

Breast Center



Genesis

PRIVATE GYNECOLOGY-MATERNITY-SURGICAL HOSPITAL

Genesis Breast Center

At Genesis, a Hospital primarily dedicated to Women's health, our aim is to excel in handling any problem relating to women's breast. To protect breast health, a key symbol of femininity, we built a model Breast Center that offers the most advanced and complete medical care. We warmly welcome you to our friendly and safe environment where we can assist you in resolving a known clinical issue or enrolling in the breast cancer screening program.

At Genesis Breast Center, our mission is to prevent and treat breast cancer while fostering a woman-centered culture of open communication, efficient cooperation, and natural coexistence among all related medical specialties.



What Genesis Breast Center can offer you

- Special Breast Clinic
- Digital mammography (processing-zooming)
- Breast ultrasound
- Stereotactic core needle biopsy
- Ultrasound-guided FNA (Fine needle aspiration)

- Surgical biopsy
- Personalized screening program, with a reminder process
- Preoperative localization of non-palpable breast lesions by placing metallic marker
- Plastic and Reconstructive Surgery

Advantages of Breast Center Genesis

- High-definition, low-dose medical equipment.
- Specialists in radiology, cytology, and breast surgery provide round-the-clock medical care.
- Scheduling and operating times that guarantee timely and patient-centered care.
- Double reading of mammography by two experienced mammo-radiologists, if needed.
- Human-centered monitoring approach with comprehensive and diligent diagnosis and care.
- Immediate delivery of results and electronic archiving of images and medical records in our Hospital's advanced Picture Archiving & Communication System (PACS).

Early diagnosis can save lives

As international statistics suggest, **breast cancer is the most prevalent cancer and the leading cause of death in the female population.** This is attributed to factors related to the modern lifestyle, while its incidence is increasing over the years. But at the same time, both patient survival times and successful treatment and cure rates have significantly increased. This encouraging development is largely due to the **early diagnosis** of the disease made possible by the introduction of **breast cancer screening** in recent years.

Genesis actively contributes to the effort to prevent breast cancer. As prevention is better than cure, our Hospital works to increase female population awareness and educate them about the **value of screening.** Screening before symptoms emerge helps you and your doctor identify and treat the disease at an early stage, as early detection of cancer results in more effective treatment.

Learn more about prevention and self-exam to control the disease.



What does breast cancer prevention include?

- Following a mammography screening program
- Performing regular breast self-exams
- Looking after physical health and exercising more
- Continuing/Switching to a diet rich in vegetables and fruits
- Maintaining normal body weight
- Quitting/Restricting smoking and alcohol consumption

To protect yourself as much as possible, it is crucial that you try to follow all of the advice above.

Are there any factors suggesting an increased risk of breast cancer?

- >60 years of age
- History of cancer in one breast
- Family history of breast cancer in first-degree relatives (especially with onset before the age of 40)
- History of cytologic atypia on breast biopsy
- BRCA1 and BRCA2 carriers

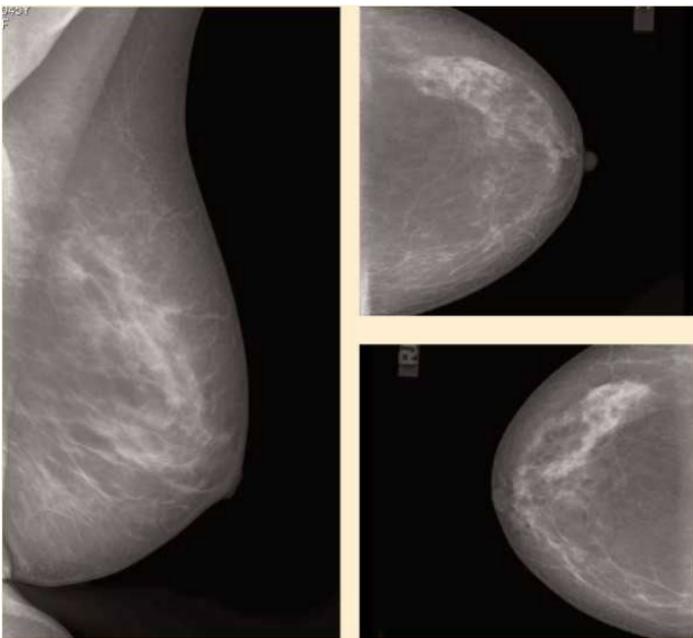
However, most women with known risk factors do not

necessarily develop breast cancer.

