

# TREATMENT

## TREATMENT OPTIONS

There has been tremendous progress in the early identification and treatment of breast cancer. Beginning at the time a patient's breast lump is found, she has a number of options. Doctors are continuing to learn about the advantages and disadvantages of different treatments. Because of the different stages at which breast cancer is diagnosed, the treatments that are best for each woman will vary.

**Lumpectomy:** This surgical procedure removes the breast lump along with normal surrounding breast tissue. Many surgeons also perform an evaluation of the nodal status with either a sentinel lymph node biopsy, a procedure to identify the first draining lymph node in your underarm, or a nodal dissection, a procedure where they remove and test some of the underarm lymph nodes for the possible spread of cancer.

### **Mastectomy**

**Partial or Segmental Mastectomy:** This surgical procedure removes the tumor and a wedge of normal tissue surrounding it, including some skin and lining of the chest muscle below the tumor. It is followed by radiation therapy. Many surgeons also remove some or all of the underarm lymph nodes to check for the possible spread of cancer.

**Total or Simple Mastectomy:** This type of surgery removes the breast. Sometimes underarm lymph nodes closest to the breast are also removed to see if the cancer has spread beyond the breast.

**Modified Radical Mastectomy:** This surgical procedure removes the breast, underarm lymph nodes, and the lining over the chest muscles.

**Radiation Therapy:** Treatment with high-energy rays to kill cancer cells. This type of procedure may be used to destroy any remaining cancer cells after surgery, and to minimize the chance of cancer recurrence. Radiation therapy to the breast may be given to the entire breast or just to the local breast area where the cancer was removed.

**Chemotherapy:** Treatment with drugs to destroy cancer cells or to reduce the size of a tumor before surgery. Chemotherapy is often used in addition to surgery, radiation or to treat cancer that has come back (recurred).

**Hormone Therapy:** Treatment of cancer by removing, blocking, or adding hormones.

## **QUESTIONS TO ASK ABOUT TREATMENT**

Women with breast cancer have many important questions and concerns. Your doctor is the best person to answer questions about breast cancer and how it can be treated, how successful the treatment is expected to be, and how much it is likely to cost. People often find it helpful to make a list of questions before they see a doctor. Please remember to ask a lot of questions and insist on detailed answers. Here are some questions patients may want to ask their doctor:

- What are my treatment options?
- Would a clinical trial be appropriate for me (refer to page 22)?
- What are the advantages and disadvantages of each kind of treatment?
- If I have pain, how will you help me manage it?
- How will my day-to-day activity level change?
- What are my chances of recurrence?
- What is the follow-up care for each treatment?

## **QUESTIONS TO ASK REGARDING SURGERY**

- Is surgery necessary? If so, why?
- Should I try some other type of treatment first?
- How long will it take me to recover?
- What can I expect my recovery experience to be?
- How much will this operation cost?

## Partner With Your Doctor

- Bring a family member or friend to your medical appointments.
- Ask a lot of questions, write them down, and bring them with you.
- Write down the answers.
- Use a tape recorder at your appointments.
- Have copies of all your medical records.
- Write down the names, phone numbers, and addresses of all your providers.

## TREATMENT INFORMATION RESOURCES

**American Cancer Society** ..... **800-ACS-2345**  
[www.cancer.org](http://www.cancer.org) (800-227-2345)

**Breast Cancer Network of Strength** ..... **800-221-2141**  
[www.networkofstrength.org](http://www.networkofstrength.org)

**Cancer Information Service  
of the National Cancer Institute** ..... **800-4-CANCER**  
[www.cancer.gov](http://www.cancer.gov) (800-422-6237)

**Susan G. Komen for the Cure** ..... **800-IM-AWARE**  
[www.komen.org](http://www.komen.org) (800-462-9273)

## LOW-COST MEDICATION

**Centers for Medicare and Medicaid Services** ..... **800-633-4227**  
[www.medicare.gov](http://www.medicare.gov)

Identifies available drug assistance programs and can help you pick the right Medicare-approved prescription drug plan (Part D) based on your location, income, and drugs you take.

