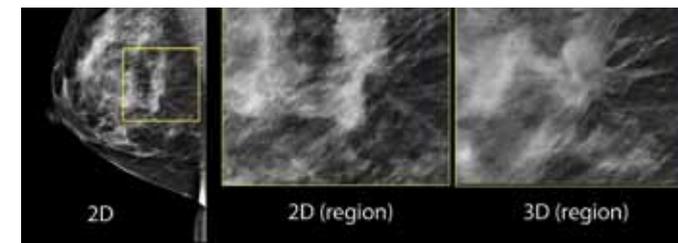
Do you have dense breasts?

Dense breast tissue is comprised of less fat and more connective tissue which appears white on a mammogram. Cancer also appears white on a mammogram thus tumors are often hidden behind the dense tissue. As a woman ages, her breasts usually become more fatty.

How will I know if I have dense breasts?

Breast density is determined by a radiologist by examining your mammogram. If the radiologists determines that you have heterogeneously dense breasts (50%-75% glandular connective tissue) or extremely dense (>75% glandular connective tissue) you will receive a letter stating as such.

If you have dense breast tissue you are encouraged to talk to your doctor about having an ultrasound or breast MRI with your annual mammogram.



Screening Mammogram

As a part of a good health maintenance and disease prevention routine, women over the age of 40 should have this test done yearly. This outpatient test takes approximately 20 minutes.

It is important to remember that if you have had a previous mammogram at another hospital you will need to bring those films with you. This allows the radiologist to compare new and previous films and note any changes.

Diagnostic Mammogram

If you have had a screening that is suspicious or if you have had breast symptoms, additional views of a diagnostic mammogram will be ordered.

Ultrasound Breast Diagnostics

As part of the diagnostic process, an ultrasound examination of the breast may be performed to provide additional information.

Breast Biopsy:

If a lump is felt, or an abnormal finding is discovered on a mammogram, our team provides breast biopsy services, guided by the use of digital mammography or ultrasound. Assistance with scheduling is provided to women by our staff for surgical biopsy.

FACT: A mammogram is an x-ray of the breast and can find breast cancers when they are very small, even too small to feel.

Women ages 20 - 39 should begin having clinical breast exams every three years, and women 40 and over should have one yearly

FACT: Sometimes breast cancer can be felt, but not seen on a mammogram. You can schedule a clinical breast exam with your doctor.

FACT: Breast cancer is the second leading cause of cancer death in women, after lung cancer, BUT, mammograms are today's best way to find cancer at an early stage when treatment is highly successful.