

How to Share Your Mammogram Report with the WISDOM Study



An important aspect of the WISDOM Study is an ongoing review of your breast health history and breast density, which is found on your mammogram report. This document provides guidance on finding your mammogram report and sharing it with the WISDOM Study.

1 Locate your mammogram report

MyChart

If you access your medical records via MyChart, please watch this short [VIDEO](#) on how to find your mammogram report in your MyChart portal or refer to pages 3-5 below.

Veterans Affairs

If you seek care at the VA, please visit this [LINK](#) which details how to sign up for a HealthVet account and share your mammogram report with us.

Other

Not a MyChart or HealthVet user? Not a problem. Just let us know, and we can request your mammogram report directly from your facility.

2 Be sure you have the right document

The mammogram report is a clinical report that contains a breast density category and a BIRADS score. The table below shows numbers, scores and terms found in a mammogram report, to help confirm you're looking at the correct document.

Breast Density

| Score | Definition |
|-------|----------------------------------------------|
| 1 | "Fatty", "entirely fatty" |
| 2 | "Scattered areas of fibro-glandular density" |
| 3 | "Heterogeneously dense" |
| 4 | "Extremely dense" |

BIRADS Categories

| Score | Definition |
|-------|---------------------------------|
| 0 | Needs additional imaging |
| 1 | Negative |
| 2 | Benign |
| 3 | Probably benign |
| 4 | Suspicious |
| 5 | Highly suggestive of malignancy |
| 6 | Known biopsy-proven |

(continue on next page)

For additional guidance on identifying the correct report:

- View a sample mammogram report [HERE](#) and also on page 5.
- Watch this short [VIDEO](#) on identifying the correct mammogram report.

3

Share your mammogram report with us

Once you have a copy of your mammogram report, there are a few ways to share the report with us.

[Upload a mammogram report to the WISDOM Study portal](#)

- If you have a PDF copy of your mammogram report, please [LOGIN](#) to your WISDOM Study portal and upload the mammogram report using the Upload Your Mammogram Report link under “Quick Links.”
- For more assistance, watch this short [VIDEO](#) on uploading your mammogram report to your WISDOM portal.

[Email, fax or mail your mammogram report](#)

If don't have a PDF electronic version of your mammogram report, you can mail a paper copy, or email or fax it to us at the address below.

WISDOM Study

UCSF Dept of Surgery, BCC, Box 0144

550 16th Street, Floor 6, San Francisco, CA 94143

fax: 415-353-8230 | email: info@wisdomstudy.org

In your MyChart account, you can view your mammogram result:

Log into MyChart, go to the “View test results” tab

The screenshot shows the MyChart patient portal interface. At the top, there is a navigation bar with icons for Health, Research, Visits, Messaging, Billing, Resources, and Profile. Below this is a 'Welcome!' section with a 'Coronavirus Update' card and a 'No new notifications' message. The 'To Do' section lists several lab tests: CHOLESTEROL, LDL (INCL. TOT. AND HDL CHOL., TRIG); GLUCOSE, FASTING; THYROID STIMULATING HORMONE; and FREE T4. Each test entry includes the order date (Feb 28, 2020) and the expected result (As directed). A calendar for July 2020 is displayed to the right of the tests. The 'What's New in MyChart' section features cards for 'Coronavirus Symptom Checker', 'Family Health Information', 'Communication Preferences', and 'MyChart Mobile App'. On the right side, there is a 'Quick Links' sidebar with a red arrow pointing to the 'View test results' link. Below the sidebar is a 'Care Team' section listing several healthcare providers.

Quick Links

- View test results
- Ask a question
- Schedule an appointment
- Refill medications
- Coronavirus Symptom Checker
- Review health summary
- View billing summary
- Share your record

Care Team

- Pratyusha Kishore Narra, MD
Primary Care Provider
Internal Medicine
- Allyson Scott, MS
Medical Genetics
- Frederico G Rocha, MD
Maternal and Fetal
Medicine
- Glenna Pyo Lee, NP
Obstetrics and
Gynecology

In the list of test results, find your mammogram:

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MyChart
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Health Research Visits Messaging Billing Resources

Test Results

Test Results are listed below in chronological order starting with your most recent result. To search for a test, type the test in the **search the list** box or click the Date, Test, Ordered By or Status Columns to sort the list. Click on a row to view your result.

Please be aware that other tests your provider may have ordered will be released at a later date upon completion. Details for your results will be shown for clinical, radiology, microbiology, cardiology and some pathology labs - other types of results will only be noted to have been performed on a certain date.

