



# BREAST HEALTH

*Exeter Hospital's Center for Breast Health is dedicated to the early detection of breast cancer and committed to offering women a comprehensive and caring approach to breast health. Our innovative programs are designed to educate you about decreasing your risk of cancer and to ensure you receive the appropriate level of screening based on your personal risk factors.*

Breast health begins with a simple three-step screening process. This process may vary by individual, so talk to your doctor to develop a plan best for you based upon your health history.

1. Breast self-exams to find any abnormalities
2. Clinical breast exam by your physician
3. Annual mammograms beginning at age 40

At Exeter Hospital, we offer additional support based on your level of risk.

**Mammograms** – At our Center for Breast Health, we offer 3D mammography to detect breast abnormalities long before they can be felt. For your convenience, our Mobile Digital Mammography Van provides digital mammography at some of our Core Physicians' offices.

**Breast ultrasound** – A breast ultrasound may be used to evaluate possible breast abnormalities that are detected during a mammogram or a clinical breast exam performed by your healthcare provider. Breast ultrasound is used to examine in detail the specific area of concern identified.

**Breast MRI (Magnetic Resonance Imaging)** – This highly sophisticated test can be used to detect the possibility of breast cancer that cannot be seen by standard mammography. It is available by physician referral for high risk breast cancer patients, pending insurance approval.

**High Risk Breast Program** – Some women have certain factors that place them at higher risk for breast cancer. Our specialists can meet with you to conduct an evaluation if you believe you have some of these risk factors. The program includes comprehensive risk assessment, risk reduction counseling, ongoing monitoring for women

determined to be at a higher risk of developing breast cancer, and chemoprevention strategies (the use of anti-estrogen medications to reduce breast cancer risk).

**Genetic testing** – We offer genetic testing to determine if you carry a gene mutation (BRCA1 or BRCA2) that puts you at a greater risk for developing breast cancer. This test is performed if our physicians determine that there is a reasonable suspicion that you have this gene mutation. While most women do not carry these gene mutations, early intervention for women who do may dramatically reduce cancer risk.

**Additional testing** – If any of your screenings reveal an abnormality, you will be guided through the next steps with a personalized care navigator. We have state-of-the-art imaging options to best determine the source of the abnormality.

**Treatment** – Our unique multidisciplinary breast cancer clinic offers a personalized evaluation from a collaborative team of experts in one afternoon. The Center for Cancer Care, in partnership with Massachusetts General Hospital Cancer Center physicians, provides comprehensive treatment services including radiation oncology, medical oncology and surgical oncology.



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