OUR BREAST CENTER TEAM

For more information about The Breast Center at Midwest Cancer Care, Research Medical Center, contact our Breast Care Navigator at (816) 276-9735 or RHMC.BreastNavigator@hcamidwest.com.
To provide the highest quality breast care through clinical excellence, dedication to our patients, and community involvement. We are committed to the full spectrum of breast health from screening & prevention, to multidisciplinary cancer treatment including the use of innovative technology and clinical research, to survivorship care.

**OUR VISION:**

RESOURCES
The Breast Center at Research Medical Center, can provide you with information on breast health. Please ask a member of our staff for resources. You may also visit the following websites for helpful information:

- [www.cancer.org](http://www.cancer.org)
- [www.komen.org](http://www.komen.org)
- [www.facs.org/cancer](http://www.facs.org/cancer)
- [www.facingourrisk.org/](http://www.facingourrisk.org/)
- [www.youngsurvival.org](http://www.youngsurvival.org)
- [www.canceractionkc.org](http://www.canceractionkc.org)
- [www.turningpointkc.org](http://www.turningpointkc.org)

CANCER SUPPORT PROGRAMS
Midwest Cancer Care at Research Medical Center offers a variety of cancer support and wellness programs for patients and their loved ones. If you would like more information about our programs, please call (816) 276-9735.

SURVIVORSHIP
As a breast cancer survivor, managing your lifelong breast health is very important. From regular checkups to lifestyle changes, we can help you get the services and information you may need.

- Fertility preservation
- Diet and exercise
- Genetic counseling and testing
- Risk assessments and education for high-risk family members
- Risk assessments for related disease issues such as heart health

THE CENTER FOR INTEGRATIVE THERAPY ON THE RESEARCH MEDICAL CENTER BROOKSIDE CAMPUS offers a variety of services for those who seek wellness options in their life.

- Biofeedback
- Exercise Programs within our comprehensive Health & Fitness Center including aquatic classes
- Group Therapy
- Guided Imagery
- Integrative Medicine
- Massage Therapy
- Mindfulness Based Stress Reduction (MBSR)
- Nutrition and Cooking Classes
- Pain Management
- Strength Assessment
- Stress Assessment
- Stress Management
- Weight Loss Clinic

Our team of specialists can help our patients and clients focus on wellness through their journey of health. Focusing on wellness improves the quality of life and helps us live longer.
ANNUAL MAMMOGRAMS COULD SAVE YOUR LIFE
(complete yearly beginning at age 40, earlier for high-risk patients)

Because approximately one in eight women will get breast cancer, your best chance of finding breast cancer early is through a combination of regular mammograms, routine breast exams by a healthcare professional and personal awareness of changes in your own breasts.

The American Cancer Society recommends asymptomatic women age 40 and over receive both a mammogram and a clinical breast exam every year. It also recommends women ages 20-39 have clinical breast examinations every three years. Women with risk factors for breast cancer should talk with their physician about a personal screening plan based on their situation.

At The Breast Center at Research Medical Center, we understand the concerns women have about breast cancer. Our Breast Center provides a comfortable and private environment focused on the woman seeking breast care.

- Always discuss any breast symptoms or problems that you are having to the technologist who is doing your mammogram. Be prepared to describe any medical history that could affect your breast cancer risk -- such as surgery, hormone use, or family or personal history of breast cancer.

- If you are going to a facility for the first time, bring a list of the places, dates of mammograms, biopsies, or other breast treatments you have had before. If you have had mammograms at another facility, you should make every attempt to get those mammograms to bring with you to the new facility (or have them sent there) so that they can be compared to the new ones.

- Schedule your mammogram when your breasts are not tender or swollen to help reduce discomfort and to ensure a good picture. Try to avoid the week just before your period. Walk-in screening mammograms are available on the Research Brookside Campus, or to schedule a mammogram, call (816) 276-4088.

If you haven’t been already, chances are great you will be affected by breast cancer at some point during your life — whether it develops within you, or it develops within someone you know or care about.

While both men and women can get breast cancer, the risks are alarmingly high for women:

<table>
<thead>
<tr>
<th>Age</th>
<th>Risk of Developing Breast Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>By age 30</td>
<td>1 in 229</td>
</tr>
<tr>
<td>By age 40</td>
<td>1 in 69</td>
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<tr>
<td>By age 50</td>
<td>1 in 42</td>
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<tr>
<td>By age 60</td>
<td>1 in 29</td>
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<tr>
<td>Ever</td>
<td>1 in 8</td>
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</tbody>
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American Cancer Society’s Breast Cancer Facts & Figures 2009-2010

This booklet is filled with information to help you identify and assess your risk of getting breast cancer, as well as to learn about our advanced treatment options and specialized wellness and support programs for those currently fighting this disease. The information in this booklet is a guide and should not be used in place of a physical examination by your doctor.
Know the numbers:

- One in eight women will get breast cancer.
- This year more than 230,480 new cases of breast cancer are expected in the United States.
- About 2,140 men will be diagnosed with breast cancer each year.
- About 57,650 new cases of carcinoma in situ (CIS) will be diagnosed this year (CIS is non-invasive and is the earliest form of breast cancer).
- About 39,520 women will die from breast cancer.
- When breast cancer is found early, the five-year survival rate is 98 percent.

