



Advancing Health

Breast Cancer Screening: What You Need to Know

7 Facts About Breast Cancer

1. Breast cancer is the second leading cause of cancer death in women.
2. One-in-eight women will develop breast cancer at some time in her life.
3. Eight out of 10 breast lumps are benign (non-cancerous).
4. Women whose breast cancer is found early have a 96 percent survival rate after five years. There are more than 3.5 million American women alive today who have been previously diagnosed with breast cancer.
5. The best chance of conquering breast cancer is through early detection and treatment.
6. Breast self-awareness is very important and can be lifesaving.
7. Only five to 10 percent of breast cancers are thought to be hereditary.

Breast Cancer: Early Detection

The goal of breast cancer screening is to detect cancer at the earliest possible stage, when it is most treatable. This guide will help you understand three components of breast screening — breast self-awareness, a clinical breast exam (CBE) and a mammogram.

What is breast self-awareness?

In the past, medical organizations recommended a breast self-exam — a precise method of examining your breasts — once a month. Most medical organizations now advise breast self-awareness instead, which means having a sense of what is normal for your breasts so you can notice even small changes and report them to your healthcare provider right away.

What is a clinical breast exam (CBE)?


A CBE is a physical exam done by a healthcare provider, often done during a routine medical checkup. The American College of Obstetricians and Gynecologists (ACOG) recommends that all women in their 20s and 30s get clinical breast exams every one to three years. ACOG recommends that women age 40 and older get the exam every year.

What is a mammogram?

A mammogram is an X-ray image of your breast used to find and diagnose disease. A mammogram may be done if you have breast problems such as a lump, pain or nipple discharge. A mammogram is also done as a screening test if you don't have breast problems.

It can check for breast cancers, noncancerous or benign tumors, and cysts before they can be felt. A mammogram can't prove that an abnormal area is cancer. But if a mammogram shows an area in your breast that may be cancer, a sample of breast tissue will be removed for testing.

This is called a biopsy. Your provider may remove the tissue by needle or during surgery. The tissue will be checked under a microscope to see if it is cancer.



The cancer specialists at Tanner Cancer Care recommend that women begin monthly breast self-examinations at age 20, receive a baseline screening mammogram between age 35 to 40 and an annual screening mammogram after age 40.

Tanner also offers 3D mammography (tomosynthesis), an advanced form of breast imaging that uses a low-dose x-ray system and computer reconstructions to create three-dimensional images of the breasts. Conventional mammography provides two-dimensional (2D) views of breast tissue. There is an additional charge for 3D mammography and not all insurances cover this service, which is available at Tanner hospitals in Bremen, Carrollton and Villa Rica.

You can schedule a digital screening mammogram at any Tanner Breast Health location by calling 678-498-7197.

How do I prepare for a mammogram?

All that is required to arrange a screening mammogram at Tanner is an appointment. A physician's order is not necessary. Here are some tips on how to prepare for your appointment.

- ▶ If you have had mammograms in the past at other facilities, call those facilities in advance and arrange to have your previous mammograms, reports and other treatment reports forwarded to Tanner.
- ▶ Do not wear cream, deodorant or powder under your arms because it may interfere with the quality of your mammogram.
- ▶ Schedule your mammogram after your menstrual cycle. If you have sensitive breasts, schedule it at a time when your breasts will be less tender. Generally, breasts tend to be less tender during the week following a period.
- ▶ Reduce your intake of caffeine before your appointment.

What can I expect during a mammogram?

Once you arrive at the Tanner Breast Health location where you will be screened, this is what you can expect:

- ▶ You will need to undress above the waist for the mammogram. You will be provided with a wrap to wear during the screening.
- ▶ You and a female breast imaging technologist will be the only ones present during the mammogram. The technologist will position each breast, one at a time, on the mammography equipment. The breast will then be compressed, and the X-ray image will be taken.
- ▶ Breast compression may cause some discomfort for a brief time during the exam, but it should not be painful. By flattening the breast so that the maximum amount of tissue can be examined, a lower dose of X-rays can be used. The compression also helps to hold the breast in place to allow for clearer, more detailed images.
- ▶ The entire procedure should take about 20 minutes, including 15 minutes of preparation and five minutes for the actual exam.

When will I receive my results?

The images from your mammogram will be reviewed by a highly skilled radiologist on Tanner's medical staff.

If your results are normal, you will be notified by mail following your exam. If additional testing is recommended by the radiologist, a nurse from Tanner Breast Health will follow-up with you by phone and assist with scheduling the appointment. A copy of your results will be sent to your primary care physician or gynecologist.

Breast Care Team

Breast Surgery



Raul G. Zunzunegui, MD, FACS

Dr. Zunzunegui is a Susan G. Komen Fellowship-trained breast specialist who is board-certified in surgery. He earned his medical degree from the Morehouse School

of Medicine and completed his surgical residency at the Medical Center of Central Georgia in Macon. Dr. Zunzunegui received training in breast surgical oncology at Women and Infants' Hospital/Brown University in Providence, Rhode Island.

