



VCUHealth™

MASSEY
CANCER CENTER

Your
partner
in breast
health





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Breast Health Program

One in eight women will develop breast cancer in her lifetime. It is the most common cancer among women in the U.S., other than skin cancer. But millions of women are surviving the disease thanks to early detection and improved treatments.

Today, more than half of all patients diagnosed with cancer can be cured, and many others will live long, full lives even with the disease. But getting an accurate diagnosis and the most effective treatment from the very beginning are essential.

At VCU Massey Cancer Center, we're committed to offering the full continuum of care for breast cancer and breast disorders—from prevention and detection to treatment and survivorship.

We provide award-winning cancer care and are home to the area's largest, most comprehensive team of international leaders in breast health.

We offer a level of expertise and experience found only at the top 4 percent of cancer centers across the country that are recognized as National Cancer Institute-designated cancer centers. We are the only center in the Richmond area and one of two in Virginia designated by the NCI to lead and shape America's cancer research efforts.

Using the most advanced technology, treatment options and clinical trials, our team offers a wide scope of care. This care is delivered compassionately, with respect, personal attention and a focus on the whole patient, not just the disease.



Prevention

Breast cancer is the most common cancer among women in the U.S., other than skin cancer. At VCU Massey Cancer Center, we are committed to helping women reduce their risk for breast cancer.

Risk factors

Although some are at higher risk, all women are at risk for breast cancer. There are many risk factors for breast cancer that cannot be changed, such as gender, age, family history, early menstrual periods (before age 12), late menopause (after age 55) and other factors.

But there are lifestyle-related risk factors that you can control, such as:

- Smoking
- No children or having first child after age 30
- Weight gain and obesity, particularly after menopause, and possibly a high-fat diet
- Hormone replacement therapy, particularly long-term postmenopausal use of combined estrogen and progesterin

- Alcohol, especially if more than two drinks are consumed per day
- Physical inactivity

Genetic counseling

Only 5 to 10 percent of breast cancers are due to known genetic factors. That means that the majority of breast cancers are, in fact, not inherited. But if breast cancer runs in your family, VCU Massey Cancer Center's Familial Cancer Clinic can help evaluate your risk.

Our clinic is the only one of its kind in the Richmond area staffed by board-certified genetic counselors. Our clinic provides genetic testing and counseling to help individuals evaluate their family history and cancer risk, and our counselors help guide cancer screening and decisions regarding prevention and intervention, if necessary.

"I went to VCU Massey for my routine mammogram on my lunch break. As always, the staff and techs were respectful of my time and comfort. When cancer was suspected and I returned for a biopsy, the procedure commenced in the utmost succinct manner. The doctor was kind, professional and very well spoken, and I appreciated the empathy she showed me. I am grateful that my cancer was detected early and accurately—it saved my life." – Mary Elizabeth Baldecchi, RN, BSN, CCRC



Prevention strategies

Women at high risk for breast cancer have various options to help manage their risk. Options for risk reduction include chemoprevention and prophylactic mastectomy, which are the use of hormone therapy drugs and the surgical removal of breasts, respectively, to lower the risk of breast cancer. Some women may opt for surveillance, in

which enhanced screening tools are used to try to find cancer at its earliest and most treatable stage. The best option depends on many factors, and these decisions are very personal. Our breast team can help guide you in making these decisions and can provide whatever treatment is needed.

Detecting cancer early increases the possibility for a good outcome and more successful treatment.

Detection and Diagnosis

To detect breast cancer at its earliest, most treatable stage, VCU Massey Cancer Center recommends the 3-step plan: breast self-awareness, clinical examination and mammography.

Breast self-awareness

Breast self-awareness means being familiar with how your breasts usually look and feel. Performing regular breast self-examination can help you spot any change from what is normal for your breasts.

To learn how to do a breast self-examination, visit massey.vcu.edu/breast-self-exam.