Midwest Cancer Care at Research Medical Center

Midwest Cancer Care at Research Medical Center is renowned for quality and excellence, and its comprehensive range of advanced treatment options and services. Our hospital is accredited by the American College of Surgeons Commission on Cancer as a Community Hospital Comprehensive Cancer Program with commendation for exceeding three national standards. Midwest Cancer Care’s quality measures are exceeding the national average as well.

Our cancer centers of excellence include resources unmatched anywhere else in the region such as the area’s only Gamma Knife® treatment for brain tumors, and the Liver and Pancreas Institute, dedicated to the treatment of cancers of the liver and biliary tract. The diagnostic and treatment technologies at Midwest Cancer Care at Research are among the most advanced available.

Our hospital is home to the da Vinci® Robotic Surgical System, an advanced technology, which uses four robotic arms, enhancing a surgeon’s ability to perform complex minimally invasive surgical procedures and enabling patients to experience a quicker recovery and fewer side effects. Other advanced technologies include scanners which deliver the clearest images possible to diagnose and stage tumors for treatment, and minimally-invasive, image-guided radiation procedures – such as Mammosite® for breast cancer – that target cancer cells and limit the exposure of healthy tissue to radiation.
SIGNS & SYMPTOMS OF BREAST CANCER
When performing breast self-exams you should look for the following signs & symptoms:

- New lump or mass: A lump that is painless, hard and has uneven edges is more likely to be cancer. However, some cancers can be tender, soft and round. If you have any questions or concerns, consult your physician or The Breast Center at Research Medical Center.
- Painful nipple or the nipple turning inward
- Discharge from the nipple (not breastmilk)
- Lump or mass under your arms
- Swelling on a part of the breast
- Irritated or dimpling skin
- Redness on the breast or nipple
- Rough and scaly breast or nipple

PROTECTING MY LIFE
The Breast Center at Research Medical Center provides advanced, comprehensive and personalized breast health services from a multi-disciplinary team of cancer experts. From prevention screenings and diagnostics to treatment, recovery and survivorship education, our team of specialists is able to meet all of your breast health needs.

Our screening procedures use digital mammography which provides the clearest possible imaging, detecting tumors smaller than you can feel. And should your screening mammogram show abnormal results, we offer the latest diagnostic imaging technologies for the most accurate medical diagnosis.

- Sonography
- MRI
- Breast biopsy including MammoTome®, a less invasive approach that offers women faster recovery

The Breast Center at Research is a Softer Mammogram provider which means we provide a soft foam cushion, called MammoPad® for each woman’s personal use during every screening mammogram. This ensures your mammogram is warm and comfortable.

We offer two convenient screening locations, both in south Kansas City, Missouri, the Research Medical Center Brookside Campus and the Research Medical Center main campus. The Research Medical Center campus Breast Center is open Monday through Friday 7 a.m. to 3 p.m. by appointment. The Brookside campus Breast Center is open Monday through Friday 7 a.m. to 5 p.m. for walk-in and appointment patients, and Saturday 8 - 11:30 a.m. by appointment only.
If you haven’t developed breast cancer, The Breast Center at Research Medical Center can help you identify and assess your risk of getting this disease and provide information about risk reduction and screening strategies that may be beneficial.

PREVENTION TOOLS AND SERVICES
Breast Self-Examination
Women in their 20s should begin to regularly check their breasts for changes. For instructions on performing self-exams, see page 8. For more information on performing breast self-exams, please consult your physician or our staff at The Breast Center at Research Medical Center.

Screening Mammography
Annual mammograms are recommended for women ages 40 and older. At age 35, women should get their baseline screening mammogram. If you have a history of breast cancer or breast cancer risk factors, talk to your doctor about when to start your mammograms. Our Breast Center offers a warmer, softer digital mammogram that provides a higher-quality image for earlier detection. See page 12 for more information about annual mammograms.

The Breast Cancer Prevention Program
If you have family or environmental risk factors that may increase your chance of breast cancer, The Breast Center at Research Medical Center offers special services. Under the direction of Stephanie Graff, MD, breast specialist, our breast cancer prevention program offers risk assessment, risk factor modification education, and treatment for women at high risk for breast cancer. We also have certified genetic counselors that work with Dr. Graff to provide genetic testing for women with strong family histories of the disease.

If you have developed breast cancer, The Breast Center at Research Medical Center can help improve your quality of life and long term survival through advanced treatment and specialized wellness and support programs.

1. In the shower
While in the shower, raise your right arm. Use three finger pads of your left hand to touch every part of your right breast. Feel for any lumps or changes under the skin. Then raise your left arm and use three finger pads of your right hand to examine your left breast.

2. In front of a mirror
Standing in front of a mirror, firmly press your hands down on your hips to tighten your chest muscles. Check for any changes in the size, shape or contour of your breasts. Check for anything unusual, such as discharge, puckering, dimpling or changes in skin texture. Place your hands behind your head and look for any changes in your breasts.

