

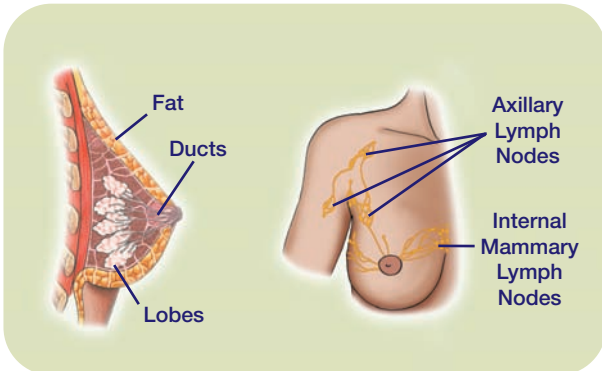


Southwest's Breast Cancer Services

Southwest integrates screening, diagnosis and treatment of breast cancer to provide complete, compassionate care. In addition to our nurse navigators who can help guide you every step of the way, Southwest offers breast cancer support programs, including a group especially for young women. For more information, go to www.swmedicalcenter.org/cancersupport.

Recognition — As the only American College of Surgeons (ACOS) certified cancer center in Clark County, Southwest received six awards of excellence for exceeding accreditation standards.

Clinical Trials — Southwest has been involved in more than 30 breast cancer treatment studies, including fine needle aspiration (FNA) diagnosis, various chemotherapy treatments, Sentinel node breast surgery (resulting in less invasive surgery and decreased surgical side effects), radiation therapy to help conserve breast tissue, and more. In October 1986 Southwest enrolled our first patient in a clinical breast cancer study. She is a survivor to this day!



The Southwest Difference

The diagnosis of cancer can be overwhelming. You and your loved ones may be facing many questions, medical treatment options and lifestyle changes.

At Southwest's Regional Cancer Center, we believe that superb cancer care goes beyond the latest technology and innovative treatments. We are here to help you and your loved ones keep the best quality of your life throughout your journey with cancer.

Cancer Support Group

360.514.2174

www.swmedicalcenter.org/cancersupport



SOUTHWEST
Regional Cancer Center
Cancer care for the whole person

P.O. Box 1600
Vancouver, WA 98668

360.514.2174

www.swmedicalcenter.org/cancercenter

Understanding Breast Cancer



SOUTHWEST
Regional Cancer Center
Cancer care for the whole person



Early Detection Matters

Today, early detection and modern treatment methods may be effective in treating breast cancer. You are at risk for breast cancer if:

- You have a family history of breast cancer, especially if cancer occurred before age 40.
- Your first menstrual period was before age 12.
- You experience menopause after age 50.
- Your first birth was after age 30.

Southwest's Kearney Breast Care Center is designed to nurture your physical and emotional well-being. Whether you need screening or diagnostic testing, Southwest combines the latest technology with clinical expertise. With our service philosophy of providing same-day results whenever possible, this means that our patients receive the accurate and timely care they deserve in a soothing and supportive environment.

"Southwest's Breast Care Center staff was genuinely friendly, personal, and compassionate as I navigated through mammogram, ultrasound, core biopsy, and lymph node aspiration."

— Susan C. (Southwest patient)

How Breast Cancer Develops

Breast cancer occurs when the cells in your breast grow abnormally, forming tumors with uncontrolled growth. The major types of breast cancer are ductal (arising in the lining of the ducts) and lobular (arising in the lobes). Cancer cells may be found in lymph nodes under the arm.

Breast cancer, if left untreated, may metastasize, or spread, sending cancerous cells to form tumors in other parts of your body. Both men and women can get breast cancer, but this brochure addresses how it occurs in women.

Diagnosing Breast Cancer

You may feel a lump in your breast during a breast self-exam. Also, tumors may show up on a screening mammogram. This is a routine test that women age 40 and over are encouraged to take annually.

To determine if the tumor is cancerous, Southwest's on-site radiologists can do additional tests and provide same-day results whenever possible. We may recommend a diagnostic mammogram (magnified views) or a breast ultrasound to help rule out benign (non-cancerous) tumors.

You may have a biopsy done, where a small amount of the tumor's tissue will be removed and examined for cancerous cells. At Southwest, we may use fine needle aspiration, wire localization, core biopsy or stereotactic breast biopsy to take tissue samples.

If the biopsy is positive, you may have a computed tomography (CT or CAT) scan, a magnetic resonance imaging (MRI) scan or a bone scan to find if cancer has gone to sites outside the breast (metastases). Southwest's pathologists may also run an estrogen and progesterone receptor test to measure the levels of hormones in the cancerous tissue. The doctor can then determine whether these hormones affect how the cancer is growing and whether it can be stopped with hormone therapy.

A blood test will be ordered to evaluate the levels of tumor marker (special proteins that can be elevated in the presence of breast cancer).

You may have some or all of the axillary lymph nodes, located under the arm closest to the breast, removed to check for cancer. These nodes are the main route for breast cancer to spread to the rest of the body.

Treatment Options

Your diagnostic information will be used to determine the type of breast cancer and its stage. The TNM (Tumor, Node, Metastases) status is a common tool used to stage the cancer, to see how best to treat you. You may receive some combination of surgery, radiation therapy and/or chemotherapy. Be sure to discuss treatment options with your doctor, including risks, side effects and benefits.

Radiation Therapy: Southwest's Radiation Oncology team is specially trained to treat breast cancer. For example, our non-invasive, pain-free CyberKnife® stereotactic radiosurgery system may be a treatment option.

Chemotherapy: Pharmaceutical drugs (chemotherapy) may be a powerful option to treat cancer. For example, some women's breast cancers are considered estrogen-receptive, meaning that the presence of estrogen promotes the cancer's growth. Special estrogen-blocking drugs, such as Tamoxifen, may be used as an adjuvant therapy to reduce the risk of the recurrence of breast cancer. Not all women will benefit from this drug, and there are some side effects to consider.

Surgery: A **lumpectomy** is a breast-conserving surgery generally done when tumors are small and confined to the breast. The tumor is removed, including a margin of tissue surrounding the tumor. A lumpectomy may be followed by radiation therapy. A **mastectomy** removes the entire breast. In both surgeries, some or all of the lymph nodes under the arm will be removed and examined for cancer. Southwest's oncoplastic surgeon specializes in reconstructive surgery for breast cancer patients. Also, Southwest's Lymphedema Specialty Clinic helps address problems with lymph nodes affected by surgery, radiation therapy, etc.