See your physician if you have any concerns after performing your exam. While it is natural to be frightened when discovering a lump or change in the breast, most breast lumps—nearly 80 percent, in fact—are benign (noncancerous).

Clinical examination

A breast examination by a physician or trained nurse should be a part of every woman's physical examination. It should be done every three years for women ages 20 to 39, and every year after that. The clinical exam is similar to self-examination.

Mammography

When performed by dedicated breast-imaging technologists and radiologists, high-quality mammography is the most effective tool currently available to detect early breast cancer.



We recommend that women at average risk for breast cancer should have a mammogram every year beginning at age 40 and should continue to do so for as long as they are in good health.



When breast cancer is detected early, the five-year survival rate is 98%.

National Cancer Institute

Where you have a mammogram really does matter. You will find many important distinctions at our imaging facilities:

World-class physicians. Our breast imaging team is staffed by highly skilled radiologists. Their expertise has raised the level of breast imaging available today.

State-of-the-art equipment. In addition to digital mammography, we provide a full range of screening and diagnostic breast-imaging services, including ultrasound, tomosynthesis (3D mammogram) and magnetic resonance imaging (MRI).

Superior diagnostic accuracy. You'll have peace of mind knowing that your mammogram is read by radiologists who specialize in comprehensive breast imaging. Their expertise and experience mean clear images the first time—and every time.

Same-day advanced tests. If your breast evaluation calls for a biopsy, we can perform it the same day, and you'll have results in 24 to 48 hours.

Fast appointments. Most screening mammogram visits with us last less than an hour.

Compassionate care. Here you'll discover the kind of warm care you deserve, with respect and the utmost attention to privacy and confidentiality.

Recognition. We are the first breast-imaging facility in Richmond to earn the American College of Radiology Breast Imaging Center of Excellence designation.

Diagnosis

Having the right diagnosis is essential to deciding the best course of treatment. The skill of the pathologist who is evaluating your breast biopsy sample is important, as is the proper handling of the tissue sample. Our pathologists utilize the latest methods to determine a precise diagnosis and staging. New technology enables our pathologists to predict a cancer's aggressiveness or its response to certain forms of therapy, as well as to identify genetic abnormalities in some cancers, which can then direct the treatment plan.

Even if you have already received a cancer diagnosis elsewhere, we are happy to give a second opinion. It is time well spent to understand your options and ensure peace of mind.

Treatment





“I was impressed with VCU Massey Cancer Center’s team approach to developing and coordinating my treatment. The entire team of breast cancer experts was in one location, working together. I didn’t have to travel to various specialists all over town and worry whether they were communicating with each other. The personalized experience made me feel like I had a second family at Massey.” – Terrell Harrigan

If you are diagnosed with breast cancer, getting the most effective treatment from the very beginning is essential.

VCU Massey Cancer Center features an award-winning medical team dedicated to providing the highest-quality treatment, including innovative clinical trials, a full range of support services and compassionate patient care.

Our specialized cancer care is distinguished by:

Leading, sub-specialized experts. Our doctors have unparalleled knowledge and experience in treating all types of breast cancer. As sub-specialists in breast cancer, they are specifically trained in and dedicated to the treatment of breast cancer.

Many of our doctors are also research scientists, continually investigating new treatment options and exploring ways to improve the patient experience. As we are part of an academic medical center, our doctors are also professors, educating and training oncologists, surgeons and other health care professionals. This constant study and teaching help make our doctors the leading experts in the field.

A collaborative approach. Cancer care generally requires multiple forms of therapy and various

specialized doctors, such as surgeons, medical and radiation oncologists, radiologists, pathologists and other breast specialists. Our various specialists collaborate in a multidisciplinary team to offer one-stop consultations and highly coordinated care. Our breast cancer team works together to guide each patient through every stage of care. We pioneered the multidisciplinary approach to cancer care in our region, which combines the expertise of many doctors. This approach ensures that patients who need several different therapies will receive the ideal combination and sequence of treatment.

