

Breast Cancer Risk Assessment and Prevention Program

Welcome to the Breast Cancer Risk Assessment and Prevention Program. We are a specialty program for women who have no personal history of breast cancer but who are at increased risk of developing the disease due to a:

- strong family history of breast cancer
- genetic mutation in a known breast cancer gene
- breast biopsy revealing abnormal cells
- diagnosis of lobular carcinoma in situ (LCIS)
- history of mantle radiation for Hodgkin's lymphoma

The program combines the latest medical and scientific knowledge with the most advanced surveillance, screening, and diagnostic methods for high risk women.

The High Risk Breast Center services include comprehensive assessment of the actual risk of getting breast cancer, screening for breast cancer, counseling regarding ways to reduce the risk of breast and other cancers, and information and education resources. Participants are followed regularly and will receive:

- clinical breast exams
- breast cancer screening mammograms, breast MRI, and/or ultrasound
- referral for genetic consultation where appropriate
- counseling regarding ways to reduce breast cancer risk including available medications

We are pleased you have chosen to take an active role in breast cancer risk assessment and prevention. This booklet will introduce you to the Roswell Park Breast Cancer Risk Assessment and Prevention Program team, who you will see each visit, along with other members of our multidisciplinary team.

High Risk Breast Center Staff



Jessica Young, MD

Mary Deveau Berry, MSN, FNP-BC
Colleen Canonico, Clinical Support Assistant



Your First Visit

In anticipation of your first visit, we want to let you know what you can expect:

- When you arrive at Roswell Park, you need to register at the Patient Access desk on the ground floor. You will get a green patient identification card. Keep this for future visits.
- Walk over to the Clinical Science Center (CSC). There are connecting walkways between the hospital and the CSC on the ground and first floors. If you are on the ground floor level, take the elevator up to the first floor to the Breast Center.
- Check in at the desk.
- A nurse will call you in, take your vital signs (blood pressure, pulse, temperature, height, and weight), ask some health questions, and bring you to an exam room.
- In the exam room, you will be asked to put on a gown.
- Our Nurse Practitioner, or one of our other providers will do a history and physical.
- Your mammogram films will be reviewed by one of our mammographers.
- Next, you will see a physician who will review your history, perform an examination, and review imaging results.

You and your doctor can then have a detailed discussion of your situation. Topics may include your risk of developing breast cancer, factors that impact that risk, and strategies that may help reduce your risk. You will have an opportunity to have your questions addressed. Your doctor may also talk to you about opportunities for participation in available research studies. The research studies are voluntary and confidential.

After you see an attending physician for your initial visit, you will be seeing the Nurse Practitioner for all routine follow-up visits.

If you have questions or concerns, please feel free to contact any member of the High Risk Team or call **716-845-3152**.

Breast Cancer Risk Assessment Team

In addition to the High Risk Breast Cancer staff, your multidisciplinary team includes physicians, breast imaging specialists, clinical genetics counselors, a clinical pharmacy specialist, a psychologist, and a clinical nutrition specialist.

Breast Imaging Specialists

The Breast Imaging Center is a division of the Radiology Department that provides a full range of services including mammography, breast ultrasound, ductography, breast MRI, and image-guided needle biopsies. The findings from your mammogram and ultrasound are usually discussed with you when your imaging tests are complete.

Breast magnetic resonance imaging (MRI) is a test that may be used, in addition to mammography, to screen women who are at a very high risk of breast cancer. **MRI does not replace mammography.** An assessment of your risk for breast cancer, and whether an MRI is appropriate for you, will be part of your evaluation in the High Risk Breast Center. If you are eligible for breast MRI, it will be done approximately 1 week before your appointment. The results will be reviewed with you during your appointment in the High Risk Breast Center.

The Breast Imaging Center is located next to the Breast Center, which allows the surgical and medical teams to interact easily and ensure integration of your care. The phone number for the Breast Imaging Center is **716-845-3014**.

Clinical Genetics Services

The Clinical Genetics Service was established to meet the needs of high risk patients and their families. Genetics services, counseling, and testing are not necessary or appropriate for all women at increased risk of breast cancer. As part of your evaluation, the value of genetics services will be addressed.