General Surgery



Brian Barden, MD, FACS

Dr. Barden is board-certified in general surgery. He earned his medical degree at the Medical College of Georgia in Augusta and completed his internship and residency at Caraway Methodist Medical Center in Birmingham, Alabama. Dr. Barden performs a variety of surgeries, including for anorectal disease.



José E. Espinel, MD, FACS

Dr. Espinel is board-certified in general surgery. He earned his medical degree from the Universidad Catolica Santiago de Guayaquil in Guayaquil, Ecuador, and completed his residency in general surgery at Saint Barnabas Medical Center in Livingston, New Jersey. Dr. Espinel also completed a fellowship in minimally invasive surgery at Baystate Medical Center in Springfield, Massachusetts. Dr. Espinel performs a variety of surgeries, including minimally invasive surgery for GERD and robotic-assisted hernia surgery.



David Griffin, MD, FACS

Dr. Griffin is board-certified in general surgery. He earned his medical degree from the Medical College of Georgia in Augusta and completed his residency at Memorial Medical Center in Savannah. Dr. Griffin performs a variety of surgeries, including robotic-assisted colon surgery.



Barry Harris, MD, FACS

Dr. Harris is board-certified in general surgery. He earned his medical degree from the Medical College of Georgia in Augusta and completed his internship and residency at Spartanburg Regional Medical Center in Spartanburg, South Carolina. Dr. Harris performs a variety of surgeries, including thyroid surgery.



Austin Lewis, MD

Dr. Lewis earned his medical degree from the Medical College of Georgia in Augusta. He completed his internship and residency in general surgery at the University of Tennessee Medical Center in Knoxville.



Thomas Reeve, MD, FACS

Dr. Reeve is board-certified in general surgery. He earned his medical degree from the Medical College of Georgia in Augusta and completed his internship and residency at the University of Mississippi Medical Center in Jackson, Mississippi. Dr. Reeve performs a variety of surgeries, including breast surgery.



Jon Stanford, MD, FACS

Dr. Stanford is board-certified in general surgery. He earned his medical degree from The Ohio State University College of Medicine in Columbus, Ohio, and completed his internship and residency at Washington Hospital Center in Washington, D.C. Dr. Stanford also completed a fellowship in surgical critical care. Dr. Stanford performs a variety of surgeries, including robotic-assisted hernia surgery.



Payal Patel, PA-C

Patel is a certified surgical physician's assistant. She earned her degree as a physician's assistant from South University in Savannah, Georgia.



Kathryn Samples, PA-C

Samples is a certified surgical physician's assistant. She earned her degree as a physician's assistant from the University of Alabama at Birmingham.

Hematology – Oncology



Bradley Larson, MD

Dr. Larson is a board-certified internist and oncologist with Northwest Georgia Oncology Centers in Carrollton and Bremen. He earned his medical degree from the University of Wisconsin-Madison Medical School and completed his internship and residency at the University of Florida in Gainesville, Florida.



Yuesheng 'James' Qu, MD

Dr. Qu is a board-certified internist and oncologist with Northwest Georgia Oncology Centers in Carrollton. He earned his medical degree from the Georgetown University School of Medicine in Washington D.C. and completed his internship and residency at Emory University Hospital in Atlanta.



Randall Pierce, MD

Dr. Pierce is a board-certified internist and oncologist with Northwest Georgia Oncology Centers in Carrollton. He earned his medical degree from the Medical College of Georgia in Augusta and completed his internship and residency at Wake Forest University Baptist Medical Center in Winston-Salem, North Carolina.

Radiation Oncology



James Bland, MD

Dr. Bland is board-certified in radiation oncology. He earned his degree in medicine from the Medical College of Georgia in Augusta, where he also completed his internship and residency in radiation oncology. Dr. Bland serves as medical director of Tanner's Roy Richards, Sr. Cancer Center.



Anna Harris, MD

Dr. Harris is board-certified in radiation oncology. She earned her medical degree from Mercer University in Macon, completed her internship in internal medicine at Memorial University in Savannah and her residency in radiation oncology at the University of Texas Health Science Center at San Antonio.

Breast Care Locations

Call 678-498-7197 to schedule a mammogram at any of the following locations.

Tanner Breast Health in Carrollton

157 Clinic Avenue, Suite 202
Carrollton, GA 30117
Located in the West Georgia Specialty Center.

Tanner Breast Health in Villa Rica

705 Dallas Highway
VillaMed Medical Office Building, Suite 102
Villa Rica, GA 30180
Located in VillaMed adjacent to
Tanner Medical Center/Villa Rica.

Higgins General Hospital

200 Allen Memorial Drive
Bremen, GA 30110
Mammograms are performed in the
hospital's diagnostic imaging department.

Tanner Primary Care of Wedowee

1030 South Main Street
Tanner/East Alabama Medical Office Building, Suite A
Wedowee, AL 36278
Located adjacent to Tanner Medical Center/East Alabama.

Mammography on the Move unit

Digital mammograms and bone density screenings
are available throughout west Georgia and east
Alabama aboard Tanner's mobile mammography unit.

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Women's Care

TannerWomensCare.org