Advanced, comprehensive treatment options and clinical trials. Treatment for breast cancer may involve surgery, radiation therapy and drugs such as chemotherapy, hormonal therapy and targeted therapy. We offer state-of-the-art therapies, including:

- Sophisticated and less-invasive surgical procedures, such as breast-sparing surgery, sentinel node mapping to see if the cancer has spread to the lymph nodes, and oncoplastic techniques, which combine the latest plastic surgery techniques with breast surgical oncology for a better cosmetic result.

- Advanced radiation treatment techniques, such as accelerated partial and whole breast radiotherapy to decrease the number of radiation treatments, prone positioning to reduce toxicity and dose-limiting techniques to protect the heart.
- Neoadjuvant therapies (chemotherapy before surgery) and systemic therapy (chemotherapy, hormone therapy, biologic agents) delivered by oncology-trained nurses at an award-winning hospital.
- One of the largest menus of cancer clinical trials in Virginia, offering patients expanded treatment options and new hope every day.

Our doctors use the latest technology and the most advanced therapies to increase the chances of a cure. We co-discovered and co-developed some of these therapies as our doctors collaborate closely with our research scientists and other cancer centers across the country to bring new research breakthroughs to our patients in the form of clinical

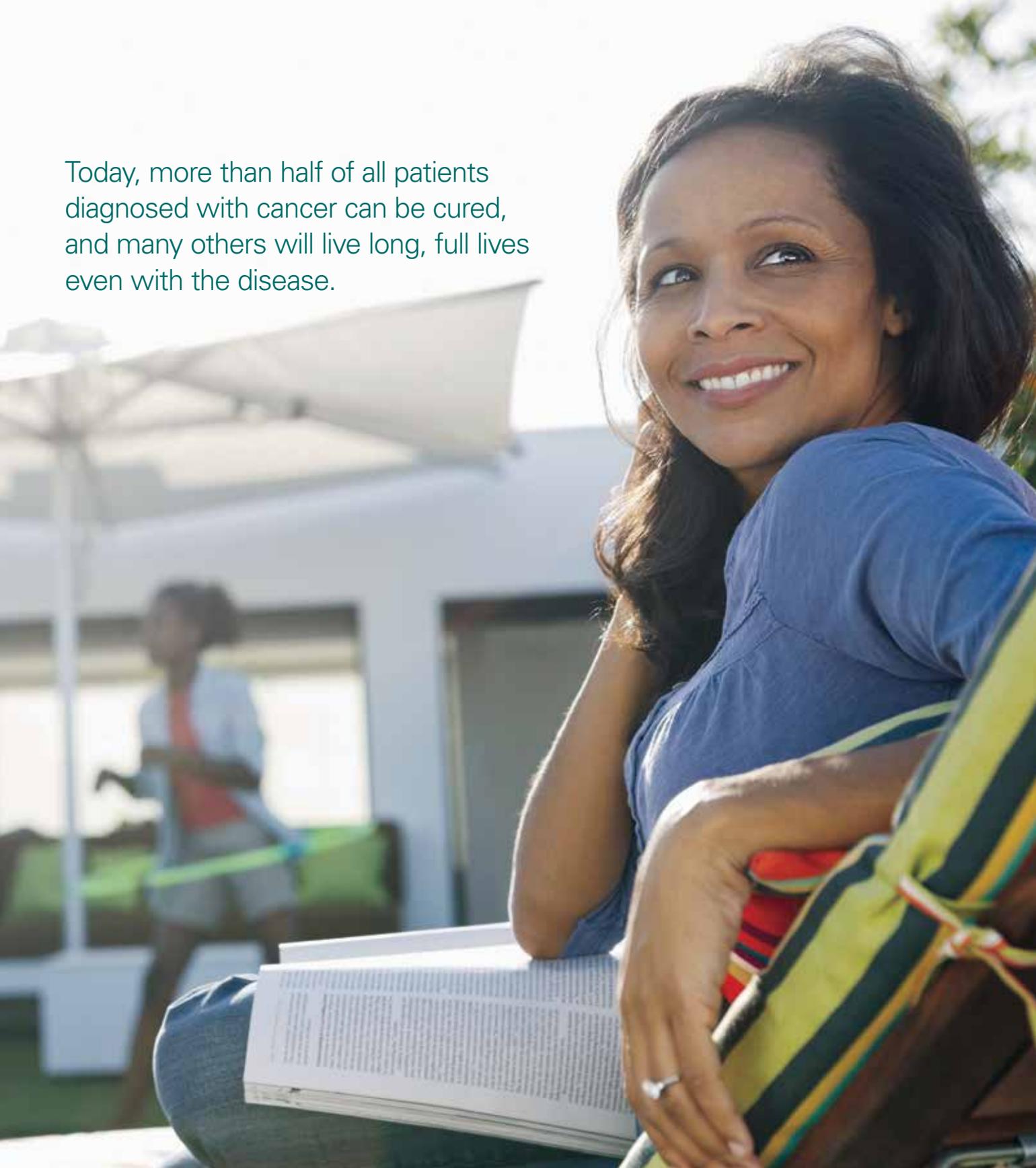
trials. Clinical trials are research studies that involve patient volunteers and evaluate new medical treatments and devices.