The Genetics team is a group of professionals from many specialties, who provide individuals and their families with a comprehensive, personalized cancer genetics risk evaluation. Counseling is based on the most up-to-date and accurate information available, and is done in a caring, confidential setting. Counseling is critical before deciding on whether genetic testing is appropriate and desired.

Counseling includes:

- education about the biology and genetics of cancer
- construction of a genetic pedigree
- evaluation of your cancer risk
- discussion and scheduling of genetic testing (if feasible)
- addressing the social, ethical, and legal issues of genetic testing
- reinforcing appropriate screening measures, testing and referrals

The Clinical Genetics Service works closely with the Breast Cancer Risk Evaluation Program. Clinical services are provided on the 2nd floor of the Main Hospital (check in at the Dermatology desk). The phone number is **(716) 845-8400**.

Clinical Pharmacy Specialist

Our clinical pharmacist is board certified in oncology pharmacy and works exclusively with the medical and surgical oncologists of the Breast Center. They are available for consultation for the high risk breast patient to discuss the medications that are used to prevent breast cancer. They counsel patients about potential side effects and potential drug interactions. They can also help you to learn about the many herbal supplements available and answer your questions. Their office is located in the Breast Center on the 2nd floor of the Main Hospital, phone number **(716) 845-1232**.

Psychologist

Supportive psychological services include discussion of concerns related to:

- emotional adjustment to your risk status or diagnostic information
- family/relationship dynamics
- treatment decisions

If you are interested in meeting with a psychologist, please talk to a member of your High Risk Breast team.

Clinical Nutrition Specialist

Our clinical nutrition specialist is a Registered Dietitian/New York State Certified Dietitian and is available for consultation to help optimize your nutritional intake for better health. They can also provide nutritional assessment and counseling regarding diet modification that may help reduce the risk of breast cancer. They offer personalized approaches to aid you in achieving your nutritional goals. Clinical Nutrition Services are located on the 1st floor of the main hospital. The phone number is **716-845-2398**.

From Our Patients

Suzanne: I have been a patient in the High Risk program for the past two years. I have to say since coming to Roswell I feel completely at ease and worry free. I know I'm in good hands. The Doctors, Nurse Practitioners, and nurses are professional and extremely knowledgeable. I can't say enough about the care I receive there.

Linda: I am a patient in the high risk breast cancer clinic. Having seen what my close family members have been through, I know how important it is for me to be followed very closely. The staff in the clinic is very supportive. They took a lot of time reviewing my history and letting me know what I need to do to try to lower my risks and to catch things early if I do develop breast cancer. They really take in account your mental health as well as your physical health and are always there for any questions or concerns I have. They are a true asset to our community.

Catherine: I have been going to Roswell Park Cancer Institute's High Risk Breast Clinic for almost 5 years and I cannot say enough good things about the clinic. With having Breast Cancer on both sides of my family, it has been a comfort to me and I am very grateful that there is such a thing. The staff is AMAZING! Thank you, Roswell Park.



Suzanne, Linda, and Catherine



A Special Note of Thanks to the Buffalo Sabres Alumni Association

I would personally like to thank the Buffalo Sabres Alumni Association for their continuous support of the Breast Cancer Risk Assessment and Prevention Program at Roswell Park. I was hired to the Breast Service in 2008 to assist in the High Risk Program development, outreach, and patient education. Eventually, my role expanded to managing the High Risk Breast Program. In the summer of 2009, the Buffalo Sabres Alumni Association made a \$200,000 commitment to Roswell Park's Breast Cancer Risk Assessment and Prevention Program. This endowment supported research and education focused on women who were at high risk for breast cancer. The gift made it possible for these women to access the services and resources they needed to make decisions about their health.

In 2012, The Buffalo Sabres Alumni Association, once again, made an extremely generous donation to our program.

Through their gift, we are able to:

- offer genetic consultation for patients who are uninsured or whose health insurance denies coverage, when feasible
- continue to implement an exercise/nutrition program with Glenn Kajfas of Fitness 360
- perform research studies
- continue to update and expand our program

The High Risk Program at Roswell Park is very special to me. I have developed professional relationships with our patients, and I look forward to seeing them every six months for follow-ups. I feel the rapport I have with these patients helps ease their anxieties because they know they can contact me with questions or concerns.

We are constantly trying to improve and expand the program. We could not have done so without the support of the Buffalo Sabres Alumni Association.

My sincerest thank you, Mary