

Breast Health Center



Breast cancer strikes one in eight women



The thought of breast cancer can be frightening. But there's a place that can arm you with the facts that could save your life. A place created by women, for women, to help them receive the care they need with the dignity they deserve.

The University Breast Health Center offers a comprehensive array of education, diagnostic testing, treatment options and support.

If you are diagnosed with breast cancer, University's Breast Health Center will guide or assist you on your path from diagnosis through treatment and follow-up support. Providing care with dignity in a supportive environment is the first step toward restoring health.

- Approximately 80 percent of women with breast cancer do not have a family history with the disease.
- In general, Caucasian women are more likely to develop breast cancer than African-American women, even though African-Americans have higher rates among women 50 and younger, and are more likely to die of breast cancer. This is usually because minority women frequently are not diagnosed until their cancer is in the advanced stages, when the disease is harder to treat and cure.
- Even men can develop the disease, although occurrences are rare.
- Early diagnosis is the key to surviving breast cancer.

Each year, more than 200,000 women in the United States will be diagnosed with breast cancer. Although the risk increases after age 50, no one is immune.

The good news is that women are following the American Cancer Society's guidelines for monthly breast self-exams, screening mammography and clinical exams. Thanks to these measures and improved treatment options, the breast cancer mortality rate began declining in 1989 and has dropped approximately 1.8 percent each year since.*

* Source: American Cancer Society, Cancer Facts and Figures 2008.

Education

The center's educational initiative is deeply rooted in our commitment to serve this community. At its base is University's Buddy Check 6SM, a prevention and awareness program that encourages monthly self-exams, routine screening mammography and clinical exams.

Our breast health specialists are experienced registered nurses, who offer one-on-one patient education. In addition to instruction on breast self-examination, they provide teaching and support before and after surgery, as well as genetic counseling and testing.

Trained speakers are available for civic, church, business and employee groups by calling 706/774-4141. Topics range from proper techniques in breast self-examination to the value of including prevention and early detection in an employee wellness program.

A lending library offers books and videos on breast health, pamphlets from the American Cancer Society and other national resources, and computer access to pre-approved health care Web sites.



Diagnosis

The most common symptom of breast cancer is a lump or mass in the breast usually detected through a breast self-exam or a routine screening mammogram. Although eight out of 10 lumps are not cancerous, every lump should be evaluated.

If you discover a lump, call your personal physician as soon as possible. If you don't have a physician or your physician is unavailable, call the Breast Health Center. An employee will schedule an appointment within 24 to 48 hours.

Diagnosis begins with a clinical breast exam, which may be followed by diagnostic mammography, ultrasound or other imaging procedures, with results reported promptly. These procedures are performed in a physician's office or the Imaging Center. The Breast Health Center can help you schedule the appropriate appointments.

Your physician may suggest a biopsy to assist in determining if a lump is cancerous. Although there are several types of biopsies, including the minimally invasive Mammotone procedure, all remove tissue samples for a pathologist to examine for the presence of cancer. If you have a biopsy, you will receive your results in 24 to 48 hours.

The center also offers the area's first digital mobile mammography unit. More women in our community now have access to breast cancer screening thanks to University's 41-foot mobile mammography unit.

Equipped with FDA inspected, state-of-the-art digital mammography, the mobile mammography unit is now reaching women at convenient locations throughout the CSRA to include underserved populations and area businesses. University is helping eliminate barriers by making it faster and more convenient for women to have screening mammograms. These mammograms are saving lives through early detection of breast cancer.



Care

When cancer is discovered, the treatment plan is based on the type and size of the cancer and whether it has spread to other parts of the body. Surgical options include breast conservation to remove only the cancerous tissue or a mastectomy with the option of reconstructive surgery. Additional treatments include radiation, chemotherapy and hormonal therapy. The center's multidisciplinary team of physicians reviews breast cancer cases weekly to discuss the most appropriate plan of care for each patient.

You'll have many questions as you move through treatment that the center's breast health specialists and your physicians will answer for you. The knowledge they impart will allow you to partner with your caregivers and make informed decisions.



Pam Anderson, RN
*Program Coordinator
for Cancer Services*

Pam has reached out to hundreds of women across the CSRA with compassion and respect.

Support

Women often come together to talk about their dreams and fears, and these nurturing exchanges are particularly important in times of trouble. That's why the support services of the University Breast Health Center are considered such a vital part of the healing process.

Renewal Second to Nature Boutique has a full array of image-enhancing services and products for women, including:

- Breast prostheses and bra fittings by certified, experienced fitters in a private, professional atmosphere
- Wig and hair replacement fittings by a cosmetologist.
- Complete line of post-mastectomy bras, prostheses, swimsuits, camisoles and other products
- Fashionable hats, turbans and scarves
- Skin care products, gifts and jewelry



Other support services of the center include:

- Pink Magnolias support group
- Spouse support group
- "My Mom Has Breast Cancer" educational sessions for children
- American Cancer Society programs
 - Look Good, Feel Better
 - Reach to Recovery
- Lymphedema educational sessions with certified lymphedema therapist
- "Focus on Healing" exercise class for breast cancer patients
- Pre- and post-surgical instruction
- Referrals to community resources
- Education for high-risk patients
- Genetic testing for the breast cancer gene



The Magnolia Blossom,
long considered a symbol of dignity
and respect, symbolizes the University
Breast Health Center's commitment
to providing a nurturing environment
for women to receive the care they
need and the dignity they deserve.



UNIVERSITY
HEALTH CARE SYSTEM

Breast Health Center

706/774-4141 or toll free 866/774-4141
www.universityhealth.org/breasthealth