Sam & Jennie Bennett
Breast Care Center

CENTRAL MAINE MEDICAL FAMILY
Women’s Health
Central Maine Medical Center’s Sam & Jennie Bennett Breast Care Center is a private place where a woman can find comprehensive breast care services suiting her individual needs.

Located in Suite 103 of the 12 High Street medical office building, which is directly connected to CMMC, the Bennett Center offers a number of services in one location.

The Sam & Jennie Bennett Breast Care Center can help a woman find strength and confidence in coping with breast disease.
The team

The Bennett Breast Care Center team includes doctors, medical imaging technologists, therapists, nurses and an outstanding support staff. Together, these professionals assist women through the range of appropriate services, including diagnosis, treatment and after-care.

Mammogram

Mammography is a low-level x-ray of the breast that can detect lumps or changes too small to be felt manually. Specially trained female technologists perform mammogram studies, and most can be completed in about 20 minutes.

About Mammography

There are two types of mammography: diagnostic and screening.

Screening mammography detects breast changes in women who have no signs of breast cancer. A woman can self-refer for a screening mammogram.

A diagnostic mammogram is for a woman who has lumps, pain, nipple discharge, or other unusual breast changes. This is most often performed on women after the age of 30 and requires an order from a physician or other clinician.

There are two mammography imaging technologies: film screen and digital. The Bennett Breast Care Center continues to use the film screen method while awaiting further technical developments in digital mammography.

Obtaining useful mammography images requires compression of the breast tissue. This may be uncomfortable, but it is absolutely essential. Compression improves the accuracy of the test and reduces the amount of radiation needed to get a clear picture. Compression is not dangerous and does not cause any breast tissue damage.
MammoPad®

The Sam and Jennie Bennett Breast Care Center is certified as a Softer Mammogram Provider, a distinction awarded only to an elite group of healthcare facilities. This means the Bennett Center provides a soft foam cushion, called MammoPad®, for each woman’s personal use during every screening mammogram.

A female breast surgeon designed the MammoPad breast cushion. It is FDA-approved, does not impair image quality, and makes it easier for you to relax and be warm and comfortable during your exam. And all this helps our highly skilled mammography technologists achieve the best possible mammogram.

As a Softer Mammogram Provider, the Bennett Center ensures that your mammogram is warm and comfortable. It’s one way we provide the compassionate care you deserve.

To schedule a Softer Mammogram, or if you have questions, call 795-2100.

Ultrasound

Breast ultrasound is an imaging technique that uses high frequency sound waves to scan the breast to locate, measure and evaluate abnormal changes or lesions found through mammography.

Ultrasound can determine if a breast lump is solid (a benign or malignant tumor) or filled with fluid (cyst). When used in addition to mammography in women with dense breasts, ultrasound improves the doctor’s ability to detect breast cancer or confirm a benign tumor. Because breast ultrasound is not as sensitive and specific for diagnosing breast cancer as mammography, it is not used routinely as a screening method. But it is very helpful in evaluating palpable (felt on examination) masses in young women.
A ductogram is a mammography procedure that searches for small growths in a specified breast duct. It is used to evaluate the cause of clear or bloody spontaneous (caused without known stimulation) nipple discharge that is unilateral (from one breast) and from a single duct (identified from only one area on the nipple).

Ductography is a well-tolerated procedure that involves inserting a tiny catheter tip into the duct and inserting a very small amount of liquid contrast material. A mammogram then takes a picture of the duct system as outlined by the material. This image may reveal filling defects (areas where the contrast material doesn’t show up) that indicate the presence of a growth. The most common being a benign (non-cancerous), polyp-type growth in the lining of the breast duct called a papilloma.

Magnetic resonance imaging (MRI) may be used in combination with mammography in women with very dense breasts who are at high risk of hereditary breast cancer. MRI produces high quality images generated by using a magnetic field and radio waves.

MRIs are performed at Central Maine Imaging Center, located at 287 Main Street Plaza in Lewiston, just across the street from Central Maine Medical Center.
Breast Cyst Aspiration

Breast Cyst Aspiration is a simple, inexpensive procedure that can be completed in a matter of minutes with minimal discomfort to the patient. The aspirated fluid is tested for hidden blood and is not routinely sent to the laboratory for analysis. The skin where the needle is inserted is anesthetized with Novacaine. The test is usually performed on a symptomatic cyst that is painful or very large.

