

Think **PINK** In October

NHRMC cancer expert gives hard facts during National Breast Cancer Awareness Month

Mention breast cancer to just about anyone, and the response is almost uniformly the same: a pensive, faraway look and shake of the head punctuated more often than not with a story involving a mother, wife or daughter.

Still, despite the relative familiarity of a disease affecting one in eight women, the basic facts about breast cancer continue to elude many. That's why October has been designated National Breast Cancer Awareness Month.

During this month, healthcare providers and agencies at all levels work to educate the public and increase awareness on the medical realities of breast cancer. For hundreds of women throughout the region diagnosed with breast cancer, that reality includes treatment at New Hanover Regional Medical Center, home to the Zimmer Cancer Center.

Designated a Teaching Hospital Cancer Program by the American College of Surgeon's

Commission on Cancer, Zimmer boasts a team of highly skilled cancer physicians and surgeons. Here, women receive the latest breast cancer-fighting treatments from compassionate caregivers in a spacious, modern environment.

Below, Zimmer Cancer Center oncologist Andrew Schreiber, MD, member of the Zimmer physician team, answers some basic questions about breast cancer, its symptoms, detection and treatment.

Frequently Asked Questions

What is breast cancer?

Breast cancer is a malignant tumor that originates from cells located in the breast of both women and men. While often detected in the breast or regional lymph nodes, cancer that has started in the breast can be located in many parts of the body including the liver, brain and bones.

What are the risk factors for breast cancer?

The two most common risk factors for breast cancer are gender and increased age. Other risk factors include non-cancerous breast lesions, personal history of breast cancer, lifestyle and dietary factors, reproductive/hormonal factors, family history/genetic factors, exposure to ionizing radiation, race/ethnicity and smoking.

How is breast cancer detected?

The majority of breast cancers in the United States are initially detected by an abnormal screening test such as a mammogram. In fact, the American Cancer Society, The National Comprehensive Cancer Network, and The American Medical Association among others recommend routine mammogram screening to start at age 40 in females. That said, a significant number of cases are still initially detected by the patient or by a clinical breast examination.

How is breast cancer medically treated?

The presentation of breast cancer can be quite diverse, with an equally diverse treatment plan (either by accepted standard of care or in the form of a clinical trial) initiated by the patient's physicians. Often three different types of physicians care for the patient including a surgical, a medical and a radiation oncologist who provide surgery, chemotherapy and/or hormonal therapy, and radiation therapy respectively.

New Cancer Surgeon Joins NHRMC Robotic Surgery Team

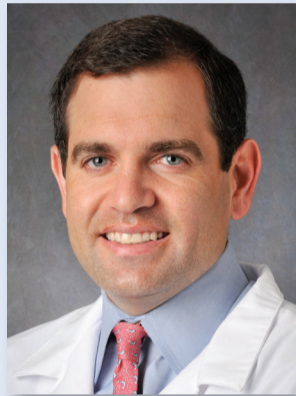
Gynecologic oncologist Lucybeth Nieves Arriba, MD, began treating patients at the Zimmer Cancer Center in August. Dr. Nieves Arriba joins Walter Gajewski, MD, of New Hanover Gynecologic Oncology - NHRMC Physician Group. Drs. Nieves Arriba and Gajewski



specialize in the diagnosis and surgical treatment of women with cancer of the reproductive organs.

In addition, both Dr. Nieves Arriba and Dr. Gajewski are fully certified for the use of the da Vinci™ S robotic surgical system to perform minimally invasive surgery.

To speak with NHRMC's Robotic Surgery program coordinator, contact Amy McCracken at 667-5389 or Amy.McCracken@nhrmc.org.



"NHRMC's Zimmer Cancer Center has many technologically advanced cancer treatments and access to clinical trials of new treatments for a variety of cancers. With an expertly trained staff of surgeons, oncologists

and other physicians, we are committed to excellent patient care in a caring and compassionate environment."

— **Andrew Schreiber, MD**
Medical Oncologist
NHRMC Zimmer Cancer Center



"Early detection is key in surviving breast cancer, including self exams and routine screenings starting at age 40. My breast cancer was detected very early, and I feel very strongly – as

do my doctors – that this detection saved my life. If during your self exam you feel something you haven't felt before or if you observe a change in one or both breasts, please have it checked out and appropriately screened."

— **Connie Hill, Breast Cancer Survivor**

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