

Breast Cancer



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City of Hope is a new model of cancer center. Here, medical research and clinical care are joined, speeding the application of scientific discoveries to newer, more effective patient treatments. From breakthroughs in basic biology to smarter technologies for diagnosis and therapy, progress at City of Hope is accelerated by the need to offer more positive outcomes to patients everywhere. Our research innovations become advances in clinical care as quickly as possible, because people battling cancer and other serious diseases need better options — now.

Leading the Way in Breast Health

One out of eight women in the U.S. will develop breast cancer in her lifetime. Fortunately, more women are surviving breast cancer each day, due to earlier diagnoses and more effective treatments. At City of Hope, our breast cancer services and technologies provide women with the best care available.

As a Comprehensive Cancer Center — the highest designation given by the National Cancer Institute — City of Hope is nationally recognized for its expertise and leadership in cancer prevention, treatment and education. In fact, we set standards for research and treatment that are followed by other cancer centers across the country.

With our commitment to advancing all forms of cancer care, City of Hope is a unique resource

for breast health. Early detection, prevention and genetic counseling are a priority. We offer advanced breast imaging technologies, including digital mammography, breast MRI and more.

For women needing medical intervention, we provide state-of-the-art surgical, medical and radiation therapies, including many that are not yet available to the general public. And our supportive care and long-term follow-up programs help women and their families manage the process of treatment and recovery.

Cooper Finkel Women's Health Center

Many breast cancer services at City of Hope are provided at the Rita Cooper Finkel and J. William Finkel Women's Health Center. The center is dedicated to improving the health of all women through innovative research, prevention, screening, diagnosis and treatment of women's cancers.

Staff members at the center are committed to enhancing each patient's well-being, both physically and emotionally. Their goal is to ensure all women receive the highest quality care, whether seeking prevention and screening services or coping with a cancer diagnosis. Support groups and other services provide emotional and psychological benefits that can ease many aspects of daily life. Long-term follow-up and access to clinical trials are all available at the center.

Risk Factors

Certain factors increase a woman's risk of breast cancer. According to the American Cancer Society®, some of the major risk factors include:

- **Gender.** A woman is 100 times more likely than a man to contract breast cancer (although the disease affects men as well).
- **Age.** Your risk of developing breast cancer increases as you get older. Nearly 80 percent of women diagnosed with invasive breast cancer are 50 or older.
- **Genetics.** An increased risk of breast cancer can be inherited from either parent.
- **Family History.** Having a close blood relative such as a mother or sister who has had breast or ovarian cancer can increase your risk.
- **Race.** Caucasian women are slightly more likely to develop breast cancer, although African-American women are more likely to die of it.
- **Personal History.** Women who have had breast cancer have a greater chance of developing another breast cancer.
- **Obesity.** Being overweight increases your risk of breast cancer.

Stay Informed

Understanding your risk factors can help you make decisions about screening, diagnosis and treatment.



City of Hope Breast Program

Patients benefit from the expertise of City of Hope's multidisciplinary team of dedicated surgeons, medical and radiation oncologists, radiologists, mammography technologists, nurses, nurse practitioners, genetic counselors, physician's assistants and radiation therapists. As part of an internationally recognized cancer research organization, our staff provides caring, individualized service combined with access to state-of-the-art technologies and treatments.

Breast Self-exam

You can perform this easy exam by yourself, privately at home. For more details, please ask for a copy of the City of Hope brochure, *Your Guide to Breast Self-exam*.

Radiology

Breast Imaging

Imaging studies give your personal health provider important information about changes that may be occurring in your breast tissue.

- Screening mammograms are provided at City of Hope for women who are not experiencing problems or concerns. Regular mammography screenings can help ensure that cancers are detected early, when they can be treated and cured most effectively. The American Cancer Society® recommends that women have screening mammograms every year, beginning at age 40.
- Diagnostic mammography is appropriate for women who have a current symptom, or women with a history of previous breast cancer. Diagnostic mammography is similar to a screening mammogram. However, the images are reviewed immediately by a radiologist to determine whether additional views and/or a diagnostic ultrasound are needed.

Get Screened

Regular mammograms can help detect changes at the earliest stages.



Imaging services available at City of Hope include:

- Screening Mammography
- Digital Mammography
- Diagnostic Mammography
- Breast MRI
- Diagnostic Ultrasound

For details about these procedures, please ask for a copy of our brochure, *City of Hope Breast Imaging*.

Biopsy

A biopsy is a test in which a sample of breast tissue is examined using a microscope. Biopsies are the only way to answer questions about the specific composition of a breast lump or other abnormality.

Get Answers

Biopsy results will guide the next phase of care, if necessary.



Biopsies available at City of Hope include:

- Fine Needle Aspiration (FNA) Biopsy
- Needle-localized Open Surgical Biopsy
- Stereotactic Biopsy
- MRI-guided Biopsy
- Ultrasound-guided Biopsy

For more details about these procedures, please ask for a copy of our brochure, *City of Hope Breast Biopsy*.

Surgery

City of Hope offers the latest advances in the surgical management of breast cancer provided by specialty trained breast surgeons. Removing tumors surgically is a common treatment for breast cancer. The scope of surgery is determined by the size and extent of the abnormality.

