MISSION AND MOTIVATION

The Critical Role of the Mammographer

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What's Changed?

- Card board cassette to Xerography
- Xerography to FS
- FS to FFDM
- FFDM to DBT

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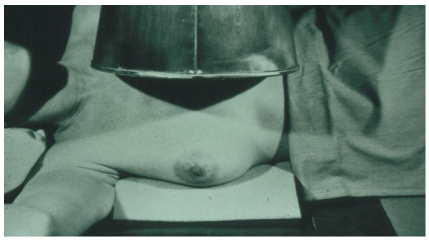
Cardboard cassettes



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Xerography

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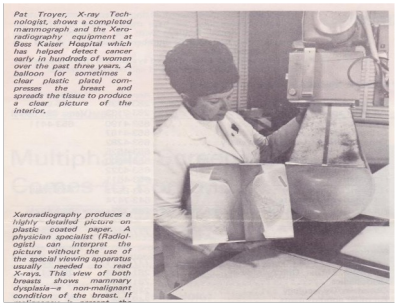

Pat Troyer, X-ray Technologist, shows a completed mammograph and the Xeroradiography equipment at Bess Kaiser Hospital which has helped detect cancer early in hundreds of women over the past three years. A balloon for sometimes a clear plastic plate) compresses the breast and spreads the tissue to produce a clear picture of the interior.

Xeroradiography produces a highly detailed picture on plastic coated paper. A physician specialist (Radiologist) can interpret the picture without the use of the special viewing apparatus usually needed to read X-rays. This view of both breasts shows mammary dysplasia—a non-malignant condition of the breast. If

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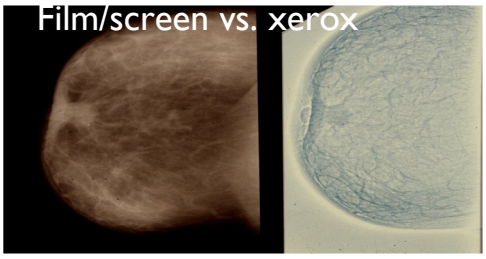
Film/screen vs. xerox



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Full Field Digital Mammography

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Digital Breast Tomosynthesis

- This technology has been tested since the 1990s
- Invented by Dr. Daniel Kopans at Harvard Medical School/Massachusetts General Hospital
- Approved by the FDA in 2011

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FS - FFDM - DBT

- Increased width in Face Shield
- Increased thickness and length of IR compared to the bucky

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With change comes challenge *and* opportunity

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CHANGE IS NOT EASY, BUT…

- IT IS CHALLENGING
- IT IS SOMETHING DIFFERENT
- IT CAN BE FUN!!

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How you approach change will directly affect success!

BE POSITIVE!!

AND STAY CALM……

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STAY FOCUSED ON WHAT IS IMPORTANT

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Motivation and Mission

Patients and Perspective

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Motivation

- How do we motivate others
- How do we keep ourselves motivated

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Mission

- Our aspirations as individuals
- Our aspirations as a group

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Patients

Why we do what we do

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Perspective

How we look at things

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DISTORTED PERSPECTIVE

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BURN OUT AND STRESS

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IN TIMES OF STRESS

- Remember your mentor or someone you have mentored
- Remember the patient who thanked you for being kind
- Remember something that was personal and positive related to your work

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This is personal!

Each and every patient belongs to someone.

Take the time to see them as such.

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Remembering this will help us focus on the commitment we have made as health CARE professionals

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ARE YOU TOO BUSY?

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What about your commitment to your work?

Why are you doing this in the first place?

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Committed to a Cause

- Gives us a sense of competence about ourselves and others
- Helps us focus our energy
- Is a positive outlet for our energy
- Creates a positive identification
- Connects us with our Spiritual self

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When we are committed

- Emotional support
- Empathy
- Engage with our self and others
- Utilize our inner resources to guide us

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Committed to a Cause

- Gives us a sense of competence about ourselves and others
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Committed to a Cause

- We benefit emotionally
- Create interdependence
- Add to our mental well being

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COMMITTED TO COMPASSION

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HAVING PRIDE IN WHAT YOU DO

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PRIDE

Acknowledging all that you have…and all that you have accomplished *with* humility….but *without* arrogance

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INDIVIDUAL AND COLLECTIVE PRIDE

Experiences in which we can say

"I….we….did this well"

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Being of service to one another, one colleague, one patient, one life at a time, one moment at a time is essentially what the role of the breast health professional is all about….

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BEING PROUD OF WHAT YOU DO…AND YOUR SPECIAL ROLE AS A LINK IN THE CHAIN OF LIFE

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Pride we can feel when we are

- Kind
- Compassionate
- Mentoring
- Teaching
- Motivating
- Sharing
- Healing
- Helping

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Making a difference

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