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## Contact Us

Email

helpdesk@pulsediagnosics.com

Web

www.pulsediagnosics.com



+91 33 7198 1800

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**Pulse**  
DIAGNOSTICS

## MAMMOGRAPHY



## WHY PULSE ?

- ◆ Sonomammography is also performed at our centers.
- ◆ Your individual needs, your concerns, and your lifestyle are distinctive and personal.
- ◆ We treat you with compassionate, specialized care.
- ◆ Comprehensive breast program is an important sector at our center.
- ◆ When you come to our center, you will feel comfortable with our team approach.
- ◆ Other breast specialists including pathologists, surgeons & oncologists, will work together through every phase of your breast diagnosis and treatment.



## WHAT IS A MAMMOGRAM ?

A mammogram is an x-ray picture that can detect breast cancer up to two years before a woman or health professional can feel it. (Because a mammogram is a low dose x-ray, you should not be concerned about the risk from radiation.) As a mammogram detects breast cancer even before a lump can be felt, the chances of survival are good and the best treatment options are available.

## HOW IS BREAST CANCER DIAGNOSED?

While breast cancer is sometimes found after symptoms appear, many women with early breast cancer have no symptoms of the disease.

This is why getting the recommended screening tests before any symptoms develop is so important.

**Breast Cancer** can be diagnosed by:

- ◆ Symptoms & signs
- ◆ Clinical Examination
- ◆ Radiological imaging
- ◆ Biopsy

## IN BREAST CANCER

- ◆ A lump is detected, which is usually single, firm, and most often painless
- ◆ A portion of the skin on the breast or underarm swells and has an unusual appearance.
- ◆ Veins on the skin surface become prominent on one breast.
- ◆ The breast nipple becomes inverted, develops a rash, changes in skin texture, or has a discharge other than breast milk.
- ◆ Women's breasts can develop some degree of lumpiness, but only a small percentage of lumps are malignant. This is especially very common in the adolescent age group and is usually resolved with certain vitamins but requires stringent follow-up. While a history of breast cancer in the family may lead to increased risk, most breast cancers are diagnosed in women with no family history. If you have a family history of breast cancer, this should be discussed with us.

When breast cancer is found early,  
the five-year survival rate is **96%.**

## AN EARLY BREAST CANCER DETECTION PLAN SHOULD INCLUDE:

- ◆ Clinical breast examinations every three years from ages 20–39, then every year thereafter.
- ◆ Monthly breast self-examinations begins at age 20. Look for any changes in your breasts.
- ◆ Baseline mammogram by the age of 40.
- ◆ Mammogram every one to two years for women 40–49, depending on previous findings.
- ◆ Mammogram every year for women 50 and older.
- ◆ A personal calendar to record your self exams, mammograms, and doctor appointments.
- ◆ A low-fat diet, regular exercise, and no smoking or drinking.

## FACTS

- ◆ Every two minutes a woman is diagnosed with breast cancer. One woman in eight who lives to age 85 will develop breast cancer during her lifetime.
- ◆ Breast cancer is the leading cause of death in women between the ages of 40 and 55.
- ◆ Seventy percent of all breast cancers are found through breast self-exams.
- ◆ Not all lumps are detectable by touch. We recommend regular mammograms and monthly breast self-exams.
- ◆ Eight out of ten breast lumps are not cancerous. If you find a lump, don't panic-call your doctor for an appointment.
- ◆ Mammography is a low-dose X-ray examination that can detect breast cancer up to two years before it is large enough to be felt.
- ◆ With being the most common type of cancer in women, breast cancer accounts for 14% of cancers in Indian women. Breast cancer is on the rise, both in rural and urban India. A 2020 report of Breast Cancer statistics recorded 1,62,468 new registered cases and 87,090 reported deaths.

## HOW TO DO A BREAST SELF EXAMINATION

**IN THE SHOWER** Fingers flat, move gently over every part of each breast. Use your right hand to examine left breast, left hand for right breast.

Check for any lump, hard knot or thickening. Carefully observe any changes in your breasts.