Fine Needle Aspiration

Fine needle aspiration is a procedure similar to cyst aspiration, but is performed on breast tumors. A very fine needle is inserted and breast cells are withdrawn. The cells are analyzed to determine if they are benign or malignant (cancerous).

Core Needle Biopsy

Core needle biopsy is a highly accurate diagnostic procedure for identifying a malignant tumor without the need for surgery. This procedure is performed with a hand-held needle that removes small tissue samples from the area. Often the core needle is guided into position by ultrasound and can be performed by either a surgeon or radiologist. The patient leaves with a sterile-strip over the wound and an ice pack. The procedure is well tolerated by most women.

Stereotactic Needle Biopsy

Stereotactic needle biopsy is a sophisticated technique for checking extremely small lumps or calcium deposits that cannot be felt but are detected on mammography. This procedure requires the patient lay face down on a table with an opening that allows the breast to be suspended. A special computer program, using informa-
tion obtained with mammography equipment, guides the biopsy needle into position. The needle is inserted through an incision so small that it does not require stitches. The needle retrieves enough breast tissue for the pathologist to determine if the tumor is malignant or benign.

**Needle localization**

Sometimes very small lumps found on a mammogram can be hard to locate and biopsy. To target the exact location of such a small lump, a special needle, with a fine hooked wire inside, is guided into place with the use of mammography. When the needle reaches the exact site of the lump, the hooked wire is fixed into the area as a marker. The surgeon can then remove the lesion without removing a large amount of normal tissue.

**Sentinel node biopsy**

Determining if lymph nodes are cancerous is an important part of treatment. Sentinel node biopsy requires the removal of just a few nodes that lie near the original tumor. If the sentinel lymph nodes are negative (no cancer found in them), then the further lymph node removal is avoided. In some cases, the sentinel node biopsy may be followed by more extensive surgery.

**Ductal lavage**

Ductal lavage is a method of rinsing the milk duct to obtain cells for analysis. It is only used with standard breast cancer detection methods such as mammography, clinical exams, and breast self-exams for women identified as high risk for breast cancer. Knowing whether she has abnormal cells in her breast can help a woman and her doctor make decisions about ways to reduce her breast cancer risk.
BreaSt Health EduCation

Self breast exam (BSE) instruction

At the Bennett Center, a skilled practitioner is available for individual consultation and instruction for self-breast exam. Silicone models are available to test patient skills.

Edu-Care instruction sheets

The Bennett Breast Care Center has a full complement of instructional and fact sheets for a host of breast abnormalities ranging from minor fibrocystic changes to breast cancer care.

Gail Risk Assessment

A risk factor is a trait that increases a woman’s chances of developing a disease. Not everyone who has a risk factor will get the disease. The Bennett Breast Care Center calculates a Gail Risk Assessment on all women who have mammograms at the center. This information is forwarded to the ordering physician who will discuss the findings with their patients and make appropriate referrals on women who are identified as high risk.

Genetic counseling and testing for breast cancer

This service is arranged by the Central Maine Comprehensive Cancer Center staff.
Lymphedema education and treatment

Lymphedema is the swelling caused by the buildup of lymphatic fluid in the tissues. It is a chronic and progressive disorder that usually worsens over time if not treated. With education about risk factors and by exercising caution after an injury to the lymph nodes, patients can sometimes prevent this difficult condition from developing. The Bennett Center’s nationally certified lymphedema specialists provide lymphedema management services at Outpatient Rehabilitation Services, located at 12 High Street, Suite 102, near the Bennett Center.

Breast prosthetic services

The Sam and Jennie Bennett Breast Care Center’s Prosthetic Service is not only about the restoration of a woman’s natural body symmetry and balance, but about the restoration of self-confidence and self-esteem. This service is uniquely suited to support, encourage, and empower women struggling with the aftermath of breast cancer as well as problems caused by congenital breast defects or plus-sized breasts. Whether a woman has undergone a mastectomy, is a nursing mother, has a breast defect, or is having difficulty in finding high-quality plus-size bras, the Bennett Center has an experienced, specially trained and certified prosthetic fitter to help.
The Maine Breast and Cervical Health Program (MBCHP) covers the cost of services for women 40 years of age and over if they meet certain conditions regarding insurance coverage and financial resources. To see if you qualify or for more information call:

1-800-350-5180 and press 1

or call the Bennett Breast Care Center at 795-2100 or toll free at 1-888-240-6100