

# Directions

## Lawrence Memorial Hospital

170 Governors Avenue, Medford, MA 02155

**From Cambridge & Arlington:** Take Route 60 East into Medford Square. Turn left onto Governors Avenue. Lawrence Memorial Hospital will be on the left.

**From 93 North/South:** Take 93 to Exit 33 and take the rotary to South Border Road. Turn left onto Governors Avenue. Lawrence Memorial Hospital will be on the right.

## Melrose Wakefield Hospital

585 Lebanon Street, Melrose, MA 02176

**From Boston/93 North:** Take 93 North to Exit 34, you will merge onto Route 28. Take a right at the first set of lights onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street. The hospital is two blocks down on the left.

**From Northshore/93 South:** Take 93 South to Exit 35, Melrose/Winchester Highlands. Bear left at the end of the ramp then take a right at the stop sign, continue through the lights (Friendly's Ice Cream on corner) onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street. The hospital is two blocks down on the left.

**From Northshore/ Route 1:** Route 1 Southbound, take the Lynn Fells Parkway exit in Saugus (at Russo's Candy Store). Turn left at the third set of lights onto Main Street. The hospital is two blocks down on your left.

**From Boston/Route 1:** Take Route 1 North, take the Essex Street/Melrose exit in Saugus. Take a right off of the exit ramp and over the Route 1 bridge toward Melrose. Essex Street will become Upham Street, Melrose. Continue to first set of lights (Lebanon Street). Turn right, and the hospital is two blocks up on your right.

## Hallmark Health Medical Center at Reading

30 New Crossing Road, Reading, MA 01867

**From the North (93 South, I-95 North/MA-128 North):** Exit 39 - North Avenue toward Reading/Wakefield. Left onto North Avenue. North Avenue becomes Walkers Brook Drive. Left onto New Crossing Road. 30 New Crossing Road on Left

**From the South (93 North, I-95 North/MA-128 North):** Exit 39 - North Avenue toward Reading/Wakefield. Left onto North Avenue. North Avenue becomes Walkers Brook Drive. Left onto New Crossing Road. 30 New Crossing Road on Left.

101 Main Street

101 Main Street, Suite 116, Medford, MA 02155

**From Rte 93:** Take exit 31 and follow signs for Main Street/Medford Square. At end of off ramp, take a left onto Main Street and proceed 1/8 mile. Lawrence Memorial Medical Services is located in the large brick building on the right, first floor.

**From Everett/Revere/Route 16:** Follow Rte 16/Mystic Valley Parkway west through Wellington Circle area and continue towards Medford, past the Meadow Glen Mall. Continue on Rte 16 following signs for Main Street/Medford Square. At end of off ramp, take a left onto Main Street and proceed 1/8 mile. Lawrence Memorial Medical Services is located in the large brick building on the right, first floor.

**From Malden:** Follow Rte 60/Salem Street west into Medford Square. Stay left through square onto Main Street proceed 1/4 mile. Lawrence Memorial Medical Services is located in the large brick building on the right, first floor.

**From Somerville:** Follow Mystic Avenue/Rte 38 or Main Street towards Medford. After Main and Mystic merge, proceed 1/8 mile. Lawrence Memorial Medical Services is across from the Medford Police Station in the large brick building on the left, first floor.

**From Davis Square/Tufts University:** Follow College Avenue towards Medford. At stop sign, take a right on to George Street and a left onto Main Street. Proceed \_ miles and Lawrence Memorial Medical Services is across from the Medford Police Station in the large brick building on the left, first floor

## Health Image

830 Main Street, Melrose, MA 02176

Fri 8:00am to 4:00pm

**From Boston/93 North:** Take 93 North to Exit 34, you will merge onto Route 28. Take a right at the first set of lights onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street.

**From Northshore/93 South:** Take 93 South to Exit 35, Melrose/Winchester Highlands. Bear left at the end of the ramp then take a right at the stop sign, continue through the lights (Friendly's Ice Cream on corner) onto South Street. Stay straight for approximately 9/10 of a mile on South Street. After passing the Stone Zoo and approaching Spot Pond on your right, get into the left lane. (You will see "To Melrose" and blue H (hospital) signs). Take your first left. At the set of lights, turn left onto the Lynn Fells Parkway (J.J. Grimsby's is on the corner). At the third set of lights, turn right onto Main Street.

## Hallmark Health Diagnostics

3 Woodland Road, Stoneham, MA 02180

**From Boston/93 North:** From Route 93, take the Fellsway West/RT-28 exit, Exit 33 follow Route 28. Turn slight right onto MA-28 S/Fellsway W. Enter next roundabout and take 3rd exit onto Fellsway W/MA-28 N. Turn slight right to stay on Fellsway W/MA-28 N. Turn right onto Elm St. Enter next roundabout and take 1st exit onto Woodland Rd N.