**Linking A.R.M.S.** ..... **800-813-4673**  
[www.cancercare.org](http://www.cancercare.org)

Provides grants of up to \$300 a year to assist low-income, under- and uninsured women with the costs of certain oral medicines for breast cancer treatment, pain and nausea, lymphedema support and supplies, and durable, doctor prescribed, medical equipment.

**The Medicine Program ..... 573-996-3333**

P.O. Box 125, Doniphan, MO 63935

[www.freemedicine.com](http://www.freemedicine.com)

Apply for free prescription meds and obtain prescription drug discount cards at [www.freemedicinefoundation.com/application\\_form.html](http://www.freemedicinefoundation.com/application_form.html) and [www.FreeDrugDiscountCard.com](http://www.FreeDrugDiscountCard.com) to use at participating pharmacies.

**The Partnership for Prescription Assistance ..... 888-477-2669**

[www.pparx.org](http://www.pparx.org)

Helps qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them.

Through this site, patients get access to more than 475 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies.

**Patient Advocate Foundation's  
Co-Pay Relief Assistance Program..... 866-512-3861**

[www.copays.org](http://www.copays.org)

Offers direct co-payment assistance to qualified patients. Call counselors work directly with the patient as well as with the provider of care to obtain necessary medical, insurance and income information to advance the application in an expeditious manner.

**Together RxAccess Card ..... 800-444-4106**

[www.togetherrxaccess.com](http://www.togetherrxaccess.com)

Helps qualified individuals and families without prescription drug coverage save on brand-name and generic prescription drugs and other prescription products. Sponsored by 10 major pharmaceutical companies.

## **SECOND OPINIONS**

### ***GETTING ALL THE ADVICE YOU CAN***

There are many valid reasons to seek a second opinion. They include:

- You're unsure about your diagnosis.
- You've been told to have a procedure that is complicated, risky or experimental.
- Surgery has been recommended.
- You don't feel secure about the quality of the communication between you and your doctor.

- Some insurance companies require a second opinion, especially for elective surgery. They may reimburse you even if the second opinion is not mandated. Find out whether you're covered, particularly if you belong to an HMO or another managed-care organization. Determine whether the second doctor must be a network member.

If the first two doctors have different opinions, and you're still unclear about what to do, there's nothing wrong with seeking a third opinion.

Remember to educate yourself on your condition and the treatments for it. If you know in advance what your options are, you can ask better questions and get more detailed answers.

## **LOW- AND NO-COST BREAST CANCER TREATMENT RESOURCES**

### **Breast and Cervical Cancer Treatment Program ..... 800-824-0088**

[www.dhcs.ca.gov/services/medi-cal/Pages/BCCTP.aspx](http://www.dhcs.ca.gov/services/medi-cal/Pages/BCCTP.aspx)

BCCTP will immediately provide full scope Medi-Cal or limited time cancer related Medi-Cal for uninsured or underinsured California residents who have been screened and diagnosed with breast and/or cervical cancer. An applicant can only be enrolled via the internet by providers who offer services under the Family Planning Access Care and Treatment program (Family PACT) and/or Cancer Detection Programs: Every Woman Counts. Please note that California residency has nothing to do with immigration status and that enrolling in the BCCTP does not make the individual a public charge.

### **Los Angeles County Health Facilities:**

#### **Harbor-UCLA Medical Center ..... 310-222-2345**

1000 W. Carson Street, Torrance, CA 90509

#### **King-Harbor Medical Center ..... 310-668-4500**

12021 S. Wilmington Avenue, Los Angeles, CA 90059

#### **LAC+USC Medical Center ..... 323-226-8247**

1240 N. Mission Road, Los Angeles, CA 90033

#### **Olive View - UCLA Medical Center ..... 818-364-4096**

14445 Olive View Drive, Room 1D107, Sylmar, CA 91342

## CANCER CENTERS

A cancer center coordinates a specialized team of healthcare providers to address cancer concerns and facilitate diagnosis, treatment, education and emotional support at one central location.

### QUESTIONS TO ASK REGARDING CANCER CENTERS

- What are the different medical services offered at the cancer center?
- What medical/surgical specialists do you have on staff?
- Do you have a second opinion program?
- What hospitals are affiliated with the cancer center?
- What educational or emotional support services do you offer?
- What culturally relevant services are available for me?
- Do you have a resource library available?
- Is my insurance plan accepted at this center?
- Will you bill my insurance company?

