

Mammography Initial Training Program

Course Agenda

Session 1: Patient Care

- Patient Communication
- Patient Assessment
- Breast Cancer Treatment Options

Session 2: Image Production Part 1

- Image Acquisition, Display and Informatics
- Quality Assurance and Evaluation
- EQUIP: Enhancing Quality Using the Inspection Process
- Medical Outcomes Audit
- MQSA Legislative Updates

Session 3: Image Production Part 2

- Quality Control Tests for Technologists
- Quality Control Tests for Medical Physicists
- Mammography Technique and Image Evaluation
- Introduction to 3D Mammography/DBT

Session 4: Procedures Part 1

- Anatomy and Physiology of the Breast
- Cytology of the Breast
- Pathology of the Breast Part 1
- Pathology of the Breast Part 2

Session 5: Procedures Part 2

- The Importance of Standardized Positioning
- Positioning for the Cranial Caudal (CC) View
- Positioning for the Mediolateral Oblique (MLO) View
- Additional Mammographic Views

Session 6: Procedures Part 3

- Implants and More: Updated Imaging Techniques for the Surgically Altered Breast
- Ergonomics for Mammographers: How to Avoid and Improve Technologist Pain and Injury
- Patient Variance: Challenging Patients and Situations in Mammography

Session 7: Other Breast Imaging Modalities

- Breast Ultrasound 101
- The Basics of Breast MRI
- Interventional Procedures

Session 8: Your Role as a Mammography Technologist

- What It's Like to Have Breast Cancer
- The Positive Mammography Experience: The Role of the Technologist



Mammography Initial Training (2025-2026)

Course Agenda

Session 1:

- Patient Interactions and Management 1: Patient Education
- Patient Interactions and Management 2: Communication
- Breast Anatomy and Physiology, Breast Cancer Biology
- Interventional Procedures: Local & Systemic Options for Optimal Breast Cancer Treatment

Session 2:

- Technical Factors for Mammography
- Digital Mammography: What You Need to Know Now
- Image Acquisition, Display and Informatics
- EQUIP: Enhancing Quality Using the Inspection Process
- Medical Outcomes Audit
- Quality Assurance and Evaluation
- MQSA Legislative Updates

Session 3:

- The Importance of Standardized Positioning
- Positioning for the Cranial Caudal (CC) View
- Positioning for the Mediolateral Oblique (MLO) View

Session 4:

- Additional Mammographic Views: A Comprehensive Guide
- Implants and More
- Ergonomics for Mammographers
- Challenging Patients and Situations in Mammography
- Role of Patient's History In Mammography Interpretation

Session 5:

- Introduction to 3D Mammography (Breast Tomosynthesis)
- DBT: A Better Mammogram
- Tomosynthesis: Its Strengths and Limitations
- Quality Control: DBT
- Tomosynthesis Workflow for the Diagnostic Patient

Session 6:

- Stereotactic and DBT Breast Biopsy
- Breast Ultrasound 101
- The Basics of Breast MRI
- What It's Like to Have Breast Cancer
- The Positive Mammography Experience: The Role of the Technologist



Breast Ultrasound Initial Training

This Breast Ultrasound Initial Training Course is the only fully online, self-paced program created to give mammographers and sonographers the knowledge and skills to excel in breast sonography and prepare for ARRT or ARDMS certification. This course meets the ARRT's 16-hour structured education requirement in Breast Sonography, ensuring you are fully equipped with the clinical knowledge, practical insight, and certification resources you need to advance your career as a breast sonographer.

Whether you're a mammographer looking to expand your skill set or a sonographer ready to take on a greater role in breast imaging, this comprehensive online program is designed with you in mind. Taught by expert breast sonographers and internationally recognized radiologists—leaders who have dedicated thousands of volunteer hours to advancing technologist education—you'll be learning from professionals who combine advanced expertise with a true passion for breast imaging.

Course Agenda

Session 1:

Patient Care (Patient Interactions and Management)

- Breast Ultrasound Patient Care
- Session 1 Post-Test

Session 2:

Image Production (Basic Principles of US, Image Formation, Evaluation and Selection of Representative Images)

- Basic Principles of Breast Ultrasound
- Breast Ultrasound Image Formation
- Breast Ultrasound Image Evaluation and Selection
- Breast Ultrasound Image Review
- Session 2 Post-Test

Session 3:

Procedures (Anatomy and Physiology, Pathology, Breast Intervention)

- Breast Anatomy and Physiology, Breast Cancer Biology
- Breast Ultrasound Pathology
- Breast Cancer Treatment Options and Interventions
- Breast Density and Screening Breast Ultrasound
- Breast Ultrasound Image-Guided Procedures
- Technologist's Role in Image Guided Procedures
- Session 3 Post-Test

Next Steps:

- ARRT and ARDMS Credentials in Breast Sonography
- Upgrade! Ultrasound Coaching Session



TIPS from Mammography Initial Training Students:

Studying:

- Don't wait until the last minute to study - carpe diem!
- Avoid procrastination; avoid cramming, especially the night before an exam
- Listen to instrumental music while studying; find a quiet, distraction-free space
- Make and use flash cards - take them with you everywhere
- Highlight pertinent material and take notes
- Seek out a study-buddy and challenge/quiz each other
- Organize the information; make and use diagrams, illustrations & graphs
- Take notes as you read through the material or listen to lectures
- Write out notes on Quizlet; use online prep or sample questions
- Avoid "marathon" study sessions; study small amounts at a time taking breaks every hour
- Study away from home and away from distractions
- Get a healthy amount of sleep every day, especially before exams
- Designate/schedule specific study times and keep those appointments with yourself
- One day at a time, no, no - one hour at a time
- Read the study material out-loud repeatedly
- Review sample and previously completed quizzes/exams
- Read, review and revise all notes and old tests
- Arrange for/participate in study sessions with other students
- As studying progresses, change focus to only the material that remains unknown
- Use YouTube to look for animations or explanatory videos that aid comprehension
- Strive to make comprehension of the material second nature
- If study strategies don't yield positive results, abandon them and devise new strategies

