

Livingwell

Spring 2016



We're here to
help with your
special delivery
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Love your heart

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Simi Valley Hospital

 Adventist Health



Crisis
of the

HEART!

KNOWING THE SYMPTOMS AND TAKING QUICK ACTION



NO ONE PLANS to have a heart attack—but the reality is that heart attacks occur at an alarmingly frequent rate in the United States. According to the American Heart Association, heart disease (which includes heart attack and other heart conditions) strikes someone in the U.S. every 43 seconds.

Whether you consider yourself healthy, at high-risk for heart disease or somewhere in between, it's important to think ahead about what to do in case you or someone you care about experiences a heart attack. There's a potentially life-saving reason for planning ahead.

"In health care, we have a saying: 'Time is myocardium,' or 'Time is muscle,'" said Thanh Nguyen, DO, a

Simi Valley interventional cardiologist on the medical staff at **Simi Valley Hospital**. "The longer you wait to get help for a heart attack, the more your heart muscle will likely suffer damage. Heart muscle doesn't grow back; once it's dead, it's dead forever."

If you or someone near you experiences the symptoms of heart attack, don't hesitate to call 911 immediately. Avoid the temptation to skip this step and drive yourself to the hospital. You'll likely be in a panic, and if you really are having a heart attack, you may suffer an arrhythmia, your blood pressure may suddenly drop and/or you may lose consciousness—any of which could cause a deadly accident.

Most important, while you may think you're saving time by going to the hospital in a private car, the reality is that you'll get care much more quickly by calling 911

For more information about heart disease, including prevention and support, visit the American Heart Association website at heart.org.

COMMON HEART ATTACK SYMPTOMS



Some of the more common symptoms of heart attack include:

- | | |
|---|--------------------------|
| ✓ Chest pain | ✓ Fatigue |
| ✓ Back pain | ✓ Shortness of breath |
| ✓ Epigastric pain (pain or a feeling like acid reflux above the stomach area toward the left side or middle of the chest) | ✓ Sweating |
| | ✓ Dizziness |
| | ✓ Nausea and/or vomiting |



Any one or a combination of these occurrences may be a symptom of heart attack or an impending heart attack. Pay attention to these symptoms, and don't think twice about taking action and **calling 911 immediately**. You must be your own advocate in these situations.

and waiting the very few minutes it takes for an ambulance and EMTs to get to you. Treatment begins the moment the EMTs arrive and continues all the way to the hospital—giving a better chance that healthy tissue in your heart will be spared.

Know when to make the call

One of the biggest challenges is knowing when it's time to seek medical help for the symptoms you think might be a heart attack—especially if you've never experienced heart disease before. You know you shouldn't wait to get help, but you don't want to go through the expense and potential embarrassment of a false alarm.

That's the kind of thinking you must banish, medical experts say. Heart disease symptoms are the culmination of events such as a blockage in your coronary artery or a sudden plaque rupture and closure of the artery with blood clots. These symptoms are your body's way of telling you your heart needs help and that you need to seek



A good defense ...

The best heart attack is the one that never happens. Follow this “Simple 7” approach from the American Heart Association to help you avoid heart disease:

- 1 Manage your blood pressure.
- 2 Keep your cholesterol at an acceptable level, and take action to lower it, if needed.
- 3 Reduce your blood sugar levels, if they are above recommended levels.
- 4 Stay physically active.
- 5 Choose a heart-healthy diet.
- 6 Maintain an ideal body weight for your height and build.
- 7 Don't smoke, or stop smoking if you do.

A great way to get started is to seek out a physician who will work with you and be your health advocate. Then be proactive and stay informed about heart health. By taking these steps, you will likely save yourself—and even your loved ones—in the process.

Women, take note: You're at risk too

While heart attack—and cardiovascular disease in general—is often thought of as a “man’s disease,” the fact is that the occurrence of heart disease and death from heart disease are more prevalent in women than men.

