



**Hillcrest Hospital**  
a Cleveland Clinic hospital

# Breast Health Center



Our Breast Health Center, part of Cleveland Clinic's Comprehensive Breast Cancer Program, is committed to providing compassionate care to every woman. We have state-of-the-art treatment options available as well as an opportunity to participate in clinical trials. A range of preventive and educational services are available as well as screening programs which are provided to the community throughout the year.

Our staff is caring and knowledgeable about the procedures that are performed here, and they would be pleased to answer any questions that you might have.

We look forward to caring for you.



**Located at 6780 Mayfield Road in Mayfield Heights, the Breast Health Center centralizes all our services, treatment programs and equipment in one convenient location.**



## Early Detection

Performing a monthly breast self-examination is recommended for all women. Women who are ovulating should examine their breasts about one week after the onset of each menstrual period. Menopausal or post-menopausal women should examine their breasts on the same day every month. If you find a lump or anything else that is unusual, call your doctor.

Women age 20-39 should have a clinical breast exam every three years and every year starting at age 40. The American Cancer Society recommends that women begin having annual mammograms at the age of 40 and should continue through her lifetime.

Screening mammograms are done at facilities convenient to you on Cleveland's east side. For a list of locations, visit [clevelandclinic.org/breastlocations](http://clevelandclinic.org/breastlocations). Studies show that early detection of breast cancer provided by mammography is the best way to fight disease!

## The Most Innovative Diagnostic Technology

With breast cancer, successful treatment depends on accurate diagnosis. At the Breast Health Center, state-of-the-art diagnostic tests are used to evaluate and develop a treatment plan, if necessary.

### Digital Mammography

- **Digital Mammogram:** A mammogram is a special x-ray that can find most breast tumors up to two years before they can be felt by hand.
- **Ultrasound:** An ultrasound is more than 95 percent accurate in locating and correctly identifying the makeup of a lump.
- **Image Guided Biopsy**
  - Mammotome Stereotactic Biopsy: This procedure can be performed in less than an hour and can be done with one small incision, without stitches and with minimal, if any, scarring to the breast tissue.  
  
Unlike other biopsy methods, the Mammotome® system is capable of sampling a variety of breast abnormalities with just one small incision. The procedure has the ability to accurately sample tiny abnormalities in the breast called microcalcifications, making early diagnosis of breast cancer easier.
  - Ultrasound-guided biopsy
  - MRI guided biopsy



# Treatment Options

## Cryoablation

A procedure that can be done in the physician's office is cryoablation of benign fibroadenomas. Using ultrasound and local anesthesia, a small probe is guided into the area and extremely cold temperatures are used to destroy the targeted fibroadenoma.

## Radiation Oncology Services

We offer the most technologically advanced equipment available for radiation cancer treatment.

Our Cleveland Clinic radiation oncologists are part of a multidisciplinary team working closely with our medical oncologists and surgeons.

Radiation oncologists and physicists are on site at all times and are board-certified. Our therapy staff is certified by the American Registry of Radiologic Technologists.

Hillcrest Hospital offers the following treatments:

- **External Beam:** Delivers high-energy rays to tumors, using a special x-ray machine called a linear accelerator. This machine allows radiation to be delivered from any angle and shapes radiation beams to the contour of the tumor.
- **Prone Breast External Beam:** Positioning women with early stage breast cancer in the prone (face down) position while undergoing radiation treatments can substantially limit the radiation dose that reaches the heart, lungs and skin.
- **Intensity Modulated Radiation Therapy (IMRT):** A method of giving concentrated radiation treatment with the goal of directing radiation to the tumor while sparing normal tissue and reducing side effects.
- **Partial Breast Irradiation:** Partial Breast Irradiation is a type of brachytherapy which places a radiation source inside the body. This process has three important advantages:
  - It places the radiation inside the lumpectomy

cavity (the space left when the tumor is removed). The radiation is targeted to the area where the cancer is most likely to recur.

