



# The UAB Breast Health Center

at the UAB Comprehensive Cancer Center



## From I-65 North (from Montgomery):

Exit onto 8th Ave. South (Exit 259), which is also called University Blvd. Continue straight for nine blocks, then turn left on Richard Arrington Jr. Blvd. (21st St.). Turn right on 6th Ave. South. The Kirklin Clinic of UAB Hospital parking deck entrance will be on your left.

## From I-20/59 and I-65 South (from Tuscaloosa, Atlanta, or Huntsville):

Exit I-20/59 onto I-65 south. Exit I-65 at 259B (4th Ave. South). Proceed straight for 10 blocks, then turn right on 22nd St. Go two blocks, turning right on 6th Ave. South. The Kirklin Clinic of UAB Hospital parking deck entrance will be on your right, before you reach Richard Arrington Jr. Blvd. (21st St.).

## From Highway 31 North and South and Highway 280:

From Highway 31 north or south, exit right onto University Blvd., which is also called 8th Ave. South. Turn right on Richard Arrington Jr. Blvd. (21st St.), then right on 6th Ave. South. The Kirklin Clinic of UAB Hospital parking deck entrance will be on your left. From Highway 280, merge onto Highway 31 north and follow the directions listed above.

## Appointments and Information

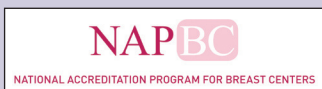
For referral to a UAB Comprehensive Cancer Center physician, or to learn more about cancer services, call UAB HealthFinder at (205) 934-9999 or, toll-free, 1-800-UAB-8816. Information also is available on the Web at [www.uabmedicine.org/cancer](http://www.uabmedicine.org/cancer).

**UAB MEDICINE**

UAB COMPREHENSIVE CANCER CENTER

Knowledge that will change your world

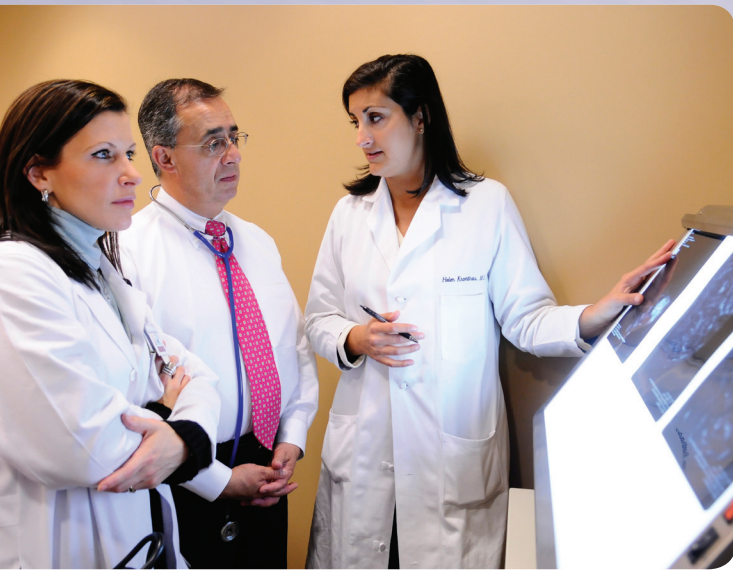
[uabmedicine.org/cancer](http://uabmedicine.org/cancer)



**UAB MEDICINE**

UAB COMPREHENSIVE CANCER CENTER

Knowledge that will change your world



## Comprehensive Breast Health Care

The University of Alabama at Birmingham (UAB) Breast Health Center is a leader in the diagnosis and treatment of both benign breast problems and breast cancer. The UAB Breast Health Center has earned full accreditation by the National Accreditation Program for Breast Centers (NAPBC), a group of professional organizations from around the country dedicated to improving the quality of care and the monitoring of outcomes for patients with diseases of the breast. Using a multidisciplinary approach, the UAB Breast Health Center provides our patients with comprehensive, state-of-the-art treatment options and follow-up care. Our physicians are nationally recognized experts in breast health and employ today's leading-edge treatments. The Breast Health Center at UAB is unique in that we offer comprehensive breast health services that include screening, risk assessment, prevention strategies, diagnosis, treatment, rehabilitation and research. The Breast Health Center is also home to the Angel Squad, a volunteer group dedicated to providing comfort, hope and compassionate services to breast cancer patients and their caregivers during their cancer journey.

