

For cancer expertise, **TURN TO US.**



Goshen Center for
Cancer Care

A multidisciplinary approach to treating breast cancer

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Oncology Dietitians

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Mind-Body Counselors

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Goshen Center for Cancer Care offers surgical, radiation and medical oncology options for women with breast cancer, delivered through the oversight of a multidisciplinary care team. This Spotlight issue highlights the treatment options at the cancer center and discusses how the integrative care team is an additional support to patient care.

Surgery for breast cancer

Breast surgical oncologists at Goshen Center for Cancer Care are fellowship trained, board certified and patient focused. They work with a dedicated plastic surgery team, allowing for frequent use of single-stage breast reconstruction and other new techniques.

The goal of breast surgery, which is often the first intervention for an early-stage breast cancer, is to remove the tumor and abnormal tissue or lymph nodes. Some of the surgical options offered are breast conservation, breast conservation combined with oncoplastic breast reduction and mastectomy.

Surgical reconstruction of the breast is discussed with patients undergoing mastectomy, and a plastic surgery referral is offered. The majority of women who choose to pursue mastectomy at the cancer center can have immediate reconstructive surgery at the time of their mastectomy, and many of them are eligible for a single-stage reconstruction process. Single-stage reconstruction entails placement of a permanent implant by the plastic surgeon immediately after the mastectomy procedure. In select patients, the patient's own tissue (fat, muscle and skin) may also be used to rebuild the breast shape.

The surgeons at Goshen Center for Cancer Care utilize two progressive breast reconstruction techniques which improve patient cosmetic outcomes. The first technique, performed by the breast surgeon, is preservation of all or most of the breast skin (termed "nipple-sparing" or "skin-sparing" mastectomy), resulting in a more natural reconstructed breast appearance. The second technique, performed by the plastic surgeon, is placing the implant or tissue expander in a pre-pectoral fashion rather than sub-pectoral fashion, which is less painful, maintains the integrity of the chest muscles and creates a more natural shape for the reconstructed breast.

Patients who are not eligible for the single-stage breast reconstruction are offered multi-stage reconstruction. This option allows for more flexibility with the final breast size and shape, along with a more gradual healing process. Multi-stage reconstruction may be recommended for patients with additional comorbidities or who require adjuvant therapies such as radiation.

Radiation for breast cancer

Goshen Center for Cancer Care offers the latest radiation treatments for breast cancer. These include, but are not limited to, the following:

- 1. Intra-operative radiation therapy (IORT)** – Since 2017, the cancer center has been offering IORT, which delivers a single therapeutic dose of radiation at the time of surgery for early-stage favorable breast cancer. This method saves healthy tissue from exposure to radiation because it does not penetrate deep into the tissue. IORT also eliminates the need for multiple sessions of traditional radiation treatment after surgery, allowing for quicker healing. Patients experience less disruption to their daily routines, less travel time and less stress normally associated with cancer treatment.
- 2. Accelerated partial breast irradiation with external beam radiation** – Early-stage breast cancer patients who don't qualify for IORT may be candidates to receive accelerated partial breast irradiation with external beam radiation twice a day for five days. This delivers a higher dose of irradiation in a shorter period of time to the cancerous tissue, while decreasing normal tissue's exposure to irradiation.
- 3. Ultra-hypofractionated radiation treatment** – Some patients diagnosed with early breast cancer may be appropriate candidates for ultra-hypofractionated radiation therapy, where one large dose of radiation is given no more than once a day for up to five days. It is associated with similar outcomes related to local control with no increased rates of side effects.
- 4. Re-irradiation** – The cancer center has long-term experience providing re-irradiation (retreatment with radiation) in cases of breast cancer recurrences.

Medical oncology for breast cancer

Increasingly, systemic therapy for cancer is moving away from the one-size-fits-all approach to providing more targeted therapies determined by the tumor's genomic and molecular characteristics. This improves the likelihood of tumor response and improves patients' outcomes, while sparing patients' exposure to toxicity.

Goshen Center for Cancer Care collaborates with a major genomic testing company (TEMPUS) to provide quick and affordable genomic testing, reducing financial barriers for patients. Furthermore, the partnership with TEMPUS gives patients access to relevant clinical trials based on their tumor profiles – allowing them to access emerging therapies that are not yet widely available.



A multidisciplinary approach to treating breast cancer

What healthcare providers need to know

A 24/7 triage nurse line is also part of the support the cancer center offers patients, giving them an extra layer of care after they have left the center. Through this service, patients' acute cancer-related symptoms are addressed and assessed remotely; suggestions for symptom relief are given; arrangements are made for in clinic assessment; or patients receive guidance regarding whether an ER visit is warranted. This reduces the ER utilization and PCP visits for cancer treatment-related symptoms.

At Goshen Center for Cancer Care, chemotherapy is offered in the context of a multidisciplinary, integrative care team. The team provides new options and a fresh look from all angles on both new diagnoses and referrals.

The multidisciplinary care team includes these specialists:

- Fellowship trained surgical oncologists
- Medical oncologists
- Radiation oncologists
- Oncology nurses
- Naturopathic doctors
- Mind-body counselors
- Dietitians
- Financial advocates
- Palliative care specialists

How the integrative care team benefits patients

As part of the multidisciplinary approach at Goshen Center for Cancer Care, the integrative care team includes naturopathic doctors, dietitians and mind-body counselors. Naturopathic doctors integrate natural therapies to support patients receiving conventional cancer treatment. For example, they may recommend vitamins and minerals that may be depleted by chemotherapy or topical solutions for skin protection during radiation. They also offer dietary interventions, botanicals, lifestyle counseling and acupuncture. Naturopathic doctors are available at every stage – from diagnosis through survivorship – to strengthen the patient's immune system, maximize health or to meet other wellness goals.

Registered dietitians help patients build and strengthen their immune systems through nutritional education and monitoring. They also help support patients as they face the challenges cancer treatments may cause for adequate nutrition and healing. Dietitians provide suggestions to deal with side effects such as poor appetite, sore mouth and throat, dry mouth, taste changes, swallowing issues, weight loss, nausea, vomiting, diarrhea or constipation.

Mind-body counselors help patients, families and caregivers address mental and emotional health challenges that accompany a cancer diagnosis. By focusing on the whole person, counselors teach those in their care to achieve greater emotional, mental, social and spiritual well-being. Specifically, they may help with managing stress, fostering hope, reducing anxiety, improving sleep, teaching relaxation techniques and developing a stronger support system.

The cancer center has one of the most complete regional offerings for supportive care including nutrition, counseling, support groups, naturopathic medicine and acupuncture all under one roof.

When referring a patient

Patients who have been diagnosed with breast cancer and need surgery should be referred directly to Goshen Retreat Women's Health Center, which has its own scheduling and intake process. Patients with breast-related concerns who would like a biopsy and consult with a breast surgeon can also be referred directly to the retreat. Patients who need only medical or radiation oncology can be referred directly to Goshen Center for Cancer Care.

TO REFER A PATIENT

Goshen Center for Cancer Care and Goshen Retreat Women's Health Center provide holistic, complete care for patients.

To refer directly to the Retreat, call (574) 364-4611. To refer to Goshen Center for Cancer Care, call (574) 364-2973.

If you would like more information or to meet any of our doctors, please contact our physician liaison at ProviderCommunications@GoshenHealth.com or call (260) 750-4345.