



in TOUCH

The Center for Breast Care...

AND MUCH MORE!

At the Center for Breast Care (CBC), we specialize in breast health and early detection of breast cancer. This dedicated center's services include screening mammography, ultrasound and bone density scanning.

Our experienced radiologists have been treating patients here for more than 25 years. "We are very sensitive to women's busy schedules, and we take special care in ensuring fast and convenient scheduling to help avoid delays and minimize stress," says CBC Director Nancy Lean, R.N. "Our dedicated team of specially trained mammography technologists is here to take care of you."

"Breast cancer screening, diagnosis and treatment are our core specialties, but we also provide comprehensive services for women, including osteoporosis screening."

continued on next column

Is It Time for YOUR Mammogram?

The American Cancer Society recommends annual mammograms for all women beginning at age 40. To make your appointment call (714) 966-5001.



Lynn McBride, Radiology Technologist at the Center for Breast Care, uses advanced technology to detect cancer.

"The Center for Breast Care provides a wide range of health services for women, so that they can conveniently come to one location for all their needs," says Lean.

"Our team of physicians from key disciplines promotes comprehensive treatment whatever the problem."

Throughout this issue of *In Touch* you will learn what makes the Center for Breast Care at Fountain Valley Regional Cancer Center one of the top facilities in the area.

For further information about our Center for Breast Care, please call Nancy Lean, Director, at (714) 966-5021.

Our TECHNICAL Edge

The Center for Breast Care constantly seeks out the latest advances in imaging and diagnostics.

Our newest mammography unit features a paddle that tilts and gently hugs the chest wall. "It is designed for enhanced patient comfort and also provides increased image quality," says Lynn McBride, Lead Quality Control Technologist. The Center has also invested in the latest generation of ultrasound technology, which provides a much higher quality image of the breast and can be used to examine other parts of the body as well.

If an abnormality is detected, a radiologist determines the type of biopsy to test for cancer. One advanced method used at the Center is the stereotactic biopsy. Digital computer mapping using X-ray technology helps the radiologist guide a needle-like device through a tiny skin nick to retrieve small tissue samples. A similar system guides radiologists taking a tissue sample using ultrasound technology.

"To take advantage of the latest diagnostic advances, the Center for Breast Care recently purchased a breast coil for its MRI machine, which adapts it to take images of the breast," says Robert McKewen, Director of Imaging. Magnetic resonance imaging (MRI) is a technology that may be of special benefit to young women who are at high risk for breast cancer. A recent study found that MRI may be a more sensitive tool for detecting early breast cancer in this group. "Three goals that drive our improvements are greater patient comfort, better image quality and less invasive procedures," says David Cassidy, M.D., Radiologist. "Every year, the Center for Breast Care makes substantial investments in new technology to help ensure that our patients will have the benefit of advanced equipment."



The Difference at the Center for Breast Care is Clear

- ▶ Next-day appointments for diagnostic mammograms
- ▶ Screening mammograms generally within three days
- ▶ Dedicated radiologist
- ▶ Ultrasound-guided biopsy on-site
- ▶ Stereotactic biopsy on-site
- ▶ Needle localizations on-site
- ▶ Bone density scans on-site
- ▶ Competent, experienced technologists
- ▶ Education
- ▶ Diet and nutritional counseling
- ▶ Support groups and individual counseling
- ▶ Genetic counseling
- ▶ Weekly tumor boards on breast cancer
- ▶ American Cancer Society Information Center on-site
- ▶ Free wig bank
- ▶ Free prosthesis
- ▶ Translation services available
- ▶ Affiliated with the USC/Norris Cancer Center
- ▶ Competent, experienced and caring staff
- ▶ Clinical trials in breast cancer

Behind the Scenes...

By Nancy Lean, R.N., M.H.S.A., FVRCC Director

Since The Center for Breast Care came under the umbrella of the Fountain Valley Regional Cancer Center, we have been busy expanding and improving health services for women. We are committed to providing comprehensive services in a patient-friendly environment. All our services are located in one building.

Recently, Drs. Glen Justice, Cynthia Cork, Kelly Francis, David Cassidy, Robert Woodhouse and I attended the National Consortium of Breast Centers in Las Vegas to learn more about current trends in breast cancer. We will continue to seek and implement new methods of excellence to ensure quality women's services.

