

## SAINT AGNES HOSPITAL:

# THE FACTS ABOUT BREAST CANCER

### WHAT ARE THE STATS?

- + The American Cancer Society estimates that last year, more than 232,340 women were diagnosed with breast cancer
- + Family history and age are both factors with breast cancer incidence and death rates generally increasing with age
- + Breast cancer is the most common form of cancer among women in the U.S., accounting for almost 30% of newly diagnosed cancers
- + About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime

Sources: American Cancer Society Breast Cancer Facts and Figures and BreastCancer.org

### HOW CAN YOU TAKE CONTROL?

- + **AGE 20-34:** administer breast self-examination **monthly**; get physical examination of the breast by trained professional **every 3 years**
- + **AGE 35-39:** administer breast self-examination **monthly**; get physical examination of the breast by trained professional **every 3 years**; get baseline mammogram for reference
- + **AGE 40+:** administer breast self-examination **monthly**; get physical examination of the breast by trained professional **yearly**; get mammogram **yearly**
- + **ALL AGES:** Patients with immediate relatives who have had breast cancer should get mammograms **every 6 months**, as family history is a common risk factor

### SAINT AGNES HOSPITAL'S COMPREHENSIVE BREAST CENTER: A LEADER IN INNOVATION

The Comprehensive Breast Center at Saint Agnes presents highly recognized physicians at the forefront of advanced techniques, equipment and clinical trials. The team is a trailblazer in breast cancer treatment:

- + One of the first in the state of Maryland to implement a multi-disciplinary team approach to breast cancer treatment, bringing together a variety of specialists to create one comprehensive plan, under one roof
- + The first center in Maryland to use Tomotherapy radiation technology, providing greater precision over older techniques where radiation would encompass the entire tumor but result in significantly more radiation to surrounding organs
- + One of the first 135 hospitals nationwide fully accredited by the National Accreditation Program of Breast Centers
- + The first and only breast center in Maryland to use Accuboot technology, providing a safer and more effective radiation option
- + Regularly participates in clinical trials, giving patients access to cutting edge treatment options