



QUICK STEPS FOR THE CC, MLO AND COMMON ADDITIONAL VIEWS

The Miller Method™

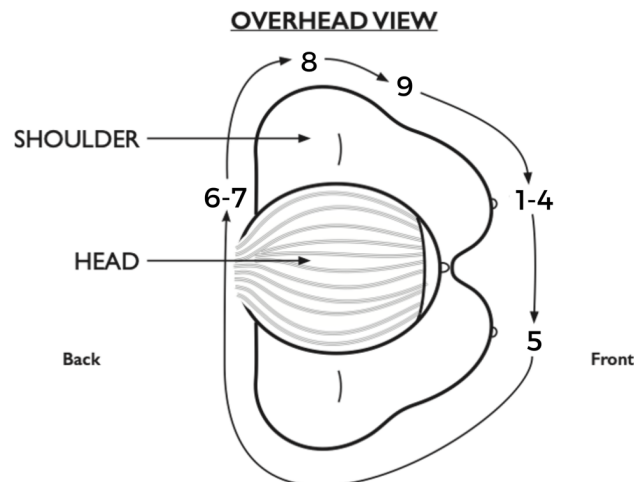


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CC QUICK STEPS

The following steps should be performed after the proper compression paddle size is chosen, machine is at 0 degree angulation and the patient is facing the machine with feet, hips and shoulders forward and level. The patient should be standing back about 2" from the IR with her nipple centered to the IR (or as close as possible). **Stand on the medial side** of the breast to be imaged. Steps below describe positioning for the LCC.

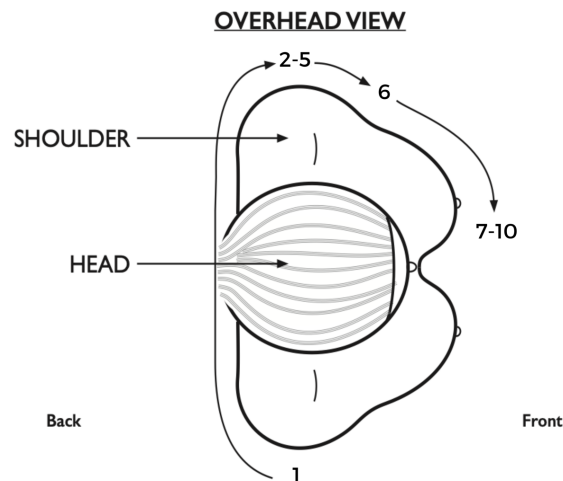
- ___ 1. Elevate breast/IMF (until the PNL is perpendicular to the chest wall)
- ___ 2. Adjust IR height (so top edge is parallel with elevated IMF)
- ___ 3. Pull breast onto IR with both hands (left hand on top; right hand on bottom). At the same time ask the patient to step forward into the machine (not to lean in) and have her turn her face towards you
- ___ 4. Anchor breast with the base of your right thumb (after switching hands)
- ___ 5. Lift the other breast onto IR with your left index finger in the IMF against the rib cage and your left thumb on the top of the breast and ask the patient to turn her right hip forward
- ___ 6. Guide the patient's head forward and around the face shield, if possible
- ___ 7. Place your left elbow and forearm at the mid thoracic region (where her bra clasp would be) and gently push the patient forward
- ___ 8. Relax her left shoulder with your left hand
- ___ 9. Pull superior breast tissue forward, if possible, then apply compression while continuing to "push" the patient forward and pulling



MLO QUICK STEPS

The following steps should be performed after choosing the proper compression paddle is chosen and shifted (as needed), the proper degree of angulation is chosen and the IR lowered (as needed). The patient is facing the machine with both feet, hips and shoulders forward. The patient must move medially (towards you) so that the bottom of the IR is directly below the plane of the nipple (halfway between the ASIS and umbilicus). You should be standing on the medial side of the breast to be imaged. Steps below describe positioning for the LMLO.

- ___ 1. Stand perpendicular to the patient
- ___ 2. Lift patient's left shoulder/arm up over the corner of the IR with your left hand in the patient's axilla. At the same time, your right hand should "meet" your left hand in the axilla and help to lift the patient's left shoulder up and over the IR
- ___ 3. IR is placed in back of axilla (just interior to latissimus dorsi)
- ___ 4. Patient's left hand should be resting on bar, with their elbow bent behind the IR
- ___ 5. Place your left hand on patient's left shoulder
- ___ 6. Your right-hand slides down lateral side of breast to pull on lateral breast tissue and smooth out any skin folds
- ___ 7. Once your right hand is at the bottom of the breast, turn your hand over so that your hand is now palm down on the breast with the base of your thumb just anterior to the IMF
- ___ 8. Push the breast up and out with the base of your thumb
- ___ 9. At the same, ask the patient to lift and flatten their other breast. Caution: Do not ask the patient to pull their breast back
- ___ 10. Continue to hold the breast in the up and out position until compression is complete





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XCCL QUICK STEPS

The following steps should be performed after the proper compression paddle size is chosen, the machine is at 0 degree angulation and the patient is facing the machine with feet, hips and shoulders forward and level. You should be standing on the medial side of the breast to be imaged.

