



news from the Women's Center

Breaking News

Carolyn Birnbaum, M.D., Joins our team!



Dr. Birnbaum is a graduate of SUNY Downstate Medical Center, and completed her Diagnostic Radiology Residency at the University of Medicine and Dentistry in Newark, NJ. Prior to joining the St. Francis team, she had been the Associate Physician-in-Charge of Women's Imaging at North Shore University Hospital. Colleagues from every phase of her career cite her outstanding performance, proficiency in breast interventional procedures, high standards, commitment to excellence in patient care and exemplary work ethic.

Expanded hours are here!

We are proud to announce that we have added more evening appointments per month, as well as Saturday screening appointments on the first Saturday of every month! Please call 516-705-6627 to schedule your appointment today!

Cardiovascular screenings have arrived!

In addition to our comprehensive diagnostic imaging program, our Women's Center now offers carotid and aortic doppler scans to detect cardiovascular issues.

Fran Szaluta, RN celebrates 30 years of service at St. Francis Hospital this year. Fran was also the P.J Schollard Award recipient in 2008. Congratulations Fran!



Is Breast MRI for You? by Dr. Birnbaum



Although mammography is considered the standard screening test for breast cancer, in recent years MRI has been used as an additional tool for evaluation of breast diseases and early detection of breast cancer.

Breast MRI (Magnetic Resonance Imaging) is a breast imaging technique that uses magnetic fields and radio waves to make detailed multi-dimensional computer images of the breast. No radiation or x-rays are used. Contrast material called gadolinium is administered during the examination.

Breast MRI isn't used routinely for breast cancer screening, but can provide important information in certain specific circumstances.

Although it is a very sensitive test, breast MRI can still miss some breast cancers that a mammogram will detect, therefore it should be remembered that breast MRI is used **in addition** to a mammogram or other breast imaging test -- **not** as a replacement for mammogram.

It is important for you to discuss your risk factors with your doctors and other health care professionals to decide if breast MRI is useful for you.

How to Schedule a Test

Setting up a test at the Women's Center is quick and convenient.

For more information, contact us at (516) 705-6627 or (516) 629-2400. Monday through Friday from 8:30 a.m. to 5:30 p.m.

One of our representatives will be available to schedule you.

- * We accept most insurance plans—please specify at the time of making your appointment.
- * All tests require a signed (not stamped) prescription from your physician.
- * Please allow up to 2-10 days for your appointment.



Ask the Doctor *Angela Capo-Granata, M.D.*

What is a sonohysterogram?

A sonohysterogram is a sonogram or ultrasound of the uterus after a saline injection into the uterine cervix.

What is the purpose of a sonohysterogram?

- To evaluate abnormal bleeding in postmenopausal patients (i.e. possible polyps or endometrial carcinoma).
- To evaluate the endometrium in patients on Tomoxifen treatment.
- To evaluate pre-menopausal patients for possible polyps, hyperplasia, or fibroids, which can obscure endometrial lining on conventional trans-vaginal sonography.
- To evaluate patients with infertility to exclude presence of large polyps or uterine malformations.

What can I expect when I come in for a sonohysterogram?

- All women of childbearing years need a urine pregnancy test.
- A conventional trans-vaginal ultrasound, performed for preliminary evaluation of the uterus and endometrial lining.
- A sterile balloon tipped catheter is placed into the vaginal cavity and then into the cervix. Sterile saline is administered and a trans-vaginal pelvic ultrasound is again performed allowing for direct visualization of the endometrial cavity.

How long is the visit and when can I get my results?

The entire procedure takes 15 to 20 minutes. Once the study is reviewed by the radiologist, the results will be communicated to the patient the same day.

What are the risks involved with this procedure?

Cramping, spotting and a slight risk of infection.

What are the benefits of the sonohysterogram?

An abnormality (i.e. polyps) of the lining of the uterus is seen immediately upon ultrasound imaging. An assessment can be made as to whether there is a need for medical vs. operative hysteroscopy. Having a sonohysterogram to visualize the endometrial cavity helps the patient to avoid an x-ray thereby eliminating unnecessary x-ray exposure. In addition, the sonohysterogram is well tolerated by patients.

Do you have a question?

Call us at the Women's Center at (516) 629-2400.

Did You Know?

There are marked walking trails on the DeMatteis Center's beautiful grounds.

St. Francis Hospital is a Nursing Magnet hospital –we have some of the best nurses in the country!

The DeMatteis Center provides a multitude of ongoing education and prevention programs.

New Appointments

In addition to Dr. Birnbaum, we are very excited to increase our team with the following extremely talented individuals in 2009 – please join us in welcoming:

Blanca Alzate, Patient Care Assistant

Diane Wincker, Mammography Technologist

Teresa Sarnelli, Ultrasound Technologist

Catherine Casella, Ultrasound Technologist

Lisa Rostan, Scheduler

Maureen Verdirame, Scheduler

In Future Issues:

Expansion Updates

Leading Edge Technology: Breast Elasticity Ultrasound Studies

