THE DMH BREAST CENTER
A Component of the DMH Cancer Care Institute

2017 Breast Cancer Focus
DMH Breast Center

Our Mission—The DMH Breast Center is a comprehensive program focused on finding and fighting breast cancer.

The DMH Breast Center is located on the DMH campus at 302 West Hay, Suite 117A with additional mammography screening locations in Forsyth Imaging Center, South Shores Imaging Center, Sullivan Medical Center, and Shelbyville Medical Center. The DMH Breast Center is a program which provides comprehensive integrated services for patients with breast disease through state-of-the–art imaging and comprehensive surgical and treatment techniques. Medical experts from specialized fields of radiology, pathology, surgery, and medical and radiation oncology review all patients diagnosed with breast cancer to develop individualized comprehensive care plans. We work together to guide each breast cancer patient through their journey. Trained nurses serve as navigators to provide support and education to you and your family. Other supportive services available to enhance patient care include physical therapy, nutritional services, pastoral services, social services and support groups.

DMH Radiology Services
Personalizing Healthcare—Its Impact on Breast Cancer

DMH advanced technology boosts chances of spotting breast cancer
By Jonathan Locke, MD, Radiologist

Decatur Memorial Hospital offers a full-service imaging department for the evaluation of breast disease and other women’s imaging needs. All mammography facilities at DMH sites, as well as the mobile unit, are accredited by the American College of Radiology and certified by the Food and Drug Administration. DMH offers state-of-the-art digital mammography through computerization rather than x-ray film at four different locations.

Advantages of digital mammography include better visibility, imaging flexibility and electronic submission of images. In addition to a screening mammogram, we offer 3D Imaging Technology utilizing ABUS (Automated Breast Ultrasound System) screening and Tomosynthesis to increase early breast cancer detection. Other services offered by our radiology department include breast ultrasound, breast MRI, ultrasound-guided breast biopsy, stereotactic breast biopsy & needle localization. Additional diagnostic technologies include positron emission tomography (PET) & computerized tomography (CT). Our services are designed to provide multidisciplinary quality care and individual patient education and support.
EARLY DETECTION LEADS TO BETTER OUTCOMES

Mammography Screening Guidelines

SCREENING MAMMOGRAPHY

At Decatur Memorial Hospital, screening mammography is recommended every year for women beginning at age 40 by the American College of Radiology. The National Cancer Institute (NCI) advises women who have had breast cancer and those who are at increased risk due to a family history of breast cancer to seek expert medical advice about the frequency of screening and whether they should begin screening before age 40.

Decatur Memorial Hospital recommends women see their primary care physician to determine the frequency of breast cancer screening together.

CLINICAL BREAST EXAMINATION

In a clinical breast exam, the doctor carefully feels the breasts and underarm area for lumps or anything else unusual. Women may also perform a breast self-exam by checking their own breasts for lumps or changes in size or shape. The clinical breast exam and breast self-exam can help women become more familiar with the regular look and feel of their breasts and more readily identify changes. If you feel a lump in your breast or have other reasons for concern, you need to tell your health care provider.

DMH’s Breast Cancer Risk level determined by—
Genetic Inheritance and Breast Density

Women who receive a mammogram at the DMH Breast completes a genetic questionnaire. Patients are classified as low risk, high risk or unusually high risk based on the Gail model, the National Cancer Institute (NCI) Breast Cancer Risk Assessment Computerized Tool used to estimate a woman’s risk of developing breast cancer. These results are subsequently compared with the patients breast density which helps to determine the type of additional screening a patient may have. We have different levels of screening programs and the radiologist follow a mammography protocol to determine appropriate testing based on the patient’s breast cancer risk factors.

* Annual Screening Ultrasound added to Mammography significantly increases invasive breast cancer detection in women at elevated risk. Recommendations may include ultrasound or MRI of the breast in addition to a mammogram. The DMH Breast Center follows up with high risk patients, discussing their risk factors and scheduling appropriate testing.
Prevention and Screening Programs

As part of our Accreditation from the Commission on Cancer – DMH provides several cancer prevention programs to identify risk factors and use strategies to modify attitudes and behaviors to reduce the chance of developing cancer. Cancer Screening programs apply screening guidelines to detect cancers at an early stage, which improves the likelihood of increased survival and decreased morbidity.

