



## ABOUT EARLY DETECTION OF BREAST CANCER

### WHAT SHOULD I DO IF I FEEL A LUMP?

Don't panic! Many breast lumps are benign. Do call your physician and seek a medical evaluation.

### WHAT IS A BIOPSY?

A biopsy is a procedure that removes a small amount of tissue from the breast for evaluation under a microscope. The radiologist will make a recommendation based on the interpretation of the mass identified. The size, shape and location of the mass will be considered. The radiologist will often consult your primary care physician to see whether a surgical (open) biopsy or a less invasive procedure is recommended.

### WHAT OPTIONS ARE THERE FOR BIOPSIES?

**Fine Needle Aspiration Biopsy:** A fine gauge needle is inserted into the lump to remove a small amount of tissue for examination by a pathologist.

**Core needle biopsy:** Through a small incision, the physician inserts a needle into the tissue. This procedure is usually guided by ultrasound. The needle is spring-loaded so that a sufficient amount of breast tissue is obtained. Typically, 3 - 20 samples are taken.

**Stereotactic biopsy** is a similar procedure but guided by a special mammographic computer to aid with identifying the lesion. This procedure is done by a small probe inserted into the breast through a tiny incision. Vacuum is used to gently draw and collect tissue samples through the hollow needle. This procedure allows for several tissue samplings without removing the needle.

**Open biopsy with needle localization** is another option that is a more invasive procedure. This is often considered general surgery, and in most cases general anesthesia is used. In the Breast Health Center, a radiologist places a thin, hollow needle into the area of the breast where the suspicious tissue is located. The surgeon then uses a wire inserted through the needle to guide his excision.

## ARE THERE ANY OTHER RESOURCES IF I HAVE MORE QUESTIONS OR CONCERNS?

The Breast Health Centers of Lee Memorial Health System has a Breast Cancer Educator/Navigator for this exact reason. This specially trained nurse can provide:

- Information and counseling about benign and malignant breast diseases.
- General information on preventive health practices to lower a woman's risk of developing breast cancer.
- Educational material, support and counseling for the breast cancer patient and her family.

This one-on-one support can help decrease your fears and anxieties after a breast cancer diagnosis.

## WHERE ARE THE BREAST HEALTH CENTERS LOCATED?

The Breast Health Centers of Lee Memorial Health System have four facilities to better serve the community. Cape Coral Hospital on Del Prado Boulevard, Lee Memorial Hospital on Cleveland Avenue, HealthPark Commons Outpatient Building on Bass Road, and Riverwalk Professional Center on College Parkway. Your scheduler can provide you with more specific directions.

For more information, please contact the

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