



THE FULL LIFE VIEW

Modified from Marisa C. Weiss, M.D., www.breastcancer.org

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Breast Surgeon

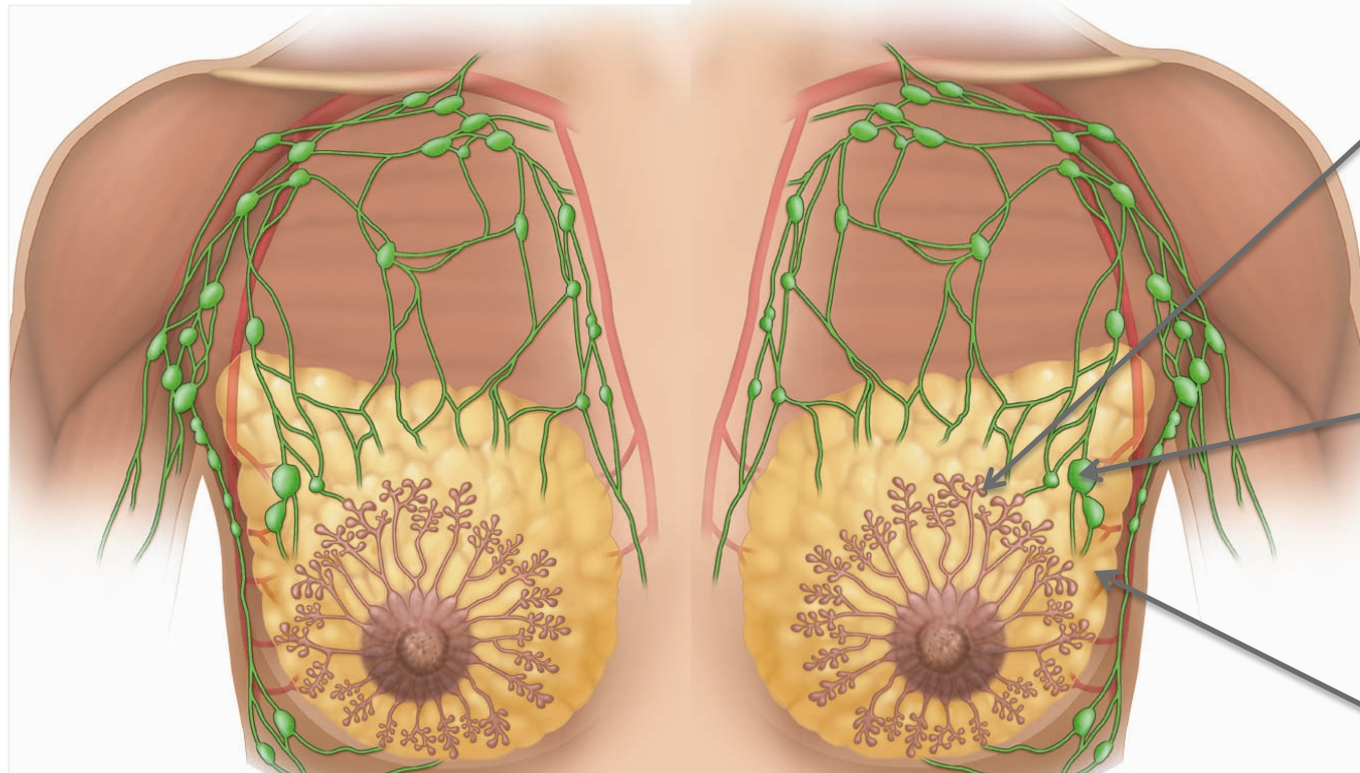
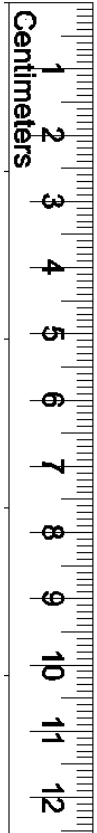
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THE FULL LIFE VIEW