We provide a wide range of clinical trials for both newly diagnosed and relapsed patients—many trials that are not found elsewhere. Our trials test new anti-cancer therapies and ways to minimize common cancer-related symptoms. These innovative new therapies may help increase the chance for successful treatment and advance the standard of care for tomorrow. Ask your oncologist if a clinical trial is right for you.

Customized treatment plans. Recognizing that each patient is unique and each type of cancer is different, we provide treatment strategies and care plans tailored and individualized to each patient. The best treatment for one patient may not be right for another, so you can rest assured that the treatment we recommend will be the best one for you.

“Cancer would have been unwelcome news under any circumstances, but I was within two months of completing my graduate degree and didn’t want to get off track. At VCU Massey Cancer Center, I was able to participate in a national clinical trial led by my doctor that provides radiation treatment in five days, rather than the traditional six and a half weeks. The trial provided a schedule that was less disruptive to my studies and helped me attain my graduation goal. My prognosis is great, and I couldn’t have asked for a better experience under such stressful circumstances.” – Micky Hale Smith

Today, more than half of all patients diagnosed with cancer can be cured, and many others will live long, full lives even with the disease.



Recovery and Reconstruction

Breast cancer rehabilitation can minimize the impact of treatment and improve quality of life.

Rehabilitation

Cancer and its treatment may have an effect on your daily performance, including physical, cognitive, emotional and social functioning. VCU Massey Cancer Center offers one of the nation's longest-running cancer rehabilitation programs, with therapists who work exclusively with the unique needs of cancer patients. Our cancer rehabilitation experts help patients learn to maximize their abilities following surgery or treatment.

- Physical rehabilitation helps you adjust to changes in your body after surgery or other cancer treatment. It also helps you regain your strength, endurance and movement.
- Psychosocial services include support groups as well as psychological, psychiatric and chaplaincy counseling.
- Occupational therapy assists you with performing daily activities and provides methods and tools to increase function, comfort and safety.

In addition to your doctor and nurse, your team members may include a physical therapist, occupational therapist, lymphedema therapist, dietician, counselor, social worker and chaplain.

Reconstruction

Breast reconstruction can help restore the look and feel of the breast after a mastectomy.

We offer many options for replacing the lost breast tissue during reconstruction, including using an implant and transferring tissues from elsewhere in the body, which is known as microsurgery. Because of the high level of skill and advanced equipment required to perform microsurgery, this form of breast reconstruction is typically offered only at specialized medical centers such as ours.

