



TIP SHEET Breast Cancer

**WE
CAN'T
LET
CANCER
WIN.**

**THAT'S WHY
RPCI SETS THE
STANDARD
FOR EVIDENCE-
DRIVEN BREAST
CANCER CARE.**

1 in 8

women will
develop breast
cancer during
her lifetime.

Who Gets Breast Cancer?

Anyone can get breast cancer, even men. The causes of breast cancer remain unclear, but some factors increase your risk for the disease such as:

- Getting older, especially after age 50
- Early first menstrual period (younger than age 12)
- Late menopause (older than age 55)
- Never giving birth, or having first child after age 30
- Not breastfeeding
- Having had breast cancer or other non-cancerous breast disease
- Having a close family member (parent, sibling, child) with breast cancer, especially at a young age
- Certain gene mutations such as BRCA1 or BRCA2
- Personal behaviors like not getting enough exercise or drinking alcohol; being overweight or obese
- Exposure to high levels of ionizing radiation to the chest early in life
- Long-term use of hormone replacement therapy (HRT)

Screening Saves Lives

Regular exams and screenings help find breast cancer at earlier stages, when treatment works best. Women at average risk should:

- Begin annual clinical breast exams at age 25
- Begin annual mammograms at age 40
- See their healthcare provider to check out any breast changes such as a new lump, swelling, irritation, pain, redness, thickening or nipple discharge

Personal risk factors may warrant earlier or more frequent screening.

ARE YOU AT HIGH RISK FOR BREAST CANCER?

Some factors may place you at **high risk** for developing breast cancer, such as:

- A family history of breast cancer among your parents, siblings or at least two other close relatives
- A personal or family history of ovarian cancer
- Multiple cancers within your family
- A relative diagnosed with breast cancer before menopause
- A family or personal history of a gene mutation, such as BRCA1, BRCA2, TP53, or PTEN
- A personal history of abnormal cells found in a breast biopsy
- Prior radiation to the chest
- Increased breast density

RPCI's **Breast Cancer Risk Assessment and Prevention Program** can help by providing a comprehensive assessment, surveillance exams and imaging, risk reduction and prevention options, genetic counseling and testing and access to prevention trials.

NOT SURE?

Call 1-877-ASK-RPCI (1-877-273-7724), or take our assessment quiz at:
www.roswellpark.org/cancer/breast/about/risk-assessment-form

Breast
Cancer is
the second-
leading
cause of
cancer-related
deaths among
women in
New York
State.



Why Roswell Park Cancer Institute?

Nationally Recognized. RPCI is a National Cancer Institute (NCI) designated Comprehensive Cancer Center, the only one in New York State outside of Manhattan.

Convenient Satellite locations. Breast patients may receive some of their care at our centers in Amherst or Olean, NY, or Bradford, PA.

Lymphedema Program. Specialized treatment for prevention and management of this complication at WNY's only physician managed lymphedema clinic.

Comprehensive support services. Include nutrition, smoking cessation, pain management, pastoral care, rehabilitation, psychosocial services, and music, art and pet therapy programs.

Meet the Doctors

(above from left to right)

Surgical Oncology

- 1) Helen Cappuccino, MD, FACS
- 2) Shicha Kumar, MD
- 3) Jessica Young, MD

Medical Oncology

- 4) Tracey O'Connor, MD
- 5) Ellis Levine, MD
- 6) Eyad Al-Hattab, MD

Mammography

- 7) Ermelinda Bonaccio, MD
- 8) Prasanna Kumar, MD
- 9) Sara Majewski, MD
- 10) Lari Scorza, MD
- 11) Roger Smith, Jr., MD

Radiation Oncology

- 12) Nadia Malik, MD
- 13) David Mattson, Jr., MD
- 14) Kilian May, MD
- 15) Gregory Hare, MD

Plastic & Reconstructive Surgery

- 16) Robert Lohman, MD, MBA
- 17) Wong Moon, MD, FACS
- 18) Paul Tomljanovich, MD

Treatment the RPCI Way

We believe every patient is unique and we approach cancer treatment on an individual and personal basis, treating the whole person, not just the cancer.

We offer the highest level of breast cancer care, including:

- **A comprehensive multidisciplinary approach** by a team of breast cancer surgeons, medical and radiation oncologists, psychologists, social workers, geneticists, plastic & reconstructive surgeons, and other experts who work collaboratively—all under one roof.
- **Breast conserving surgery** for the majority of patients with Stage I and II disease and one-third of patients with Stage III cancer.
- **Specialty radiation therapies** including brachytherapy (radioactive seeds), External Beam Radiotherapy (EBRT) and Accelerated Partial Breast Irradiation.
- **The latest treatments available** including targeted therapy, immunotherapy, chemotherapy, hormone therapy and clinical research studies.
- **Treatments for metastatic disease** including Gamma Knife, bone strengthening treatments, antiestrogen therapy, radiotherapy to distant sites.



WNY Breast Cancer Resource Center

Located on the hospital's 2nd floor, the center provides a wide range of breast cancer information and resources, including:

- A lending library of both print and visual materials.
- Free wigs, scarves, hats for patients facing hair loss.
- Referrals to Look Good Feel Better makeover programs sponsored by the American Cancer Society.
- Referrals to breast prosthesis and undergarment fitters.
- Information and referrals to other RPCI and community services such as support groups, financial assistance, and transportation resources.

About 1,300 women in Western New York will be diagnosed with breast cancer this year.

Call (716) 845-4432.