A primary reason for this may be that women often experience heart attack symptoms differently than men. If you're a woman, you should be aware of the general heart attack symptoms and get help immediately if they occur. But you should also be conscious of more subtle signs of heart attack. According to the American Heart Association, these include:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, the American Heart Association online materials say women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

MAKES ALL THE DIFFERENCE WHEN A HEART ATTACK STRIKES

medical intervention immediately.

Dr. Nguyen made a few observations about heart attack symptoms that may help you better understand what your body is telling you:

“The classic description of ‘chest pain’ is a bit of a misnomer. A heart attack typically won't feel like a punch in the chest or the type of pain you'd feel with a toothache. Most people describe it as a feeling of pressure, like there is a tight band around their chest or someone is sitting on their chest.

“The pressure in the chest is often accompanied by pain that begins in the jaw and travels down the arm. The movement of the pain seems to be an important distinction for heart attack.

“Some people mistake a heart attack for indigestion or other gastrointestinal problem. The important point to remember is that stomach symptoms typically don't cause a person to sweat. So if you're sweating and feeling pain in your jaw and/or arm, it's probably time to call 911 instead of taking another dose of antacid.”

The right place for care

When a heart attack strikes, it's critical to get care from a hospital that is equipped to handle such a life-threatening situation. Thanks to the state-of-the-art Cardiac Catheterization Lab at Simi Valley Hospital, heart attack patients can go right from the Emergency Department to the Cath Lab when their condition warrants such action.

There, an interventional cardiologist can perform a variety of procedures, including angioplasty to open up the clogged artery that is causing the heart attack. When necessary, he or she can also implant a stent—a device that helps to keep the artery open.

Simi Valley Hospital's Cardiac Cath Lab has another key feature that saves precious minutes: As a hybrid lab, the room can easily be converted to an open-heart surgery suite for those occasions when



Simi Valley Hospital has the county's first-ever hybrid Cardiac Catheterization Laboratory, which can be immediately converted to a fully functioning open-heart surgery suite when needed.

a catheterization procedure is not the best choice for the patient.

A gift of health for

MOM & BABY

DID YOU KNOW that breastfeeding offers a lifetime of health benefits to both moms and babies? Babies who are breastfed have fewer illnesses while they are breastfeeding and a better immune system for decades to come. As adults, babies who were breastfed have significant reductions in chronic illnesses, including type 2 diabetes, heart disease and GI (digestive) illnesses.

Babies who are fed breastmilk have stronger bones and are less likely to deal with obesity. They also have nearly a 50 percent reduction in risk for sudden infant death syndrome (SIDS).

Moms receive benefits too! Women who breast-feed have less of a chance of developing hormone-related breast and reproductive cancers later in life. They also have a greatly reduced risk of developing osteoporosis as they age.

Bonding for success

Breastfeeding isn't easy, but it can be easier when the natural progression

of bonding can take place. There is no better way to begin this process with your newborn than to experience skin-to-skin bonding just moments after delivery. This "golden hour" is a precious time that provides a great opportunity for breastfeeding instincts to be switched on in both mom and baby.

The birthing program at Simi Valley Hospital supports new moms with this precious bonding time, as well as the personalized lactation education they need to confidently and successfully breastfeed their babies.

History repeats itself

For centuries, breastfeeding wasn't even a question; it was the only option. When baby formula came into widespread usage in the 1950s, it gave mothers a viable alternative for feeding. As is often the case with trends, the traditional method of breastfeeding, suddenly felt outdated, and formula-feeding was king for a few decades.

Nursing provides lifelong benefits for both mom and baby.



Research studies, however, have proved over and over again that the benefits of breastfeeding far outweigh those of formula for the vast majority of mothers and their babies. Fortunately, both the medical community and new parents are once again embracing this traditional, but very effective, feeding option.

The American Academy of Pediatrics (AAP) recommends that moms breast-feed exclusively for the first six months of their baby's life. (That means no formula

or other types of nutrition.) Furthermore, the AAP says that breastfeeding should continue through the first year of life, supplemented by solid food beginning at six months, and then as long as both baby and mom are comfortable doing so.