### CANCER CENTER RESOURCES

#### **California Hospital Medical Center**

**Donald P. Loker Cancer Center** ..... 213-742-5634

1338 S. Hope Street, Los Angeles, CA 90015

[www.chmcla.org](http://www.chmcla.org) (then choose "Cancer Care" section)

**Cedars-Sinai Outpatient Cancer Center** ..... 310-423-8030

8700 Beverly Blvd., Suite C-2000, Los Angeles, CA 90048

[www.csmc.edu/3137.html](http://www.csmc.edu/3137.html)

#### **Cedars-Sinai Medical Center**

**Saul and Joyce Brandman Breast Center** ..... 310-423-9331

310 N. San Vicente Blvd., 3rd Floor, Los Angeles, CA 90048

[www.csmc.edu/651.html](http://www.csmc.edu/651.html)

**City of Hope National Medical Center - Cancer Center .... 800-826-4673**  
1500 E. Duarte Road, Duarte, CA 91010  
[www.cityofhope.org/home.htm](http://www.cityofhope.org/home.htm)

**Good Samaritan Hospital - Breast Care Center..... 213-977-2440**  
637 Lucas Avenue, Los Angeles, CA 90017

**Hollywood Presbyterian Medical Center  
Health Screening and Education Center ..... 323-913-4817**  
1300 N. Vermont Avenue, Los Angeles, CA 90027

**Huntington Hospital  
Constance G. Zahorik Breast Center..... 626-535-2424**  
50 Bellefontaine, Suite 202, Pasadena, CA 91105  
[www.huntingtonhospital.com](http://www.huntingtonhospital.com)

**Long Beach Memorial – MemorialCare Breast Center ..... 562-933-7880**  
701 E. 28th Street, Room 200, Long Beach, CA 90806  
[www.memorialcare.org/long\\_beach/services/todd\\_cancer/breast\\_center.cfm](http://www.memorialcare.org/long_beach/services/todd_cancer/breast_center.cfm)

**Pomona Valley Hospital Medical Center  
Robert and Beverly Lewis Family Cancer Care Center .... 909-865-9555**  
1910 Royalty Drive, Pomona, CA 91767  
[www.pvhmc.org/HealthServices/body\\_CancerCare.asp](http://www.pvhmc.org/HealthServices/body_CancerCare.asp)

**Presbyterian Intercommunity Hospital  
Patricia L. Scheifly Breast Health Center ..... 562-907-0667**  
12393 Washington Blvd., Whittier, CA 90602

**Revlon UCLA Breast Center ..... 310-825-2144**  
200 UCLA Medical Plaza, Suite B-265-1, Los Angeles, CA 90024  
[www.reneesfansite.com/Revlon\\_UCLA\\_Breast\\_Center.htm](http://www.reneesfansite.com/Revlon_UCLA_Breast_Center.htm)

**St. John’s Health Center  
John Wayne Cancer Institute Breast Center ..... 310-582-7100**  
1328 22nd Street, Santa Monica, CA 90404  
[www.careforthebreast.com](http://www.careforthebreast.com)

**St. Mary Medical Center – Breast Center ..... 562-491-9997**  
1040 Elm Avenue, Suite 102, Long Beach, CA 90813

**St. Vincent Medical Center**  
**Los Angeles Oncologic Institute**..... 213-484-7577  
201 S. Alvarado Street, Los Angeles, CA 90057  
[www.stvincentmedicalcenter.com/cancer/Pages/BreastCancer.aspx](http://www.stvincentmedicalcenter.com/cancer/Pages/BreastCancer.aspx)

**USC/Norris Comprehensive Cancer Center**  
**Henrietta Lee Breast Center** ..... 323-865-3371  
1441 Eastlake Avenue, Los Angeles, CA 90033

**White Memorial Medical Center**  
**Cecilia Gonzalez de la Hoya Cancer Center** ..... 323-260-5768  
1720 Cesar Chavez Avenue, Los Angeles, CA 90033  
[www.whitememorial.com/content/Services/cancer/cancer\\_center.asp](http://www.whitememorial.com/content/Services/cancer/cancer_center.asp)

## CANCER CENTER REFERRALS

**American College of Surgeons** ..... 800-621-4111  
**Cancer Program Info**.....312-202-5085  
[www.facs.org/cancerprogram/home.html](http://www.facs.org/cancerprogram/home.html)  
List of American College of Surgeons, Commission on Cancer accredited cancer programs available upon request.

