

verification office will contact your insurance company and keep you informed of those results.

How Do I Prepare for the Exam?

No special preparation is required. However, if you are still having periods your appointment needs to be scheduled 7-14 days after the first day of your period. You can eat and drink as you normally would, engage in regular activities, and take any prescription medication.

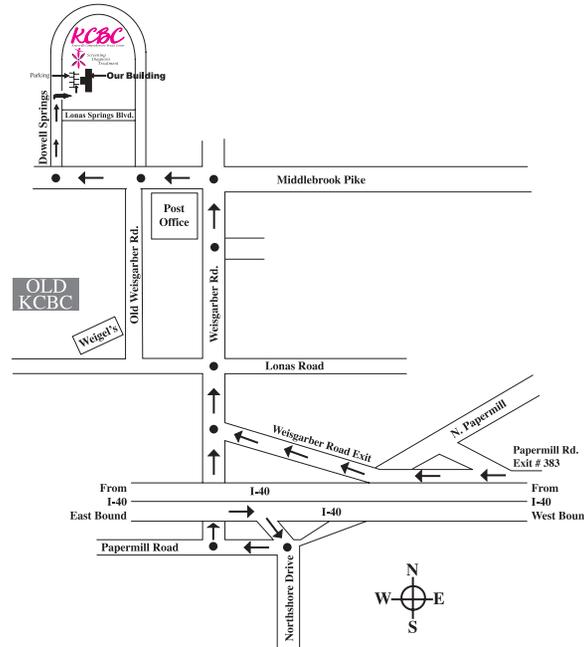
When you arrive at your appointment time, you will be asked to change into a gown. Belts, zippers, snaps and thread in clothing may contain metal that disturb MRI signal. We'll ask you questions before you enter the MRI exam room to confirm that you don't have any metal in or on your body. You'll have to remove all metallic objects such as jewelry, glasses, hairpins and dentures (personal belongings can be locked in a locker). Please be sure to tell the technologist if you have metal implants, a cardiac pacemaker, permanent dental bridges, braces or other metal objects. There are no side or after effects with MRI. You can resume your normal activities as soon as the exam is over.

TEST RESULTS

The clinical breast radiologist will interpret your breast MRI study. The results will be discussed with you by one of the clinical breast radiologists or their clinical assistants. These results will also be reported to your doctors.

QUESTIONS

If you have any questions about Breast MRI or your exam, please call us at 865-584-0291 or 1-800-456-8169 between 8:00 am and 4:30 pm, Monday through Friday.



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YOUR BREAST
MRI EXAM

AT

KCBC
Knoxville Comprehensive Breast Center



Screening
Diagnosis
Treatment

WHAT IS MAGNETIC RESONANCE IMAGING?

MRI is a sophisticated technology that uses a computer, magnetic field and radio waves - instead of x-rays - to produce images of the soft tissues in the body. MRI has been safely used for over 30 years to provide information to help in the early diagnosis and treatment of disease.

MRI of the breasts has emerged as an invaluable technique in the evaluation of breast disease. Breast ultrasound, breast MRI can provide valuable information for the detection and characterization of breast disease. MRI doesn't replace mammography - it's a different imaging technique that provides additional information.

Nationally recognized breast centers currently perform breast MRI for a number of reasons including:

- Surgical planning when newly diagnosed with breast cancer
- Post-surgery evaluation of margins and post chemotherapy follow-up
- Indeterminate findings on conventional breast imaging (mammography and breast ultrasound)
- Monitoring women with high risk of developing breast cancer
- Diagnosis of breast implant rupture

WHAT IS A BREAST MRI EXAM LIKE?

The Aurora Breast MRI unit is designed specifically for your comfort as a woman. Unlike conventional mammography, Breast MRI doesn't require your breast to be compressed, so you shouldn't experience any discomfort. Plus, you'll enter the machine feet-first, which reduces feelings of claustrophobia sometimes associated with full-body MRI scanners.

You'll receive an injection (usually in the arm) of a contrast enhancement agent called gadolinium that helps to highlight various structures in breast tissue. The gadolinium is administered through a small intravenous catheter which is placed by a certified technologist.

An initial scan will be taken and then repeated after the gadolinium is administered. For best results, you should lie very still, relax and breathe normally. The technologist can see and hear you at all times. The entire exam takes about 25 minutes.

WOMEN AT HIGH RISK

Women who are at high risk of developing breast cancer should have a breast MRI *in addition* to their yearly mammographic study. Why? Ten years of international studies proved that Breast MRI can find cancers before they are seen on mammography and breast ultrasound. This means it can be found earlier and smaller. As a result of these studies, the American Cancer Society (ACS) developed *another* set of screening guidelines for women who are at high risk of developing breast cancer.

THE ACS SCREENING GUIDELINES FOR HIGH RISK WOMEN

Yearly breast MRI screening is recommended *in addition* to yearly mammography for those women who:

- Have had genetic testing and are positive for the breast cancer gene - BRCA 1 or BRCA 2.
- Have a first degree relative (mother, sister, or daughter) who was *premenopausal* at the time of her diagnosis or any male relative of any age having had breast cancer.
- Having a first degree relative who has been tested and is positive for the BRCA 1 or BRCA 2 gene mutation.
- Having two or more relatives on the same side

of the family (mother or father's side), that had breast cancer diagnosed at **any age**.

- Had evaluation *with high risk assessment* programs and was found to have a lifetime risk greater than 20%.
- Had radiation to the chest between the ages of 10 and 30 (usually having a history of Hodgkin's lymphoma).
- Having a history of some unusual genetic syndromes.

THE FIRST DEDICATED BREAST MRI IN THE SOUTHEAST

In 2002, the Knoxville Comprehensive Breast Center felt it was important to add another very valuable breast imaging tool for women in the early detection of breast cancer. That is breast MRI. Not all breast MRI units are the same! The Aurora unit is the only commercially available breast MRI unit that is designed to *only* image the breasts. It uses a unique design of scanner and proprietary pulse sequences that produce the thinnest slice thickness rendering the highest resolution and sensitivity to detect breast cancers. Would you choose to have your mammogram performed on a regular x-ray table as was done in the sixties? Why would one have a breast MRI done on a general multipurpose MRI unit that changes coils for various body parts? Realizing its importance in breast imaging and in detecting breast cancer, the Knoxville Comprehensive Breast Center added a second unit to its MRI suite in 2009.

DOES INSURANCE COVER BREAST MRI?

Most major insurance carriers cover breast MRI. If you chose to have a breast MRI based on the recommendations of your doctor or the clinical breast radiologists, our office will take care of any precerts that are required. Our insurance