



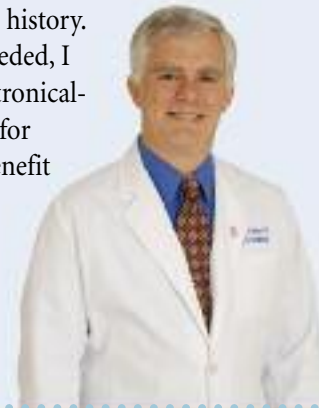
A Better Mammogram For You

Digital mammography equipment that will help physicians detect and diagnose breast cancer earlier and more accurately is available at St. Luke's Miners Memorial Hospital. The system, called the GE Senographe®2000D full-field digital mammography system, is designed and manufactured by GE Medical Systems to provide physicians with clear and precise all-digital images rather than on X-ray film.

"The new system will revolutionize breast care and help us provide the most advanced care for our patients," says radiologist J. David Bohri, MD. "The technology provides outstanding quality and clear, highly-detailed images. It offers a better view of the breast, especially near the skin line, the chest wall and all breast tissue types."

"We take care in treating every woman carefully, whether she is visiting us for her first or twenty-first mammogram," says Anita Hiles, RT (R) (M), mammography technologist. "We are sure to explain the process to her and make her feel as comfortable as possible with the mammogram. We are specially trained in mammography and are better able to perform the mammogram while providing compassionate care to each patient."

Once the digital images are taken, they are then reviewed at GE's Seno Advantage Review Workstation. "This workstation allows physicians to quickly review patient images at a single location," says Dr. Bohri. "Physicians have the ability to pull up a patient's previous mammography exams for historical comparison or for comparison against other types of images, such as those acquired by ultrasound or MRI, resulting in a more comprehensive view of a specific patient's medical history. If a second opinion is needed, I may send the image electronically to another radiologist for review. That's another benefit of the workstation – it simplifies the sharing of information and images to referring physicians and surgeons."



The digital mammogram takes as little as half the time of a film mammogram resulting in the radiologists' ability to read the images during a patient's scheduled appointment. "This allows for the woman to leave her appointment having a precise diagnosis and knowing what next steps need to be taken for good breast health," says Sally Zaloga, RT, (R), radiology manager, St. Luke's Miners Memorial Hospital.

This advanced system is enhanced by computer-aided detection (CAD) software, which acts as a radiologist's second pair of eyes when reading a mammogram. Similar to a spellchecker on a personal computer, this technology has the potential to detect findings that might otherwise be overlooked during the review process. "CAD technology is especially effective in identifying calcifications in the breast, some of which can be cancerous," says Dr. Bohri.

The American Cancer Society recommends that women over 40 get an annual mammogram, obtain an annual clinical breast exam by a health care professional and perform monthly breast self-exams. Women with a history of breast cancer should see their family physician or OB/GYN for a mammogram earlier. A prescription from a physician is needed to get a mammogram.

St. Luke's Sports & Rehabilitation Offers Wide Range of Services

The St. Luke's Sports & Rehabilitation Centers offer a wide range of outpatient rehabilitation and wellness programs, and is committed to helping people improve their lives through physical therapy and wellness.



Physical Therapy & Sports Medicine (physician referral required)

The specially trained staff helps to improve the lives of both children and adults with a wide variety of conditions requiring physical therapy, including injuries, joint replacements, lower back pain and other chronic conditions.

Wellness Program (walk-in and scheduled appointments are available)

The Wellness Program offers effective ways to achieve long-term weight loss, weight management and good nutritional habits. An exercise physiologist, physical therapist, physical therapy assistant or exercise technician will work with you, one-on-one, to develop a program tailored to improve your overall health. They're on-site to provide guidance, helpful tips and continued observation of your progress.

For more information on St. Luke's Sports & Rehabilitation, call 570-645-8197.

St. Luke's Miners Memorial Hospital Opens Second Health Center

The recent opening of St. Luke's Miners Health Center – Hometown ensures a second, easily accessible option for residents in the local communities to get the quality health care they need. The Health Center in Hometown, like St. Luke's Miners Health Center – Nesquehoning, is now improving access to primary health care in the area and promoting health care delivery through nurse practitioners.

St. Luke's Miners Health Centers accept patients of all ages and all insurances, and feature wellness check ups, immunizations, sick visits, lab work, preventive care, continuity of care and education.

St. Luke's Miners Health Center – Hometown is located at 253 Claremont Avenue (Route 309) in Tamaqua, between McDonalds and Walmart. Call the Health Center at 570-668-6111 or visit Monday – Friday from 8 am – 4:30 pm. Walk-in and scheduled appointments are available.

