

# CHICS NEWS

## Celebrating Hope in Cancer Survivors



Through the years we have grown by the number of attendees at our monthly meetings. We continue to produce and distribute a quarterly newsletter, participate and plan local events, and established a Phone Bank, which is used

as a support resource for newly diagnosed breast cancer patients. We also provide and fill tote bags with information for newly diagnosed women that are distributed through the breast center.

### UP COMING EVENTS

April 20 - 22



Our annual Conference on Metastatic Breast Cancer brings hundreds of people together every year to connect, learn, and make their voices heard. To learn more about this program, and to apply, visit

[llbc.org/hearmyvoice](http://llbc.org/hearmyvoice)

### UP COMING MEETINGS

May 8th



Benefit of exercise in Cancer Prevention w/Take Charge Program

June 12th



TBD

July 10th



Ice Cream Social- Bring your favorite topping for a night of ice cream & sharing!

*You are braver than you believe, stronger than you seem, smarter than you think, and twice as beautiful as you'd ever imagined.*

## News & Education

### 3D Mammography (Digital Breast Tomosynthesis) and Me

According to the Geisinger Cancer Services 2017 Annual Report, patients are now being offered the option of 3D Mammography imaging, better known as digital breast tomosynthesis or DBT. Per the report, "DBT improves the detection of architectural distortions which can be a sign of breast cancer. It has been proven to increase breast cancer detection rates by 29 percent and

has reduced callback rates by 15 percent." DBT is an advanced form of breast imaging that utilizes low-dose x-rays and computer reconstructions to create 3D images of the breast. These 3D images help to minimize tissue overlap that can hide cancers or make it difficult to distinguish normal overlapping breast tissue from tumors.

## News & Education Cont.

## 3D Mammography (Digital Breast Tomosynthesis) and Me

After having experienced traditional 2D Mammography and the uncertainty and anxiety that can go along with unclear imaging, patients and doctors alike are finding comfort in the more advanced imaging quality and applications of DBT. In addition to being able to detect pre-cancerous changes to breast tissue earlier, DBT is also being used for mammography guided breast biopsies in which the patient is able to sit upright and allows for more accurate needle placement thanks to tomographic guidance as well. A study published in the American Journal of Roentgenology in March of 2017 also pointed to the advantages of DBT as a surveillance tool in annual checkups for women who received treatment for primary breast cancer. It appears to be a promising surveillance and front line imaging tool for patients with breast cancer, but

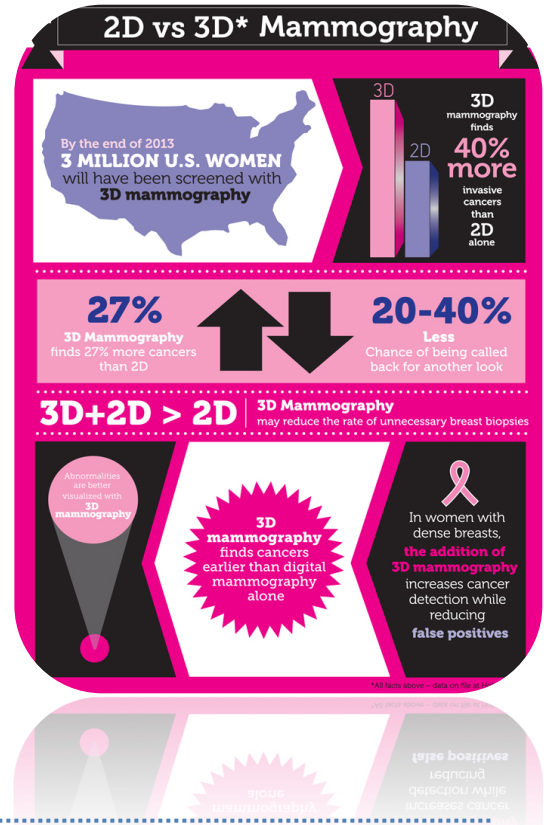
more research has to be conducted on a case by case basis to help determine the best post-treatment imaging regimen for surveillance in breast cancer survivors due to a variety of factors including, patient, imaging characteristics, tumor biology, gene expression profile, and choice of treatment. This 3D breast mammography or DBT technology is available at certain sites within the Geisinger health system including the following locations:

- Geisinger Medical Center in Danville
- Geisinger Wyoming Valley Medical Center in Wilkes-Barre
- Geisinger Gray's Woods in State College
- Geisinger Mt. Pleasant and Viewmont in Scranton.

Plans for 2018 call for it to be available at more local Hospitals.

For a link to the full 2017 Annual Report from Geisinger's Cancer Services check out the following:

[goo.gl/NiGVz1](https://goo.gl/NiGVz1)



## Notes:

