

# KNOW? did you

**EWBC**  
585-442-2190 | ewbc.com

Helpful information about Elizabeth Wende Breast Care

## CARING FOR PATIENTS SINCE 1975

### WHY EWBC: what sets us apart?

- First dedicated Breast Imaging Center in the nation
- Our radiologists double read every screening mammogram
- All our technologists are certified in mammography
- All our sonographers are certified in breast ultrasound

### Seven convenient locations

MAIN OFFICE Brighton (170 Sawgrass Drive, Rochester, NY 14620)  
Batavia • Carthage • Geneseo • Greece • Victor • Webster

### EWBC services

- 3D mammography with same day screening results (all locations)
- Breast Ultrasound (all locations)
- Diagnostic evaluation with onsite physician (Brighton & Carthage)
- Breast MRI (Brighton)
- Breast Biopsy (Brighton & Carthage)
- Bone Density testing (Brighton, Carthage, Geneseo, Greece, Victor & Webster)
- Cancer Risk Assessment (all locations)
- Genetic Counseling Program (Brighton or by teleconference)

### Portal.ewbc.com & EWBC APP for Android & Apple

to access your appointments, documents, messages and manage your personal information including address, phone numbers, insurance information and consent preferences



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### Our Screening Mammography Recommendations

**AVERAGE Risk Women:** Screening mammograms at age 40, every year thereafter as long as in reasonably good health

**HIGH Risk Women:** Women with a strong family history of breast cancer, genetic mutation or in a high-risk group may benefit from starting screening earlier than age 40.

**Breast Self-Awareness:** Learn to identify possible changes in your breasts. Continue yearly check-ups & clinical breast exams by your health care provider.

### Breast Density

Breast density is determined from your mammogram. Each time you have a mammogram, your radiologist reviews your breast density for two reasons. First, dense breasts have a higher chance of developing breast cancer. Second, it is more difficult to find breast cancers in dense breasts compared with fatty breasts. Your report from our office will include your breast density type:

- A. Almost entirely fatty
- B. Scattered areas of fibroglandular density
- C. Heterogeneously dense
- D. Extremely dense

New York State passed the Breast Density Inform Act in 2013 requiring radiologists to inform patients of their breast density with their mammogram results. Patients with heterogeneously dense and extremely dense tissue may choose additional screening tools such as ultrasound (available at all locations) Video at [ewbc.com/patient-resources/breast-density/](http://ewbc.com/patient-resources/breast-density/)

### Cancer Risk Assessment for every patient

By simply completing our health history questionnaire, we can estimate both your lifetime risk of breast cancer as well as your eligibility for genetic counseling and genetic testing. Obtaining a personalized risk assessment ensures that you are aware of the most appropriate and up-to-date management plan for your current risk level. Video at [ewbc.com/services/cancer-risk-assessment/](http://ewbc.com/services/cancer-risk-assessment/)

### Genetic Counseling Program – Know Your Risk

EWBC proactively screens our patients for hereditary breast cancer. Our genetic counselor is available to meet with patients for any hereditary cancer syndrome. The goal of our Genetics Program is early detection and/or prevention of breast and other cancers. If you have any questions or would like to attend an information session, please call (585) 758-7041. Video at [ewbc.com/services/genetic-counseling/](http://ewbc.com/services/genetic-counseling/)

**Mammograms for the Uninsured:** For eligible women 40 years of age and older through Cancer Services Program & Elizabeth Wende Breast Care. Please call 585-442-2190.

## OUR EXPERIENCED RADIOLOGISTS ARE SPECIALISTS IN BREAST IMAGING

Dr. Stamatia Destounis joined EWBC in 1993 • Dr. Posy Seifert 2002 • Dr. Philip F. Murphy 2004  
Dr. Lisa Paulis 2011 • Dr. Wade Hedegard 2012 • Dr. Alena Levit 2015 • Dr. Sarah Vanderlinde 2019

Elizabeth Wende Breast Care is named in honor of Elizabeth Wende  
(mother of founder Dr. Wende Logan Young)  
AND to all mothers who support, inspire and believe in their daughters