Better for baby, better for you

Breastfeeding for even this brief amount of time provides lifelong benefits for both your baby and you:

- **Proper nutrition.** Breast milk contains a perfect balance of vitamins,

Simi Valley Hospital is here to help with your special delivery

In addition to breastfeeding support for family bonding, Simi Valley Hospital offers a number of other special touches that help to make your birthing experience easier, safer and more comfortable:

- ▶ Spacious, 300-square-foot private patient suites in labor and post-partum care units, featuring oversized windows with beautiful views, flat-screen TVs, private bathing facilities and home-like décor.
- ▶ Comfortable sleeper chairs for dad or another support person.
- ▶ A level 2 Neonatal Intensive Care Unit (NICU) led by neonatal physician specialists from UCLA, where babies born prematurely or with special medical needs can receive the care they need.
- ▶ A dedicated nurse who will be with you through the entire labor, delivery and recovery process.
- ▶ Support for personal birthing choices, with nurses specially trained in natural birthing techniques.
- ▶ “Golden hour” skin-to-skin time for the first hour following the birth of your baby.
- ▶ A special recovery unit for women who deliver by C-section, designed to keep mom and baby together during the important first hours of life.
- ▶ Wireless Internet access throughout the hospital.
- ▶ A restaurant-style celebration meal for mom and dad or another support person.
- ▶ An infant security system, including locks on doors in the nursery, as well as labor and post-partum care units.
- ▶ Cord-banking available for parents who wish to store stem-cell-rich blood from the umbilical cord for future use by their child.
- ▶ Lactation support services available after discharge from the hospital.

To learn more about having your baby at Simi Valley Hospital, go to SimiValleyHospital.com, hover over “Services” and then click on “Maternity.”

proteins and fat—all the things your baby needs during his or her first weeks of life. The milk you produce immediately after giving birth, called colostrum (kuh-LAH-struhm), may look a bit strange, but it is exactly what your baby needs to kick-start his or her digestive system.

• **Proper physical and mental development.** Babies who are breastfed tend to grow into a normal weight and avoid becoming overweight. In addition, breastfeeding appears to reduce the number of both doctor visits

and hospitalizations among children. According to some studies, breastfeeding can help increase IQ scores as the child grows.

Breastfeeding has benefits for you too:

• **Recovery.** When you breastfeed, your body releases a hormone called oxytocin (ahx-ee-TOE-suhn), which signals your uterus to contract and return to its normal size. This action may also reduce bleeding in your uterus. In addition, breastfeeding burns calories, which can help you shed baby weight.

• **Economic benefits.** Breast milk is free! It’s also available 24/7 whenever your baby needs it. No rushed trips to the store to buy expensive formula.

Although breastfeeding offers big benefits, there are circumstances—on the mother’s part or the baby’s—when breastfeeding isn’t the best option. That’s why it’s important to talk with your OB-GYN, pediatrician or family physician about breastfeeding and whether or not it’s a good option for you. Chances are, it is.

We’ve got a class for that! Simi Valley Hospital supports new moms and their families with a wide range of childbirth and parenting classes, including a FREE tour of our Maternity Center; a prepared childbirth series; classes on the topics of breastfeeding and baby care basics; a special, FREE tour for big brothers-and sisters-to-be; our Breastfeeding Cafe (a FREE weekly support group); and our Twilight Infant/Parent Class. See **page 7** to learn more.

Resources at your fingertips

There are excellent resources online about breastfeeding, but be sure to stick with recognized professional organizations when doing Internet research. The American Academy of Family Physicians (aafp.org) has a large amount of information and resources regarding breastfeeding. The American Academy of Pediatrics (aap.org) and the American Congress of Obstetricians and Gynecologists (acog.org) are also great sites to visit to learn more about breastfeeding.

Because we are so passionate about successful breastfeeding, Simi Valley Hospital provides a **free breastfeeding support group** for our community moms every Thursday from 9 a.m. to 10 a.m. in the Women’s Unit. To attend, park in visitor parking, go to the front desk and sign in. Someone will show you to the location.

