

# HAPPY NEW YEAR

from the Auckland Breast Centre team!

## San Antonio BREAST CANCER UPDATE

*Erica has just returned from the San Antonio meeting. It is always encouraging to see that women in New Zealand are receiving an excellent standard of treatment, and through the ANZ Breast Cancer Trials Group, are able to participate in international multicentre trials. Here are some interesting facts that came out of the meeting which may interest and surprise you...*

- Metformin and hydrophilic statins e.g. fluvastatin have shown significant potential in breast cancer prevention trials.
- Breast cancer is an immunologic disease. There are many antigens on the tumour cell surfaces but there is a lack of immune rejection. Part of the problem is that anti tumour activity is autoimmune in nature for which the immune system has an inbuilt mechanism to destroy cells seen to be attacking self. In breast cancer it is the regulatory T cells that are implicated and research is being directed to this.

*We hope that you all had a safe and happy holiday with your families and friends, and are feeling relaxed, refreshed and ready to start the New Year.*

*We have some exciting developments happening in 2010 at Auckland Breast Centre:*

- Thermography is not a validated screening tool and even in symptomatic groups, it has sensitivities and specificities in the low 70%'s which are less than our current screening. It exposes patients to more investigations and anxiety than if they'd had the standard mammographic screening as recommended and validated by the medical community.
- Elegant epidemiological analysis presented by Dr Beral, UK, has shown that women in 1st world countries are at 6x the risk of developing breast cancer than 3rd world countries. All the best nutrition & lifestyle interventions will only reduce this by 2 x, and absence of genetic risk by another 1x. There is some form of trigger postulated to be from the hormonal profile of the full term pregnancy before 20 years of age (with late onset menarche) and lactation which 'immunises' against breast cancer development. This means that all women in western countries remain at moderate risk of breast cancer and should be in standard screening programmes.

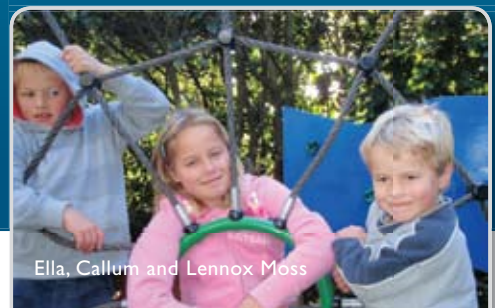
## ABC @ PLAY



Will and Maya Flett



James and Olivia Kelly



Ella, Callum and Lennox Moss

Coming  
Soon

## High Risk/ Family History Clinics

We will be starting nurse-led family history clinics. Women tend to over and underestimate their risk of developing breast cancer with the attendant unnecessary anxiety or the potential for under screening.

We will be sending you referral guidelines for this and also screen women as they attend for their routine mammography with a simple questionnaire. This is aimed at better informing women of their risk and give them a recommendation following this. Denise Flett is our Specialist Breast Care Nurse and is due to attend a Family History Course in London. Denise will lead these clinics with referral to a specialist only when necessary. This will reduce the cost for women and the anxiety that can be associated with seeing a specialist for issues such as these.

## Bioimpedence to Measure Lymphoedema

Lymphoedema is a potential complication of any lymph node surgery which is thankfully less common in breast cancer patients now with the standard use of sentinel node biopsy technique.

Lymphoedema does still occur though and is debilitating to those who do develop it. There has been considerable development in the understanding of the condition; by the time there is a difference in limb circumference the lymphoedema is relatively established and we would like to intervene earlier than this. All our patients who have axillary lymph node surgery have a consultation with our lymphoedema specialist to educate, and to also mobilize their tissues in the early post operative period. We can also measure their tissue bioimpedence in this early post operative period to objectively determine if they are subclinically developing the early stages of lymphatic stasis. This is a evidence based method to identify women that are at a higher risk of developing lymphoedema and instigate more intensive treatment programmes.



**David Moss**  
surgeon

*We would like to introduce David Moss our surgeon at ABC @ Ormiston.*

David trained in New Zealand and following this undertook a fellowship in Breast Surgery at the Glasgow Royal Infirmary in Scotland. He is currently a surgeon at Middlemore Hospital and in private practice. He has a special interest in Breast cancer surgery and is the lead surgeon for Breast screen Aotearoa.

At Auckland Breast Centre, we believe breast cancer is a disease best managed by specialists, and with the opening of ABC Ormiston we can now offer a one stop service locally for the women of South and East Auckland.

## ABC @ ORMISTON

*The Auckland Breast Centre is now also open at 125 Ormiston Road, Botany Junction, located on the ground floor of the Ormiston Hospital*

*It provides the same comprehensive assessment of breast problems as the ABC in Milford.*

*For the first time women can have their pre and post care as well as their surgery in the same location, in a local facility in south east Auckland.*

*Services offered include Mammography, Ultrasound and Breast MRI, as well as one stop assessment of breast problems within a week of referral. Referrals can be made by phone, fax or email and we encourage you to contact our surgeon, David Moss on his mobile if you have any queries.*

Screening Mammography  
*what is our recommendation?*  
ANNUALLY FROM 40 YEARS

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