



Advanced Breast Care Specialists  
OF ORANGE COUNTY

# PERSPECTIVES

*Education, Empowerment and Emotional Well Being*

WINTER  
2010

25982 Pala, Suite 140, Mission Viejo, CA 92691

## MEDICAL DIRECTORS CORNER

Greetings from the Staff of Advanced Breast Care Specialists. As we welcome in 2010, I join you in reflecting upon the many things we are thankful for in our lives.

Personally I am grateful for being able to do what I love in life. As a physician and a breast cancer survivor, I am especially gratified to be able to care for breast cancer patients. My staff and I appreciate the confidence you have in entrusting your care to us.

"Education, Empowerment and Emotional Well Being" is more than a slogan for us. It is what we believe in and what we provide for all of our patients. We hope you enjoy reading Perspectives and we invite you to take a look at the new services we now offer.

Please feel free to email me or call my office at 949.770.0797, to schedule your appointment or discuss any particular questions or concerns you may have about our services.

Lisa Curcio, MD



## NEW MAMMOGRAM GUIDELINES

### Controversial findings

In November 2009, The United States Preventive Services Task Force (USPSTF) issued controversial recommendations for screening mammograms for younger women. The guidelines suggest that women aged 40 do not benefit from mammography. Dr. Lisa Curcio strongly disagrees with the recommendations. Dr. Curcio, "believe there is sufficient data to support annual mammography screening for women age 40 and older."

Dr. Curcio concurs with The American Society of Breast Surgeons (ASBS) who strongly oppose the recommendations released by the USPSTF. The ASBS believes that breast cancer survival rate of women between 40 and 50 will improve from the increased use of digital mammographic screening, which is

superior to older plain film techniques in detecting breast cancer in that age group.

While breast cancer surgeons understand that there will be a number of benign biopsies, we also recognize that mammography is the optimal screening tool for the early diagnosis of breast cancer. "To discourage mammograms means that breast cancers may go undiagnosed for longer periods of time," says Dr. Curcio. "This suggested restriction of mammographic screening works in opposition to the foundation of my practice which is based on early detection of breast cancer resulting in lives being saved."

As a member of the Advocacy Committee of the ASBS, Dr. Curcio is actively working with them to advocate for mammography screening for all women beginning at age 40.

If you have any questions or concerns about please don't hesitate to our office. ■

## NUTRITION MATTERS CLASSES

Now enrolling.

Please call our office:  
949.770-0797

- Nutrition Matters During Cancer Treatment
- Nutrition Intervention to Minimize Cancer Risk
- Weight Control During Cancer Treatment
- Nutritional Counseling: Brown Bag Lunch Series (special introductory cash price for this class)
- All classes are taught by Suellen Scarff, MS, RD in our office.

Health Insurance may cover nutritional assessment and counseling. We can assist you in determining your coverage.

<http://www.mybreastcarespecialist.com/Nutrition.htm>

## UNDERSTANDING LYMPHEDEMA

Lymphedema is a buildup of lymphatic fluid in the interstitial tissue that causes swelling, most often in the arm(s) and/or leg(s), and occasionally in other parts of the body. There are two types of lymphedema:

- (1) Primary lymphedema which can affect from one to as many as four limbs and/or other parts of the body.
- (2) Secondary lymphedema can develop as a result of surgery, radiation, infection or trauma. Surgeries for melanoma, breast or others that require the removal of lymph nodes, places patients at risk for developing secondary lymphedema. Airplane flight has also been linked to the onset of lymphedema in patients' post-cancer surgery. It should be noted that secondary lymphedema can develop immediately post-operatively, weeks, months, or even years later.

At Advanced Care Specialists we stress the importance of diagnosing lymphedema at its earliest stage. Dr. Curcio was the first physician on the West Coast to partner with ImpediMed to offer early detection of lymphedema through a procedure using bioimpedance. This technology allows Dr. Curcio to detect small amounts of extracellular fluid.

### On our Website Visit:

<http://www.mybreastcarespecialist.com/L-Dex%20Patient%20Information%20Guide%202008Sep18%20US%20v0%209.pdf>

Lymphedema treatment is available in our practice. Karen Wehner, MS, OTR/L, and CLT a certified Lymphedema Therapist is available for consultations. Karen's therapeutic interventions address shoulder problems and/or swelling from lymphedema which can often interfere with functional abilities in everyday life. She is certified in Complete Decongestive Therapy: manual lymph drainage (Vodder Technique), proper skin care, exercises, and gradient compression via bandaging or garments

If you would like to schedule an appointment with Karen or to learn more about lymphedema and decongestive therapy, please call our office.

## EVENTS



**SAVE THE DATE !  
Sunday, May 2, 2010  
(11am-2pm)**

**Fundraiser benefiting  
MomswithCancer.org  
"In The Garden of the Butterflies"**

Social Tea at Arroyo Trabuco Golf Club  
in Mission Viejo, CA

Interested volunteers, please call Estela Riela, Chairperson of New Wings of Courage at: 949.433.6733

For an update on Moms with Cancer visit: [www.momswithcancer.org/Wings-of-Courage.html](http://www.momswithcancer.org/Wings-of-Courage.html)

## PLEASE JOIN US:

Young Women with Breast Cancer Support Group Meetings held 3rd Thursday of the month at 6:00 PM in our office. Join us!

[http://www.mybreastcarespecialist.com/support\\_services\\_group.htm](http://www.mybreastcarespecialist.com/support_services_group.htm)



**Congratulations to Dr. Curcio for being named a "Hero Among Us"**

*If you have any suggestions for our E-Newsletter, please email us. We look forward to hearing from you!*

### Perspectives

Informational Newsletter  
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