Breast Anatomy

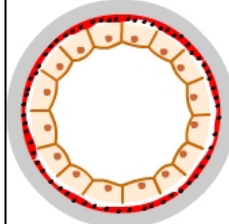


TAN: nipples and breast ducts from which cancer arises

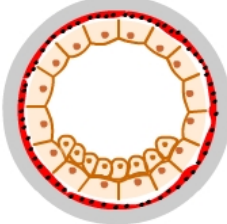
GREEN: lymph nodes and lymph vessels draining water from breast

YELLOW: fat and connective tissue

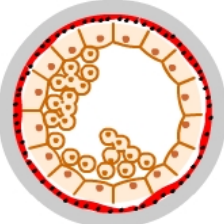
Cross-sections of breast ducts:



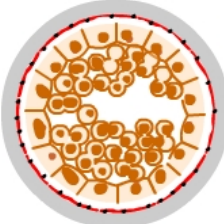
Normal duct



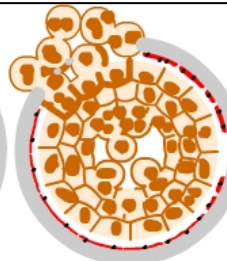
Ductal hyperplasia



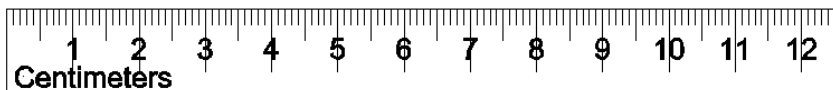
Atypical hyperplasia



Ductal Carcinoma In situ (DCIS)



Invasive or Infiltrating Ductal or Lobular Carcinoma



THE FULL LIFE VIEW

Your Diagnosis

- **Clinical Stage (Before Surgery):** 0 1 2 3 4
- **Cancer Type:**
 - ☐ Invasive (infiltrating) Ductal Carcinoma
 - ☐ Invasive (Infiltrating) Lobular Carcinoma
 - ☐ Ductal Carcinoma in Situ (Non-invasive, DCIS)
 - ☐ Other:
- **Size Estimate (cm):**
- **Number of Sites:** ☐ 1 ☐ Multiple
- **Grade (Aggressiveness):**
 - ☐ Low ☐ Intermediate ☐ High
- **Lymph Nodes Status:**
 - ☐ Positive ☐ Negative
- **Genetic Mutation Status:**
 - ☐ Negative ☐ Positive: _____ ☐ Variant
 - ☐ Pending ☐ Testing Not Needed ☐ Refused

- **Pathological Stage (After Surgery):** 0 1 2 3 4
- **Cancer Type:**
 - ☐ Invasive (Infiltrating) Ductal Carcinoma
 - ☐ Invasive (Infiltrating) Lobular Carcinoma
 - ☐ Ductal Carcinoma in Situ (Non-invasive, DCIS)
 - ☐ Other:
- **Final Size (cm):**
- **Grade (Aggressiveness):**
 - ☐ Low ☐ Intermediate ☐ High
- **Lymph Nodes:** ☐ Positive ☐ Negative
Number removed: _____
Number Containing Cancer: _____
- **Margins:**
 - ☐ Positive ☐ Negative
- **Oncotype Recurrence Score:**
 - ☐ Low ☐ Intermediate ☐ High

- **Estrogen Receptor:**
 - ☐ Positive ☐ Negative _____%
- **Progesterone Receptor:**
 - ☐ Positive ☐ Negative _____%

- **HER2/neu:** 1+ 2+ 3+
 - ☐ Positive (Amplified) ☐ Negative (Not Amplified)
- **Ki-67:** _____%

THE FULL LIFE VIEW

The Big Picture



**In general, breast cancer treatment is 1 Year
Investment...in a long life to come**

THE FULL LIFE VIEW

The Coming Year...