**National Cancer Institute** ..... 800-4-CANCER  
[www.cancer.gov](http://www.cancer.gov) (800-422-6237)  
A complete list of the National Cancer Institute's designated comprehensive cancer centers is available upon request.

## CLINICAL TRIALS

Clinical trials are research studies conducted with people who volunteer to take part. Each study answers scientific questions and tries to find better ways to prevent, screen for, diagnose, or treat a disease. People who take part in cancer clinical trials have an opportunity to contribute to the knowledge of, and progress against cancer. They also receive up-to-date care from experts.

In a clinical trial, patients are randomly assigned to either a control or experimental group. The control group is administered a standard treatment, while the experimental group is administered the new treatment being studied. Neither the patient nor the patient's physician (double-blind) can choose or know the group they are assigned to. Each patient's progress is followed and treatment results are compared. It is through this process that accurate scientific comparisons can be made between the

established therapy and the new therapy being studied. Ask your physician whether there are any clinical trials for which you may be eligible.

## **FREQUENTLY ASKED QUESTIONS ABOUT CLINICAL TRIALS**

### **Q. *Where do clinical trials take place?***

**A.** Clinical trials take place in doctors' offices, cancer centers, other medical centers, community hospitals and clinics, and veterans' and military hospitals in cities and towns across the United States and in other countries. Clinical trials may include participants at one or two highly specialized centers, or they may involve hundreds of locations at the same time.

### **Q. *What are some of the benefits of taking part in a clinical trial?***

**A.** The benefits of participating in a clinical trial include:

- Participants have access to promising new approaches that are often not available outside the clinical trial setting.
- The approach being studied may be more effective than the standard approach.
- Participants receive regular and careful medical attention from a research team that includes doctors and other health professionals.
- Participants may be first to benefit from a new method under study.
- Results from the study may help others in the future.

### **Q. *What are some of the possible risks associated with taking part in a clinical trial?***

**A.** The possible risks of participating in a clinical trial include:

- New drugs or procedures under study are not always better than the standard care to which they are being compared.
- New treatments may have side effects or risks that doctors do not expect or that are worse than those resulting from standard care.
- Participants in randomized trials will not be able to choose the approach they receive.
- Health insurance and managed care providers may not cover all patient care costs in a study.
- Participants may be required to make more visits to the doctor than they would if they were not in the clinical trial.

Please discuss your interest in clinical trials with your doctor or health care provider. They can determine whether a person meets the eligibility requirements and can help decide if taking part in a trial is a good option.

## QUESTIONS TO ASK ABOUT CLINICAL TRIALS

- Are there clinical trials that I should consider?
- How is this different from standard treatment?
- Who will manage my care while I am in a trial?
- What time commitment am I required to give?
- How long does the treatment last?
- Can I stop at any time?
- What are the possible side effects and risks?
- Who pays for my care and treatment during the trial?
- What are the advantages and disadvantages of participating?
- What drugs will I be receiving?

## CLINICAL TRIAL REFERRALS

To learn more about cancer clinical trials; to locate a participating center in the U.S. and Puerto Rico; or to help you decide if a trial is right for you, contact the following agencies:

**American Cancer Society** ..... **800-ACS-2345**  
[www.cancer.org](http://www.cancer.org) (800-227-2345)

**Bethesda Trials** ..... **888-624-1937**  
[www.bethesdatrials.cancer.gov](http://www.bethesdatrials.cancer.gov)

**National Cancer Institute** ..... **800-4-CANCER**  
[www.cancer.gov/clinicaltrials](http://www.cancer.gov/clinicaltrials) (800-422-6237)

**Susan G. Komen for the Cure** ..... **800-IM-AWARE**  
[www.komen.org](http://www.komen.org) (800-462-9273)