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**FOR IMMEDIATE RELEASE:**

## Highlands Hospital Adds 3D Mammography for Breast Imaging

{July, 22, 2016 } -- Highlands Hospital today announced that it is the latest health care facility to add new state-of-the-art breast imaging technology called 3D breast tomosynthesis for better breast cancer detection. The facility's True Breast Tomosynthesis solution takes aim at improving breast cancer detection, reducing false-positive findings and cutting patient call backs.

True Breast Tomosynthesis is 3D mammogram technology that is proven to detect breast cancer better than traditional 2D mammography alone. While standard 2D mammograms take an image of the top and bottom side of a patient's breast, True Breast Tomosynthesis takes 25 images of the breast from many angles as the X-ray tube moves across the breast in a 50-degree arc.

The images are assembled into a 3D study so doctors can see the breast tissue in fine detail. The 3D image allows them to see clearly through breast tissue that may be overlapping, or through the tissue of women with dense breasts. They are better able to detect and diagnose small tumors and rule out abnormalities that may have looked suspicious in the patient's 2D mammogram.

"Clinical data had demonstrated that the addition of digital breast tomosynthesis to a patient's traditional 2D digital mammogram increases detection of breast tumors, said Dr. Mark Hilborn, Director of Imaging Services. "We chose the True Breast Tomosynthesis option because it gives us wide-angle image acquisition that helps our physicians see more than traditional 2D mammography alone.

"Early detection is the key to surviving breast cancer," Dr. Hilborn said. "When we find tumors earlier, we're better able to create treatment plans that are more effective. We think this technology can help us save lives."

According to Dr. Hilborn, by reducing the distortion created by tissue overlap or dense breast tissue in 2D mammograms, physicians are better able to target the size, shape and location of a tumor.

Our clinical data has demonstrated that the addition of Siemens' digital breast tomosynthesis to a patient's traditional 2D digital mammogram increases detection of breast tumors. We know that in clinical practice, this increased diagnostic accuracy also means fewer diagnostic biopsy procedures and fewer anxiety-inducing recalls, which typically contributes to both improved patient outcomes and reduced costs. Highlands Hospital installed the 3D technology to its existing Mammomat Inspiration mammography platform from Siemens. The facility's team completed special training and certification on the True Breast Tomosynthesis technology prior to offering the service publicly.

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In addition, Highlands Hospital has been selected as one of a handful of organizations that are participating in the Clinical Breast Care Project of the Department of Defense based at Walter Reed National Military Medical Center in Bethesda. The goal of this work is to identify and enable early breast cancer detection, monitoring, and prediction through less invasive procedures.

Early detection through regular mammograms is the key to diagnosing and beating breast cancer. Contact your physician's office to arrange an appointment or call 724-626-2430 for a self-referral screening mammogram.

*"Highlands Hospital is an independent community hospital serving residents throughout the Laurel Highlands offering emergent, inpatient, behavioral and ambulatory care to the region and beyond. We give residents tools for life-long health at our John P. Murtha Wellness Center. Highlands Hospital Regional Center for Autism is a licensed site of Cleveland Clinic Children's Center for Autism, providing families with state-of-the art educational and behavioral treatment. Highlands Hospital has proudly served the Behavioral Health needs of the community for over 30 years and has adopted a holistic approach to healing for the mind, body and soul of all patients."*

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