

# Inside Story HIGHLIGHTS

From the Pacific Radiology Referrer Newsletter



Pacific Radiology



## Breast Ultrasound

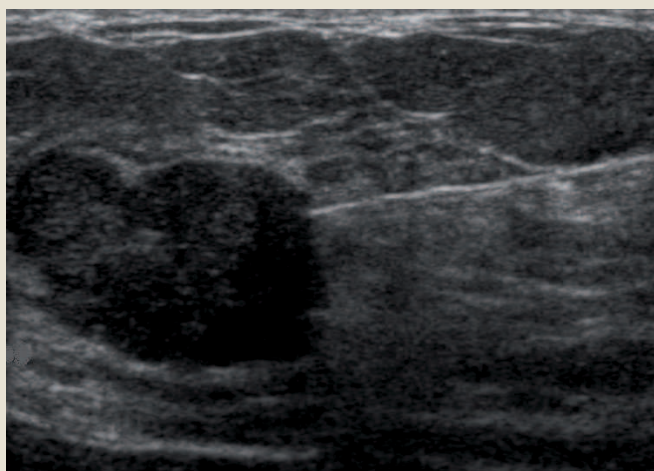
**Breast ultrasound is an excellent examination. However it is not a screening test for breast cancer. X-ray mammography is proven to reduce deaths from cancer by early detection and is the Gold Standard for screening. There is minimal evidence to support ultrasound in this role.**

These are the usual everyday indications for breast ultrasound:

- > Investigation of a lump or lumpiness
- > Investigation of focal pain or focal tenderness
- > Investigation of axillary symptoms
- > To further manage abnormalities identified on mammography

When requesting breast investigation or imaging, here are some pointers:

- > **Women under 30 with symptoms –**  
Ultrasound alone.
- > **Women 30-35 with symptoms –**  
Ultrasound to start with, radiologist to add mammography if required.



- > **Women over 35 with symptoms –**  
Ultrasound AND mammography.
- > **Women 40 and over for SCREENING –**  
Mammography ALONE with ultrasound only if required by the screening radiologist.



James Wellwood

Remember these are just generalisations but do cover most day to day situations.

We aim to complete all the tests at one visit, but occasionally a further appointment will be required.

We are always available to discuss individual circumstances and cases and would encourage dialogue. Perhaps more than with any other clinical challenge, diagnosing or excluding breast cancer is a team effort.

~ *James Wellwood*

