



**THE BREAST CENTER**

Menorah Medical Center

5721 W. 119th Street • Overland Park, KS 66209 • 913.498.MAMM (6266)

[www.menorahmedicalcenter.com](http://www.menorahmedicalcenter.com)



REDUCE  
OUR COMMITMENT:

[ To reduce the risk of people developing breast cancer & *improve* the *quality* of life & long term *survival* for those who do. ]

PEOPLE  
OF

If you haven't been already, chances are great that 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:

By age 30.....	1 in 229
By age 40.....	1 in 69
By age 50.....	1 in 42
By age 60.....	1 in 29
Ever.....	1 in 8

*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.



## MIDWEST CANCER CARE AT MENORAH

When it comes to excellence in cancer care, Midwest Cancer Care at Menorah Medical Center is considered among the best in the country. Recently recognized with a prestigious Outstanding Achievement Award from the American College of Surgeons' Commission on Cancer (CoC), an elite group of 82 accredited cancer programs across the United States.

Midwest Cancer Care at Menorah Medical Center offers leading-edge cancer diagnosis and treatment to patients. Services include medical-surgical inpatient oncology unit, medical oncology services, radiation therapy center, the Sarcoma Institute, the Breast Center and some of the most advanced technology in the metro area, including CyberKnife® and Mammosite® technology, advanced cancer treatments that target cancer cells and limit the exposure of healthy tissue to radiation.





## protecting *my* life...

*The Breast Center of Menorah* provides state-of-the-art risk assessment, testing, diagnostic and treatment options. In addition to digital mammography, the Breast Center offers breast Magnetic Resonance Imaging (MRI) and ultrasound procedures. The Breast Center of Menorah offers women access to innovative biopsy techniques, including less invasive stereotactic and image-guided procedures. The Center has a dedicated mammography radiologist and offers walk-in screening mammograms and evening/weekend hours. Menorah Medical Center's breast surgeons specialize in primary breast cancer surgery and in breast reconstruction techniques.

The Breast Center of Menorah 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. We make it a top priority to ensure your mammogram is warm and comfortable.

### **MAMMOGRAM HOURS:**

*Monday - Friday: 7:30 a.m. - 7 p.m.*

*Saturday: 8 a.m. - Noon*

*\*Walk-In Screening Mammograms are available.*

*Call (913) 498-MAMM (6266) for more information.*

*If you haven't developed breast cancer*, the Breast Center of Menorah 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 the Breast Center of Menorah.

### 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. The Breast Center of Menorah offers a warmer, softer digital mammogram that provides a higher-quality image for earlier detection. See page 12 for more information about annual mammograms.

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



## BREAST TECHNOLOGY AND EXPERTISE

We provide the latest technology in digital mammography, Breast MRI and advanced breast diagnostic services in a convenient and personal atmosphere to provide comfort and reduce anxiety. We will attend to your breast care needs through a team of experienced healthcare professionals, who provide women with a positive experience while using the latest technology and expertise in breast health.

- Digital Mammography
- MammoPad®
- PET/CT
- Breast Ultrasound
- Breast MRI
- Minimally Invasive/Stereotactic Breast Biopsy
- Breast Cancer Surgical Procedures
- Ultrasound Guided Biopsy
- MRI Guided Breast Biopsy
- Mammosite® (Radiation Treatment)
- Needle Localization
- Cyst Aspiration
- Cyberknife® (Radiation Treatment)
- External Beam Radiation Therapy
- Medical Oncology with Outpatient Infusion Center
- Genetic Counseling by Board Certified Counselors
- Lymphedema Treatment Program
- Nurse Navigators and Nurse Educators
- Breast Support and Education
- Clinical Research Studies

Menorah 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.

# PREVENTION

## risks *and* prevention...



### 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 preventative measures. Self breast-exams and annual mammograms can also help in the fight against breast cancer.

### *Risk factors you CANNOT control:*

- 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

### *Risk factors you CAN control:*

- Not having children or having your first child after age of 35
- Not breastfeeding
- Taking birth control pills for five years or longer (which can slightly increase your risk)
- Being overweight
- Consuming two to five alcoholic beverages per day
- Postmenopausal hormone use
- Lack of exercise
- High levels of estrogen in the blood
- Being exposed to large amounts of radiation

## 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 health care 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.



Figure A



Figure B



Figure C



### 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.

# know *the* numbers...

## SIGNS AND 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 of Menorah.
- 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

Not all women with breast cancer have signs or symptoms. Getting an annual mammogram greatly increases your chance of finding breast cancer in the early stages, when it is easier to beat.

# SYMPTO

## *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 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.



## 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 of Menorah, 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 or to schedule a mammogram, call the Breast Center at (913) 498-MAMM (6266).



## resources *for* you...

### RESOURCES

The Breast Center of Menorah 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:

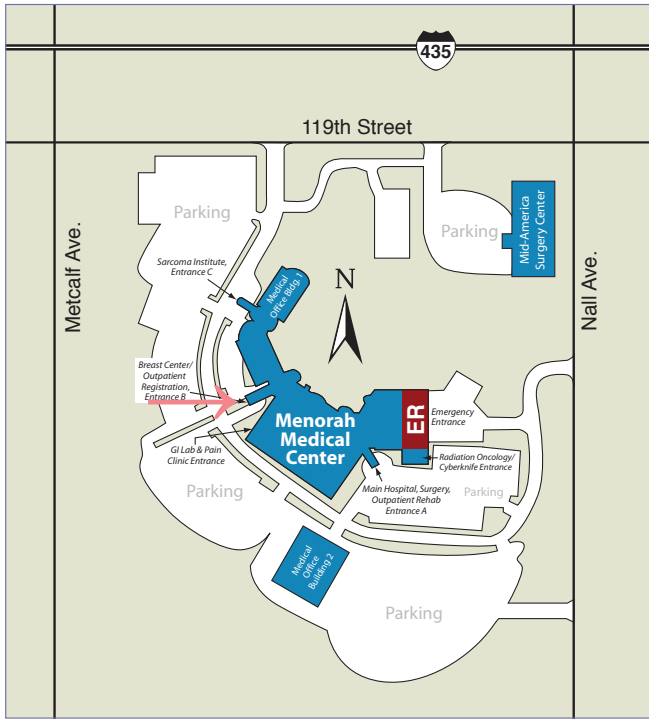
- [www.cancer.org](http://www.cancer.org)
- [www.komen.org](http://www.komen.org)
- [www.facs.org/cancer](http://www.facs.org/cancer)
- [www.youngsurvival.org](http://www.youngsurvival.org)
- [www.canceractionkc.org](http://www.canceractionkc.org)
- [www.turningpointkc.org](http://www.turningpointkc.org)

### CANCER SUPPORT AND SURVIVORSHIP PROGRAMS

Menorah Medical Center offers a variety of cancer support and wellness programs for patients and their loved ones. All programs on the following page are free of charge. If you would like more information about our programs, please call (913) 498-7742.

### CANCER GENETIC COUNSELING

Midwest Cancer Care at Menorah Medical Center offers cancer genetic risk assessments and counseling (by board certified counselors) to women and men who have concerns about their personal and/or family history of cancer. Participants are provided with personalized information regarding genetic influences, specific cancer risks and targeted screening and prevention options. For more information call (913) 498-7409.



*Accredited by the National Program for Breast Centers*

*Approval by the Commission on Cancer of the American College of Surgeons*

*Accredited by the American College of Radiology*

*Certified by the FDA*

*Certified Mammography Technologists by the American Registry of Radiologic Technology*

*Accredited by the Joint Commission on Accreditation of Healthcare Organizations*



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