How useful is mammography?

- It has a primary role in the early detection of breast cancer. In a preclinical stage, or before the size of the lesion becomes palpable, it can identify changes in breast morphology.
- Highly recommended every 1 to 2 years after the age of 40.
- Women under the age of 40 who fall into high-risk categories should consult their doctor about the best schedule for repeats.
- Mammography exposes patients to very little radiation. The total "burden" is 0.2 mSV when the corresponding value on a CT scan is 20 mSV. No residual radiation remains in the body following the procedure.
- In the event of an abnormal finding, a repeat mammogram or a breast biopsy may be required.

Mammography neither replaces clinical evaluation nor rules out the presence of breast cancer. Please note that it may fail to detect some small tumors (false negative result) or reveal malignancy without truly being malignant (false positive result). In any event, your attending doctor will give you the appropriate advice.

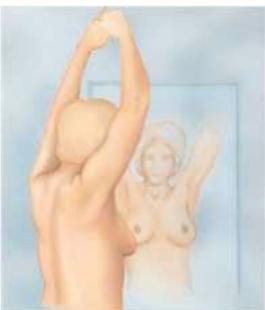


Breast Self-exam

Get to know your breasts, familiarize yourself with their changes and dismiss any concerns and doubts. Breast self-exam should be done regularly, every month, after the first 10 days following the start of your period, when your breasts are neither swollen nor tender.



Stand in front of a mirror and place your hands on your hips. Carefully look for any change in the color, shape, or texture of your breasts. Breasts should be symmetrical and evenly shaped. Look for any skin or nipple inversion, redness, swelling, or discharge from the nipple.

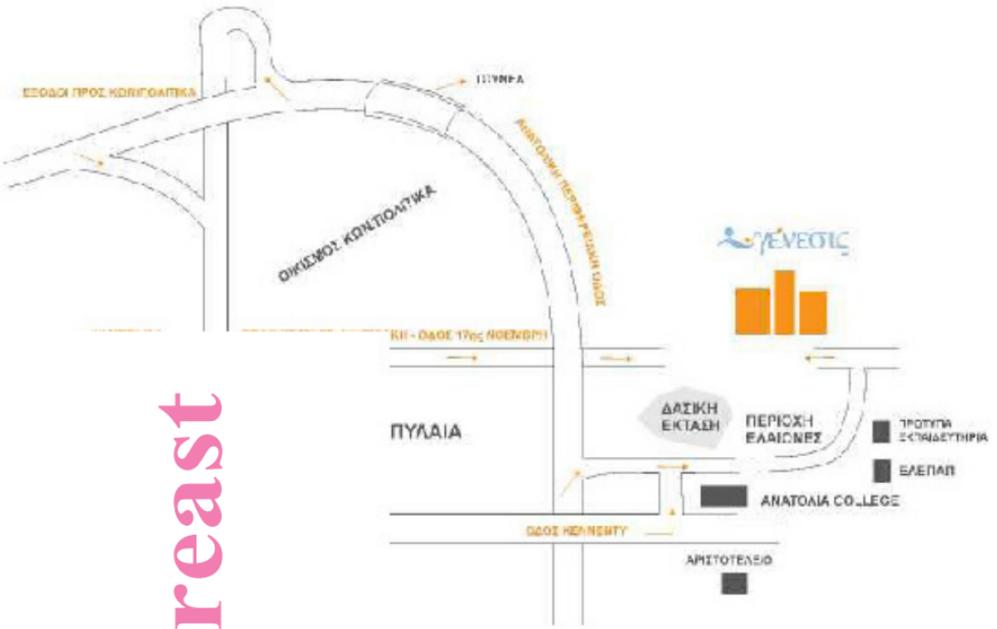


Raise your one hand behind the head and, using the fingertips of your other hand, examine your breast in a slow circular motion and work towards the nipple. Next, examine the region close to your shoulder and armpit. Repeat the process for the other breast.



As a final step, lie in bed and put pillow under your left shoulder blade and raise your left arm behind your head. Using your right hand, palpate the entire breast in a clockwise, radial motion, starting at the nipple and moving outwards. Repeat the same steps for your right breast.

If you notice any change, consult your doctor immediately.



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