✓	Month	1	2	3	4	5	6	7	8	9	11	11	12
	Staging Work-up: <input type="checkbox"/> Breast MRI <input type="checkbox"/> CT Chest/Abdomen <input type="checkbox"/> PET/CT <input type="checkbox"/> Bone Scan <input type="checkbox"/>												
	Breast Surgery												
	Breast Reconstruction												
	Chemotherapy												
	Chemotherapy Infusion Port												
	Anti-HER2/neu Therapy												
	Anti-Estrogen Therapy												
	Radiotherapy												
	Genetic Testing												
	Fertility Preservation												

5-10yrs

THE FULL LIFE VIEW

Your Personal Treatment Options

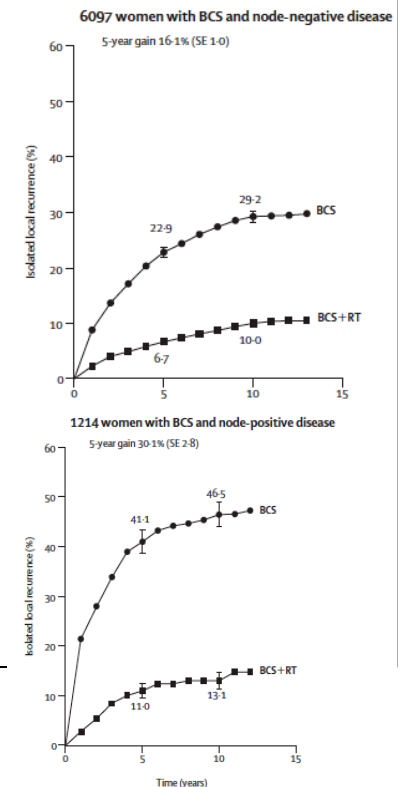
- Breast Surgery
 - ☐ Lumpectomy (Partial Mastectomy)
(requires radiotherapy)
 - ☐ Mastectomy
 - ☐ Total/Simple
 - ☐ Nipple Sparing
 - ☐ Skin Sparing
 - ☐ Unilateral (one breast)
 - ☐ Bilateral (both breasts)
 - ☐ Prophylactic
 - ☐ Left ☐ Right ☐ Both
 - ☐ Reconstruction
 - ☐ Tissue Expander → Implant
 - ☐ Immediate Implant
 - ☐ Tissue Flap
 - ☐ TRAM (tummy) Flap
 - ☐ Latissimus (back) Flap
 - ☐ Other: _____

- Lymph Node Surgery
 - ☐ Not Needed
 - ☐ Sentinel Node Biopsy (Removal of 1-3 nodes)
 - ☐ Axillary Node Dissection (Removal of 10 or more nodes)
 - ☐ Axillary Reverse Mapping (Protection or arm nodes)

- Radiotherapy*
 - ☐ None
 - ☐ Standard 3-6 week
 - ☐ Intraoperative (IORT)

- Systemic Therapy*
 - ☐ Anti-estrogen Therapy (5-10 years)
 - ☐ Anti-HER2/neu Therapy (1 year)
 - ☐ Chemotherapy (4-6 months):

List Drugs:



** Influenced by the results from surgery*

For more details about surgical procedures, visit: www.drholmesmd.com

THE FULL LIFE VIEW

Your Treatment Team

	Provider	Institution	Phone Number
Breast Surgeon			
Surgery Scheduler			
Medical Oncologist			
Radiation Oncologist			
Plastic Surgeon			
Mental Health/Social Worker			
Nurse/Practitioner			
Primary Care Physician			
OB-GYN			
Patient Navigator			
Fertility Specialist			

THE FULL LIFE VIEW

And Many Years to Come...



MAINTAIN HEALTHY RITUALS and ROUTINES



LIMIT ALCOHOL

No more than 1 drink per day



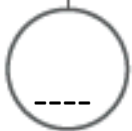
HEALTHY DIET

Five Servings of Fruits and Veggies Daily

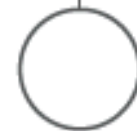


HEALTHY WEIGHT

Exercise ≥ 30 minutes/day, 5 days a week



Current Age



THE FULL LIFE VIEW

Follow-up Care & Surveillance

Follow-Up Care	Frequency	Provider
Physical Exam (Surgeon)	Every 6 months	
Physical Exam (Medical Oncologist)	Every 6 months	
Mammogram of Treated Breast*	Every 6 months X 3 years, then yearly	
Mammogram Opposite Breast*	Yearly	
Breast MRI**	Every 3 years	
Bone Density***	Every 3 years	
Pelvic Examination***	Yearly	
Colonoscopy****	Every 10 years starting at age 50	

*Not necessary after mastectomy

**Yearly if Dense Breasts

***If Postmenopausal

****Every 3-5 years if polyps found