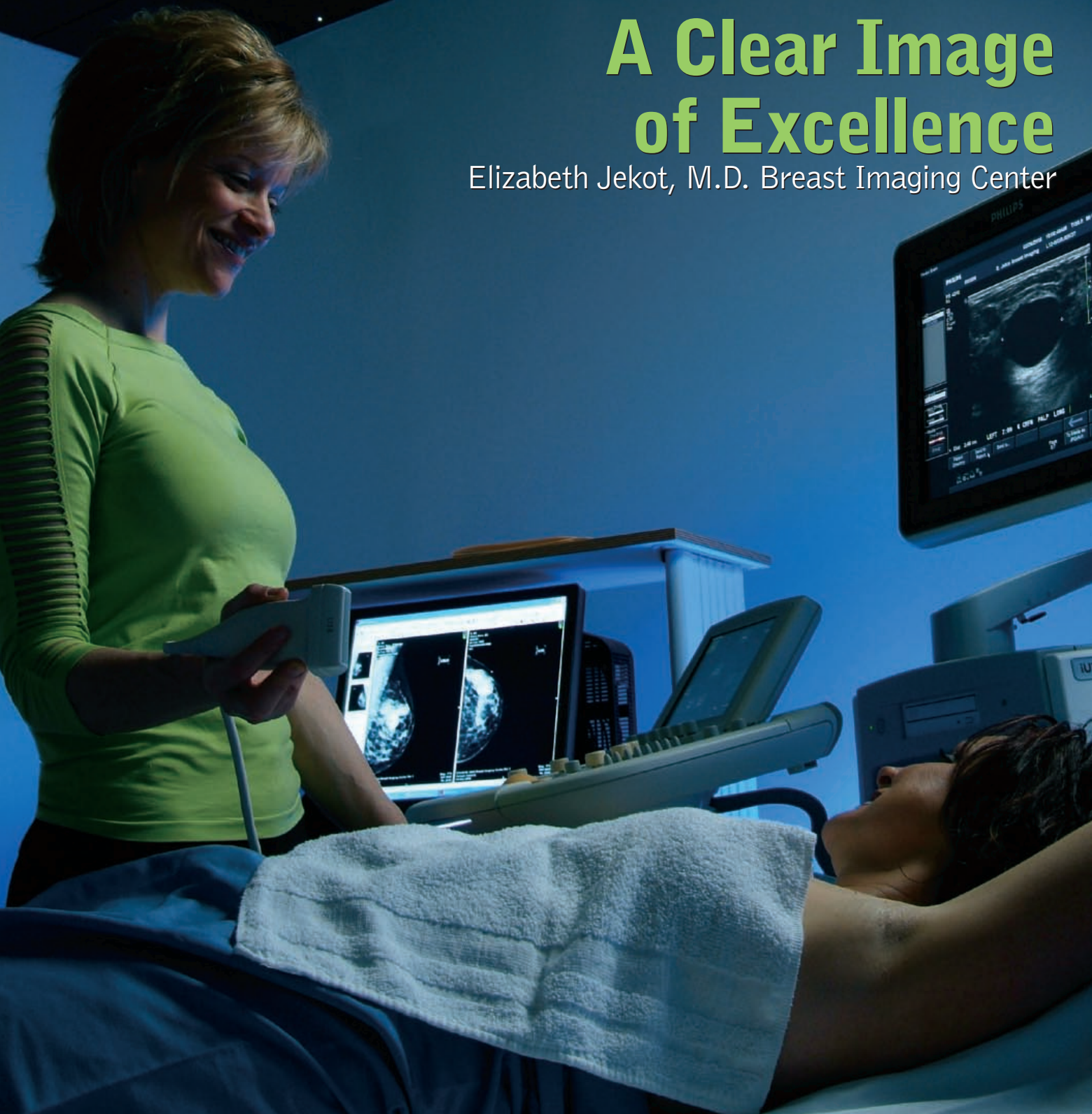


M.D. NEWS

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A Clear Image of Excellence

Elizabeth Jekot, M.D. Breast Imaging Center



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By Susan Cushing

When Elizabeth Jekot, M.D., holds a patient's hand and says, "I understand," her words and sincerity ring true.

This sentiment resonates throughout every aspect of the Elizabeth Jekot, M.D. Breast Imaging Center, which she founded in 2005. This is because Dr. Jekot "knows the (breast) cancer dance." Four of the five adult women in her family have been diagnosed with breast cancer, herself included. From the latest and most advanced technology to the warm, welcoming ambience, her office serves as a haven, offering comfort and hope for thousands of women every year.

