

From left to right:

Dr. Matthew Richards, Breast Surgeon

Dr. Diana Dickson-Witmer, Breast Surgeon

Amanda Biro, FNP



October is recognized as Breast Cancer Awareness Month.

It's the perfect time to educate women (and men too) about the prevalence of the disease and what they can do to prevent it or detect it in its earliest stages. But it's also the ideal time to remind women that breast health is important regardless of what month it is, and to provide information, resources, and tools they can use all year long.

The Center for Breast Health at Beebe Healthcare staffs a dynamic team of skilled and experienced breast surgeons. They deliver comprehensive care for women diagnosed with breast cancer, applying the latest, most innovative treatment options to assure the best possible clinical outcomes so that patients can beat the disease and shift focus back to living their happiest and healthiest lives. This team knows best just how important early detection of breast cancer is, and is making it a priority to educate women and empower them to take charge when it comes to their own breast health.

"You hear a lot about self-breast exam and that women should routinely check their breasts for anything that feels hard or lumpy," says Matthew Richards, M.D., a board-certified surgeon, fellowship-trained in breast surgery at Beebe. "What we are really encouraging women to do, however, is check their breasts for anything that feels different or out of the ordinary. It's about getting to know what is normal for your body. This is why self-breast exam should be part of your daily or weekly routine."

Annual screening mammography is another essential step all women should take once they reach the age of 40 (and even earlier for those with a family history of breast cancer). The mammogram is considered the gold standard when it comes to breast cancer detection. Through it, radiologists and breast specialists get a detailed view of the complex tissue inside a woman's breast, from various angles and depths. But one of the most important pieces of

information captured by a mammogram is, again, related to change.

"When a woman gets her first mammogram, it establishes a baseline for future evaluations," says Dr. Richards. "As that woman comes in for her mammogram year after year, we are of course looking for any areas of concern inside the breast tissue.

But equally important is that we are comparing her imaging, year after year, and looking for changes that could be considered concerning."

Dr. Richards emphasizes that self-breast exam and screening mammograms are the best ways to assure that cancer can be caught early and addressed immediately, if it is present in a woman's breast. Beebe's Center for Breast Health is equipped to care for women with treatment needs ranging from simple to the most complex.

"We want women across Sussex County to know that the latest, most state-of-the-art breast care and breast cancer care is available right here in their own community," says Dr. Richards. "At the same time, we know that when cancer is detected, the journey for patients and their families can be a difficult one, physically and emotionally. We are here to guide and support them through it all."

EMPOWERING
YOU
TO MAKE
BREAST HEALTH
A PERSONAL
PRIORITY



Ready to schedule your annual mammogram?

Secure a referral from your primary care provider or gynecologist, and call **302-645-3278** to schedule your appointment at one of Beebe Healthcare's convenient locations.