## The Breast Health Center includes

### The Lynne Cohen and Norma Livingston Preventive Care Program for Women's Cancer at UAB

The Lynne Cohen and Norma Livingston Preventive Care Program for Women's Cancers at UAB is dedicated to breast cancer prevention through genetic assessment, counseling, preventative interventions and clinical trials. The program offers screening and clinical management for women with increased risk of both ovarian and breast cancers. A team of experts will give individualized recommendations on how to reduce breast cancer risk. This clinic is the first of its kind in the Southeast, and services offered include:

- Computerized risk assessment
- Genetic counseling
- Physical examinations
- Mammograms
- Ultrasound and breast MRI
- Chemoprevention therapy
- Prophylactic surgery with and without reconstruction
- Education regarding lifestyle modifications important to breast health

### Surgical Breast Clinic

The Surgical Breast Clinic provides first and second opinions for problems related to the breast including abnormal mammograms, lumps, nipple discharge and breast pain. The clinic also provides surgical management for breast cancer patients including lymphatic mapping for sentinel lymph node biopsy, axillary node dissection, breast conservation therapy with image guidance if necessary and mastectomy including skin sparing mastectomy. In addition to the treatments we provide for breast cancer patients, we also perform excisional biopsies and prophylactic mastectomies for noncancerous conditions.

Interdisciplinary Breast Clinic

As a part of the UAB Comprehensive Cancer Center, our innovative Interdisciplinary Breast Cancer Clinic utilizes a team of dedicated breast specialists to help patients diagnosed with breast cancer evaluate their options as effectively as possible, thus providing patients and their families the opportunity to meet with our team in one convenient visit. Our approach facilitates better communication among team members, patients and their families. Each patient is initially evaluated by one of our breast specialists and then presented to other team members face to face for discussion and long term treatment planning. Individualized plans of care are developed in roundtable discussion and presented to the patient and family members that same visit. This allows the patient the opportunity to ask questions specific to each team member.

Our Team of Experts

Medical oncologists	Certified oncology nurses
Radiation oncologists	Community patient navigation
Surgical oncologists	Imaging navigation coordinator
Radiologists	Survivorship nurse navigation
Physical therapists	Genetic counselors
Plastic surgeons	Specialized research team
Pathologists	
Nurse practitioners	
Nurse navigation	

Our Services

Diagnostic mammography	Mastectomy boutique
Breast ultrasound	Physical therapy and rehabilitation
Breast MRI	Ancillary services
Image-guided biopsies	Ongoing research studies
Pathology consultations	Library
Fertility preservation	Biorepository
Reproductive endocrinology	American Cancer Society patient navigation
Nutrition counseling	



The UAB Comprehensive Cancer Center

The UAB Comprehensive Cancer Center is a nationally recognized leader in the field of breast cancer research. The center is one of only 11 institutions in the nation to hold a SPORC (Specialized Program of Research Excellence) grant in breast cancer from the National Cancer Institute. These highly prestigious grants are designed to move research findings quickly and safely from the laboratory to the clinical setting.

The Cancer Center also is a member of the Translational Breast Cancer Research Consortium, a national group of 16 research centers that conducts innovative, high-impact clinical trials in breast cancer. Additionally, in 2009, the Cancer Center was awarded a \$6.4-million Promise grant from the Susan G. Komen Foundation to study triple-negative breast cancer, a particularly aggressive form of the disease.

One of the nation's leading cancer research and treatment centers, the UAB Comprehensive Cancer Center is the only National Cancer Institute-designated comprehensive cancer center located in a six-state area that includes Alabama, Arkansas, Georgia, Louisiana, Mississippi and South Carolina, and UAB's cancer services are routinely recognized as being among the nation's best by *U.S. News & World Report*.

The UAB Comprehensive Cancer Center is home to an outstanding faculty of more than 330 physicians and researchers, many of whom are internationally and nationally recognized for their expertise. The center treats an estimated 5,000 new patients each year.



## Steps for Early Detection of Breast Cancer (Patient Education)

### Self Breast Awareness

Women should be familiar with their breasts and notify their physician if they notice any changes.

### Annual Mammograms

Women over 40 should receive a mammogram every year or earlier if clinically indicated.

### Clinical Breast Exams

Women between the ages 20-39 with a normal risk should have a clinical breast exam every one to three years. Women over 40 should have annual clinical breast exams.



## Additional Resources

- The Angel Squad Volunteer Program
- The Ambassador Volunteer Program
- Supportive care services: Courage Companions, patient education seminars, support groups

Learn more about the Breast Health Center at [www.uabmedicine.org/breastcancer](http://www.uabmedicine.org/breastcancer).

The Kirklin Clinic of UAB Hospital Patient Resource Library is a one-stop information source for all medical-related questions. The library is located on the 2nd floor of The Kirklin Clinic of UAB Hospital and is open Monday through Friday, 8:30 a.m.–4:30 p.m.