



# Hope Continues.

Breast Cancer:  
Early Detection Saves LIVES.



Owensboro Health  
Mitchell Memorial Cancer Center - Parrish

*Department of Owensboro Health Regional Hospital*



2013 OWENSBORO HEALTH MITCHELL MEMORIAL CANCER CENTER PUBLIC REPORT

# Hope Continues.



Breast cancer awareness is in the spotlight these days. We're constantly told to "think pink." Pink ribbons are everywhere and people actually know what they signify.

That attention is good because it leads to change, which leads to hope. And as we like to say around here, Hope Continues.

But look for a moment behind the curtain. Look behind the pink slogans, behind the ribbons and crowds.

You'll see a face that looks remarkably like yours. You'll see your neighbor, your friend, your mom. You'll see real people in real communities like

Owensboro. That's why the Owensboro Health Mitchell Memorial Cancer Center is proud to be a regional leader in the fight against breast cancer.

We care about the people in our communities. We care about you.

We're passionate about breast cancer. We can't wipe it out – yet – but we can educate about it, catch it early and maybe even prevent it. And we most certainly can treat it – right in your local community, with the most advanced treatments available. We can also provide care for many who might think they cannot afford it.

# The best way to increase the cure rate and decrease the mortality rate – is to catch the cancer early, and the best way to catch the cancer early is to get regular mammograms.

## Early Detection and Screening

Breast cancer is the most common kind of cancer for women in the United States. The average lifetime risk of breast cancer for a woman in the United States is about 12.3 percent, or one in eight women. In 2013, the American Cancer Society estimates that 234,580 cases of invasive breast cancer in women and men will occur. About 40,030 deaths from the disease will occur.

We want that number to be much lower. The best way to make that happen – to increase the cure rate and decrease the mortality rate – is to detect the cancer early, and the best way to find the cancer early is to get regular mammograms. The American Cancer Society recommends that women begin annual screenings at age 40 and continue as long as they are in good health. If women are at high risk for breast cancer – usually defined as having a significant family history – they may need to begin yearly mammograms and breast MRIs. You can talk to your doctor about your risks (85% of us are at normal risk, not high risk.)

## Early detection saves lives.

The survival rate for women with the smallest masses found in breasts (1-9 mm – approximately the size of a large pea) is more than 90 percent, and survival rates drop as the size of the mass increases over time. If women skip their mammograms, the chance of having larger, more advanced cancers increases.

While family history can play a large role, approximately 90 percent of breast cancer actually occurs in women without a



family history of breast cancer, so exams are important because some masses in the breast are not always felt on physical exams. Imaging tools such as mammograms, breast MRIs and breast ultrasounds are the best way to detect breast cancer.

The point? Get yearly screening mammograms. The breast cancer mortality rate has dropped 34 percent since 1990, thanks in large part to screenings and early detection. We want it to drop even farther.

## *What they're looking for*

During a mammogram, doctors mainly look for one of three things: a mass (something that takes up space), distorted tissue (could be cancer) and deposits of calcium (also may indicate cancer). If they spot one of these irregularities, they will order additional mammograms and/or a breast ultrasound to obtain more information before deciding on a biopsy of the tissue. Sometimes a biopsy is recommended and done with benign results. This is necessary to prevent some cancers from being overlooked.

Women can have a mammogram done at one of three imaging centers in Daviess County, all operated by Owensboro Health Outpatient Imaging: the Springs, the Healthpark or Breckenridge (next door to the MMCC) locations. All mammograms are now digital and doctors can view the high-quality images from any of the locations.

When it's time for a mammogram, you can rest assured that you will receive state-of-the-art care. Owensboro Health Outpatient Imaging is accredited by the American College of Radiology (ACR) and the Mammography Quality Standards Act. The Springs location was named a Breast Imaging Center of Excellence by the ACR.

Women in the Owensboro Health service area with normal mammograms return within the next year at a rate of 63 percent, and return within two years at a rate of 77 percent. We're working to get the yearly return rate to 100 percent – women should work with their primary care providers for the same goal!



## Genetic Counseling

Early in 2013, actress Angelina Jolie underwent a double mastectomy after learning that she tested positive for a mutation in her BRCA 1 gene, meaning that she was at high risk of developing breast cancer. Her decision to take a radical preventative measure has led to more awareness of the idea and more questions about whether or not the treatment is right for others.

At the Owensboro Health Mitchell Memorial Cancer Center, we can help you answer questions about genetic counseling. In the case of breast cancer, this kind of counseling can make a big difference for women who may have a family history of the disease. The counseling can provide you with personalized information about your risk factors, along with recommendations for testing and screening.

