



Advanced Breast Care Specialists
OF ORANGE COUNTY

PERSPECTIVES

Education, Empowerment and Emotional Well Being

FALL 2009

25982 Pala, Suite 140, Mission Viejo, CA 92691



WELCOME TO PERSPECTIVES, ADVANCED BREAST CARE SPECIALISTS (ABCS) INAUGURAL E-NEWSLETTER.

Thank you in advance for reading Perspectives. It is my hope that our E-newsletter will provide you with current information on breast cancer prevention, education, detection and treatment. Perspectives will also help keep you in touch with each other, my staff and myself. As a breast cancer survivor, I understand the meaning and importance of staying in touch with the "breast cancer community." I would like to take this opportunity to thank my patients and referring physicians for entrusting us with your care. We appreciate the trust and confidence you have in our practice and we look forward to continuing to provide you with advanced breast cancer care.

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. There are many exciting new developments in the detection and treatment of breast cancer.



OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

"Celebrating 25 years of awareness, education and empowerment"

It's hard to believe that we are celebrating the 25th year of National Breast Cancer Awareness Month (NBCAM). NBCAM started as a weeklong campaign and has grown to a nationwide campaign of thousands of organizations, professional associations, government agencies, breast cancer survivors, and the public to increasing awareness about the importance of the early detection of breast cancer. During October these groups join forces to increase awareness, educate, raise money, and provide support to breastcancer patients and survivors.

During this month and throughout the year, we encourage you to perform your monthly breast exam, get your mammogram and follow the American Cancer Society guidelines for breast cancer detection. (See sidebar) If you have questions about the guidelines, please call our office.

Thank you for participating in the fight against breast cancer. We'd love to hear what events you participated in this year. Send us your email and pictures! ■

NEW SERVICES HALO® BREAST PAP TEST – NEW FIVE MINUTE SCREENING TEST

We now offer a new five-minute non-invasive test, called "HALO" which evaluates nipple fluid. HALO is an important test to add to our screening tools as 1 in 8 women will develop breast cancer in their lifetime, but it is very difficult to identify who is a risk. There are traditional risk assessments but they all have limiting factors. We are excited about this simple test as it can help determine your risk of breast cancer years earlier than a mammogram. HALO combines warmth, massage and suction to bring nipple aspirate fluid (NAF) to the surface. NAF is important as 95% of all breast cancers originate in the milk ducts. The fluid is taken and sent to the lab and analyzed for cellular changes.

More information, visit:

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

Dr. Curcio offers this simple, affordable test in her office. HALO is recommend for women over 25 years and should be performed annually. Make this test a part of your well-women visit! Convenient appointments are available, call our office at 949.770.0797 to schedule. ■

SCREENING GUIDELINES Three Step Program

Step 1: Breast Self-Examination

This monthly exam is recommended for women beginning at age 20.

Step 2: Professional Breast Examination

Examination by your primary care doctor, OB/GYN or breast care specialist is recommended as a regular part of your physical exam. It is as important as your annual pap smear.

Step 3: Mammogram

A mammogram is recommended annually starting at age 40 or sooner depending on your family history.

There is a new breast screening exam called HALO, look to the left.

To learn more about breast cancer risk and genetic screening, visit our Web site: http://www.mybreastcarespecialist.com/prevention_risk_assessment.htm

NUTRITION MATTERS... THE ROLE OF NUTRITION AND DIET IN BREAST CANCER PREVENTION

Meet **Suellen M. Scarff, MS, RD, Registered Dietitian**

According to cancer researchers, diet is thought to be partly responsible for about 30% to 40% of all cancers. But diet alone is unlikely to be the cause or the cure of cancer. However, it is important to note that findings suggest that a healthy diet, maintaining a healthy weight and being physically active can help reduce the risk of breast cancer and help prevent cancer from reoccurring.

The role of nutrition in breast cancer prevention and in helping patients recover that are battling cancer is important to Dr. Curcio's overall practice philosophy of "treating the woman" as a whole. Dr. Curcio is excited to announce the addition of Suellen M. Scarff, MS, RD, Registered Dietitian to her practice. Suellen is available to provide individual nutritional assessments and dietary consultations.

As you are probably aware, a healthy diet is one that is low in fat and high in vegetables and fiber. But exactly what to eat, how much to eat, what supplements to take is often confusing and does not allow adjustments for individual health considerations. Most nutrition researchers believe that NO single food or supplement is the one key ingredient but that the healthful compounds in different foods work in concert with each other to provide optimal health benefits.

Generally speaking, diets for breast cancer patients are higher in protein. Patients undergoing treatment may also require diets higher in calories. Baseline dietary recommendations include:

- 5 or more cups of fruits and vegetables per day
- Food from other plant sources, such as whole-grain breads and cereals, nuts, seeds, rice, pasta, and beans

An excellent resource to consult is the American Cancer Society, click on [this link](http://www.cancer.org/docroot/ETO/ETO_5_2_2.asp?sitearea=ETO) to learn more about diet and nutrition:

http://www.cancer.org/docroot/ETO/ETO_5_2_2.asp?sitearea=ETO



PLEASE JOIN US:

Health Lecture: Nutrition Matters...Dietary Role in Breast Cancer

October 15, at 6:30 PM – Saddleback Memorial Laguna Hills Hospital, Conf. Rooms 2-3
24451 Health Center Drive
Laguna Hills, CA 92653

Join Dr. Curcio and Suellen M. Scarff to learn more about diet, nutrition, and how diet may affect your body during cancer treatments. RSVP at 949.770.0797

Note: We will be offering a variety of workshops and group sessions. Check back for our schedule.

EVENTS AND NEWS

- ABCS Welcomes new professional staff:
Lisa Bailer, PA Physician Assistant
Karen Wehner, MS, OTR/L, CLT Lymphedema Therapist
Suellen M. Scarff, MS, RD Registered Dietitian
- NEW! Survivorship Support Information added to our Web site. Information on fertility, sexuality, breast health and more. Visit: http://www.mybreastcarespecialist.com/breast_health_services_survivorship.htm
- 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
- Learn more about DeAnna Rice's organization "Moms with Cancer." DeAnna, a mother of four has battled cancer three times. Visit momswithcancer.org to learn how you can help.
- "Nutrition Matters" Free Health Lecture, October 15th at 6:30 PM, Saddleback Memorial Laguna Hills Hospital Conf. Rooms 2-3. Reserve your seat.

We embrace the message that early detection of breast cancer followed by prompt treatment saves lives. Don't delay, schedule your annual breast cancer exam today!

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

Perspectives

Informational Newsletter
Published by Lisa Curcio, M.D.
Advanced Breast Care Specialists
25982 Pala, Suite 140
Mission Viejo, CA 92691
Phone: (949) 770-0797
Fax: (949) 770-0730