You may choose to have immediate reconstruction, in which we start the process of rebuilding your breast during the surgery to remove the tumor and the breast (mastectomy). Or you can start the procedure after your initial surgery and other treatments are complete. Once we finish creating the new breast, the other breast may be altered to achieve symmetry so that your breasts look similar in size and shape. In the final step, we'll build a new nipple-areola complex, which we can then tattoo with a color similar to the other side.

Internationally recognized and board certified, our plastic and reconstructive surgeons combine skill with artistry to achieve naturally beautiful results.



Prostheses

If breast reconstruction isn't right for you, we can connect you with a supplier of artificial breast prostheses for which your doctor can write a prescription.

"I could never have dreamed of a better plastic surgeon to work with through my journey of a prophylactic bilateral mastectomy and microsurgical reconstruction. My surgeon and the staff at VCU are absolutely amazing, and his bedside manner is second to none." – Carly Schalberg

Support Services and Survivorship





“Coming to VCU Massey Cancer Center is a joy. I have been treated with respect and compassion from day one, and my doctors and nurses have become an extended family, celebrating my return to health every step of the way.” – Margie Brauer

VCU Massey Cancer Center provides care and guidance to help you have the best possible quality of life, no matter where you are in your cancer survivorship.

Support services

We take a holistic approach to address not only your medical and physical needs, but also your psychological, emotional and social needs. We offer cancer support services that range from helping minimize symptoms and side effects to helping cope with the emotional and psychological effects of cancer.

These services include our international award-winning palliative care; psychologists; spiritual counseling; licensed social workers; financial, legal, lodging and transportation assistance for qualifying patients in need; nutritionists; in-hospital cancer pharmacy services; health and cancer education libraries and programs; cancer support groups; healing garden; and wig salons that provide free hats, scarves and wigs as well as private head-wear consultation services. We also offer a range of complementary therapies, including acupressure, art therapy, music therapy and pet therapy. Complementary therapies are not substitutes for medical care but are used together with medical treatments to help patients alleviate stress and anxiety, reduce pain, manage symptoms and promote a feeling of well-being.

Survivorship

We know that even long after you have finished cancer treatment, you may still need our help. Supporting a cancer survivor after treatment involves the whole medical team. The oncology team will develop treatment plan summaries and work with your primary care physician to help manage the long-term consequences.

Breast cancer survivors need to focus on overall good health practices. Some of the keys to good health include controlling weight, avoiding tobacco use, getting regular exercise, and limiting or eliminating alcohol consumption. There are no magic supplements that prevent recurrence of cancer.

Most breast cancer survivors return to full and active lives, but surviving cancer is a lifelong effort. We are committed to supporting you in every way we can—physically, emotionally, spiritually and otherwise—*for as long as you need us*.

Benign Breast Conditions and Symptoms

There are a number of benign (noncancerous) conditions, disorders and symptoms that can affect the breast. These conditions include “fibrocystic changes”; benign tumors, such as fibroadenoma and phyllodes; galactorrhea, which refers to milky fluid discharging from the nipple when not associated with pregnancy or nursing; and infections of the breast, such as mastitis and abscesses. Some of these conditions can cause discomfort or pain and need treatment, while others do not. Many benign breast conditions mimic the symptoms of breast cancer and need tests, and sometimes a biopsy, for diagnosis. If you need a biopsy, try not to panic. Most biopsy results do not show cancer.

Our breast specialists are committed to providing the best breast care. We will work together to offer you the most current technologies and treatment available for any breast condition.

Nearly 80% of all breast lumps are benign.