- Radiation is delivered from within the cavity, limiting the amount of radiation to healthy surrounding tissue, thereby reducing the potential for side effects to occur.
- The therapy can be completed in five days in an outpatient setting.

## Medical Oncology Services

Medical oncologists coordinate and manage care among a group of subspecialty cancer providers, working closely with surgeons and radiation oncologists. The chemotherapy nurses work closely with the physicians and specialize in all aspects of administering chemotherapy/biotherapy drugs. Education of the patient and their family is delivered in a classroom setting, in addition to individualized sessions specific to disease management, chemotherapy drugs and side effects management.

## Clinical Trials

A clinical trial is a study conducted with cancer patients, usually to evaluate new treatments compared to traditional care. Each study is designed to answer specific questions and find new and better ways to help fight cancer. Clinical trials help us determine if a new treatment or new use of an existing treatment is a better way to treat cancer. Trial participation does not exclude you from additional or different treatment.

The Cleveland Clinic Cancer Center at Hillcrest Hospital offers federally regulated clinical trials sponsored by the National Cancer Institute and Cleveland Clinic. The Cleveland Clinic Institutional Review Board (IRB) has approved these trials. The IRB reviews the study to see that it is well designed, with safeguards for patients and risks are reasonable in relation to the potential benefits. Patients who are interested in clinical trials are encouraged to speak with their physician or call the clinical trials office.

## A Team Approach

Patients benefit from the exchange of viewpoints, information and experience that takes place among our Breast Health Center team members. Our physicians, breast health nurse case managers and technologists collaborate as a team so that patients receive the best care. We're fully prepared to meet the complex needs of patients and their families.

## Supportive Services

At the Breast Health Center, we offer a number of support opportunities that are open to any cancer patient as well as family members. Support opportunities expand the knowledge of disease and increase feelings of hope. Our monthly Breast Cancer Support Group offers an opportunity to gain emotional support from others coping with similar issues and concerns.

In cooperation with the American Cancer Society, our monthly Look Good Feel Better® program helps patients cope with the physical affects of treatment and provides a safe environment for them to discuss these issues with other patients.

## Genetic Counseling Services

Genetic counseling services are available to patients with a personal and/or family history of cancer. Most cancers occur by chance, or are sporadic. However, some cancers are caused by an inherited gene mutation, or are hereditary. Identifying a hereditary predisposition to cancer allows individuals and families to personalize cancer screening, medical management, and treatment options.

## Oncology Social Work Services

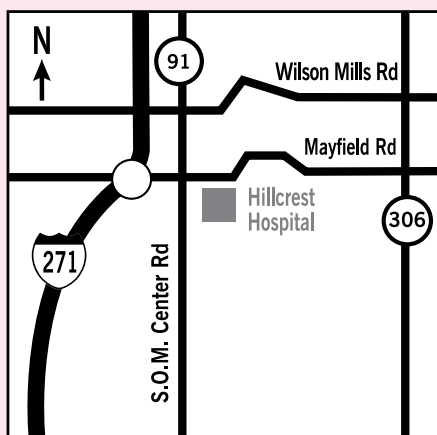
Other members of our cancer center team include oncology social workers who are available for help with practical and emotional concerns related to your cancer diagnosis and treatment. They are here to help you through counseling, referrals to resources, advocacy to address financial issues, and help you navigate the health care system.

## Survivorship Program

Our robust survivorship program offers many classes and group therapies, including *Facing Forward: Life After Cancer Treatment*, a class that educates patients about late and long-term effects of cancer treatments.

## Community Resources

The Breast Health Center seeks to raise awareness of cancer treatment and prevention through its community education programs. We offer seminars, speakers and health programs throughout the year. Free screenings for a variety of cancers are held frequently at Hillcrest Hospital and many other locations throughout the community.



### The Breast Health Center

6780 Mayfield Rd, Mayfield Heights, OH 44124

**Hours:** 8 a.m. – 5 p.m., Monday – Friday

440.312.5569

Visit us on the web at [hillcresthospital.org/cancer](http://hillcresthospital.org/cancer)