



Know Your Curves: Women's Imaging at Imaging Healthcare Specialists

Imaging Healthcare Specialists is dedicated to delivering a continuum of care for our referring physicians and patients. We offer several Women's Imaging locations throughout San Diego with a full range of breast health services, including MRI, ultrasound, mammography, biopsy, ductography, and pre-operative hookwire and sentinel node localization procedures. Our commitment to offer integrated services ensures that any questionable findings are reviewed by our team of breast experts.

The American Cancer Society (ACS) and the American College of Radiology recommend that all women should undergo annual screening mammography beginning at age 40. Diagnostic mammography and breast ultrasound are available for women with palpable lumps, nipple discharge, or for patients with prior history of breast cancer. For symptomatic patients under the age of 30, a breast ultrasound is generally recommended as the initial imaging exam.

Patients can be evaluated for a high risk of breast cancer by review of their family history and DNA analysis. The American Cancer Society and the IHS team of breast care specialists recommend annual breast MRI in addition to mammography for these high-risk patients.

IHS strives to be the leader in breast imaging and is proud to be recognized as a BICOE facility. Breast Imaging Center of Excellence (BICOE) is a designated program awarded to elite centers that achieve excellence in diagnostic imaging. The American College of Radiology rigorously evaluates the quality of breast imaging centers and their capacity to perform all of the ACR breast accredited modalities.

For more information about the full range of Women's Imaging services we provide, please visit www.imaginghealthcare.com.

Imaging Healthcare Specialists Joins Susan G. Komen Race for the Cure® November 6th

Imaging Healthcare Specialists (IHS) is pleased to be a sponsor of the 2011 Susan G. Komen 5K Race for the Cure® on **Sunday, November 6th at Balboa Park**. As part of our commitment to women's health, IHS has created the Imaging Healthcare Specialists Team and is offering you the opportunity to participate in the walk by paying for your entry fee. **Deadline to register is October 6th**. All participants will receive a team t-shirt, fun swag, and pre-and post-walk festivities. To register for the IHS Team:

- Log on to <http://www.komensandiego.org/komen-race-for-the-cure>
- Select "Join an Existing Team" on right navigation in pink
- Enter "Imaging Healthcare Specialists" for Team Name
- Select "Corporation" from drop down menu on "Team Division"
- Click on "Search for Team" on lower right corner
- Click on "Join" in the far right
- Select "Adult Untimed" for participation option
- Enter "IHS2011" in Discount Code section (covers your entry fee of \$35)
- Fill out information as a "New User"
- You are now on the team!

Stay tuned for updates from your team captain, Judy Carter jcarter@imaginghealthcare.com or call 858 658 6557.

Nurse Navigator Enhances Care for Breast Cancer Patients



Imaging Healthcare Specialists is dedicated to providing education, support and treatment coordination for breast cancer patients. Our patient navigation process includes a registered nurse who can help your patient throughout their treatments, and assess their physical, psychological, and social needs. The results include an enhanced outcome, increased satisfaction, and reduced costs of care.

We are pleased to introduce Judy Carter, RN as Imaging Healthcare Specialists' certified breast patient nurse navigator. With more than 30 years experience as a registered nurse, Judy will partner with referring physicians to offer the best possible care for patients newly diagnosed with breast cancer. She will also perform high risk assessments and facilitate BRCA testing for patients with a strong family history of breast and ovarian cancer.

For more information about how the nurse navigator program will assist you and your patients, please contact Judy Carter, RN at (858) 658-6557 or jcarter@imaginghealthcare.com.

Imaging Healthcare Specialists Announces High Risk Assessment and BRCA Testing

IHS in partnership with our Nurse Navigator program now offers BRCA gene testing. Every mammography and breast ultrasound patient seen at our Garden View imaging facility is asked to complete a Family History Questionnaire that allows our radiologists to assess and identify high risk patients. Complimentary counseling is provided to appropriate high-risk patients and BRCA gene testing is offered if indicated.

Patients may undergo buccal swab DNA analysis to identify mutations in either one of the two breast cancer susceptibility genes: BRCA1 and BRCA2. Patients that have these mutations have up to an 87% lifetime risk of developing breast cancer and up to a 44% chance of developing ovarian cancer.

While having a BRCA gene mutation is uncommon, the inherited BRCA genes are responsible for about 5 percent of breast cancers and about 10 to 15 percent of ovarian cancers.

For patients with the inherited BRCA gene, our team can facilitate referrals to appropriate specialists to discuss preventative options to help reduce her risk for developing breast and ovarian cancer. In these patients, IHS can provide all recommended exams for the increased surveillance for breast and ovarian cancer. For more information, call (858) 658-6557.

Radiologist Spotlights: *Dr. Louise O'Shaughnessy*



Louise O'Shaughnessy MD is a Board-certified Diagnostic Radiologist and fellowship trained Breast Imager. She received her medical degree from UCLA

School of Medicine and completed her Diagnostic Radiology residency and Mammography Fellowship at UCSD. Dr. O'Shaughnessy joined Physician's Radiology Medical Group in 1985 and has held several leadership positions which include serving two terms as Chief of Staff of Alvarado Hospital Medical Center, Chairman of Radiology at Alvarado Hospital Medical Center and Physician's Radiology Breast Imaging Medical Director.

Dr. O'Shaughnessy performs a wide variety of diagnostic and interventional procedures including Breast MRI, Ultrasound and stereotactic biopsies. Dr. O'Shaughnessy is one of our lead medical group physicians in Women's Imaging, and may be reached at 858-658-6500 or loshaughnessy@imaginghealthcare.com.

Dr. Rowena Tena



Rowena Tena, MD is a Board-certified Diagnostic Radiologist. She earned her medical degree at Tulane University Medical School in New Orleans, LA. She

completed her Diagnostic Radiology Residency at University of Pittsburgh and Magee Women's Hospital. Dr. Tena joined Radiology Medical Group in 1999 and has held several leadership positions including Radiology Medical Group Breast Imaging Medical Director and Chief of Radiology for Scripps Mercy Hospital.

Dr. Tena is proud to provide up-to-date and cutting edge care using a full array of cross-sectional imaging, ultrasound and mammography for diagnostic and image guided procedures. Dr. Tena is one of our medical groups lead physicians in Women's Imaging, and may be reached at 858-658-6500 or rtena@imaginghealthcare.com.