An Integrated Approach to Breast Cancer Care

The Cancer Center at Temple University Hospital in Philadelphia has the experienced, skilled physician and professional staff and the advanced technology needed to effectively and precisely treat breast cancer.

Temple’s multidisciplinary breast cancer group includes board-certified breast surgeons, radiation oncologists, medical oncologists, radiologists, plastic surgeons, pathologists and oncology-certified nurses who work together to coordinate a patient’s care once a cancer diagnosis has been made.

Physicians from these disciplines meet weekly to ensure that the best approach to each patient’s treatment is being pursued.

The result is comprehensive, compassionate care for patients with any stage of breast cancer, and a comfortable experience at Temple University Hospital.

Advanced Tools for Precise Detection and Diagnosis

A successful breast cancer outcome begins with an accurate and timely diagnosis. Temple’s Department of Radiology uses sophisticated imaging technologies and minimally invasive procedures to screen patients for breast cancer and detect tumors.

Screening methods offered at Temple University Hospital include:

- Digital mammography
- Breast magnetic resonance imaging (MRI)
- High-resolution ultrasound
- Stereotactic, ultrasound and MRI-guided minimally invasive biopsies
- Sentinel lymph node mapping
- Nuclear medicine bone scans
- Genetic testing

All mammograms are performed by certified mammography technologists and read by board-certified radiologists who specialize in breast imaging. Patients who have suspicious test results are quickly brought back for rescreening and further testing if necessary.

A Wide Range of Treatment Options, Personalized for Each Woman

Just as every woman is different, every breast cancer is different. At Temple University Hospital, the multidisciplinary breast cancer group creates treatment plans that are personalized for each patient—plans that are designed to remove all breast cancer cells while sparing as much breast tissue as possible.
Treatment approaches at Temple University Hospital include:

**Surgery**

Surgery is the most common, and typically the most effective, method of eliminating all breast cancer cells and achieving the best cosmetic outcome.

Temple’s breast surgeons use advanced technology, such as intraoperative ultrasound, to precisely direct the surgery and limit the amount of breast tissue removed. During most procedures, the surgeons use oncoplastic techniques to remove only the tissue that contains the cancer while at the same time cosmetically repairing the breast. This can eliminate the need for patients to see a plastic surgeon following their breast cancer surgery.

The Temple Cancer Center’s breast cancer program offers the following surgical options:

- **Lumpectomy** – the most common type of breast cancer surgery today, this procedure removes just the tumor (lump) and a small amount of tissue that surrounds it
- **Partial mastectomy** (also called segmental mastectomy) – a procedure that removes the part of the breast that has cancer
- **Sentinel lymph node biopsy** – surgery to remove a minimal number of lymph nodes in the armpit for early-stage cancer patients. This procedure is usually performed on patients with invasive breast cancers and often occurs at the same time as mastectomy or lumpectomy
- **Axillary lymph node dissection** – the surgical removal of the lymph nodes in the armpit. This procedure is usually performed on patients with invasive breast cancers and often occurs at the same time as a mastectomy or lumpectomy.
- **Total mastectomy** – a procedure that removes the entire breast that has cancer
- **Skin-sparing mastectomy** – this procedure retains the breast skin while removing the entire breast, nipple and areola
- **Nipple-sparing mastectomy** – a procedure in which surgeons only remove the breast tissue but retain the patient’s breast skin, areola and nipple
- **Modified radical mastectomy** – surgery that removes the whole breast that has cancer, many of the lymph nodes under the arm, the lining over the chest muscles, and sometimes part of the chest wall muscles
- **Radical mastectomy** – surgery to remove the breast that has cancer, chest wall muscles under the breast and all of the lymph nodes under the arm
- **Prophylactic mastectomy** – surgery to remove one or both breasts to reduce the risk of developing breast cancer in high-risk women

**Breast Reconstruction**

Temple offers several methods of post-surgical breast reconstruction, including:

- **Artificial implants**
- **Tissue expansion** – a method of breast reconstruction that involves a balloon-like device that expands the skin to create a pocket for an artificial breast implant
- **Muscle flap** – a procedure that reconstructs a breast using skin, fat and muscle that is taken from another part of the body (usually the abdomen, upper back, upper hip or buttocks)
- **Fat grafting** – to improve the appearance of minor cosmetic defects in the breast created by surgery
Medical Oncology (Chemotherapy)

The Temple Cancer Center offers the latest medical oncologic options for breast cancer patients, including chemotherapy, hormone therapy and new therapies that specifically target cancer cells and minimize damage to healthy tissue. Most of these therapies can be used with surgery, or as the only treatment when surgery is not an option.

