

# 3D Mammography Now Available in Lakeland

**Questions & Answers** — provided by **Dr. Elisabeth Dupont**,  
medical director of Breast Health Services at Watson Clinic.

**QUESTION:** What is breast tomosynthesis, otherwise known as 3D mammography?

**Dr. Dupont:** 3D mammography is a new screening tool designed for early breast cancer detection that can be done in conjunction with a traditional 2D digital mammogram at Watson Clinic Women's Center. During the 3D part of the exam, the X-ray arm sweeps in a slight arc over the breast, taking multiple images. Then, a computer produces a 3D image of the breast tissue in one millimeter slices, making it much easier for doctors to see potential areas of concern. We have fellowship trained, breast-specific radiologists who are trained to scroll through images of the entire breast like pages of a book.

**QUESTION:** What are the benefits of 3D mammography?

**Dr. Dupont:** With conventional digital mammography, the radiologist views the complexities of your breast tissue in one flat image. Sometimes breast tissue can overlap, giving the illusion of normal breast tissue looking like an abnormal area. By looking at the breast tissue in one millimeter slices, the radiologist can detect cancers that may not be visible with conventional mammography and provide a more confident overall assessment, reducing the need to call you back for a "second look."

**QUESTION:** What differences should a woman expect during the 3D mammography exam?

**Dr. Dupont:** 3D mammography complements standard 2D mammography and is performed at the same time with the same system. There is no additional compression required, and it only takes a few seconds longer.

**QUESTION:** Is there more radiation dose?

**Dr. Dupont:** Just about the same amount of very low X-ray energy as a traditional mammogram. Remember, we've never seen a documented case of someone getting cancer due to radiation from a mammogram. 3D mammography received FDA approval in 2011, and the screening is safe and effective.

**QUESTION:** Who can have a 3D mammography exam?

**Dr. Dupont:** It's approved for all women who would undergo a standard mammogram, especially those with dense breasts or who have had history of suspicious findings. We can't prevent breast cancer, but we're much more successful in treating it when it's detected early.



Elisabeth L. Dupont, MD, Breast Surgeon  
Watson Clinic Women's Center



# The Power and Promise of **3D** Mammography is Here

Schedule your annual mammogram at Watson Clinic Women's Center –  
Polk County's only imaging facility with **3D digital technology**.

**Do it for you. Do it for those who love you.**



**863-680-7755, option 3**

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