

October 2020 Issue

For more health & wellness news, visit DailyHealthWire.com

Breast Cancer Awareness: The Importance of Mammograms

With breast cancer, early detection saves lives. Today, one in eight women will develop breast cancer. Mammogram screenings are considered the gold standard for early breast cancer detection, which is why it's important for women to follow up on scheduling their mammograms and other recommended screenings that they may have been putting off.



"Mammograms are a non-invasive modality that has been proven to reduce breast cancer deaths," said [Tasneem Kaleem, MD](#), a radiation oncologist with the [TriHealth Cancer Institute](#). "The advantage of consistent screening is that breast cancer can be detected early when it is most treatable. This not only improves survival but can help avoid longer and more extensive treatments."

Mobile Mammography Technology Can Be A Lifesaver

To help make early breast cancer detection more available to all women in Greater Cincinnati and the surrounding areas, TriHealth provides 3D Digital Screening mammography through the TriHealth Mobile Mammography Van, which serves area businesses, churches, clinics and other locations. The van's Siemens mammography unit - also offered at several TriHealth facilities - provides a unique, wide 50-degree angle, as opposed to previous 3D technology with a 15-degree angle, allowing a wider capture radius to potentially catch more cancer indicators. These important advances capture more detail and enable earlier detection of even subtle lesions, providing the industry's highest depth resolution and added breakthroughs associated with the comfort of screening.

Personal Reflections on Positive Outcomes

Beyond convenience, the Mobile Mammography Van has proven to impact lives as reflected in these hopeful stories shared by two of our patients:

- "I wanted to take a minute to thank you for organizing the mammogram van for our company's employees. I actually had a mammogram the week before spring break and ended up being diagnosed with breast cancer. If it wasn't for this service, I may not have been as lucky to have had early detection of my cancer. I have gone through surgery and radiation treatments and have been back to work for the past two weeks and am plugging away with everything. Thanks again for providing this amazing service!"*
- "I have always had my yearly mammogram exam from the mobile unit when it was hosted by my work. To be honest, I never really thought about it much other than it was just something I kind of have to do. When I was told it would be a good idea to get a follow up test, again I was not too concerned. It wasn't until I heard the word - cancer - that it really hit me. Lucky for me, since I was able to catch it early I underwent surgery and light treatment to prevent any further issues. I have been cancer free for over six years and owe a lot of this to the mobile mammogram unit and nurses who helped me initially. To this day I try to tell every woman who will listen to get checked regularly because you just never know!"*

For more information or to schedule the TriHealth Mobile Mammography Van for your group or organization, call **513 569 6565**, or to schedule your mammogram, call 513 569 6777.

The Role of Genetic Counseling in Cancer Care

Genetic counseling determines if lab tests will be helpful in learning your risk, or a family member's risk, for particular types of cancer. If you already have cancer, genetic counseling and testing may determine if you are at risk to develop another type of cancer. Testing also may help family members know if they are at increased risk for cancer as well.



Importance of Understanding Your Risks

A family history of cancer does not mean that you will develop cancer. It simply means that you have a higher chance of developing it based on your family's history with the disease. Certain cancers, including breast, colon, uterine, ovarian, melanoma and pancreatic cancer, are more likely to run in some families. By understanding your risk for cancer, you can increase your chances for early detection and successful treatment. You can also take steps to improve your health and to manage and reduce your risk.

Inherited Cancer

Inherited cancer is caused by changes or mutations in certain genes. Some gene changes result in a greater chance for cancer. These cancer-prone genes can be passed from parents to children. Most cases of cancer are not inherited. Nearly 90 percent are due to your environment, your lifestyle and factors other than genetics. However, genetic testing can reveal the presence, or absence, of gene changes for cancers believed to "run in the family."

Who Should Get Tested?

You may benefit from genetic counseling and testing for inherited cancer if your family history includes:

- Cancer that occurs at an early age (50 or younger)
- Two or more close relatives who have the same type of cancer or related cancers
- Cancer that has occurred in more than one generation
- More than one cancer in the same family member, especially certain combinations such as cancers of the breast/ovary, colon/uterus or melanoma/pancreas
- A close relative with a rare type of cancer or tumor
- Cancer that develops in both breasts, both ovaries, both kidneys, etc.
- Other factors associated with inherited cancers, such as multiple colon polyps

What Happens at a Genetic Counseling Appointment?

Risk Assessment: The genetic counselor will take a complete family history and medical history. During the risk assessment, the patient will learn more about their cancer risk and potential risk to other family members.

Education: Includes learning about the genetics of hereditary cancer, genetic testing options, and other screening, management and treatment options.

Testing: If indicated, genetic testing is offered, but only after the benefits, risk and limits of each test are carefully considered. Deciding whether or not to have genetic testing is a personal choice. The genetic test may include either a blood draw or collection of saliva.

Results: Individuals receive their test result from the genetic counselor. A discussion follows on how the result affects cancer screening, treatment, and management, and on testing recommendations for other relatives.

The TriHealth Cancer Institute offers genetic counseling and genetic testing for individuals concerned about the risk of an inherited cancer predisposition. For more information, visit [TriHealth.com/geneticcounseling](https://www.trihealth.com/geneticcounseling) or call **513 853 1300**.

Corporate Health • 513 891 1622 • [TriHealth.com](https://www.trihealth.com)

EAP Services | Executive Health | Occupational Medicine | On-site Medical Services | Workplace Wellbeing & Fitness