The Mammography Initiative Program
No-cost Screening Mammograms

The Mammography Initiative Program is a comprehensive screening program that provides no-cost mammograms to medically underserved women in Macon and surrounding counties. Every effort has been made to eliminate the known barriers to mammography screening and to increase the awareness of the importance of prevention activities. The Mammography Initiative program includes a Physician Referral component that provides women who have breast symptoms, and do not qualify for a screening mammogram, to have a diagnostic mammogram when referred by a physician. Three other components of the program cover women that need diagnostic services. One component is coverage for women that qualify for the screening and get called back for additional views. Another component incorporates those women that need to come back in six months for a follow-up mammogram.

The last component covers women that are at high risk according to the ACRIN study “Annual Screening Ultrasound Added to Mammography Significantly Increases Invasive Breast Cancer Detection in Women at Elevated Risk” that are referred by a physician to have bilateral ultrasound.

The screenings are held at several locations in the Decatur area or can be arranged with the portable mobile mammography unit at a variety of sites in Macon and surrounding counties. Additionally, the DMH clinics in Shelbyville and Sullivan provide mammograms for women qualified for this program. Results of the mammogram are sent to the participant’s physician and a letter to the participants. All mammography facilities at DMH sites, as well as the mobile unit, are accredited by the American College of Radiology and certified by the Food and Drug Administration.

Since 1991 over 12,000 free mammograms have been provided and 82 breast cancers have been diagnosed through the program; 21 African American and 61 Caucasian women.

Qualifications:
- Meet financial guidelines based on family income
- At least 35 years old
- 40-64 years of age, without insurance, yearly mammograms
- Over 65 years of age, Medicare pays

For an appointment, Call DMH Scheduling at 217-876-1111.

This program is supported by a grant from Come Together Let’s Walk & other community groups.

FOCUS ON BREAST CANCER

www.dmhcares.com
Early Detection Connection for Breast Cancer Awareness

DMH holds an Annual Early Detection Connection event for Breast cancer Awareness. It is held in October during National Breast Cancer Awareness Month. Women can drive through one of three convenient Decatur locations and received health education information about the early detection of breast, cervical and ovarian cancer.

Early Detection Connection Locations include: DMH Express Care North, Cancer Care Center of Decatur, South Shores Kroger, and Shelbyville Medical Center.

DMH’s Early Detection Connection is made possible by: DMH Cancer Care Institute, DMH Breast Center, Cancer Care Specialists of Central Illinois, The Moweaqua Ladies Golf League and Come Together Let’s Walk.

Clinical Trials — advances medical knowledge

The Clinical Research team at DMH Cancer Care Institute works diligently to advance our mission to improve the health status and quality of life for cancer patients by providing access to state-of-the-art treatment and symptom management trials.

Trials sponsored by the National Cancer Institute have been an important part of our cancer program for more than 30 years. Our dedicated staff of researchers provide education, care, support and guidance for patients who are interested in participating in a clinical trial.

To view current clinical trials available for patient enrollment at DMH Cancer Care Institute, visit www.createcancercare.com for Call 217-876-4750.
Focus on Breast Care

A higher standard of care, close to home
By Harold Yoon, MD, Radiation Oncologist

Introduction

Breast cancer is the most common type of cancer among American women, except for skin cancers. About 1 in 8 (12%) women in the U.S. will develop invasive breast cancer during their lifetime. It is second only to lung cancer as a cause of cancer death.

In 2017, The American Cancer Society estimates about 252,710 new cases of invasive breast cancer will be diagnosed in women in the U.S. An estimated 40,610 women will die from breast cancer.

At this time there are more then 2.8 million breast cancer survivors in the United States.

Death rates from breast cancer have been declining since 1989, with larger decreases in women younger then 50. These decreases are believed to be the result of earlier detection through screening and increased awareness, as well as improved treatment.

Breast Cancer Incidence

In 2015, breast cancer was the second highest type of cancer seen at DMH as highlighted in the graph above.

