



# PIPER BREAST CENTER *Communiqué*

Winter 2002

Volume Two, Number One

## **BREAST ULTRASOUND: A Great Partner to Mammography**

~ By Deborah L. Day, MD

Ultrasound is an excellent imaging method to evaluate the breast and to provide superb visualization of the breast tissue. It is important to be clear about its role in the evaluation of breast abnormalities. Unlike mammography, ultrasound does not expose the breast to ionizing radiation or require breast compression. Ultrasound is used as a secondary study to further characterize mammographic abnormalities or concerns detected on clinical breast examinations. For example, a vague mammographic mass or tender mobile breast lump can be identified as a benign simple cyst (fluid-filled sac) by using ultrasound. During interventional procedures, such as cyst aspirations and core biopsies, ultrasound is used as a visual guide.

Like mammography and other imaging modalities, along with its benefits, ultrasound has its limitations. Ultrasound is operator dependent, and more costly and time intense compared to screening mammography. A major limitation of ultrasound is the inability to reliably detect the calcifications that are present in approximately 30 percent of invasive cancers and 80 percent of intraductal cancers. Calcifications may be the only indication of cancer on mammography, especially an early intraductal cancer.

Not only can ultrasound miss something important like calcifications, it is very common to find nonspecific masses, which may require tissue sampling for complete evaluation. If the results of the ultrasound are negative, screening breast ultrasounds may give a false sense of security and could deter mammography. Mammography is the only screening study recommended by the American Cancer Society and the American College of Radiology.

Recently, there has been an increase in requests for screening breast ultrasounds. A screening study is a study to detect breast cancer in women with no breast symptoms. But because of the limitations detailed above, Piper Breast Center strongly discourages the use of ultrasound for breast cancer screening. Breast ultrasound is a key secondary study to further characterize abnormalities already found with mammography or clinical examinations.

## **Did You Know ...**

~ By Stephanie Hedberg, RT

Deodorant can affect the quality of your mammogram by mimicking breast abnormalities or film artifacts. To help prevent a revisit for additional views, do not wear deodorant prior to your mammogram.

Because breast tissue can extend toward the armpit, additional positioning of the breast may be needed to include all breast tissue in a mammogram.

## **Can You Help?**

A variety of volunteer opportunities are available at the Piper Breast Center. For more information, contact Kathy Baker at 612-863-7445.



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## THE ROLE OF NURSES AT PIPER BREAST CENTER

~ By Joyce Byrd, RN, and Debra Morey, RN

The role of nurses at Piper Breast Center was designed to be unique among outpatient clinics in the Twin Cities. Women benefit from a professional nursing role that emphasizes patient education and advocacy, assessment and support for emotional needs, and coordination of care for women with a breast cancer diagnosis. Investment in these less tangible components of care combined with the medical staff's excellence in diagnosis and treatment of breast concerns make the Piper Breast Center a premier provider of breast care.

The nurses' individualized care begins before the first appointment at Piper Breast Center when they call patients to walk them through their breast clinic experience. The nurses address questions and often ease anxiety about the appointment. The call also allows the Piper Breast Center team to pre-schedule additional diagnostic tests and anticipate patient concerns.

For Piper Breast Center nurses, the key to the best care is providing a caring, engaged and sensitive environment. They work with patients to identify physical, emotional and educational needs, then access appropriate resources. Meeting those needs may be accomplished by consulting with the patient's doctors; referring patients to classes; and sharing information on support groups, one-to-one counseling and complementary therapies through Life Choices in Healing; or simply sharing information from their own experience.

Piper Breast Center nurses provide teaching expertise and practical guidance that address their patients' entire range of breast health and breast cancer needs. This also includes breast self-exams, exercises after breast cancer surgery and lymphedema prevention. Piper Breast Center nurses are committed to providing knowledge, comfort and dignity to each patient and are proud to serve them.

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## COMPUTER AIDED DETECTION: A New Technology at Piper Breast Center

~ By Deborah L. Day, MD

Although screening mammography is the best tool for finding early stage breast cancer, which is when it is most curable, mammography is not perfect. About 10 to 15 percent of breast cancers are missed on mammograms, even when patients are in the best of breast centers.

Computer aided detection (CAD) is a new companion technology to screening mammography. This FDA-approved technology provides a computer "second read" on mammograms. The computer marks areas of concern on the mammogram, and then the

radiologist decides whether further evaluation is necessary. Early studies have shown an improvement in detecting early stage breast cancer with the help of CAD.

The CAD equipment was recently added to the Piper Breast Center, and we hope to offer this technology to our patients in early 2002. We are grateful to the community donors who made it possible for the Piper Breast Center to provide this technology to our patients. We will provide more information on CAD in future issues of *Communiqué*.

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## Doctor 'Bands Together' for Piper Breast Center Fundraiser

Mark Migliori, MD, a plastic surgeon who sees patients at the Piper Breast Center, and his band the Remnants will host their CD release party that will benefit the Piper Breast Center on Friday, Feb. 22, 2002 at the Metropolitan Ballroom in Golden Valley.

The event includes a CD release party (\$25 in advance, \$30 at the door) and an optional sound check pre-party (\$50 in advance). Proceeds from the ticket sales will go to the Piper Breast Center. For ticket information, call TicketWorks at 612-343-3390.

## THE EFFECT OF DIET ON BREAST CANCER

~ By Alice C. Shapiro, PhD

The Piper Breast Center has been involved in a 10 year study, scheduled to end in 2003, that is studying if a low-fat diet has any effect on breast cancer recurrence. The Women's Intervention Nutrition Study (WINS) has enrolled 2,400 women around the country; 124 of them at the Twin Cities' WINS site.

Most research studies do not cite a specific component of the diet in relation to the risk of developing a first breast cancer or a recurring breast cancer. However, most nutrition scientists agree upon the following prevention recommendations.

It's important to adopt good habits early in life. Diet in the first 20 years of life might prove to have the biggest impact on breast cancer prevention, but women past their 20s can still make changes including:

- Avoiding adult weight gain
- Adopting a diet that contains:
  1. rich-colored vegetables – at least three cups a day, include cabbage, broccoli, and a variety of greens and other colors
  2. protein – four to six ounces a day of chicken, fish, egg whites, low fat cuts of meats; or one and a half cups of beans a day
  3. low fat dairy – two to three servings a day
  4. just enough calories to maintain a healthy body weight
- Avoiding charred or burnt meats
- Drinking alcohol in moderation, and if so, adding a serving of folate-rich foods (dark green leafy vegetables, fortified foods) or a folic acid supplement
- Avoiding pesticide exposure by washing fresh produce, discard the outer leaves of greens and when possible, choose organic produce for apples, spinach, peaches, winter squash, strawberries, green beans, pears and grapes

In studies of plant estrogens, some soy foods promote and some prevent breast cell growth. So until more is known, the best advice is to:

- Limit soy products (tofu, soymilk) to two to three servings a week. Vegetarians should limit them to one serving a day (one serving = four ounces).
- Avoid soy supplements in pill or powder form until further research clarifies their role.