"Our goal was to create a very warm, loving center focused on providing exceptional care for our patients," explains the doctor. "It's a patient-centered, love-based practice with a soft, nonthreatening

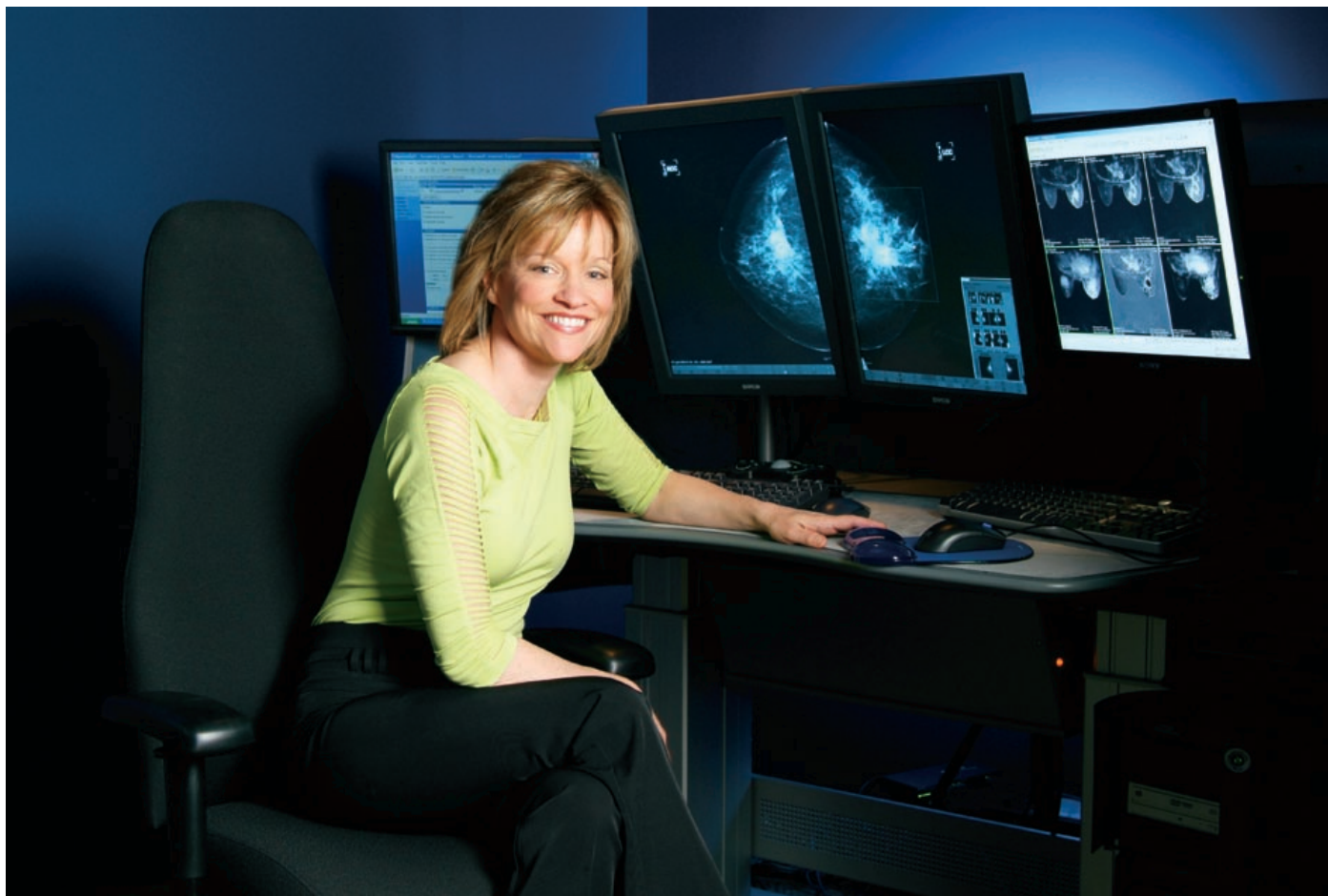
environment. Our belief is that it's not just about the equipment, but also the people taking care of you; not only their technical skills, but also their hearts.

"We even had one gentleman who was accompanying his wife tell us that as soon as they walked in he knew his wife was going to receive the best possible care," she adds.

If asked to give a one-word description of Dr. Jekot, the majority of those who know her well would say "passionate."

It's a mindset not uncommon among great achievers. Always a focused and driven person, with a can-do attitude, Dr. Jekot had already completed her undergraduate work at Texas Christian University, received her M.D. from the University of Texas Southwestern Medical School in Dallas and was in her radiology

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residency at Baylor University Medical Center when her sister was diagnosed with breast cancer.