In the 5 years spanning 2011-2015 there were 708 breast cancer patients treated at Decatur Memorial Hospital. The majority (86%) were early stage breast cancers (stage 0-II). Looking at outcomes, patients at Decatur Memorial Hospital had results similar or favorable compared to national data.
Breast Cancer Services at Decatur Memorial Hospital

As of 2016, the DMH Breast Center has been working to ensure that the breast cancer program conforms to the highest level of care. These standards have been set by the American College of Surgeons and the National Accreditation Program for Breast Centers. This care is highly multi-disciplinary and carefully coordinated from the early stages of screening and diagnosis to the final stages of treatment. From timely mammography and early detection, patients undergo comprehensive evaluation with diagnostic tests, and treatment from surgeons, medical oncologists, and radiation oncologists. This treatment varies and is customized according to the stage and other prognostic characteristics of the patient’s disease.

Finally, survivorship focuses on the patient’s life and health after a cancer diagnosis and once treatment is over.

For early stage patients, the decision whether to have a mastectomy or lumpectomy is often a personal choice. Plastic surgeons offer state-of-the-art reconstructive techniques, including tissue expanders and implants, as well as the use of a woman’s own tissue. Sometimes chemotherapy can be given prior to surgery in an effort to shrink the breast tumor and therefore make a lumpectomy possible. Radiation therapy is given if a patient undergoes a lumpectomy, with survival results equal to that for a mastectomy. Radiation therapy is sometimes indicated after a mastectomy as well.

New directions

The landscape of breast cancer treatment is continually changing and evolving. Our breast surgeons are constantly evolving their techniques to take into account the most advanced imaging modalities, such as Tomosynthesis, automated breast ultrasound, and magnetic resonance imaging (MRI). In terms of radiation therapy, many patients with early stage disease can now be treated with a shorter, equally effective treatment of 4-5 weeks. Recent research has also highlighted the importance of support services for patients, and DMH has been an early adopter of promoting nutrition, physical therapy, navigator, and survivorship services. Other new developments include molecular agents that target “Her2 positive” breast cancers, and highly personalized genomic testing that can identify specific molecular targets in a patient’s cancer that can be treated with an equally specific targeted therapy or immune therapy. The physicians and programs at DMH are always striving to be on the forefront when it comes to the delivery of cancer diagnosis and treatment.
Our Breast Cancer Specialists

Personalized Treatment Plans based on individual needs and genetic make-up.

Our team of physicians work together to provide compassionate and comprehensive care for patients with breast cancer. The healthcare team of, surgeons, medical oncologists and radiation oncologists provide the most effective techniques in breast cancer treatment.

Medical Oncology

Medical Oncology is the treatment of cancer using chemotherapy or other medications. Treatments can be used to destroy cancer cells, slow the growth of cancer, prevent cancer from spreading, and reduce the symptoms of cancer. Patients referred for medical oncology services meet with a medical oncologist who will review their history and medical records, perform a complete physical exam, confirm diagnosis and discuss treatment goals and strategies.

DMH Cancer Care Institute is affiliated with the National Cancer Institute (NCI) supported research groups and works closely with Cancer Care Specialist of Central Illinois. Together we are able to offer opportunities for patients to participate in research studies and clinical trials that provide state-of-the-art care and new treatments not yet available to patients at many cancer centers.

Medical Oncology is provided by the Cancer Care Specialists of Illinois located at the Cancer Care Center of Decatur.

Radiation Oncology

Radiation Oncology is the treatment of cancer with radiation. Radiation treatments can be used to shrink a tumor, stop the growth of cancer cells, prevent cancer from spreading, and reduce the symptoms of cancer.

Patients referred for radiation oncology services meet with a radiation oncologist who will review their history and medical records, perform a complete physical exam, confirm their diagnosis and discuss treatment goals and strategies.

External Beam Radiation Therapy (EBRT) and associated care is delivered under the direction of the radiation oncologist by the staff in the Radiation Oncology Department, a component of the DMH Cancer Care Institute.