**From Northshore/93 South:** From Route 93, take the Fellsway West/RT-28 exit, Exit 33, toward Winchester. Turn slight right onto MA-28 S/Fellsway W. Enter next roundabout and take 3rd exit onto Fellsway W/MA-28 N. Turn slight right to stay on Fellsway W/MA-28 N. Turn right onto Elm St. Enter next roundabout and take 1st exit onto Woodland Rd N.



[www.hallmarkhealth.org](http://www.hallmarkhealth.org)

Hallmark Health System is the premier, charitable provider of vital health services to Boston's northern communities. The system includes Lawrence Memorial Hospital of Medford; Melrose-Wakefield Hospital, Melrose; Hallmark Health Cancer Center, Stoneham; The CHEM Center for MRI, Stoneham; Hallmark Health Medical Center, Reading; Hallmark Health VNA and Hospice, Malden; Lawrence Memorial/Regis College Nursing and Radiography Programs, Medford and Eli Pond Medical Associates. Hallmark Health is affiliated with Massachusetts General Hospital for cardiology and Tufts-New England Medical Center for neonatology.

08/2008 1,000

# Digital Mammography



Imaging Services



[www.hallmarkhealth.org](http://www.hallmarkhealth.org)

**T**hank you for choosing Hallmark Health System Imaging services. We are committed to providing you with the best possible and most respectful care. Our organization is dedicated to providing state-of-the-art technology and quality Mammography Imaging to our patients

Hallmark Health System has 6 locations for your convenience.

The best defense against breast cancer is to detect it as early as possible when it is easiest to treat. Thanks to digital mammography breast cancer survival is increasing more than ever before. The American Cancer Society recommends that you have a mammogram every year beginning at age 40. At Hallmark Health, we offer a comprehensive Breast Program.

At Hallmark Health we offer screening and diagnostic mammography. We also offer breast ultrasound, stereotactic biopsies and sentinel node studies.

In the event that you need further evaluation, our Mammography Patient Liaison is available at 781-665-8300. The patient liaison will assist during the process and follow up on any questions you may have. This service is provided exclusively for you.

All Hallmark Health Mammography Centers are licensed by the Department of Public Health and accredited by the American College of Radiology.

### What is a mammogram?

A mammogram is an x-ray of your breast. It can show an early breast tumor before it can be felt. If it is found early over 95% of breast cancers can be treated successfully.

### Does a mammogram hurt?

Most women find that mammograms are not painful. They can be slightly uncomfortable. The discomfort is due to the need to compress the breast in order to obtain a clear image of the breast tissue. If you feel very uncomfortable during the procedure you should mention it to your technologist at the time and she may be able to readjust your position slightly to make you more comfortable.

### How long does the exam take?

The exam usually takes 15 minutes.

### How long does it take to receive the results?

Your physician will receive the report within a week.

### What should I wear? Why can't I use deodorant?

You should wear a two piece outfit. You will be asked to change into a hospital gown for the exam.

Deodorant can mimic breast calcifications on the mammogram image which would then require further follow up to rule out abnormality.

### When should I begin having a mammogram?

The American Cancer Society recommends that you have a mammogram every year beginning at age 40. In some cases earlier if you have symptoms or a family history.

### What is the difference between digital mammography and traditional film mammography?

Digital mammography is equipped with a digital receptor and a computer instead of using film.

### Advantages of Digital Mammography

- While standard film mammography is very good, it is less sensitive for women who have dense breasts. Prior studies have suggested that approximately 10 percent to 20 percent of breast cancersthat were detected by breast self-examination or physical examination are not visible on film mammography. A major limitation of film mammography is the film itself.
- Digital has been improved the sensitivity than traditional analog film in detecting breast cancer.
- Digital mammography uses less radiation than film mammography.
- Faster image acquisition and quicker exams times.
- Improved image contrast and detail.
- Digital mammography allows improvement in image storage and transmission because images can be stored and sent electronically.
- Your physician can view your images electronically.

### If I am called back for additional views, what does this mean?

A routine screening mammogram consists of two different positions of each breast. These images are then read by the Radiologist who may determine he/she needs additional views for a complete interpretation. Sometimes normal breast tissue may image in such a way as to create a questionable shadow. Additional views with a slightly different angle or position can clear up any question the Radiologist may have. If it is determined you need to have additional views we will contact you directly to set up an appointment for you.

If you unable to keep this appointment, please call 781-338-7111 to reschedule.