Test-Taking:

- Discuss material and review it with classmates before test
- Use sample tests and preparatory tests to practice
- Get plenty of sleep the night before the quiz/exam
- Take your time and read the entire test question
- First answer only the questions you have 100% certainty about; don't go back and change those responses
- Don't read anything into the questions or over-think them or the responses; take them at face value
- For the ARRT exam, use RadReview EZ over and over and over

Old Versions



Mammography Initial Training Program Agenda

PART 1 (27.5 CEUs)

- "Patient Interactions and Management 1"
- "Patient Interactions and Management 2"
- "Role of a Patient's History in Mammography Interpretation"
- "Digital Mammography: What You Need to Know Now"
- "Physics for Mammography"
- "Image Acquisition, Display and Informatics"
- "Implementation of the Mammography Quality Standards Act (MQSA)"
- "EQUIP: Enhancing Quality Using the Inspection Process Quality Assurance and Evaluation"
- "Quality Assurance and Evaluation"
- "Technical Factors for Mammography"
- "The Importance of Standardized Positioning"
- "Positioning for the Cranial Caudal (CC) View"
- "Positioning for the Mediolateral Oblique (MLO) View"
- "Additional Mammographic Views"
- "Breast Anatomy and Physiology, Breast Cancer Biology"
- "Benign Breast Diseases"
- "Challenging Patients and Situations in Mammography"
- "Implants and More: Updated Imaging Techniques for the Surgically Altered Breast"
- "Interventional Procedures"
- "Introduction to 3D Mammography: Breast Tomosynthesis"
- "Stereotactic and DBT Breast Biopsy"
- "Breast Ultrasound & BIRADS Lexicon"
- "Breast MRI: The Basics"

PART 2 (7.5 CEUs)

- "History of Mammography"
- "Digital Mammographic Artifacts on FFDM Systems"
- "Medical Outcomes Audit"
- "MRI Guided Breast Biopsy"
- "The Positive Mammography Experience: The Role of the Technologist"
- "Male Breast Imaging with Radiologic-Pathologic Correlation"
- "What's It Like to Have Breast Cancer"

PART 3 (2.5 CEUs)

- "Mammography Positioning Guidebook"

PART 4 (2.5 CEUs)

- "Image Quality & Positioning Problem-Solving for Breast Imagers: Meeting EQUIP Standards"



Digital Breast Tomosynthesis (DBT) Initial Training

Perhaps the unique feature of this course is that the lectures are provided by nationally prominent breast imagers including the Inventor of DBT: Dr. Daniel Kopans, who will discuss the development and use of DBT. Other radiologist lecturers include Dr. Michael Linver, who recently received the SBI Gold Medal Award and Dr. Stamatia Destounis, who currently serves as the ACR Liaison on Breast Imaging. Dr. Destounis also runs one of the most highly respected (and busiest!) breast centers in the United States. All 3 radiologists have extensive experience and expertise in teaching, mentoring, and supporting mammography technologists. Their lectures will give you the radiologist's insight into DBT and its use. Their perspective will provide a unique insight to all technologists.

Our technologist lecturers include Fabiola Vazquez, R.T.(R)(M), who will provide an easy, yet thorough, understanding of Quality Control and Louise Miller, R.T.(R)(M), who will lecture on Positioning with DBT. Ms. Miller is the only technologist who, as a co-author, published a scientific study that proves the effectiveness of her positioning techniques and resulting improvement on image quality for application for FFDM and DBT. We are confident you will find all their lectures not only interesting, but also informative and practical.

DBT Initial Training (8 CEUs)

- "DBT: A Better Mammogram"
- "Tomosynthesis: Its Strengths and Limitations"
- "Pearls and Pitfalls for DBT-Guided Biopsy"
- "Challenging Tomosynthesis Case Studies"
- "Quality Control: DBT"
- "Positioning Strategies for DBT"



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Mammography Initial Training Refresher Course Includes:

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| <p>27.5 Category-A ASRT Approved CEUs
\$695 Value</p> | <p>1-Hour Individual Coaching Session
\$275 Value</p> |
| <p>Hard Copies of Both Textbooks
\$130 Value</p> | <p>30-minute Image Review Session
\$150 Value</p> |

AGENDA

- "Patient Interactions and Management 1"
- "Patient Interactions and Management 2"
- "Role of a Patient's History in Mammography Interpretation"
- "Digital Mammography: What You Need to Know Now"
- "Physics for Mammography"
- "Image Acquisition, Display and Informatics"
- "Implementation of the Mammography Quality Standards Act (MQSA)"
- "EQUIP: Enhancing Quality Using the Inspection Process Quality Assurance and Evaluation"
- "Quality Assurance and Evaluation"
- "Technical Factors for Mammography"
- "The Importance of Standardized Positioning"
- "Positioning for the Cranial Caudal (CC) View"
- "Positioning for the Mediolateral Oblique (MLO) View"
- "Additional Mammographic Views"
- "Breast Anatomy and Physiology, Breast Cancer Biology"
- "Benign Breast Diseases"
- "Challenging Patients and Situations in Mammography"
- "Implants and More: Updated Imaging Techniques for the Surgically Altered Breast"
- "Interventional Procedures"
- "Introduction to 3D Mammography: Breast Tomosynthesis"
- "Stereotactic and DBT Breast Biopsy"
- "Breast Ultrasound & BIRADS Lexicon"
- "Breast MRI: The Basics"
- "Test-Taking Tips for Passing the Registry"