- ___ 1. Elevate the breast/IMF
- ___ 2. Adjust IR height (as for CC)
- ___ 3. Turn patient so she is angled approximately 30-45 degrees AWAY from the side being imaged
- ___ 4. Pull breast on the IR with both hands
- ___ 5. Turn patient and breast so the nipple on side being imaged will point towards opposite, top corner of IR
- ___ 6. Anchor the breast
- ___ 7. Relax shoulder with hand
- ___ 8. Pull on more lateral breast tissue, if possible
- ___ 9. Compress

Figures A and B demonstrate proper positioning of the XCCL view

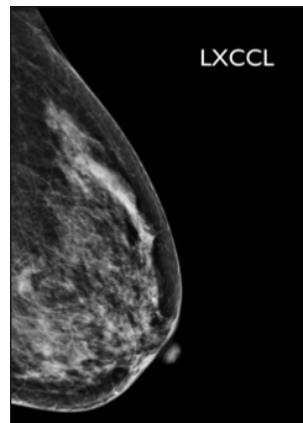


Figure A: Proper positioning of XCCL Figure B: Image of properly positioned XCCL



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CV QUICK STEPS

The following steps should be performed after the proper compression paddle size is chosen, the machine is at 0 degree angulation and the patient is facing the machine with feet, hips and shoulders forward and level. You should be standing on the medial side of the breast to be imaged.

- ___ 1. Elevate the breast/IMF
- ___ 2. Adjust IR height slightly higher than for the CC
- ___ 3. Patient should take a small step to the side opposite the breast you are imaging
- ___ 4. Pull breasts with both hands on the IR making sure the breast you are imaging is placed under the center photocell
- ___ 5. Anchor breasts
- ___ 6. Relax shoulder with hand
- ___ 7. Compress

Figure B demonstrates a properly positioned CV view



Figure A: Positioning the patient from behind

Figure B: Properly positioned cleavage view



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ML QUICK STEPS

The following should be performed after the proper compression paddle size is chosen, the machine is at 0 degree angulation and the patient is facing the machine with feet, hips and shoulders forward and level. You should be standing on the medial side of the breast to be imaged.

- ___ 1. Turn IR to 90 degree angle
- ___ 2. Adjust IR height (as for MLO)
- ___ 3. Patient is facing forward with lateral edge of thorax against image receptor
- ___ 4. Place corner of IR in axilla
- ___ 5. Pull breast forward
- ___ 6. Hold breast up and out
- ___ 7. Nipple in profile
- ___ 8. Patient to flatten opposite breast
- ___ 9. Compress

Figures A and B demonstrate a properly positioned ML view



Figure A: Properly positioned ML

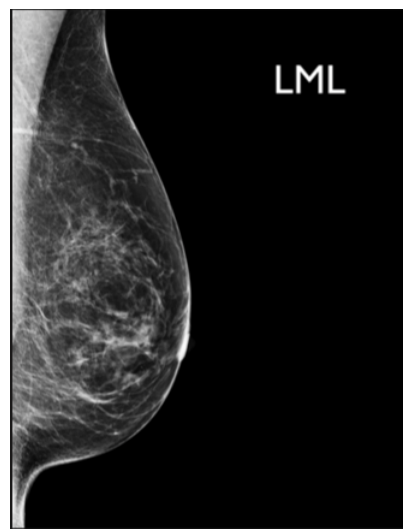


Figure B: Image of properly positioned ML



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LM QUICK STEPS

The following steps should be performed after the proper compression paddle size is chosen, and the patient is facing the machine with feet, hips and shoulders forward and level. You should be standing on the lateral side of the breast to be imaged.

- ___ 1. Turn IR to 90 degree angle
- ___ 2. Adjust IR height (as for MLO)
- ___ 3. Patient is facing forward, the IR between the breasts
- ___ 4. Patient takes a side step towards the side you are imaging
- ___ 5. Edge of IR should be against the midsternal line
- ___ 6. Pull medial breast forward
- ___ 7. Hold breast up and out
- ___ 8. Nipple in profile
- ___ 9. Abduct latissimus dorsi
- ___ 10. Compress

Figures A and B demonstrate a properly positioned LM view

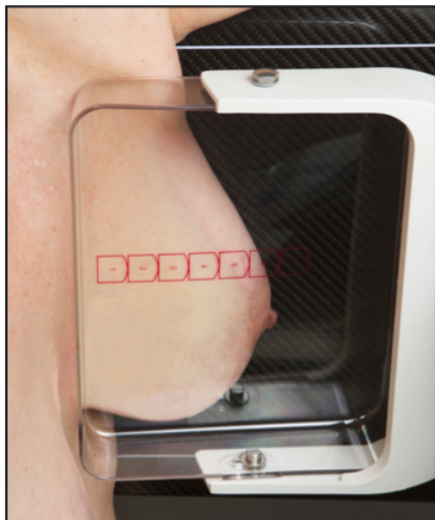


Figure A: Properly positioned LM

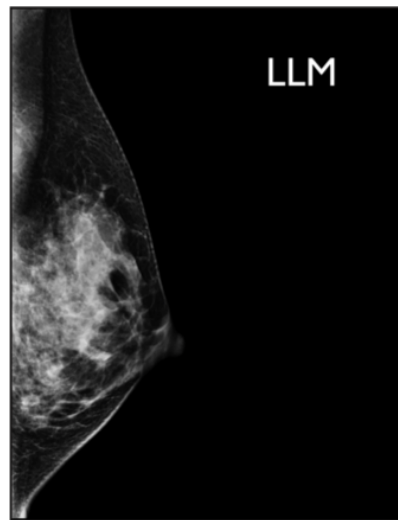


Figure B: Image of properly positioned LM