



Spotlight

Cancer news and information from the Cancer Care Center of York County

Beating Breast Cancer

“We’ve always known that breast cancer isn’t just one disease,” says Medical Oncologist Patricia Deisler, MD. “Because every patient’s cancer and overall health status is unique, we must treat the whole person with a highly individualized treatment plan. From a diagnostic tissue sample, we can identify the type of cancer, how fast it’s moving and what hormonal or chemotherapy agents are likely to be most effective. In my 15 years as an oncologist, I’ve seen mortality rates plummet. Breast cancer is turning from a lethal to a chronic disease that can be treated and often cured.”

High-Tech Treatment Options

Radiation Oncologist Jeffrey Young, MD is equally enthusiastic about the treatment options available today for breast cancer patients.

(continued on the next page)



Linda's Story

My annual mammogram did its job and caught the cancer early. I had a lumpectomy followed by radiation therapy. Just as I shopped around to find the right surgeon, I shopped around before choosing the Cancer Care Center for my treatment.

(continued inside)



CancerCare
Center of York County



Dr. Jeffrey Young, Radiation Oncologist

Dr. Patricia Deisler, Medical Oncologist

Beating Breast Cancer *(continued)*

“Through high-tech scanning and computer modeling here at the Cancer Care Center of York County, radiation treatment is completely personalized to the individual’s breast tissue and tumor. Lumpectomy with targeted radiation is a real option for many patients, and the side effects are minimal in most cases.”

Since many cancer patients at the Cancer Care Center of York County need both chemotherapy and radiation treatments, close collaboration between our medical and radiation oncologists is vitally important.

Early Detection is Vital

“There’s no substitute for getting to know your own body with monthly self-exams,” insists Dr. Deisler. “Over time, most people learn to recognize

“Thanks to intense patient advocacy, and the thousands of courageous women and men who participate in clinical trials, our arsenal of weapons for fighting breast cancer is far greater than ever before.”

– Dr. Patricia Deisler

when something isn’t quite right. The ‘controversy’ over mammography is largely media-driven, because mammography followed by an ultrasound (when indicated) is still the diagnostic standard. An article recently published in the professional journal *Radiology* suggests that magnetic resonance imaging (MRI) more accurately detects breast cancer among women who are at a high risk of developing the disease. However, there’s a limit to what we can see with a breast MRI in patients with dense breast tissue.”

Visit our information library to learn about the latest breast cancer research and treatment options. Need help using the Internet? Call 207-459-1600 to set up an appointment with a helpful volunteer.



Treating Breast Cancer

Optimal treatment of breast cancer often requires several different treatment approaches, including surgery, radiation, chemotherapy and hormonal therapy. Exciting new drugs such as Herceptin and Lapatinib offer targeted alternatives to broad-based chemotherapy treatments. The Cancer Care Center of York County offers patients access to 8 different breast cancer clinical trials – research studies designed to evaluate potential new treatment options.

Patient & Family Resources

Here at the Center, we do more than treat disease. We support patients coping with the challenges of living with cancer. We help arrange nutrition counseling, home care and respite care, and assist with transportation and financial issues.

“I don’t have time for pity parties.”

I recommended this center to a friend who was planning to go to Boston for her treatment. I told her to check out the CCCYC before making any decision and she was happy she did.

The whole building is pleasant and welcoming. The gals in radiation couldn’t have been funnier — or more professional. Fighting cancer doesn’t have to be morbid!

I’m fine and feel great. I’m a very busy individual with many community and family commitments. I don’t have time for pity parties.



Linda, from Lyman, ME with her Radiation Therapist, Amanda

Research News: Living Well With Cancer

Hypnosis May Reduce Surgery Side Effects

(8/31/2007)

Hypnosis before lumpectomy may reduce pain, nausea, fatigue, discomfort, and emotional upset.

– *Journal of the National Cancer Institute*

Exercise, Yoga Benefit Breast Cancer Survivors

(9/7/2007)

Exercise (including aerobic and resistance exercise and yoga) benefits breast cancer survivors.

– *Journal of Clinical Oncology*

Women with Metastatic Breast Cancer Living Longer

(7/25/2007)

Improvements in treating metastatic breast cancer have improved survival.

– the journal *Cancer*

Internet-Based Information Highly Accurate in Internet Breast Cancer Support Groups

(4/26/2006)

Information shared by Internet breast cancer support groups appears to be highly accurate.

– *British Medical Journal*

Social Networks Improve Breast Cancer Survival

(3/6/2006)

Women with good social networks tend to have better breast cancer survival.

– *Journal of Clinical Oncology*

To read these medical research articles online, please visit our Web site: www.cancercareyorkcounty.org

Exceptional Care. Local Comfort.

The Cancer Care Center of York County provides state-of-the-art medical oncology and radiation treatment in a beautiful new facility equipped with the most advanced technologies.



A collaboration of Goodall Hospital, Maine Medical Center and Southern Maine Medical Center, the Center is staffed by oncologists from Spectrum Medical Group and the Maine Center for Cancer Medicine.

Located just minutes from I95, off Rte 109 between Kennebunk and Sanford, Maine.



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