



Advanced Breast Care Specialists
OF ORANGE COUNTY

PERSPECTIVES

Education, Empowerment and Emotional Well Being

SUMMER
2010

25982 Pala, Suite 140, Mission Viejo, CA 92691

MEDICAL DIRECTORS CORNER

I'm often asked by my patients about breast imaging with MRI. As breast imaging with MRI is being used with increasing frequency to screen high-risk patients and evaluate women with newly diagnosed breast cancer, it is important to understand that having an MRI alone isn't sufficient if suspicious lesions are found. MRI is very sensitive tool but a biopsy is ultimately needed if an abnormality is found to establish a definitive diagnosis.

Typically for my patients, breast MRI is performed when more information is needed than a mammogram, ultrasound or clinical breast exam can provide. According to the American Cancer Society, women at high risk (based on family history, history of prior treatment with radiation or history of abnormal cells on biopsy) should get an MRI and a mammogram every year beginning at age 30. Yearly MRI screening is usually not recommended for women whose lifetime risk of breast cancer is low or less than 15%.

Remember it is still important to have a clinical (healthcare professional) breast examination performed every year and a mammogram. If you have a question about breast MRI or your breast cancer risk, please call my office for a consultation

Lisa Curcio, MD



Women age 40 and older

should have a screening mammogram every year. Mammography is the optimal screening tool for the early diagnosis of breast cancer.

NUTRITION MATTERS CLASSES and individual assessments

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

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

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

ACUPUNCTURE USED TO HELP RELIEVE HOT FLASHES

(See related article below on Complimentary Alternative Medicine CAM)*

Hot flashes! Just ask any women who has experienced them and they will tell you that they are uncomfortable and can affect the quality of their lives. Hot flashes are characterized by the sudden, intense, hot feeling on your face and upper body. Some women also report a rapid heartbeat and sweating, nausea, dizziness, anxiety, headache, weakness,

and other symptoms.

Eighty-five percent of the women in the United States experience hot flashes of some kind as they approach menopause and for the first year or two after their periods stop. However, if you have had breast cancer and received treatment (chemo or endocrine therapy) your hot flashes are the same as menopausal women but can be brought on more rapidly, initially be more intense and last longer.

I understand how disruptive these symptoms can be to your life and well-being. Since estrogen therapy isn't safe for breast cancer patients, I recommend more natural methods to help ease the

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symptoms. Lifestyle changes including avoiding trigger foods, decreasing stress, and relaxation techniques have been shown to lessen the effects of hot flashes.

Along with lifestyle changes, Chinese medicine has been used for centuries to treat hot flashes. Chinese medicine involves a combination of acupuncture and herbs. Acupuncture is among the oldest healing practices in the world and has demonstrated efficacy in helping to lessen the effects of hot flashes.

Advanced Breast Care Services is pleased to welcome Cheryl Stecki, MS.,L.Ac. and Martha E Hall L.Ac. to provide acupuncture and other CAM therapies to our patients. Dr. Stecki is a California Certified Acupuncturist and Herbalist at the Acupuncture Healing and Wellness Center in Monarch Beach, CA.) Dr. Hall is California Certified Acupuncturist and Herbalist at the Acupuncture Halls at 131 W El Portal San Clemente, CA. For upcoming education sessions, call our office at 949.770.0797.

*Note: According to the National Center for Complementary and Alternative medicine, a department of the National Institutes of Health, CAM is "a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine."

COMPLIMENTARY ALTERNATIVE MEDICINE (CAM) SERVICES NOW AVAILABLE

Dr. Lisa Curcio is pleased to announce the addition of Complementary Alternative Services (CAM) to her practice. Perhaps, you are familiar with the many fields of CAM services; such as, acupuncture, herbal medicines, energy fields, mind-body techniques, manipulations, biofeedback and various other services. The uses and efficacy of these services continue to be the subject to scientific studies with varying results.

Throughout my career, I have been studying CAM procedures and I have also undergone several CAM therapies. I understand and appreciate the value they add to my patients who are dealing with the effects of cancer treatments.

In addition to the dietary support we offer our patients to help them with their nutritional needs and [lymphedema therapy](#) to prevent and address swelling and pain, we recently have added acupuncture

services to help our patients who are experiencing hot flashes associated with menopause and chemotherapy.

To schedule a consultation to learn how CAM services can help you call: 949.770.0797.

Email your question:

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

EVENTS

Visit our Website to see photos from the fundraiser benefiting Moms with Cancer, "In The Garden of the Butterflies."

<http://mybreastcarespecialist.com/events.htm>

We want to thank Estela Riela, Chairperson and the many volunteers and donors who made this a very special event. Mark your calendar to attend next year's event, "In My Shoes..."

May 1, 2011.

For an update on Moms with Cancer visit

www.momswithcancer.org

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)

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

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