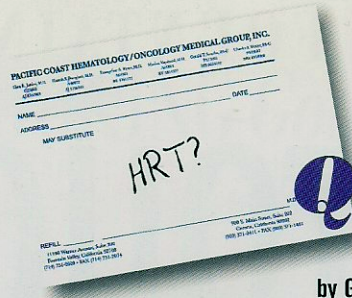
The American Cancer Society's nationwide goal is to reduce breast cancer mortality by 45 percent by 2015. In support of that, the ACS hopes that 90 percent of women age 40 and older will have annual mammograms by 2008.

The Center for Breast Care has implemented a number of new technologies and programs to help achieve these goals. One way we reach out to Vietnamese and Korean women, for example, is through our special screening days for those communities.

If you have any questions about the Center for Breast Care, please feel free to call me at (714) 966-5021.



Nancy Lean, R.N., M.H.S.A.



ANSWERING THE HRT QUESTION

by Glen Justice, M.D., Medical Director of FRVCC

Many women have become concerned about the safety of Hormone Replacement Therapy (HRT), following recent news reports that the Women's Health Initiative (WHI) ended a clinical study of estrogen plus progestin therapy early due to the risks.

Doctors may have previously recommended using estrogen alone or in combination with progestin to counter some of the possible effects of menopause, such as hot flashes, night sweats, sleeplessness and vaginal dryness. HRT has also traditionally been prescribed to prevent osteoporosis and heart disease.

After more than five years, the estrogen-progestin study was halted when results showed that the therapy did not protect against heart disease, but actually increased heart attacks, stroke and blood clots. It also increased the chance of breast cancer.

While some significant benefits were also seen (reduced risk of colorectal cancer and bone fractures), it is no longer appropriate to assume that all women undergoing menopause should be placed on HRT.

It is now critical that every woman considering HRT for relief of menopause symptoms have an extensive dialog with her physician.

"The Center for Breast Care was With Me Each Step of the Way."

A year and a half ago, 31-year-old Norma Sainz was performing her monthly breast self-exam when she felt a small lump the size of a pea. She immediately called her OB/GYN, and he ordered a mammogram at The Center for Breast Care.

After her mammogram, she had a biopsy to confirm that the lump was cancerous. Her doctor at The Center for Breast Care immediately put her in touch with Dani Daniels, Coordinator of Psychosocial Services. "I was upset and crying, but Dani gave me information and introduced me to a support group that helped me through each step of my treatment," she says.

Norma had a lumpectomy and eight months of chemotherapy treatment. A year and a half after treatment, Norma is cancer-free and feels great. "I was totally satisfied with my treatment and the special services at the Center for Breast Care," she says. "They are very caring, and they went to a lot of effort to educate and comfort me during that crisis."

For information about support groups, call Dani Daniels at (714) 966-8055.

EXPERT ADVICE from the Breast Cancer Tumor Board

Each week, cancer experts from a variety of disciplines at The Center for Breast Care meet to review patient cases and advise the managing doctors about treatment options. "For the patient, it is like having a free consultation with the Center's top doctors," says Philip Chin, M.D., Surgeon.

Each meeting is attended by at least five physicians from Pathology, Radiology, Medical Oncology, Radiation Oncology and Surgery. Often a research nurse will be on hand to inform the managing doctor about possible clinical trials that fit the patient's condition, and a genetics counselor may suggest testing and counseling.

"Doctors usually present a case prior to surgery, but may also look for advice if a patient is

not responding to treatment or the cancer has recurred," explains Kamini Malhotra, M.D., Pathology. "The entire Tumor Board reviews the pathology slides and mammogram films to discuss the diagnosis and possible treatment options, but the final decision is up to the managing doctor and the patient."

The Breast Cancer Tumor Board and a general Cancer Tumor Board meet each week. Urology and Gynecologic Oncology Boards meet monthly. Typically, two to five cases are discussed at each meeting. If you have recently been diagnosed with breast cancer, you may want to suggest a Tumor Board review to your physician. For more information, contact Patricia Stines, Cancer Registrar and Coordinator of the Tumor Board meetings, at (714) 966-8022.



