Our Breast Health Center exemplifies our dedication to personalized, patient-centered care in both design and services. We provide comprehensive care backed by state-of-the-art technology in an environment designed for comfort and convenience. We understand that mammography can be stressful for some women, and we do all we can to ensure that your appointment meets your needs. When it comes to breast health, early detection is the best protection; and mammography is a standard component of annual checkups for women over 40. That’s why we were an early adopter of digital mammography, which reduces x-ray exposure and can improve cancer detection. We recently invested in the most advanced digital technology available—3D tomosynthesis.

In addition, our Center offers spacious, well-equipped suites for various diagnostic procedures:

- Four Mammography Rooms
- Two Ultrasound Rooms
- Stereotactic Room
- Bone Density Room

**Digital Mammography with 3D Tomosynthesis**

Our Breast Health Center is equipped with the latest generation of mammography units capable of performing digital breast tomosynthesis (DBT), or 3D digital mammography. The most accurate form of mammography available, DBT creates detailed 3D images of the breast. DBT is especially valuable for women with dense breast tissue, in whom small tumors are more difficult to detect. This technique offers several advantages:

- Clearer imagery, enabling radiologists to have the best possible image of the size, shape, and location of detected abnormalities
- Earlier detection
- Fewer false positives and unnecessary repeat exams, because it’s easier to differentiate between tumors and harmless abnormalities

**Bone Density Testing**

Our Bone Density Room is equipped with a central DXA machine. DXA stands for dual energy x-ray absorptiometry, the most accurate technology for measuring bone density. The National Osteoporosis Foundation recommends bone density testing for all women aged 65 or older as well as for women who have broken a bone after age 50 and postmenopausal women under 65 who have risk factors for osteoporosis.
The High Risk Breast Program
Between three and six percent of women with no family history of cancer turn out to be in the increased-risk category. We are committed to screening all women for elevated breast cancer risk. Any mammography patient identified as being at an increased risk for breast cancer and/or carrying a genetic mutation associated with an increased risk can be referred to our High Risk Breast Program for further evaluation.

When a woman is identified as having an increased risk, we offer her counseling and enrollment in our ongoing, personalized surveillance plan. Each patient receives recommendations based on her individual risk factor(s), age, health, and heredity. Patients who need individual evaluation by a breast surgeon or breast medical oncologist are referred directly. A team of specialists, including a medical oncologist, surgeon, radiologist, and other experts, collaborates on surveillance plans.

Compassionate and Efficient
If a lump is detected in the breast, the next step is diagnostic testing. We understand the stress of waiting for test results, so we do all we can to expedite the process. Patients are promptly notified if there is a finding on a screening mammogram. Where appropriate, we introduce our onsite Breast Health Nurse Specialist who can answer questions in detail and provide information and support.

Biopsies and Diagnostic Testing
Biopsies are procedures that extract tissue for microscopic testing to determine whether a lump or abnormality is malignant. Biopsies are usually performed in an outpatient setting, using minimally invasive techniques. Depending on the individual case, we perform a variety of biopsies and other diagnostic technologies, including:

- Breast MRI
- Breast MRI-guided biopsy
- Breast stereotactic-guided needle biopsy
- Breast ultrasound
- Breast ultrasound-guided needle biopsy
- Expert cytopathology
- Fine-needle aspiration
- Lymph node biopsy

Battling Breast Cancer
Marin General Hospital’s Cancer Institute offers cutting-edge treatment on par with a university medical center, right here in Marin. Stage for stage, outcomes are significantly better than the national average. The Cancer Institute covers the complete spectrum of breast cancer care, from diagnosis to survivorship. Our expert cancer specialists collaborate not only with each other, but with their patients to make them partners in their own care. Treatment is highly customized, based on the type of cancer, the woman’s personal preference, and her overall health.

We provide each breast cancer patient with a patient navigator from our Center for Integrative Health & Wellness to serve as her educator, advocate, and guide throughout the treatment process. Our patient navigators offer compassionate support every step of the way.