COMMUNITY FOCUS:

Our commitment to you



WALKING THROUGH the hospital is one of the highlights of my workday. Witnessing our staff providing compassionate care is an awesome sight to behold. Health care is a sacred opportunity for us to provide quality care and compassionate support to those we serve within our community. Our staff is not only qualified technically, but they care for each of you personally.

It doesn't seem that long ago when I delivered my own son here at Simi Valley Hospital! Now almost a teenager, he joined me at a recent Moorpark Chamber of Commerce dinner event, where we delighted in observing a close-knit group of dedicated business professionals recognize individuals and businesses for their outstanding accomplishments.

It was on this night that I had the honor and privilege of accepting the Visionary Award on behalf of Simi Valley Hospital. This award recognized our hospital's 50-year commitment to community health. Throughout the evening, one of the themes that resonated was how important business is to community development. One of the ways hospitals impact a community is through



the influence we have on community wellness. A strong workforce makes for a healthy community.

At Simi Valley Hospital, we consider ourselves to be at the forefront of community health. Our

commitment is growing as community needs grow and change. We recently moved our Child Development Center back onto our campus with a multi-million-dollar expansion to provide even better support for children with special needs. In January, our Home Health program received a 5-star rating from the Centers for Medicare & Medicaid Services (CMS), which is a reflection of how patients rate their care and experience.

As a hospital, we have invested millions of dollars into our various program expansions to create areas of health and healing. We have purchased new technology to provide more advanced care, such as our interventional Cath Lab for heart care and our 3-D breast mammography equipment. Our spine program is helping people find solutions to chronic pain from degeneration and injury, and our strong orthopedic program continues to help our community stay active and healthy. Our overall patient satisfaction scores have been increasing year after year.

Advanced health care services you need in order to live your best life are here at Simi Valley Hospital—and we provide them in a caring, compassionate and family environment. You will find us friendly and personal. As a nonprofit organization, our commitment to you is to keep growing and investing in programs within our communities to ensure you are living your healthiest life! We are in this together, and it is a pleasure to serve this wonderful community.



Jennifer Swenson,
President and CEO

Home Health Services gets five stars for patient satisfaction

The Centers for Medicare and Medicaid Services (CMS) has independently verified what patients of Simi Valley Hospital's Home Health Services have known all along: The program's caregivers are among the best in the entire country.

In January, CMS awarded a 5-star rating—the highest possible score—to Simi Valley Hospital. The rating was based on satisfaction scores among patients who received home health services between July 2014 and June 2015. CMS provides this rating system on its website, medicare.gov/homehealthcompare, to help patients and their loved ones as they make decisions about which home health provider to choose.

Patients first

Eileen Tondreau, director of Simi Valley Hospital's Home Care Services, said the entire home care team is focused on the specific needs and lifestyle preference of each individual patient.

"If there is one main theme in home care, it is 'We are here to help you learn how to take care of yourself,'" she said. "People come home after surgery or after having had a stroke or being diagnosed with diabetes or cancer, and they haven't been in the hospital long enough to learn how to do all the new things they need to do to heal properly or to adapt to their new circumstances. We're there to help make that transition easier and safer."



Without you, there is no us

The singular goal and responsibility of the Simi Valley Hospital Foundation is to help ensure that area residents have access to high-quality, technologically advanced services at Simi Valley Hospital. Over the decade-plus of our existence, we have raised millions of dollars that have helped transform the hospital campus—and enabled hospital leaders to dream big about the future of health care in our community.

It's important to note, however, that it is not ultimately the foundation that provided that money. Every penny has come from generous donors who want to make sure the best possible health care services are available right in our community. While some of our donors are able to give substantial sums, most gifts are in an affordable range for the average person. No matter the amount, we are grateful for the support we feel from every donor.