The average lifetime risk of breast cancer for a woman in the United States is estimated at 12.3 percent. **THAT'S ONE IN EIGHT WOMEN.**

SOURCE: NATIONAL COMPREHENSIVE CANCER NETWORK

The exciting thing is that we can do this right here in Owensboro. Once each month, Leigh Anne Autullo, a genetic counselor from the University of Louisville travels to Owensboro to meet with individuals, assess their risk and make recommendations regarding genetic testing. She also offers this service to patients via telemedicine.



Risk factors for breast cancer include family history, demographics, reproductive history and more. The National Comprehensive Cancer Network has developed detailed guidelines for genetic assessment of breast cancer; in general, risk increases with the number of affected relatives, the closeness of your relationship to them and the younger the age at which they were diagnosed.

Genetic tests can reveal the existence of mutations in the BRCA 1 or BRCA 2 genes which are linked to patterns of hereditary breast cancer. The presence or absence of the mutation does not guarantee that you will or will not develop breast cancer, but the test will give you information to decide on risk reduction options, including surgery and medications that may reduce the risk.





Genetic counseling is a very personal decision. If you are concerned about your family history, it's a good idea to make an appointment even if you don't think you want to actually be tested. Autullo can talk you through the risk factors and run risk models that will give you more information.

If your history is suggestive of developing breast cancer, most insurance generally covers genetic testing. The procedure just involves a simple blood or saliva test, but it could one day save your life.

### Access

If all women over 40 are to have their yearly mammograms, we have some work to do. Of the 238,000 women in the Green River District, over 40 percent have never had a mammogram. Of those who have, more than 20 percent were last screened more than five years ago.

As reported by women, barriers to routine breast health care include cost, fear, awareness, time and transportation. One of the most effective solutions to these problems is financial assistance. Fifteen percent of the Green River District population is below poverty level. Even more can't afford health insurance, and many that do have insurance are under-insured or have high deductibles.

At the Owensboro Health Mitchell Memorial Cancer Center, we believe that no woman should go without breast cancer screenings for financial reasons. To help overcome that hurdle, we have partnered with the Susan G. Komen Foundation and the Owensboro Health Foundation to create the Mammograms for Life program.

This program provides low-income and/or medically underserved women age 40-64 in the Green River Area of western Kentucky with a free yearly mammogram. If the screening indicates any abnormality, women also receive financial assistance for follow-up diagnostic care. In addition, the program serves women under 40 who have risk factors for breast cancer, as well as men.

In 2012, the Mammograms for Life program made a difference by providing 314 screening mammograms, 39 diagnostic mammograms and 28 ultrasounds.

**To learn more about this program, call 800-811-9162 today!**



## Accreditation

When you face the most difficult times of your life, you want help from those who give you the best chance of pulling through. For eighty percent of Americans diagnosed with cancer, the most convenient place to seek treatment is in a community cancer center. At the Owensboro Health Mitchell Memorial Cancer Center, we believe those two things can be the same.

Here's why, in a word: accreditation. This means we have cleared rigorous hurdles to become certified to bring you the best care possible. We are accredited by:

- [The American College of Surgeons Commission on Cancer \(ACoS/CoC\)](#)  
We were awarded with the Outstanding Achievement Award by the ACoS/CoC. In 2012, we were the only facility in the state of Kentucky to achieve this award.
- [The National Accreditation Program for Breast Centers \(NAPBC\)](#)  
This accreditation is only given to breast centers that voluntarily commit to provide the highest level of quality breast care and undergo a rigorous evaluation and review
- [The American College of Radiology \(ACR\)](#)  
The ACR awards accreditation to facilities for the achievement of nationally-accepted high practice standards after a peer-review evaluation of its practice.

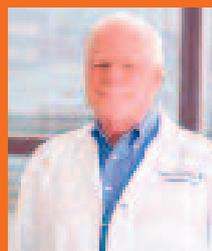
When you come to the Owensboro Health Mitchell Memorial Cancer Center, you can rest easy knowing that you are in good hands.

**When you face the most difficult times of your life, you want help from those who give you the best chance of pulling through.**



# Our Commitment to YOU

At the Owensboro Health Mitchell Memorial Cancer Center we are committed to work together as a team; to provide excellent care with compassion and respect; to build trusting relationships with patients and their families; and to encourage hope, faith and healing while striving to maintain a life of quality for our patients.



## FREE Mammogram Screening

If you are 40 or older and need a mammogram, call 1-800-811-9162 to see if you qualify for the Susan G. Komen Mammograms for Life.

## Find a Doctor

To learn more about cancer services and this year's clinical data at Owensboro Health, click on the cancer link at [www.OwensboroHealth.org](http://www.OwensboroHealth.org).



A MULTIDISCIPLINARY PROGRAM OF THE AMERICAN COLLEGE OF SURGEONS



**Owensboro Health**  
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