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## Healthcare

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## Demonstration of anti-stress techniques

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There are different levels and factors of positive and negative stresses that vary according to the individual, their ethnic, cultural background, and the unique circumstances that may arise at each stage of one's life. Chronic stress that causes one to remain in high anxious state over long period of time can be risky for our health and is scientifically proven to negatively impact the central nervous system. There is lot of scientific information in the literature about the findings in neuroscience research related to mechanism of stress on cognitive activity, personal conduct and linkage to psychiatric health issues. The treatment and prevention process of stress has been widely researched across numerous disciplines of the academia. It is my pleasure to share a spiritual-scientific strategy of stress treatment via demonstration to volunteers in upcoming workshop in subject to availability of its facility. Scientists all-around the world have been currently undertaking numerous research projects to find out novel stress control strategies for humanity. However, there is yet to prove guarantee safe results for complete permanent solution. Therefore, it is my pleasure to introduce preventive stress strategies through healthy lifestyle living tips in this upcoming conference.

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## Contrast enhanced digital mammography versus US Elastography in evaluation of breast masses

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**Aim:** The aim of this study was to detect the impact of contrast enhanced mammography and ultrasound elastography in diagnosis of breast lesions, and to evaluate its capability in differentiating benign form malignant lesions and moreover additional information can be provided in the event of equivocal mammographic and/or sonographic findings in order to guide the diagnostic workup towards biopsy or follow-up.

**Patients & Methods:** This study was prospectively carried on 32 female patients with breast lesions at female imaging unit of Radiology Department of National Cancer Institute, Cairo University. All patients underwent conventional digital mammography and B-mode ultrasound examination then all cases were submitted to dual energy contrast enhanced digital mammography as well as real-time free hand ultrasound elastography. The contrast enhanced mammography studies were performed using GE Senographe 2000D full-field digital mammography system from GE Healthcare; Chalfont St-Giles, UK . It used a current full-field digital mammography system using a flat panel detector with CsI absorber, field size 19×23, del pitch of 100 mm, image matrix size 1,914×2,294 (Senographe 2000D), with some specific software and hardware adaptations for acquisition and image processing. The US elastography studies were held on Hitachi digital ultrasound scanner (EUB- 7500; Hitachi medical, Tokyo, Japan) with real time tissue elastography unit EZU-TE3 and ultrasound probe 7.5 MHz linear array electronic probe.

**Results:** The calculated sensitivity and specificity of dual energy contrast enhanced mammography and US elastography were 86.3%, 60% and 80.9%, 40% respectively.

**Conclusion:** The present study confirms the good diagnostic accuracy of DECE digital mammography for the detection of breast carcinoma, which was here superior to mammography alone and to mammography interpreted in association with ultrasound as well as US Elastography. DECE digital mammography demonstrated significantly increase in the sensitivity without a loss in specificity. In addition, DECE digital mammography has the advantage of being reproducible without operator dependency. Moreover, DECE digital mammography is a fast imaging technique and subtracted images have a direct correlation with conventional mammography. These data suggest that DECE digital mammography has the potential to be a valuable additional imaging tool in women with breast cancer for proper selection of the right treatment procedure.

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