There are many ways to support the Simi Valley Hospital Foundation. For instance, we have two big events—Hats Off to Women in the spring and the Golf Classic in late summer—that are open to anyone in the community. We also provide an opportunity to say thank you to a special physician as part of our Doctors Day celebration in March. (See more about those three activities below.)

Many donors choose to give to the hospital with a general donation to the foundation. It's easy to make this type of donation: Either go online to SimiValleyHospital.com and click on "Giving Back" near the top of the page and then on "Online Donation" in the left-hand column, or call us at **805-955-6670**.

You can also call us to learn more about naming opportunities for areas in Simi Valley Hospital's new Emergency Department, with a wide range of gift amounts available. We're entering the final phase of this exciting Emergency Services and Hospital Expansion Project, which involves remodeling the former Emergency Department to complement the technology and design of the beautiful new emergency building that opened last year. Whether it is with a general donation or a naming opportunity, we hope you'll choose to be part of bringing state-of-the-art emergency care to our community.



Michelle Foster,
Foundation
President

BETTER TOGETHER

HONOR A SPECIAL DOCTOR

Doctors Day **March 30**

Has a particular Simi Valley Hospital physician provided outstanding service to you or a loved one? You can say thank you—and honor that special doctor's act of kindness—with a donation to the Simi Valley Hospital Foundation. Your gift will go to the Emergency Services and Hospital Expansion Project. To give your gift, go to SimiValleyHospital.com and click on "Giving Back" near the top of the page and then on "Doctors Day" in the left-hand column.

HATS OFF 2016 **to WOMEN**

SIMI VALLEY HOSPITAL FOUNDATION

Friday, April 15, 10 a.m. to 2:30 p.m.
California Lutheran University,
Thousand Oaks

A day of fun and learning, with our keynote speaker, health screenings, boutique, silent and live auctions, luncheon, fashion show, and presentation of the 2016 Woman of the Year. Proceeds benefit Simi Valley Hospital's Emergency Services and Hospital Expansion Project.

Individual tickets: \$75. Table of 10: \$750. For tickets and sponsorship opportunities, call the Simi Valley Hospital Foundation at **805-955-6670**.

Calendar

CPR

Simi Valley Hospital offers CPR for community residents, including infant CPR, adult/child CPR and health care provider basic life support. For more information, visit SimiValleyHospital.com and click on "Classes and Events" near the top of the page, call **805-955-6890**, or email SV_Education@ah.org

SUPPORT GROUPS

FREE

GRIEF SUPPORT

A safe place for people who are suffering the pain of losing a loved one, no matter how long ago the loss occurred. Groups are facilitated by Simi Valley Hospital's director of Spiritual Care Services. Call **805-955-6225** for meeting times and location.

STROKE SUPPORT

Offered in conjunction with the National Stroke Association, this free support group at Simi Valley Hospital is for caregivers, families and survivors. Call Richard at **805-498-2632** for more information.

HEART ATTACK SURVIVORS' SUPPORT

This free group is open to anyone in the community who has ever experienced a heart attack. It is facilitated by a heart attack survivor. For more information, call **805-955-6225**.

CANCER SUPPORT

The American Cancer Society offers a variety of support groups free of charge. For more information, call **800-227-2345** or visit cancer.org.

LOOK GOOD...FEEL BETTER

A free program for people with cancer. Learn more at cancer.org; search for "look good." Reservations required: **800-227-2345**.

• Mondays, April 4, June 6
4 p.m. to 6 p.m.

Nancy Reagan Breast Center
Simi Valley Hospital

CHILDBIRTH AND PARENTING

Registration is required for all classes. Unless otherwise indicated, call **805-955-6304** to register, or register online at SimiValleyHospital.com. Click on "Classes and Events" near the top of the page.

MATERNITY TOUR

Learn more about the process of having your baby at Simi Valley Hospital and get a preview of the services we offer for expecting and new moms. You'll also get

FREE

a firsthand look at our spacious and beautiful maternity suites, nursery and other facilities. To register for this free tour, call **805-955-6304** or register online at SimiValleyHospital.com. Click on "Classes and Events" near the top of the page.

