

Breast Center



Genesis Breast Center

In GENESIS, a Women's Clinic, we desire to be the experts in dealing with any issues related to the female breast. So we have created a model medical center, in order to provide the most modern and integrate medical services to protect the health of the female gender's symbol, the breast. We welcome you in a friendly and safe environment, to help you either deal with a known clinical issue or enroll you to the schedule of regular preventive check-ups against breast cancer.

In GENESIS Breast Center, our aim is to prevent and treat breast cancer, with immediate cooperation and natural coexistence of all necessary involved medical specialties, and you being in the utmost center of attention.



What the Genesis Breast Center Offers

- Regular outpatient office
- Digital mammography (processing • magnification)
- Ultrasound scans
- Stereotactic breast biopsy with needle
- FNA aspiration (Fine needle aspiration) under ultrasound monitoring
- Specialized program of preventive check-ups with reminder procedure
- Pre-surgical identification of non-tactile damages, by placing a metal marker
- Surgery biopsy
- Plastic and restoration surgery

Advantages of the Genesis Breast Center

- High definition medical equipment with low dosage of radiation
- Specialized medical personnel, surgeons, radiologists and cytologists.
- Scheduling and working hours which enable immediate patient service with no delays.
- Double reading of mammography by radiologists on occasion.
- Human-centric model of monitoring with integrated and responsible behavior, diagnosis and treatment.
- Immediate delivery of results and electronic filing of images and medical records in the hospital's informatics system.

Early diagnosis can save your life

According to international statistics, breast cancer is **the most common form of cancer and main cause of mortality in the women population**. Factors related to the modern way of life are to blame, while the incidence rises from year to year. At the same time however, the percentages of effective treatment and cure have been remarkably improved, as well as the patients' survival rates. This optimistic development is mainly the outcome of **early diagnosis through regular screening and preventive check-ups** against breast cancer.

Genesis participates actively in the struggle to prevent breast cancer proliferation. Prevention is the best treatment, and in that spirit, our Clinic is trying to raise awareness among women and inform about the **necessity of screening tests**. Regular check-ups before symptoms appear protect you, as in case of disease early detection favors effective treatment.

Learn more about prevention and self-examination in this brochure, and help us fight breast cancer.



What does breast cancer prevention mean

- Following a schedule of preventive (screening) mammograms
- Regularly performing a breast self-examination
- Taking care of your physical condition and exercise
- Preferring a nutrition rich in vegetables and fruits
- Retaining a healthy body weight
- Stopping or limiting smoking and alcohol

It is important to adhere to all the above suggestions in order to be protected in the best possible degree.

Which women are at a high risk group to develop breast cancer?

- Women aged over 60 years old
- Cancer history in one breast
- Family history of breast cancer in immediate relatives (particularly with onset before the age of 40)
- Cellular atypia history in breast biopsy.
- Carrier of genes BRCA1 and BRCA2.

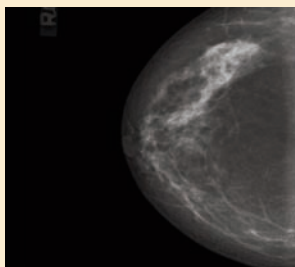
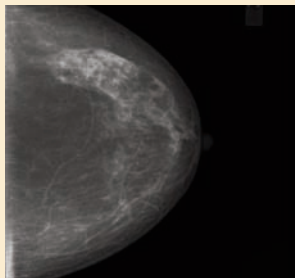
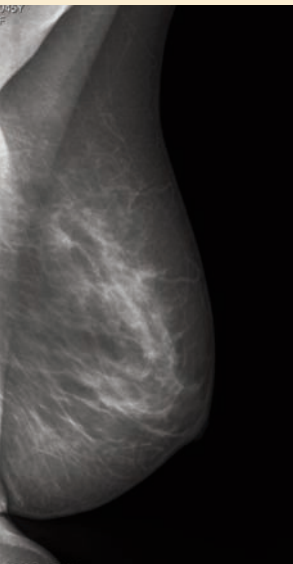
However, you need to know that most women with known risk factors do not necessarily develop breast cancer.