An emotionally charged disease that can often cripple not only the patient but also those closest to them, her sister's diagnosis served as a catalyst for Dr. Jekot, who responded by pursuing a breast imaging fellowship at the Komen Breast Center at Baylor (now called the Darlene G. Cass Women's Imaging Center).

It was just two years later that she was named medical director of a local hospital's breast imaging center. She served in this position for more than a decade, during which time Dr. Jekot faced her own breast cancer diagnosis.

Though small, her tumor was high grade. This, coupled with her family history, prompted the doctor to choose an aggressive course of treatment.

"A bilateral mastectomy and four rounds of chemotherapy certainly made me empathetic to not only the physical challenges involved with cancer diagnosis, treatment and recovery, but also the emotional tolls the disease has on the patient and their loved ones," she says. "It also afforded me the opportunity to realize the many unexpected blessings cancer can bring."

Dr. Jekot attributes her survivorship to early detection and not surprisingly, early detection is a cause that the doctor avidly promotes.

Passionate about early detection, Dr. Elizabeth Jekot provides the ultimate in compassionate, comprehensive care.

Dr. Jekot is a source of inspiration for her patients. For the past six years, she has won the survivor event at the 5K North Texas Race for the Cure held in Plano each June.



An all-digital imaging center employing Hologic Selenia systems, Hologic MultiCare Platinum stereotactic biopsy table, an ATEC breast biopsy system enabling tissue sampling, as well as a Hologic QDR bone density table.

To this end, Dr. Jekot petitioned the hospital to upgrade the existing equipment.

"I felt very strongly about this," she explains. "I told them we needed to get digital mammography equipment and a dedicated breast MRI unit. They told me they couldn't afford digital mammography for at least two years and the possibility of dedicated breast MRI was doubtful, to which I basically responded, 'Well, if you won't, then I will!' and opened up my imaging center here in Richardson."

Not only did she incorporate the most sophisticated technology when designing her new center, but also tactile touches that evoke feelings of calm and comfort. Far from the "norm" in the medical facilities, the center offers a soothing atmosphere where patients can enjoy individually selected coffee while waiting in comfort amongst a pleasing décor that features warm woods, stunning art and subtle lighting.

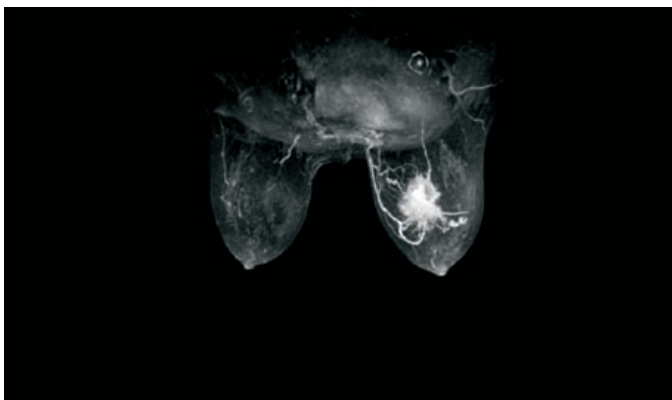
Having personally played the role of patient, Dr. Jekot recognized the benefits of creating a comforting environment that graces the entire center. Here, sonography patients can gaze at starlit motifs featuring the Northern Cross, Big and Little Dipper constellations, while MRI patients are treated to a charming backlit skylight of blue sky and cherry blossoms. To maximize patient comfort during the imaging process, Dr. Jekot's center thoughtfully provides full coverage cloth gowns. These are small details that make a huge difference on a patient's psyche.

Obviously, when so much care has been dedicated to intricacies such as these, it's not surprising to note the quality and precision of both the equipment and personnel.

Passionate about providing the most compassionate care coupled with the very latest in technology and diagnostic acumen, Dr. Jekot's center features the forefront in advanced imaging equipment operated by a highly skilled staff that includes board-certified radiologists with advanced fellowship training in breast imaging as well as an all-female team of certified mammography technologists.

This all-digital center's capacity to provide immediate image rendering can reduce the length of an average visit by half while allowing retakes before the patient even leaves the examining room. The equipment that allows for such service includes:

- dedicated full-field digital mammography;
- dedicated high-resolution breast sonography (ultrasound) performed by a fellowship-trained breast imager;
- dedicated ultrasound-guided vacuum-assisted breast needle biopsy and cyst aspiration;
- dedicated stereotactic-guided vacuum-assisted breast needle biopsy;
- dedicated breast MRI with the ability to perform MRI-guided



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vacuum-assisted breast needle biopsy (one of the first of its kind in the state of Texas);

- dedicated mammography reporting and tracking system; and
- bone densitometry.