- Tuesdays, March 29; April 12; May 10, 24; June 14
- Thursdays, April 21; May 5; June 2, 16
- 7 p.m. to 8 p.m.
- Garden level of main building

PREPARED CHILDBIRTH

- Mondays, April 4, 11, 18, 25 | May 2, 9, 16, 23 | June 6, 13, 20, 27
- Wednesdays, April 6, 13, 20, 27 | May 4, 11, 18, 25 | June 8, 15, 22, 29
- 6 p.m. to 8 p.m.

Garden level of main building | \$50 per couple; \$25 per couple for refresher course (weeks two and three); \$12 per couple for C-section class only (week three).

BREASTFEEDING CLASS

- Thursdays, March 31, April 28, May 26, June 30
- 6 p.m. to 8 p.m.

Garden level of main building | \$35

BREASTFEEDING CAFE

- Thursdays, 9 a.m. to 10 a.m.

FREE

Women's Unit in Patient Care Tower

BABY CARE BASICS

Prepared Childbirth participants: This class is included in your series.

- Mondays, April 25, May 23, June 27
- Wednesdays, April 27, May 25, June 29
- 6 p.m. to 8 p.m.

Garden level of main building | \$10 per couple

SIBLING RELATIONS

- Tuesdays, April 26, June 28
- 6 p.m. to 7 p.m.

FREE

Cafe Conference Room

TWILIGHT INFANT/PARENT CLASS

- Mondays, April 4, 11, 18; May 2, 9, 16, 23
- 5:30 p.m. to 7:30 p.m.

FREE

Child Development Center

In this eight-week class, parents learn about child development and parenting while their children play alongside them under the supervision of child development specialists. Dinner is provided. Call **805-955-8120**.

 Find class descriptions online at SimiValleyHospital.com. Click on "Classes and Events" near the top of the page.

SAVE
THE
DATE!

21st annual Simi Valley Hospital Foundation Golf Classic

Aug. 24, Moorpark Country Club

For more information or to become an event sponsor, call the Simi Valley Hospital Foundation office at **805-955-6670**.

Foundation



Simi Valley Hospital's Outpatient Nutrition Counseling program teaches you how to make healthy choices about the food you eat—whether you want

Make food your secret weapon

to use nutrition to manage an illness or just want to improve your overall health and wellness. A specially trained dietitian will work with you to create and reach your nutrition goals, all in a non-judgmental and compassionate setting.

Simi Valley Hospital

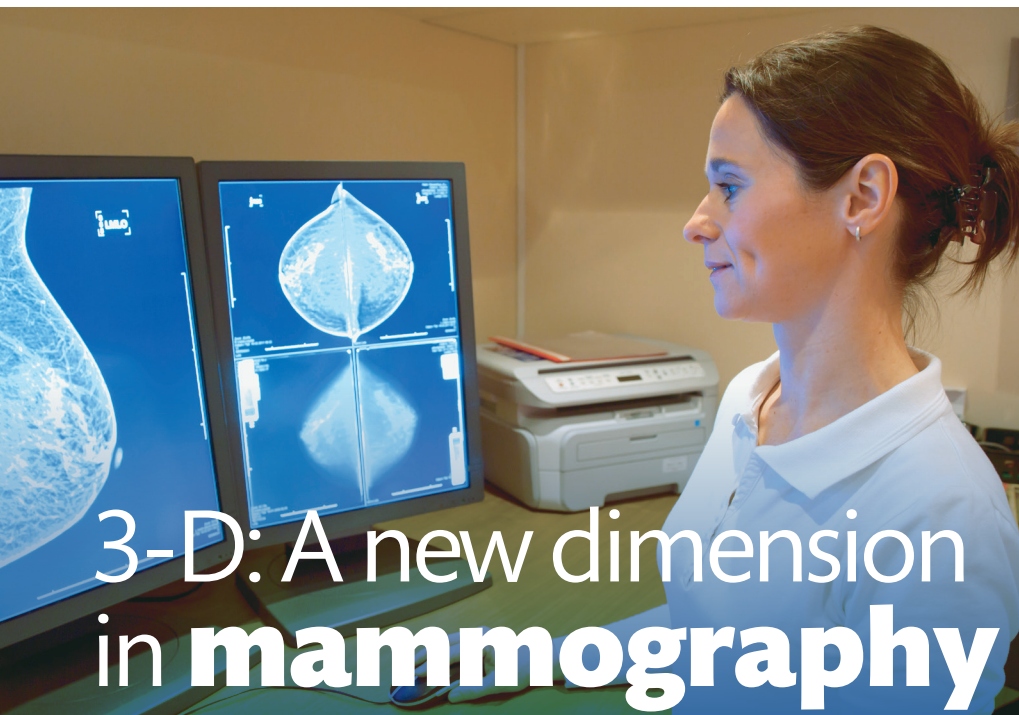
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2975 N. Sycamore Drive
Simi Valley, CA 93065