Philip Chin, M.D., Surgeon

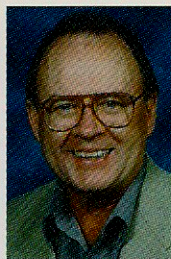


Kamini Malhotra, M.D., Pathology

A Bone-Density Scan is a Picture of Your Skeletal Health

Osteoporosis is a major health threat that can strike women at any age. It decreases bone mass and deteriorates bone tissue, leaving hips, spines and wrists susceptible to fractures.

"Women's bone mass peaks at about age 20 and begins to drop measurably after age 35," says David Cassidy, M.D., Radiology, at the Fountain Valley Regional Cancer Center. "Women with small bones, those who have had eating disorders and those who have entered menopause are at highest risk, and the risk increases as you age."



David Cassidy, M.D.,
Radiology



DEXA Scan equipment offers doctors a painless method of testing patients for future fracture risk.

Fortunately, a bone-density scan can measure bone loss so that your physician can advise a plan of action to prevent further damage. The dual-energy X-ray absorptiometry, or DEXA scan, enables doctors to predict future fractures by a process similar to a regular X-ray. "The test is painless and only takes a few minutes," explains Dr. Cassidy.

Ask your doctor if you could benefit from a bone-density scan. The scanner is conveniently located in the same building as The Center for Breast Care.

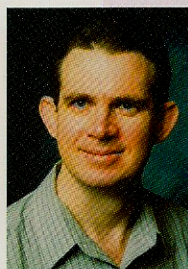
Many women have their annual mammogram and bone-density scans during the same appointment. For more information, call (714) 966-5001.

SHOULD YOU HAVE GENETIC TESTING for BREAST CANCER?

"Having a genetic test for breast cancer is a very personal decision and requires a thorough understanding of all the issues involved," says Steven Kopczak, Ph.D. (Genetics), M.S. (Genetic Counseling). "At The Center for Breast Care, genetic testing is more than a blood test. Counseling is a big part of our program."

Genetic testing can help determine if a woman has mutated genes that may put her at risk for developing breast cancer. However, because of personal decisions involved with inherited risk, it is important to understand the pros and cons of testing. "Testing is important because if the results are positive, a woman can start getting mammograms early and begin a medical plan designed to help prevent the disease," explains Lalita Pandit, M.D., Hematology/Oncology.

At The Center for Breast Care, genetic testing begins with a risk assessment based on family history, including the



Steven Kopczak, Ph.D.,
Genetics, M.S.,
Genetic Counseling

CLINICAL NOTES

By Glen Justice, M.D.
Medical Director of
Fountain Valley Regional Cancer Center



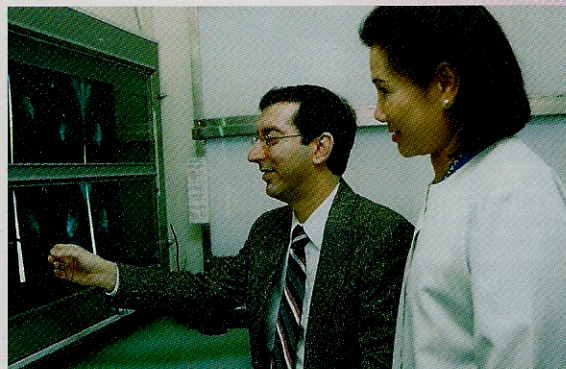
The Great Debate: The Value of Mammograms

There has been much debate in the news about a few studies suggesting that mammograms may not help save lives. Many experts have dismissed the studies as flawed, and leading cancer organizations, including the American Cancer Society, the National Cancer Institute and the Oncology Nursing Society, stand by the majority of studies that show mammograms do save lives. At The Center for Breast Care, we also believe mammograms are the best chance of detecting breast cancer early.

Debate actually helps create additional research and technological improvements in the scientific community, the kind that have resulted in a yearly decline in breast cancer since 1990.

The current American Cancer Society recommendation is that all women 40 years old and older have an annual mammogram, in addition to an annual clinical breast exam and monthly self-exams.

Here at The Center for Breast Care, we are dedicated to educating women about the importance of these exams and providing the latest diagnostic equipment for the most accurate results. We are in this fight together and want to win the battle against breast cancer.



Steven Simon, M.D., Radiology, and Ngoc-Lan Nguyen,
Radiology Technician, examine a patient's scans.