Patients have access to a full range of cutting-edge treatments and research trials, including radiation, chemotherapy, hormonal treatments, and targeted therapies that block a tumor’s growth and progression. The program also offers top-notch reconstructive surgery, including total skin-sparing mastectomy. The Cancer Institute emphasizes treating the whole person, and patients are encouraged to complement their care with a variety of integrative treatments offered by the Center for Integrative Health & Wellness.
Meet Our Breast Health Nurse Specialists

Our Breast Health Nurse Specialists have a combined experience of over 45 years in nursing. They not only provide diagnosis information and answers to your questions, but also offer emotional support and guidance on next steps. If a positive diagnosis is made, they help connect you to a surgeon/medical oncologist from our Cancer Institute, as well as various cancer resources. In addition, they can also help you locate integrative resources from our Center for Integrative Health & Wellness, including massage, acupuncture, nutrition, exercise, counseling, and group support. What’s more, they serve as advocates for you at weekly Breast Cancer Tumor Boards where patients’ needs and concerns are discussed.

Maria Dalmacio, MSN, FNP-BC, has more than three decades of nursing experience and a commitment to serve the women of Marin. Maria obtained her Bachelor of Science in Nursing from the University of San Francisco, a commission as an officer of the United States Air Force Nurse Corps from San Francisco State University, and a Master of Science in Nursing: Family Nurse Practitioner from California State University in Dominguez Hills. She is also a Certified Navigator–Breast Provider through the National Consortium of Breast Centers. Drawing on her extensive experience, Maria has been instrumental in the development and implementation of our High Risk Breast Program. She has also served as an executive board member for Michelle’s Place, a non-profit organization that provides resources to women and families affected by breast cancer.

Nicole Loiacono, RN, BSN, received her Bachelor of Science in Nursing with a Public Health Certificate from the University of San Francisco and brings nearly two decades of experience to the team. After working in San Francisco for many years, Nicole wanted to work within the community where she grew up. She joined the Breast Health Team in 2013 to care for patients with breast cancer and educate women about the importance of breast health and screening.

“I have nothing but good things to say about this center. It was easy to make an appointment, staff was friendly, no wait time, and I felt my ultrasound was thorough and not at all rushed. I feel very fortunate to have this facility and their wonderful staff to address such important medical issues during what can be a very scary, emotional time.”

- Patient review from Yelp
Appointments for Screening and Diagnostic Mammograms

Step 1. We require a physician’s order to perform mammograms and other diagnostic services, even if you are a previous patient. Have your physician fax orders to 1-415-925-7317.

Step 2. Call to schedule your mammogram, 1-415-925-7301.

Step 3. Patients with questions for the Breast Health Center staff, call 1-415-461-4282.

Appointment Hours
Monday – Friday: 8:00 am to 4:30 pm
Tuesday and Wednesday Evenings: 5:00 pm to 9:00 pm*
Saturday: 8:00 am to 4:30 pm*

Low-cost Mammograms
We are proud to also offer low-cost mammograms four times a year for women who need financial assistance. This program is for routine screenings only and does not include additional diagnostic imaging or follow up procedures. Call 1-415-925-7301 to schedule your low-cost mammogram.

*By appointment only.

“Our goal at the Breast Health Center is to provide quality, personalized care in a compassionate environment. Our experienced breast team is committed to providing prompt, high quality services for the early detection, accurate diagnosis, and timely treatment of breast cancer using the most advanced techniques.”

— Dr. Natalya Lvoff, Radiologist and Medical Director of the Breast Health Center

Recognized for Excellence in Imaging and Early Detection

American College of Radiology Breast Imaging Center of Excellence.

NAPBC
NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS
ACCREDITED BREAST CENTER

Accredited by the National Accreditation Program for Breast Centers (NAPBC) through the American College of Surgeons.