Radiation Oncology is provided by the Cancer Care Specialists of Illinois and the DMH Cancer Care Institute located at the Cancer Care Center of Decatur.

Surgery & Reconstructive Surgery

Surgeons at Decatur Memorial Hospital offer consultations, surgery and ongoing care to patients diagnosed with cancer.

Our teams of surgeons are experienced in breast cancer and many other disease sites.

Breast Surgery Options:
- Lumpectomy
- Mastectomy
- Sentinel Lymph Node Biopsy
- Axillary Lymph Node Dissection
- Breast Reconstruction

The DMH Breast Center navigator are available to facilitate your care by coordinating services that are located near the DMH campus and are a component of the DMH Breast Center Program.

Multidisciplinary Breast Cancer Conference - Ensuring high quality care at DMH

The DMH Cancer Care Institute uses a multidisciplinary approach to diagnosing and treating patients with breast cancer. A Multidisciplinary Breast Conference is held weekly in the education classroom at the Cancer Care Center of Decatur.

Medical oncologists, radiation oncologists, radiologists, pathologists, surgeons, oncology nurses and other support staff meet to exchange knowledge and opinions to identify the most appropriate treatment options and discuss the management of care for our patients.

As part of our accredited cancer program by the Commission on Cancer, the following discussions are required: pathology, radiology findings, prognostic indicators, staging, treatment options, National recognized treatment guidelines (NCCN), availability of clinical trials, psychosocial factors, follow-up, and other factors relating to the patient’s care.
DMH Quality of Care Breast Measures
by Howard Wiarda, M.D., Interventional Radiology, Cancer Physician Liaison

The DMH Cancer Program Practice Profile Report (CP3R) promotes continuous practice improvements and allows us to compare our patient care with other providers.

As part of our Commission on Cancer accreditation, DMH Cancer Committee members continuously review several accountability measures to ensure high quality standards at our facility. Our comprehensive cancer program continues to perform well on the quality measures listed securing our commitment to excellent quality care to patients we serve at Decatur Memorial Hospital.

**Breast Measure**—*Breast conservations surgery rate for women with AJCC clinical stage 0, 1, 2 breast cancer.*

What does it mean? Post-surgical irradiation (within 365 days) for breast cancer patients who elect to have breast conserving surgery meets established NCCN (National Comprehensive Cancer Network) guidelines for standard of care.

Why it’s important? DMH’s goal for this measure is 100% compliance. Adherence to this measure has a direct correlation with improved disease free survival and lowers the rate of recurrence for breast cancer patients.

**Breast Measure**—*Tamoxifen or third generation aromatase inhibitor is considered or administered within one year of diagnosis for women with AJCC T1c or Stage 2 or 3 hormone receptor positive breast cancer.*

What does it mean? Hormone (endocrine) therapy with hormone receptor positive breast cancer reduces the risk of local recurrence, contralateral breast cancer, distant recurrence, and death.

Why it’s important? DMH’s goal for this measure is consistent and exceed the National Cancer Data Base benchmark of 90 percent. Adherence to this measure has a direct correlation with improved disease-free survival and lowers recurrence for breast cancer patients.
Support Services and Programs

You are not alone. The DMH Breast Center and the DMH Cancer Care Institute work together to provide supportive services and programs to patients, their families, and caregivers throughout their cancer journey.

Breast Center Patient Navigators
We understand the challenges and changes that may come with cancer and provide various services to help patients cope and get the most out of life. Our trained nurse navigators are your resource and advocate. They will help guide you to the many supportive services and programs available at DMH. For more information call the DMH Breast Center Navigator, 217-876-4377. Located on the DMH campus at the DMH Breast Center, 302 W Hay Street, Suite 117A, Decatur, IL.

Mastectomy Fittings and Supplies
A certified fitter can help with breast prosthesis and post-mastectomy services. To make an appointment, call DMH Medical Equipment 217-876-4040.

Nutrition Services
Eat Right to Help the Fight provides free nutrition counseling with a Registered Dietitian to cancer patients at the Cancer Care Center of Decatur. To schedule an appointment call the DMH Radiation Oncology Department, 217-876-4700.