Lalita Pandit, M.D.,
Hematology/Oncology

number of family members with cancer and the age at which they were diagnosed. Before the test is administered, Dr. Kopczak talks to the patient about its benefits and limitations, insurance issues and family concerns. "Some women want insurance to cover the test; others are more concerned with the issues of genetic discrimination," says Dr. Kopczak. "Some women want to share the results with their sisters and daughters; others have concerns about sharing information. Personal counseling about these issues is the hallmark of our program."

To learn more about genetic testing for risk of breast cancer and other forms of cancer, please call (714) 966-5037.



EXPERT ADVISORS

Chart the Course for Breast Care Center's Future

The Center for Breast Care Steering Committee consists of physicians from various disciplines and key personnel committed to women's health issues. They meet each month to discuss, debate and decide on important issues that affect the future of the Center. "The Steering Committee guides the overall direction of the Center with the driving goal of increasing patient satisfaction," says **Glen Justice, M.D.**, Medical Director of the Fountain Valley Regional Cancer Center, which includes the Center for Breast Care.

This multi-disciplined committee helps patients receive high-quality care. "Breast cancer is complex," explains committee member **David Cassidy, M.D.**, "with variables that require input from specialists in various fields like radiology, pathology, surgery, radiation therapy and medical oncology."

"Patients can benefit from our approach because decisions are not based on just one doctor's opinion."

Bottom row from left to right—Cynthia Cork, M.D., OB/GYN; Nancy Lean, R.N., Director; Steve Simon, M.D., Radiology; Pam Alderson, CFO; Robert McKewen, Director, Radiology. Top row from left to right—Tim Smith, CEO; Lalita Pandit, M.D., Hematology/Oncology; Thuan Nguyen, M.D., Plastic Surgery; Bichlien Nguyen, M.D., Hematology/Oncology; David Cassidy, M.D., Radiology. Not included in photo—Donna Wolf, V.P. Business Development; Joel Berman, M.D., General Surgery; Glen Justice, M.D., Hematology/Oncology; Kelly Francis, M.D., General Surgery; Peter LePort, M.D., General Surgery; Kamini Malhotra, M.D., Pathology; Robert Woodhouse, M.D., Radiation Therapy; Tara Bleakley, Mgr., Business Development.

LOOKING Good!

The American Cancer Society Helps Women Look Their Best After Treatment

To combat the effects that radiation and chemotherapy can have on a woman's appearance and self-confidence, The American Cancer Society and The Center for Breast Care have joined forces to offer two programs for women. "It was such a relief to have programs available to help me manage the changes to my appearance," says breast cancer patient **Margaret Piscioti**, "so that I could focus on beating the cancer."



Make-up tips and a selection of wigs and hats are available to cancer patients.

Look Good, Feel Better

One day a month, women undergoing cancer treatment learn camouflage techniques from experienced beauticians, cosmetologists and estheticians, some of whom are cancer survivors. Patients learn about moisturizers, makeup and how to choose and properly wear head coverings such as wigs, scarves, turbans and hats. Look Good, Feel Better meets the second Monday of the month and is limited to 12 women. Reservations are required.

The Wig Bank

Every woman who has lost her hair from cancer treatment receives one free wig and a hat, scarf or turban from the Wig Bank. Trained hairdressers and volunteers help each woman select a wig based on her coloring and style preferences, and help ensure a comfortable fit. Volunteer guild members hand-design many of the head coverings, so there is a large selection of one-of-a-kind items.

For information about Look Good, Feel Better and The Wig Bank, please call (714) 966-5025.

COMMUNITY OUTREACH PROGRAMS

The Center for Breast Care provides translators and bilingual staff for Vietnamese and Korean women during their mammogram screenings.

Community Outreach Contacts

Breast Cancer Support Group meets every Tuesday at noon. Contact **Dani Daniels** at (714) 966-8055. (Other support groups are available.)

Vietnamese Breast Cancer Support Group meets the second and fourth Tuesday of the month at 6:30 p.m. Contact **Kim Tran, LCSW**, at (714) 513-5594.

Research nurse available for information about clinical trials. Contact **Linda Reyes, R.N.**, at (714) 966-5087.



Fountain Valley Regional Hospital and Medical Center

Tenet California

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Thirty years of caring

Glen Justice, M.D., Medical Director

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USC/NORRIS CANCER NETWORK

in affiliation with Fountain Valley Regional Hospital and Medical Center

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