At City of Hope, our nationally recognized oncologic surgeons specialize in less invasive, breast-conserving techniques such as lumpectomy for early stage cancers, as well as other options for larger tumors that offer better outcomes for breast reconstruction.

For patients with small, early-stage breast cancer, breast-conserving surgery is the preferred treatment option. For patients with larger tumors,

chemotherapy can sometimes be given before surgery to shrink the tumor, which can help make breast conservation an option. Patients who are not candidates for breast conservation or who elect to undergo a total mastectomy with removal of all breast tissue may still have reconstructive surgery, either immediately or at a later time.

Plastic and Reconstructive Surgery

Tissue-sparing techniques used during an initial surgery can be combined with transplantation of a patient's own tissue during reconstructive procedures to create the most natural breast possible. Our surgeons also specialize in secondary reconstructive surgery when initial procedures prove unsatisfactory. A new method developed at City of Hope to recreate the nipple and areola is providing better cosmetic results with minimal scarring.

Medical Oncology/Chemotherapy

Medicines that slow or stop the growth of cancer cells are often included in a patient's treatment plan. Our Breast Oncology Team provides both standard therapy and access to clinical trials of new, advanced treatments. These cover the full spectrum of breast cancer, from premalignant conditions to advanced metastatic disease.

Standard chemotherapies are those considered by medical experts to be the best treatments available, as proven by previous studies. However, as a Comprehensive Cancer Center, City of Hope seeks to improve outcomes even more. We constantly investigate promising new treatments, including novel chemotherapies, hormonal or anti-estrogen therapies, and immunotherapies.

Patients with small tumors or earlier-stage breast cancer may participate in clinical trials of adjuvant chemotherapy (medication given after surgery). Patients with locally advanced, large primary tumors may be considered for a neoadjuvant protocol (medication given before a primary surgical treatment). And patients with more advanced disease may be candidates for new strategies developed to slow the spread of cancer. These may include combinations of standard drugs, investigational and targeted therapies, or other options.

Radiation Oncology

Radiation therapy is often used in treating breast cancer. It may be employed as a stand-alone treatment for early stage cancer, or in combination with surgery and other treatments in more advanced cases, to help reduce the chance of the cancer recurring. Radiation therapies available at City of Hope include advanced, partial breast irradiation techniques. These focus radiation only on the affected area, rather than the entire breast.

New Options

Patients in clinical trials may receive novel chemotherapy treatments not yet available to the public.



External Beam Radiation Therapy

Radiation therapy is a standard part of treatment for patients who have a lumpectomy for small invasive breast cancers and non-invasive cancers. Some mastectomy patients may also receive radiation therapy.

Intensity Modulated Radiation Therapy (IMRT)

IMRT targets tumors with pencil-thin "beamlets" of radiation. By sculpting the radiation to precisely match the tumor's contours, a higher dose can be delivered to the cancer while avoiding unnecessary exposure of healthy tissues. Treatment with IMRT may also minimize certain side effects.

MammoSite® Radiation Therapy System

This is a form of brachytherapy in which a radiation source is implanted into the affected area to treat it from within. The process begins with the insertion of a balloon catheter into the breast. Twice a day for five days, a tiny radioactive seed is guided into the balloon and allowed to irradiate the area where the tumor was removed, to kill any remaining cancer cells. The radiation is left in place for several minutes. After the course of treatment is completed, the balloon is removed.

Additional Services

Genetic Counseling

Our *Cancer Screening & Prevention Program*SM helps women and their families understand their cancer risk, as well as ways to prevent cancer or detect it at its earliest stage, when it can be most easily treated.

Long-term Follow-up Clinic

This innovative concept allows patients to continue receiving routine health maintenance services — as well as specialized breast care and monitoring — from the same team that provided their care during breast cancer treatment.

Supportive Care

Coping with breast cancer is easier when you can talk to women who understand what you are going through. Our Breast Cancer Support Group meets monthly, and all patients are encouraged to attend. Our patients also have access to the Sheri & Les Biller Patient and Family Resource Center, which offers a wide array of support and educational services. Patients and loved ones may work with a coordinated group of social workers, psychiatrists, psychologists, patient navigators and spiritual care providers at the center, as well as participate in programs such as music therapy and meditation.

Clinical Trials

Our Breast Oncology Team is constantly evaluating new drugs designed to treat premalignant conditions, as well as novel compounds that target advanced, metastatic disease. As a patient at City of Hope, you may qualify to participate in a test of these new investigational therapies.

To Become a Patient

For more information, or to become a patient at City of Hope, please call 800-826-HOPE or visit us at www.cityofhope.org.

Providing New Hope

City of Hope works to move scientific discoveries rapidly from the laboratory to the clinic, benefiting patients everywhere.



Support the Search

City of Hope's cancer breakthroughs are made possible by the generous donations of compassionate, committed people like you: individuals who value the way we speed the translation of laboratory research into practical results. We are proud of the support that enables us to innovate and inspire.

Help accelerate the pace of progress against cancer at City of Hope. Join our worldwide network of donors who fuel new discoveries leading to treatments that save lives everywhere. To arrange a donation, please call 800-544-3541.