In some cases, chemotherapy may be used to shrink a large breast tumor before surgery. This helps surgeons more easily remove the tumor. Chemotherapy may also be used following surgery to ensure that all of the cancerous cells have been destroyed.

Temple’s medical oncologists use the oncotype test to determine which chemotherapy drugs will be most effective for a particular cancer. The advantage of this test is that it allows doctors to prescribe the drug that has the best chance of destroying a patient’s cancer cells while minimizing the treatment’s side effects.

Some women may benefit from hormone therapy during their breast cancer treatment. Hormone therapy can be used to add, block or remove hormones to stop breast cancer cells from multiplying.

Temple University Hospital’s oncology-certified nurses and support staff work closely with the medical staff to provide patients with customized treatments delivered in a caring, compassionate environment. For patient comfort and convenience, Temple has a dedicated area for chemotherapy administration and long-term infusions.

Radiation Therapy

Treatment with radiation is an integral part of therapy for most breast cancer patients. It can be used before surgery to shrink a tumor but is most often used following surgery to destroy any remaining cancer cells in the breast. It also helps prevent recurrence.

Should a patient need radiation therapy, a full discussion regarding its risks and benefits is conducted with a radiation oncologist after surgery.

Temple University Hospital has one of the most advanced radiation therapy programs in the region, with experienced radiation oncologists and the latest technologies, including:

- **External beam radiation** that employs different techniques, depending on the clinical situation:
  - *Computerized 3-dimensional treatment planning* is one of the most advanced techniques for breast cancer
  - *Image-Guided Intensity Modulated Radiation Therapy (IMRT)* is useful for some patients with large, pendulous breasts, and some with left-sided breast cancers
- **High-dose-rate brachytherapy** (accelerated partial breast radiation) is an option for certain breast cancer patients. It is used to deliver radioactive pellets inside the patient’s body as close to the cancer as possible. When clinically appropriate it can be used, along with external whole-breast radiation, for patients who have had breast-conserving surgery (BCS)
- In combination with radiation therapy and/or chemotherapy, **hyperthermia** heats tumor cells to help shrink them and relieve symptoms. This treatment is indicated for recurrent breast cancer in the previously-irradiated field when the tumor is located close to the surface
Support Services
From diagnosis to treatment to recovery, a patient’s fight against breast cancer can be challenging. The anxiety that can come with managing this disease often calls for support. Temple University Hospital provides each woman with the resources she needs to meet the psychological, social and physical challenges related to breast cancer and its treatment.

Support services include:

• **Support groups** – the “Queens of Survival” breast cancer support group helps with the varied emotions that accompany a diagnosis and subsequent treatment of breast cancer. Temple also offers a Spanish-language support group for patients with any cancer diagnosis.

• **Rehabilitative services** – trained therapists offer rehabilitation and symptom control for fatigue as well as innovative approaches and education for assessing and treating lymphedema.

• **Psychosocial support** – social workers and other experts can help with community resource referral, coping with illness, family and relationship concerns, employment issues and financial or insurance needs.

• **Nutritional counseling** – provided by registered dietitians who help women with breast cancer understand and meet their nutritional needs.

• **Look Good, Feel Better** – a program that educates women undergoing cancer treatment about hair and skin care. This group meets quarterly.

• **Wellness Community Outreach Programs** – offering coping skills for patients with any cancer diagnosis and their caregivers.

**FOR MORE INFORMATION ABOUT TEMPLE’S BREAST CANCER PROGRAM, CALL 1-800-TempleMED (836-7536)**