

A More Comfortable Mammogram? Yes, It's Possible!

For women aged 40 and older, an annual mammogram is an essential part of overall health and wellness. But many women dread the discomfort that comes with this important screening. Valley Health System is now offering the SmartCurve™ breast stabilization system, which is clinically proven to deliver a more comfortable mammogram without compromising image quality.

SmartCurve features a proprietary curved surface, that mirrors the shape of a woman's breast, to reduce pinching and allow for better distribution of force over the entire breast. In a recent study completed by Hologic, the SmartCurve system improved comfort in 93 percent of women who reported moderate to severe discomfort with the standard flat paddle compression.

"This innovation comes as part of Valley's ongoing commitment to superior breast cancer detection and to providing an improved mammogram experience for patients," says Scott DeGregorio, MD, Director of Breast Imaging at Valley Health System. "While the technology increases diagnostic confidence with its exceptional images, the true strength and value lie in the potential to increase screening compliance among women as many women have reported avoiding regular mammograms due in large part to the fear of discomfort associated with breast compression. With the increased comfort of the SmartCurve system, our hope is a greater number of women will be encouraged to come for their annual mammogram."

The SmartCurve system is FDA approved and a part of Hologic's Genius 3D Mammography exam, which also includes Clarity HD high-resolution 3D imaging technology. This entire system detects more invasive cancers and reduces false positives, compared to conventional 2D mammography for all women, including those with dense breasts.

At Valley, mammograms conducted using SmartCurve are available at all locations, including The Valley Hospital in Ridgewood, the Robert and Audrey Luckow Pavilion in Paramus, and the Valley Center for Health and Wellness in Mahwah.

For more information on SmartCurve, or to schedule your next mammogram, visit ValleyHealth.com/Mammogram or call 201-447-8200. A prescription is required.



At right, a comparison between a standard flat paddle and the SmartCurve paddle shows how the curve accommodates the shape of a woman's breast.

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