

MONTHLY Check-Up

WHITE PLAINS HOSPITAL

FIVE FACTS: *breast cancer*

1

The Facts

One in eight women will be diagnosed with breast cancer at some point in their lives. In 2012, according to the National Cancer Institute, 234,000 women will be diagnosed with breast cancer, and more than 40,000 will die from it. Family history/genetics increase risk, though the majority of cases are sporadic. Environmental and lifestyle factors are also thought to increase the risk.

Family history, ethnicity and lifestyle all impact the risk of developing breast cancer. Staying physically active, limiting alcohol, and maintaining a low fat diet are all important, and specific surgical and medical prevention modalities are available for patients with a strong family history, or for those who carry a high risk gene such as BRCA1/2.

2

Prevention

3

Symptoms

Changes in the breast presenting as a lump or thickening, redness, or puckering of the skin, or as an inverted nipple are all reasons to seek medical attention right away.

Women should begin screening with annual mammogram at age 40. Those with dense breasts should also be screened with ultrasound at the same time. Patients with strong family history of breast or ovarian cancers and those who are Ashkenazi Jewish should consider genetic screening.

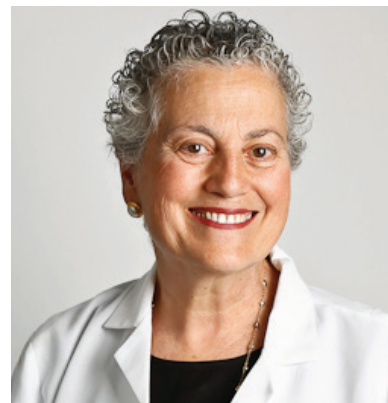
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Early Detection

5

Treatment

Women should seek out a skilled multidisciplinary team including a surgeon, medical oncologist, radiation oncologist, and others. With advances in the genetic and molecular subtyping of breast cancer, we are now able to personalize the plan of care specifically to the individual patient. New targeted therapies and advanced surgical and radiation techniques are giving women more options than ever before.



“ EACH AND EVERY BREAST CANCER PATIENT SHOULD RECEIVE PERSONALIZED MEDICINE DELIVERED BY A DEDICATED AND COHESIVE MULTIDISCIPLINARY TEAM, IN A WARM AND SUPPORTIVE ENVIRONMENT. ”

SARA SADAN, MD
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Dr. Sara Sadan is the Director of Breast and Women's Oncology at White Plains Hospital. Born and raised in Jerusalem, Israel, Dr. Sadan received her medical degree from The Hebrew University Hadassah Medical School, before commencing four years of post-doctoral and clinical research at Memorial Sloan Kettering Cancer Center in New York City. She completed her residency in Internal Medicine at St. Luke's Roosevelt Hospital Center (Columbia University affiliate), and completed her fellowship in Medical Oncology and Hematology at Memorial Sloan Kettering Cancer Center.

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