



ENGLEWOOD HEALTH

October 2019

Dear Friends and Colleagues,

As October is Breast Cancer Awareness Month, I am pleased to provide you with more information about the breast cancer disease management team at The Lefcourt Family Cancer Treatment and Wellness Center and the dedicated care we offer to your patients. After skin cancer, breast cancer is the next most commonly diagnosed cancer among women in the United States. Invasive breast cancer will occur in about 1 in 8 women (12%) in their lifetime. In 2019, an estimated 268,600 new cases of invasive breast cancer will be diagnosed, along with 62,930 new cases of non-invasive breast cancer.

Early detection, treatment advances, and increased awareness have resulted in a decreasing death rate since 1989. Despite this progress, however, nearly 42,000 women will die of breast cancer in 2019, highlighting the need to continue advances in the treatment of breast cancer.

Breast Imaging

Improvements in screening have increased the number of patients who are diagnosed with early breast cancer. At The Leslie Simon Breast Care and Cytodiagnosis Center at Englewood Health, 3D mammograms, breast MRI, and ultrasound are utilized in the early detection of breast cancer. Screening guidelines include yearly mammograms beginning at age 40, ultrasound for women with dense breasts, and breast MRI for high-risk women. Breast MRI is often performed in patients with newly diagnosed breast cancer and can often change the treatment plan due to the finding of occult lesions.

Our Chief of Breast Imaging Mindy Goldfischer, MD, and team of breast radiologists work closely with the breast center's medical director and Chief of Pathology Miguel Sanchez, MD, and other pathologists. Not only do they diagnose breast cancer, but they also are integral members of the team that makes treatment recommendations.

Genetic Testing

Approximately 10% of women with breast cancer carry a genetic mutation that increases their risk for subsequent breast cancers or other cancers.

Based on guidelines from the National Comprehensive Cancer Network, a cancer risk assessment consultation is recommended for women with a personal diagnosis of breast cancer at age 45 or younger, triple negative breast cancer, multifocal disease, those with multiple close family members with cancer, and all male breast cancer patients.

Englewood Health's Cancer Risk Assessment & Genetic Counseling Program serves individuals and families at increased risk of cancer due to genetics. The program is led by Rosalyn Stahl, MD, Associate Chief of Pathology, and Patricia Mazzola, APN, one of only a handful of trained advanced nurse practitioners. The program is a model for the teaching of staff in other genetic programs throughout the nation. Our board-certified genetic counselors are available to advise individuals and families with a medical history of cancer about their increased risk and options to manage that risk, as well as facilitate genetic testing.

Surgery

The surgical approach to breast cancer continues to evolve. Recently there has been an increase in the number of mastectomies being performed in the United States. Englewood Health's breast surgeons, under the leadership of Chief of Breast Surgery V. Merle McIntosh, MD, are focusing on increasing

the number of patients who are candidates for breast conserving surgery by working with plastic and reconstructive surgeons to incorporate oncoplastic reconstruction and contralateral reduction. Hidden scar surgery is also being promoted for patients with benign and malignant disease to improve the cosmetic results from these procedures. The latest post mastectomy reconstructive options are being used. These include pre-pectoral implant-based reconstruction, DIEP flaps and autologous fat grafting.

Systemic Therapy

Englewood Health offers cutting-edge, individualized systemic therapy for eligible breast cancer patients. Our use of gene panels helps decision making for the use of chemotherapy. Based on these tests, we are using less chemotherapy for the same stage of tumor compared to the past, allowing our patients to achieve excellent outcomes with fewer side effects. Jill Morrison, MD, our primary breast cancer oncologist, and other medical oncologists use cell cycle specific drugs to help hormonal treatments work better and longer, with very few side effects. In addition, we are using immunotherapies to prolong the lives of triple negative breast cancer patients.

Radiation Therapy

For breast radiotherapy, Englewood Hospital uses advanced technologies and techniques not available in most centers. A real-time surface monitoring system, known as Vision-RT[®], enables continuous tracking of the patient's breast throughout treatment. If a patient moves or coughs, treatment is automatically stopped until she is re-positioned.

Specific techniques can also be used to protect the heart. For example, in DIBH (deep inspiration breath hold) technique, used for left-sided breast irradiation, the patient takes a deep breath in and holds it for 10-15 seconds, increasing separation of the heart and chest wall. At the same time, our Vision-RT[®] system ensures the patient takes the correct breath each treatment. Positioning the patient prone (face-down) on a special breast treatment table can also be used. Our radiation oncology department is led by David Dubin, MD, and includes Mei Zhang, MD, who specializes in breast cancer radiotherapy.

Clinical Trials

The following are the current trials for breast cancer patients at Englewood Health. More information about these trials is available at englewoodhealth.org/clinicaltrials.

- ABC Trial: aspirin vs. placebo to prevent recurrence
- B-WELL: evaluating effect of weight loss on disease recurrence
- NSABP B-51: +/- nodal XRT after chemotherapy
- A011202: nodal dissection vs. axillary XRT after chemotherapy
- COMET: surveillance vs. surgery for DCIS
- A171601: palbociclib + letrozole/fulvestrant in metastatic > 70

As you can see, we are proud of our breast cancer program and our team's ability to delivery cutting-edge therapy to patients. To refer a patient, please call our main cancer center phone number, 201-608-2266. Don't hesitate to reach out to me if I can be of further assistance.

Thank you,



Steven Brower, MD, FACS
Medical Director
The Lefcourt Family Cancer Treatment and Wellness Center
Chief of Surgical Oncology and HPB Surgery
Professor of Surgery