Search this list Show Hospital Results

| Test | Ordered By | Date |
|------------------------------------------------------------------|-----------------------------|---------------------|
| COVID-19 RNA, QUALITATIVE (M2000) | Lindsay Grace Mann, NP | May 7, 2020 |
| HPV HIGH RISK WITH GENOTYPE 16/18 | Pratyusha Kishore Narra, MD | Feb 28, 2020 |
| US OB COMPLETE > 14 WKS, SINGLE OR 1ST GESTATION (PDC PERFORMED) | Frederico G Rocha, MD | May 24, 2019 |
| REPRODUCTIVE GENETICS ULTRASOUND | Glenna Pyo Lee, NP | May 24, 2019 |
| US OB, NT MEASUREMENT (PDC PERFORMED) | Glenna Pyo Lee, NP | Apr 12, 2019 |
| REPRODUCTIVE GENETICS ULTRASOUND | Glenna Pyo Lee, NP | Apr 12, 2019 |
| HEMOGLOBINOPATHY EVALUATION | Glenna Pyo Lee, NP | Apr 8, 2019 |
| HEMOGLOBIN A1C | Glenna Pyo Lee, NP | Apr 8, 2019 |
| RUBELLA ANTIBODY IGG | Glenna Pyo Lee, NP | Apr 8, 2019 |
| TREPONEMA ANTIBODY SCREEN (SYPHILIS) | Glenna Pyo Lee, NP | Apr 8, 2019 |
| COMPLETE BLOOD COUNT (INCLUDES PLATELET COUNT) | Glenna Pyo Lee, NP | Apr 8, 2019 |
| VITAMIN D, 25-HYDROXY | Michelle Marie Welborn, NMW | Apr 8, 2019 |
| FERRITIN | Michelle Marie Welborn, NMW | Apr 8, 2019 |
| URINE CULTURE | Glenna Pyo Lee, NP | Mar 7, 2019 |
| CHLAMYDIA TRACHOMATIS/NEISSERIA GONORRHOEAE RNA | Glenna Pyo Lee, NP | Mar 7, 2019 |
| US BREAST LIMITED, BILATERAL | Judith M. Walsh, MD | Apr 19, 2018 |
| MAMMOGRAM DIAGNOSTIC, BILATERAL | Judith M. Walsh, MD | Apr 19, 2018 |
| XR CERVICAL SPINE AP AND LATERAL | Ami M Parekh, MD | Nov 15, 2017 |
| XR THORACIC SPINE AP AND LATERAL | Ami M Parekh, MD | Nov 15, 2017 |
| BACTERIAL CULTURE AND GRAM STAIN, SUPERFICIAL SKIN WOUND ONLY | Nina Christine Botto, MD | Mar 22, 2016 |

Print as pdf the report of your mammogram, or share the result:

What is my density? In the report look for the keywords or letter categories:

- **almost entirely fat** (or **A**)
- **scattered fibroglandular** (or **B**)
- **heterogeneously dense** (or **C**)
- **extremely dense** (or **D**)

Also, the radiologist reading will indicate a score **BI-RADS (0, 1, 2, 3, 4 or 5)**.

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MAMMOGRAM DIAGNOSTIC, BILATERAL - Details  [About This Test](#)

Details

UCSF Medical Center
UCSF Benioff Children's Hospital

UCSF Radiology Mount Zion
Mammography
415-353-9800

MRN: Requesting Physician:
Patient Name: Accession Number:
Date of Birth: Exam Date:

Exam(s): **MAMMOGRAM DIAGNOSTIC, BILATERAL**
Exam **Final**
Status:

Exam Date:

Exam(s): Bilateral diagnostic mammography, limited bilateral breast ultrasound

Clinical History:
37-year-old woman with history of patient-identified right upper outer breast lump first identified on 03/22/2018 with some associated tenderness. Clinician indicated site of the lump is at the right breast 10 o'clock position, 2 cm from the nipple. The patient ceased breast feeding about six months ago.

Comparison:
There are no prior examinations available for comparison.

Mammographic Findings:
The breasts are **extremely dense** which lowers the sensitivity of mammography.
BB marker is noted at the upper outer right breast, indicating the site of clinical concern, with no underlying mammographic correlate.
Mildly prominent left axillary lymph nodes.
There are no mammographic features of malignancy.

Ultrasound Findings:
Targeted ultrasound was performed by a physician.
No sonographic correlate to site of lump, as demonstrated by the patient, in the upper outer right breast, at approximately 10 o'clock, 6 cm from nipple. No sonographic correlate to site listed by the clinician, in the upper outer right breast, at approximately 10 o'clock, 2 cm from nipple.
Sonographically normal-appearing left axillary nodes.

IMPRESSION:
Both breasts: Negative **BI-RADS 1**.

Recommendations:
There is no mammographic or sonographic correlate to the reported symptom of lump at the right breast 10 o'clock position, 6 cm from the nipple (as demonstrated by patient) nor at 10 o'clock, 2cm from the nipple, as per clinician. Therefore, management of this symptom(s) should be based on findings at clinical breast examination. If clinically indicated, consider palpation-guided aspiration(s) for further evaluation.

Findings and recommendations discussed with the patient by Dr. Price upon completion of the examination

Recommend mammography beginning at age 40 according to American College of Radiology guidelines.

A letter explaining this interpretation in lay language has been sent to the patient.

Radiologist