



PIPER BREAST CENTER™ *Communiqué*

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SCREENING MAMMOGRAM VERSUS DIAGNOSTIC MAMMOGRAM – KNOW THE DIFFERENCE

~ By Deborah Day, MD

What is a screening mammogram? A screening mammogram is a breast X-ray that is done on women with no breast problems in an attempt to detect breast cancer at an early stage, before it causes breast symptoms and when it is most treatable. A screening mammogram can be performed annually at the woman's request, without a doctor's order. However, the name of the woman's doctor or nurse practitioner must be provided so that the report can be distributed.

At the Piper Breast Center, all screening mammograms are read by the end of the next business day. If the test results are normal, a results card is mailed to the woman immediately after the interpretation and should be received within seven business days. If further evaluation is necessary, the woman will be called by a Piper Breast Center technologist within three working days, and before the results card is sent, to explain the findings.

What is a diagnostic mammogram? A diagnostic mammogram is used to evaluate an abnormality that has been detected by a screening mammogram or to determine the cause of a breast symptom. Diagnostic breast imaging requires a doctor's order. The imaging work-up frequently includes breast ultrasound as well as special mammographic views. The woman is given verbal and written results of the diagnostic breast evaluation while she is still at the Piper Breast Center.

At the Piper Breast Center, 15 minutes are allowed for each screening mammogram and 30-60 minutes for each diagnostic breast work-up. It is important that every woman be scheduled for the correct study so that all women are served in a timely fashion. When a woman arrives for a screening mammogram and indicates that she now has a lump or other breast symptom, we will do a diagnostic mammogram rather than the scheduled screening study. When a woman is switched from a screening study to a diagnostic study, sometimes it is necessary to reschedule the evaluation for another day. It is best if you perform a breast self examination prior to making a mammogram appointment so that the correct study can be scheduled.

Did You Know ...

Breast MRI is a very complex study. Oftentimes, up to 1,500 images are captured per study. Facilities like the Piper Breast Center each have a distinctive way of capturing and interpreting images. Radiologists at the Piper Breast Center use computer programs designed specifically for our center when we interpret a breast MRI. Unless we have specifically coordinated our computer programs with another facility, we are not able to view and interpret breast MRI from other facilities.

This lack of standardization is recognized throughout the country such that the American Cancer Society offers this recommendation on their Web site: www.cancer.org.

"It is recommended that women who get screening MRI do so at a facility that can do an MRI-guided breast biopsy at the same time if needed. Otherwise, the woman will have to have a second MRI exam at another facility at the time of biopsy."

RACE FOR THE CURE IS SUNDAY, MAY 11!

Mark your calendars and plan to visit the Piper Breast Center booth for valuable breast health information.



**ABBOTT
NORTHWESTERN
HOSPITAL**

Allina Hospitals & Clinics

**Virginia Piper
Cancer Institute**

NEW HIGH-RISK BREAST CLINIC

~ By Deborah Day, MD

The Piper Breast Center's new twice monthly High-Risk Breast Clinic offers risk assessments and coordination of clinical care to women who are at high risk for developing breast cancer.

Resources include genetic counseling, gene testing, information on medical and surgical prophylaxis to help prevent cancer, periodic clinical breast examinations, recommendations for surveillance imaging that closely monitor for any breast changes, and support groups. Patients may also be referred to Abbott Northwestern's

Institute for Health and Healing and to specialists such as breast surgeons, plastic surgeons and gynecologic oncologists.

Examples of patients who may be seen at the High-Risk Breast Clinic include those who have (or whose family member has) BRCA 1 and 2 mutations; atypical hyperplasia along with a family history of breast cancer; lobular carcinoma in situ (LCIS); and other significant familial risks.

If you have questions about this new service, please contact the Piper Breast Center at 612-863-3150.

BREAST CANCER SUPPORT GROUPS

~ By Paula Colwell, RN, MA, OCN

The Piper Breast Center, in conjunction with the Virginia Piper Cancer Institute, is pleased to announce several new support groups for women with breast cancer. In response to feedback from women about their support needs, several options have been developed at different phases of the breast cancer experience.

The first group is designed for women who have been diagnosed with breast cancer within the past six months. Facilitated by a psychologist and a registered nurse, this four-session series helps women deal with the stressors of a new breast cancer diagnosis. Sessions are on Mondays throughout the year from 3:30-5 p.m. on the sixth floor of the Piper Building.

Two ongoing breast cancer support groups are open to all women with breast cancer, regardless of when their cancer was diagnosed. Women asked for a breast cancer support group outside of Abbott Northwestern during early evening hours. Two different sites are offered in the metro area—one at the Allina Medical Clinic in

Edina on the fourth Tuesday of every month from 5-6:30 p.m., and the other on the fourth Wednesday of every month from 6-7:30 p.m. at the WestHealth Medical Campus in Plymouth. Both groups are facilitated by a psychologist and a registered nurse. While the newly diagnosed group has a pre-determined agenda, the women participating in these ongoing groups decide on the topics for discussion.

The American Cancer Society's "I Can Cope" classes are offered on the third Tuesday of every month from 3-4:30 p.m. in the sixth floor classroom of the Piper Building. These classes are intended to offer people with any type of cancer, as well as their families, practical tools and methods for coping. Each class has a different topic and provides time for open discussion and questions.

All support groups and parking are free of charge. Vouchers are provided to cover parking costs for the groups held at Abbott Northwestern. For more information or to register, contact Pamela Jacobs at 612-863-5310.

CANCER SURVIVORSHIP AT THE PIPER BREAST CENTER

~ By Dean Gesme, MD

If you are a cancer survivor, you are among more than 10 million Americans living after a diagnosis of cancer. This number continues to grow as improvements in cancer detection and treatment prove even more successful. The Piper Breast Center is committed to providing all cancer survivors with the support and care that can optimize quality of life now and in the future.

The Virginia Piper Cancer Institute (VPCI) and the Piper Breast Center are committed to excellence in cancer care and offer a broad array of services for cancer survivors in collaboration with Sister Kenny® Rehabilitation Institute and the Institute for Health and Healing. Nancy Hutchison, MD, medical director for cancer rehabilitation at VPCI, is nationally known in the specialties of cancer rehabilitation, lymphedema therapy and exercise programs that meet the needs of cancer survivors.

The cancer survivorship movement dates back more than 30 years. The National Coalition for Cancer Survivorship (www.canceradvocacy.org) broadly defines cancer survivors as individuals who have had a diagnosis of cancer, from the time of diagnosis and for the balance of their lives, and includes family and friends who are involved in the process as well. Survivorship has now come into "prime time" with medicine's greater understanding of the plethora of needs that accompany the diagnosis of cancer, its treatment and the subsequent years of follow-up care and prevention strategies.

The Virginia Piper Cancer Institute works with a team of cancer professionals to offer a broad array of educational and support group opportunities while working closely with Abbott Northwestern's Institute for Health and Healing to optimize the care patients receive at the Piper Breast Center. In 2008, VPCI will continue to develop and expand its survivorship program. Watch for more details in upcoming issues of *Communiqué*.