“VCU Massey Cancer Center is top notch. They are a wonderful group of people there. The staff treats you very well. My nurses were fun. I wouldn’t trade my doctors for anything. They have a lot of experience treating cancer, but they also teach and research it, and that puts them ahead of the rest. I recommend Massey to all my friends and family who have cancer. Why not go to the best?” – Dora Callahan



Care Center Locations

Contact us to locate a care center near you or to make an appointment for any of our breast services:

- Mammogram and other imaging scans
- Diagnostic testing
- Genetic counseling
- Preventive intervention and consultation
- Cancer treatment
- Treatment for benign disorders
- Reconstruction
- Cancer rehabilitation

Richmond-area care centers

Colonial Heights

VCU Health at Temple Avenue
Surgical Oncology Clinic
2035 Waterside Road, Suite 100
Prince George, VA 23875
(804) 957-6287

Hanover

VCU Massey Cancer Center
at Hanover Medical Park
Radiation Oncology Clinic
8222 Meadowbridge Road
Mechanicsville, VA 23116
(804) 559-1835

Richmond Downtown

VCU Massey Cancer Center
VCU Medical Center, North Hospital
Dalton Oncology and Radiation Oncology Clinics
1300 E. Marshall Street
Richmond, VA 23298
(804) 828-5116 (Dalton)
(804) 828-7232 (Radiation)

VCU Health
VCU Medical Center, Nelson Clinic, Room 300
Breast Imaging Clinic
401 N. 11th Street
Richmond, VA 23219
(804) 237-6666

VCU Health
VCU Medical Center, Critical Care Hospital
Plastic & Reconstructive Surgery Clinic
1213 E. Clay Street
Richmond, VA 23219
(804) 828-3060

Stony Point

VCU Massey Cancer Center at Stony Point
Hematology-Oncology and Radiation Oncology Clinics
9000 Stony Point Parkway
Richmond, VA 23235
(804) 327-3055 (Hematology-Oncology)
(804) 327-3040 (Radiation)

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VCU Health at Stony Point
Breast Imaging Clinic
9000 Stony Point Parkway
Richmond, VA 23235
(804) 237-6666

West End

VCU Health at Mayland Court
Surgical Oncology Clinic
3470 Mayland Court
Henrico, VA 23233
(804) 527-4540

VCU Health at Forest Avenue
Plastic & Reconstructive Surgery Clinic
7301 Forest Avenue, Suite 100
Richmond, VA 23226
(804) 288-5222

Statewide care centers

Emporia

VCU Massey Cancer Center
Rural Cancer Outreach Program
at Southern Virginia Regional Medical Center
Medical Oncology Clinic
727 N. Main Street
Emporia, VA 23847
(434) 348-4400

Fredericksburg

Spotsylvania Regional Cancer Center
Radiation Oncology Clinic
4600 Spotsylvania Parkway
Fredericksburg, VA 22408
(540) 498-4804

South Hill

VCU Health Community Memorial Hospital
CMH Cancer and Specialty Care
Hendrick Cancer & Rehab Center
750 Lombardy Street
South Hill, VA 23970
(434) 774-2417

VCU Health Community Memorial Hospital
Solari Radiation Therapy Center
750 Lombardy Street
South Hill, VA 23970
(434) 774-2481

VCU Health Community Memorial Hospital
Women's Imaging Services
125 Buena Vista Circle
South Hill, VA 23970
(434) 447-3151

Williamsburg

VCU Health at Williamsburg
Plastic & Reconstructive Surgery Clinic
1162 Professional Drive
Williamsburg, VA 23185
(757) 220-1246

Accreditations

VCU Massey Cancer Center is designated by the National Cancer Institute and accredited by the National Accreditation Program for Breast Centers. Our mammography program is fully accredited by the American College of Radiology (ACR) and recognized as a Breast Imaging Center of Excellence. Our pathology laboratories are certified by the federal government and accredited by the College of American Pathologists (CAP) and registered with the Food and Drug Administration (FDA). Our genetic counselors are accredited by the American Board of Genetic Counselors.

Contact Us

massey.vcu.edu | 877-4MASSEY (877-462-7739)