Oncology Social Services
A licensed social worker is available to support patients and families throughout their cancer experience. Counseling is available for emotional support, practical concerns, lodging, transportation, community resources, financial assistance, and more. For more information, call the DMH Oncology Social Worker, 217-876-4375.

Pastoral Services
A DMH Chaplain is available to meet with patients for spiritual support and counseling. Call 217-876-4320.

Rehabilitation Services HOPE—Helping Oncology Patients Excel
The HOPE Program provides individualized treatment to address specific concerns. Physical and occupational therapy can help breast patients in many ways to regain lost shoulder motions, decrease swelling in the arm or decrease the symptoms of neuropathy. Free pre and post operative screenings are available. To Schedule a free screening and education session, call DMH Rehabilitation, 217-876-2646.

Survivorship
An individual is considered a cancer survivor from the time of diagnosis through the balance of his or her life. The DMH Survivorship offers resources and support to help patients return to living life after cancer. For more information about our Survivorship Program call 217-876-4377.
Breast Cancer Support Groups

Support groups and Programs are held at Cancer Care Center of Decatur, 210 W McKinley Ave, Decatur, IL. Most meetings are held in the Educational Classrooms. Parking available in back lot on northeast side and enter through the Complementary Medicine Educational Classroom door. For details, call DMH Cancer Care Institute at 217-876-4750 or the DMH Breast Center at 217-876-4377.

- **Breast Cancer support Groups “ Pink Link”**
  Meets monthly on the 2nd Thursday at 6pm

- **Facing Cancer Together (all cancers)**
  Meets monthly on the 2nd Wednesday at 1:30pm

- **HER (Helping Each other Recover)**
  Provides one-on-one assistance to newly diagnosed breast cancer patients
  Call the DMH Breast Center, 217-876-4377

Programs

Art as Therapy
A way to explore the expressive and healing powers of arts through clay, paint, acrylic, collage and more. For more information call Cancer Care Specialists of Illinois, 217-329-3255

Look Good Feel Better
Meets every other month at 6pm. Class offers beauty techniques to help women cope with side effects associated with cancer treatment. To register call, Cancer Care Specialists of Illinois, 217-329-3255

PROSTHESIS & BRA BANK, Located at the DMH Breast Center, 217--876--4377

Wig PROGRAM, Located at the Cancer Care Specialist of Illinois, 217-329-3255

ADDITIONAL SUPPORTIVE SERVICES
DMH Business Office, Financial Counseling, 217-876-2072
DMH Family Lodge, 217-876-2020
DMH Home Health Care, 217-876-6770
DMH Hospice Care, 217-6770
DMH Medical Equipment, 217-876-4040
DMH Palliative Care, 217-876-6770
DMH Prime Time/Transportation, 217-876-2191
Millennium Pain Center, 217-876-6640
Specific Performance Enhancement Center (SPEC), 217-876-4249

FOCUS ON BREAST CANCER  www.dmhcares.com
Schedule Your Mammogram Today! CALL 217-876-1111

Digital Mammography is available at these locations:

- **West Hay Medical Center**
  302 West Hay, Decatur, IL

- **Forsyth Imaging Center**
  389 W. Weaver Rd., Forsyth, IL

- **South Shores Imaging Center**
  1689 S. Franklin St., Decatur, IL 62521

- **Shelbyville Medical Center**
  415 North Cedar St., Shelbyville, IL

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On-Line Resources

- Decatur Memorial Hospital
  www.dmhcares.com

- DMH Cancer Clinical Trials
  www.createcancer.com

- Cancer Care Specialist of Illinois
  www.cancercarespecialists.org

- American Cancer Society
  www.cancer.org

- Cancer.Net
  www.cancer.net/coping-and-emotions

- Living Beyond Breast Cancer
  www.lbhc.org

- National Cancer Institute
  www.cancer.gov

- Breast Cancer Screening
  www.radiologyinfo.org

- Radiation Therapy
  www.rtanswers.org

- Chemotherapy
  www.chemocare.com

For more information call,

- The DMH Breast Center
  217-876-4377

- DMH Cancer Care Institute
  217-876-4750