The usefulness of mammography

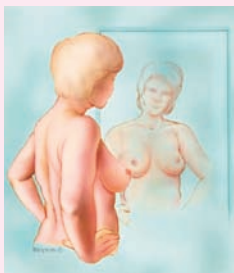
- It has a primary role in the early detection of breast cancer. It can assess changes in the breast's morphology in pre-clinical stages, that is, before the size of the damage can be tactile.
- It is suggested to be performed every 1 or 2 years after the age of 40.
- Women aged over 40 years old, who belong in high risk groups, should consult their doctor about the time and frequency of mammograms done.
- The radiation emitted during a mammogram is negligible. The total "load" is 1/60 of the equivalent radiation a human being absorbs from the environment in 3 months. After the test no radiation remains in the body.
- In case of pathologic image, the mammogram may need to be repeated or a breast biopsy may need to be performed.

Mammography does not substitute clinical check-ups or excludes the existence of breast cancer. It may not detect a few very small tumors (false negative result) or present data that may falsely suggest malignancy (false positive result). In any case, your doctor is the one to consult you.



Breast Self-Examination

Get to know your breast, become acquainted with its changes and free yourself of fears and insecurities. Self-examination should be regularly performed, every month, during the first 10 days further to your menses onset, when your breast is neither swollen nor tender.



Place your hands on your side, standing in front of your mirror and look for any change in the color, shape or skin of your breast. Your two breasts must be symmetrical and even. Notice any skin or nipple intrusion, redness, distention or excretion of liquid from the nipple.



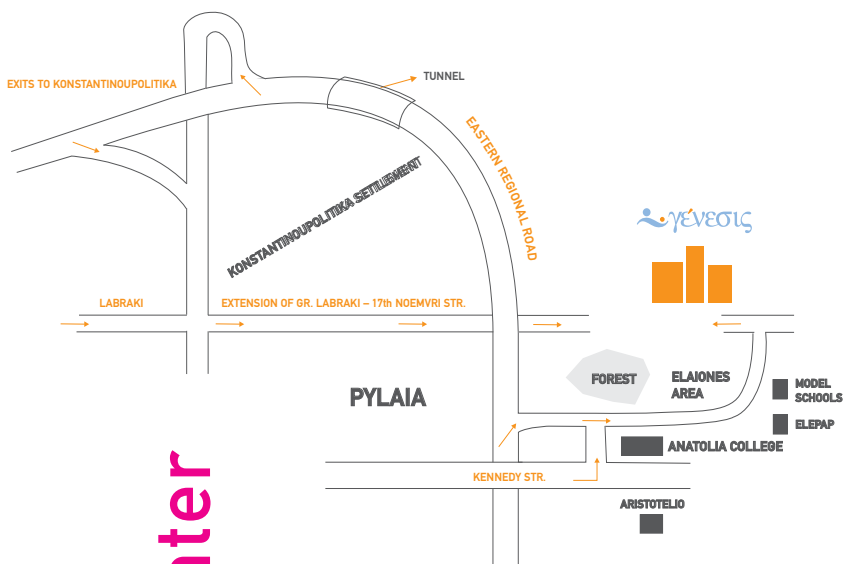
Raise your one hand above your head and with the tips of the fingers on your other hand, examine your breast with circular movements, from its outer side to the nipple. Then check the adjacent area, to the shoulder and armpit. Repeat the procedure for the other breast as well.



Finally, lie in bed with a pillow under your left shoulder blade and raise your left hand behind your head. With your right hand, feel your entire breast with long movements from the nipple to the girth, following a clockwise pattern. Repeat the same steps for your right breast as well.

In case you find any change, please inform your doctor.





Breast Center



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