3. Lying down
Lie flat on your back and place your left hand behind your head and a pillow or towel under your left shoulder. Put your left hand behind your head. Use the finger pads of your three middle fingers on your right hand and gently touch your left breast. Apply three different levels of pressure—light, medium and firm—with your finger pads. Use each pressure level to feel for lumps. Start by your armpit and move down to just below your breast. Repeat on your right breast.

4. Standing up
Rest your arm on a firm surface and examine the area between the breast and the underarm, as well as the underarm itself. Gently squeeze both nipples and look for discharge.
BREAST SELF-EXAMINATION
Research has shown that Breast Self-examination (BSE) plays a small role in finding breast cancer compared with finding a breast lump by chance or simply being aware of what is normal for each woman. Some women feel very comfortable doing BSE regularly (usually after their monthly period) which involves a systematic step-by-step approach to examining the look and feel of their breasts. Other women are more comfortable simply looking and feeling their breasts in a less systematic approach, such as while showering or getting dressed or doing an occasional thorough exam. Sometimes, women are so concerned about “doing it right” that they become stressed over the technique. Doing BSE regularly is one way for women to know how their breasts normally look and feel and to notice any changes. The goal, with or without BSE, is to report any breast changes to a doctor or nurse right away.

Women who choose to do BSE should have their BSE technique reviewed during their physical exam by a health professional. It is okay for women to choose not to do BSE or not to do it on a regular schedule. However, by doing the exam regularly, you get to know how your breasts normally look and feel and you can more readily detect any signs or symptoms if a change occurs, such as development of a lump or swelling, skin irritation or dimpling, nipple pain or retraction (turning inward), redness or scaliness of the nipple or breast skin, or a discharge other than breast milk. Should you notice any changes you should see your healthcare provider as soon as possible for evaluation. Remember that most of the time, however, these breast changes are not cancer.

Note: There are three different patterns you can use to feel your breasts, the vertical strip (Figure A), the circle (Figure B) or the wedge method (Figure c). Be sure to use the same method each time you do your breast self exam. It is important to cover the entire breast.

BREAST TECHNOLOGY AND EXPERTISE
Multidisciplinary Team Care
Our team approach to breast care means you get the expertise of multiple specialists consulting on your individual case to determine the most effective treatment options. Our multidisciplinary team includes:

- Medical Oncologists, including a fellowship-trained breast specialist
- Radiologists
- Radiation Oncologists
- Surgeons
- Reconstructive Plastic Surgeons
- Breast Care Navigator
- Genetic Counselors
- Lymphedema Specialist
- Survivorship Coordinator
- Integrative Health
- Nutrition

Multidisciplinary Breast Case Conferences
The Breast Center at Midwest Cancer Care, Research Medical Center is known for our unique Cancer Clinical Case Conferences. Twice a month our team of specialists comes together to review specific patient cases at the multidisciplinary breast case conference. Your primary care physician is welcome to present your case and collaborate with a team of expert colleagues for the best possible treatment course.

An integral part of our team is our Breast Care Navigator. She works with you to help coordinate your healthcare experience and assure the right steps are taken at the right time. From your initial mammogram at The Breast Center, the breast care navigator confirms you have your results and if follow-up care is needed, is there to guide you through the process.

Our treatments for breast cancer are second to none, with the services to meet your complete plan of care. Midwest Cancer Care at Research Medical Center offers Mammosite® technology, an advanced breast cancer treatment that targets cancer cells and limits the exposure of the healthy tissue to radiation. With Mammosite®, the treatment plan is typically only five to seven days versus the usual five to seven weeks.

Our treatments also encompass:

- Accelerated partial breast radiation and whole breast radiation
- Surgery including lumpectomy and mastectomy
- Reconstructive plastic surgery including implant and autologous tissue reconstruction
- Lymphedema management
RISK FACTORS AND PREVENTION

What is the risk of developing breast cancer in a lifetime? While the causes of breast cancer are unknown, researchers have identified a number of factors that increase a woman’s risk of getting breast cancer. These risk factors do not necessarily cause breast cancer, but are associated with an increased chance of getting breast cancer. Importantly, some women have many risks and never develop breast cancer, while some women have few or no risks but do get the disease. It is important to know the risk factors and do what you can to prevent them. Not all risk factors can be prevented. However, for those that can, take the appropriate preventive measures. Self breast-exams and annual mammograms can also help in the fight against breast cancer.

Risk factors:

- Family history of breast, ovarian or prostate cancer
- Personal history of breast or ovarian cancer
- Getting older
- Starting menopause after the age of 55
- Having your first period before the age of 12
- Having a previous biopsy showing atypical hyperplasia or cancer in situ
- High bone density
- Ashkenazi Jewish heritage
- Not having children or having your first child after age of 30
- Not breastfeeding
- Taking birth control pills for five years or longer (which can slightly increase your risk)
- Being overweight
- Consuming more than 7 alcoholic beverages per week
- Postmenopausal hormone use
- Lack of exercise
- Childhood radiation exposure for diseases like Hodgkin’s Lymphoma