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PAID
Long Beach, CA
Permit No. 2041

Learn more! Go to SimiValleyHospital.com, hover over "Services" and click on "Nutrition Counseling Services."

To schedule an appointment, talk with your physician or call the Outpatient Nutrition Counseling program at **805-955-6590**.



3-D: A new dimension in mammography

ONE OUT OF EIGHT women will be diagnosed with breast cancer in her lifetime. Eight out of nine women who are diagnosed with breast cancer will have no prior family history of the disease. Early detection is still the number-one way to beat breast cancer. Mammography, self-exams and other preventative screenings are key to getting an early diagnosis.

If you undergo a 3-D mammogram—also known as breast tomosynthesis—you'll discover the experience is very similar to having a conventional 2-D mammogram. The breast is compressed between two plates, and the images are created with the same X-ray technology.

The difference is that the machine moves in an arc across the breast, taking several more images than with

To schedule a mammogram at Simi Valley Hospital, call the Nancy Reagan Breast Center at 805-955-6122. To learn more, go to SimiValleyHospital.com.

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Jennifer Swenson
President and CEO

John Dingilian, MD
Chief Medical Officer

Kathryn Stiles
Director of Marketing and Communications, Editor

Steve Willis
Writer



Information in LIVING WELL comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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What's right for you?

For women with average risk:

- Under 40: No recommendation for mammogram. However, if you have any concerns about your breast health or you have a family history of breast cancer, speak with your physician about getting screened.
- Ages 40 to 44: Talk with your doctor about whether having a mammogram is right for you.
- Ages 45 to 54: Have a yearly mammogram.
- Age 55 and older: Have a mammogram at least every two years. Talk with your doctor to see if more frequent screenings are right for you.

Women at higher risk include those who have:

- A personal history of breast cancer (you have been diagnosed with breast cancer in the past).
- A family history of breast cancer.
- A genetic mutation known to increase risk of breast cancer (such as BRCA).
- Radiation therapy to the chest before the age of 30.

No matter your age or risk for breast cancer, you should perform monthly self exams. Seek the advice of a physician if you detect any changes in your breasts.

Source: American Cancer Society

traditional 2-D mammography and from a variety of angles.

Why 3-D mammography?

There are several benefits:

- **A clearer view of breast tissue.** Three-D mammography reveals breast tissue and irregularities in their actual location within the breast. A 3-D image makes it easier for physicians to evaluate areas of concern with precision.
- **Fewer false positive results.**

Because physicians can see breast tissue more clearly and in better detail with 3-D mammography, there will be less chance of a false positive result, which triggers the call for a follow-up appointment. Current studies show that 3-D mammography reduces false positives by 30 percent.

- **Better cancer detection.** Early detection is a key to survival for breast cancer. Preliminary studies show that early cancer detection is increased by more than 40 percent with 3-D mammography.

Social media



Like us on Facebook.
[facebook.com/SimiValleyHospital](https://www.facebook.com/SimiValleyHospital)



Follow us on Twitter.
[@simihospital](https://twitter.com/simihospital)