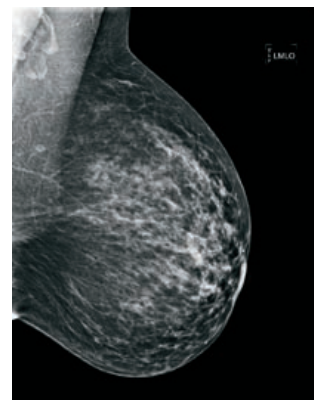
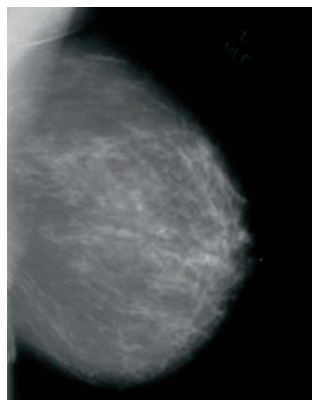
For those who understand the vast choice of imaging equipment available, it’s apparent that Dr. Jekot’s insistence on purchasing technology such as the Aurora breast MRI system is indicative of her full commitment to providing the very best for her patients.

“Having the Aurora breast MRI system allows us to better serve the women in the Dallas area as well as all of north Texas by offering more options in breast cancer detection,” notes Dr. Jekot. “It is specifically designed to image the breast; it’s not used for any other purpose. And because it is such a specialized piece of equipment, it provides superior image quality with excellent resolution. It’s truly an emerging tool that is extremely important to those recently diagnosed with breast cancer to make sure that we are not over or under estimating the extent of the disease. This makes it an invaluable preoperative tool so that the patient might select with their surgeon which surgery is best for them and potentially save them another trip back to the operating room.”

MRI is also beneficial when used to preoperatively assess a patient’s response to neo-adjuvant chemotherapy. Through the years, women have benefited immensely from advances in breast cancer screening, with earlier detection leading to better survival rates. With the new ACS guidelines, MRI is becoming an increasingly important adjuvant screening tool to mammography for high-risk patients with a greater than 20% lifetime risk of developing breast cancer. (Please refer to www.cancer.org for more information.)

Building a comprehensive breast imaging center involves more than digital mammography and dedicated breast MRI. It also must include a mechanism to prove or disprove a lesion’s benignancy. Dr. Jekot has an array of biopsy devices from which to choose, ranging from 14g single-sample devices to a 9g multisample device that has the capability of removing most of, if not the entire, lesion.

Dr. Jekot’s passion for her patients extended into her search for a



Using the same breast imaged with screen-film mammography (left) and digital mammography (right), it becomes clear that digital mammography gives us much clearer images and is more informative versus the older technology.

pathologist, and her homework paid off — she chose a pathologist with extensive experience and focused training in breast pathology.

Dr. Jekot also recognizes the heavy load of the referring physicians. She tries to lighten it with an extensive patient-tracking protocol that follows the patient from first visit to final diagnosis to complete resolution and removal of the tumor. The referring physician can rest assured the patient will get the care they need.

However, even the best equipment and best medical training cannot always provide everything a troubled patient might need emotionally and spiritually. Here, too, Dr. Jekot and her staff excel. With sensitivity and sincere concern, they are always cognizant of the sensitive nature of their work.

And, as with everything else, Dr. Jekot leads by example. In this age of automation and impersonal service, she still insists on personally calling all MRI patients with their results. She also calls each biopsy patient and their physician with the results, typically within 24 hours of the biopsy. It’s a seemingly small, personal touch that has a profound impact on a frightened patient. There is no one thing or even individual that sets the Elizabeth Jekot, M.D. Breast Imaging Center apart from others, but rather, it’s the whole-concept approach that permeates every single aspect.

“It’s definitely a comprehensive approach,” Dr. Jekot acknowledges. “There are very few places that you’ll find where the breast imager is the one who looks at everything and ties it all together. For example, I’ll have the patient’s mammogram, sonogram and MRI all out in front of me as I determine the interpretation. Having a single person doing that is important because then all the available information is integrated. Basically, I’m not working in a vacuum, but tying all the pieces together to form a complete and accurate picture.”

One image that becomes abundantly clear is of a woman, doctor, mother, sister, daughter and friend who has taken her passion and directed it in such a way so as to benefit as many people as possible.

For more information or to schedule an appointment at the Elizabeth Jekot, M.D. Breast Imaging Center, call (214) 442-7070 or visit www.jekotbreastimagingcenter.com. The center is located at 3301 E. Renner, Suite 100 in Richardson. ■