



sydney breast clinic
peace of mind

Staying ABREAST



Quick Appointments • Reduced Waiting Times • Same Day Results

Autumn 2009



Sydney Breast Clinic welcomes new Breast Physician Dr Fraser to their multi-disciplinary team

Drawing on her extensive experience working as a breast physician for 18 years, Dr Susan Fraser is now a vital part of a dedicated team of doctors from various medical backgrounds at Sydney Breast Clinic. Her close attention to detail, intuition, problem solving skills and flexibility are valuable personal qualities that, when combined with in-depth knowledge of breast medicine, have placed Dr Fraser in her new role as Senior Breast Physician at the Clinic.

Dr Fraser values this "multidisciplinary model that facilitates comprehensive and holistic diagnosis of all women who present breast problems. Early diagnosis is vital for the best chance of effective treatment; being able to have all necessary tests done in one day at the Clinic is priceless." For Dr Fraser, working with other experts in their fields towards the common goal of diagnosis is also one of the most rewarding aspects of working at Sydney Breast Clinic. "Together, we are on a quest to find the best outcome and treatment for each woman who attends the Clinic," says Dr Fraser.

"Being able to work with doctors from different areas of practice at the Clinic also provides a stimulating environment.

In weekly meetings, we all meet to discuss patients with more unusual cases so we can determine a more holistic and accurate diagnosis based on comprehensive knowledge," says Dr Fraser. "Thinking outside the box and being flexible is essential. It is also what keeps me interested in breast medicine."

For Dr Fraser, the greatest challenge in the industry is the current shortage of skilled clinicians. "Breast awareness and the incidence of breast cancer has increased dramatically over the last 20 years.

This has resulted in high demand and longer waiting lists for high quality breast diagnostic services, which is why Sydney Breast Clinic is so valuable – you only need one appointment to have all required diagnostic tests done," explains Dr Fraser. "The inadequacy of Medicare rebates for diagnostic procedures also adds economic pressure to delivering these services."

Breast medicine and breast diagnosis are rapidly expanding areas of health; a trend which Dr Fraser attributes to increasing awareness of breast health. "The recruiting and training of new staff has now become a priority and at Sydney Breast Clinic we hope to commence training of more breast

physicians soon. The use of new technologies such as digital mammography and breast MRI also offers huge growth potential," says Dr Fraser.

Dr Fraser graduated from Melbourne University in 1975 before opening her own General Practice in Cairns, Queensland. Following this, she commenced training as a breast physician, coordinating the diagnostic work for women with symptoms of breast disease and those at high risk of developing breast cancer, at the Wesley Breast Clinic in Brisbane. She was then invited to lead an innovative, new multidisciplinary breast clinic in Cairns before bringing her extensive experience and knowledge to Sydney Breast Clinic in March 2009.

Founding the first comprehensive breast clinic in Far North Queensland is one of her greatest career achievements to date. "This has led to vast improvement in clinic outcomes for women compared with 20 years ago," says Dr Fraser. "Working with Sydney Breast Clinic is another great moment in my career as I now have the opportunity to be part of such a wonderful team of Doctors, working together using advanced technology and more accurate testing [Triple Test] to save lives; early diagnosis really is key for the best chance of beating breast cancer."

Inside this issue:



Monoclonal Therapy - A Case Study

By Dr Margaret Pooley



GP Education Session

Staging of Breast Cancer
Email to register your interest



Bone Mineral Density Testing

Available to your patients
between test at the Clinic

To book an appointment call 1300 65 30 65

www.sydneybreastclinic.com.au



Monoclonal Therapy

A Case Study

By Margaret Pooley,
Clinical Director

This patient, aged 67, presented in 2002 with a long history of progressive change in the right breast. She became concerned when there appeared to be an area of impending skin ulceration and the breast became painful. Examination revealed the whole right breast to feel indurated and enlarged and multiple enlarged lymph nodes were palpable in the right axilla and supra-clavicular fossa.

Initial investigations included full body CT scanning, basic blood tests and biopsy of one of the axillary lymph nodes. The CT scan showed no evidence of spread of tumour outside the local lymphatics. The whole right breast appeared to be involved. Pathology on the axillary lymph node showed high grade carcinoma, consistent with origin from breast, hormone receptor negative and HER2 positive.

Following consultation in a multidisciplinary setting, the patient proceeded to treatment with Taxol and Herceptin with an immediate clinical response, resulting in reduction of the tumour size and supraclavicular lymph nodes and reduction in her discomfort.

After 6 treatments, the patient was reviewed and she had obviously had a dramatic response to her therapy with no obvious residual palpable tumour as well as resolution on her CT scan. She opted to have a mastectomy prior to adjuvant radiotherapy and this was performed 6 months after the onset of chemotherapy. No residual viable tumour cells could be identified in the

breast or axillary nodal tissue. Radiotherapy was then given to the chest wall and supraclavicular fossa and Herceptin was recommenced 1 month later.

The patient continued with Herceptin treatment for a number of years and at last review in early 2008 continued to be well and clinically disease free.

Discussion: This case is presented to illustrate one of the advances made in treatment of breast cancer in the last decade i.e. the development of a monoclonal antibody. HERCEPTIN (trastuzumab, ROCHE) is a recombinant DNA-derived humanized monoclonal antibody that selectively targets the extracellular domain of the human epidermal growth factor receptor 2 protein (HER 2 or c-erbB2). This protein is found on the surface of tumour cells in about 25-30% of primary breast cancers and is associated with an aggressive form of tumour and a poor prognosis. Herceptin has been shown both in in-vitro assays and in animals to inhibit the proliferation of human tumour cells that overexpress HER 2.

Herceptin comes as a sterile white powder, reconstituted with sterile water for intravenous infusion. It has been used weekly to three weekly for 1 to 2 years. Combination with cytotoxic chemotherapy significantly prolonged time to disease progression compared with chemotherapy alone in women with HER 2 positive tumours.

The main risk is that of cardiotoxicity and Herceptin is contraindicated in patients who have a left ventricular ejection fraction of less than 45% or symptoms of congestive heart failure.

As this case study illustrates, dramatic responses can be seen with monoclonal therapy. As research in the area of specific oncogenes and the development of more monoclonal antibodies directed at these proteins progresses, we can expect to see further advances in the treatment of many malignancies.

About Dr Pooley:

Dr Pooley graduated in medicine in 1973 and then specialised in surgery, gaining the Fellowship of the Royal Australasian College of Surgeons in 1981. Dr Pooley then further specialised in Breast Surgery from 1990. Prior to her role at Sydney Breast Clinic, Dr Pooley was in private surgical practice until 2004.

Dr Pooley is now responsible for the quality of the medical work performed at the Clinic. This includes the diagnostic work performed by the Doctors and overseeing liaison between Clinic Nurses and patients. Dr Pooley also fulfils the role of Chairperson of the Quality and Safety Committee at the Clinic, monitoring all policies and procedures to identify problem areas.



GP Education Session

Staging of Breast Cancer

By Dr Khimling Tew

Wednesday 29th April @ 5pm

Sydney Breast Clinic now hosts education sessions for referring GP's. These meetings offer a excellent opportunity to hear case studies and developments in breast health.

"Staging systems in cancer are important for information exchange, treatment planning, prognosis and understanding the disease process. The TNM (tumour, nodes, metastasis) system has been the standard used in breast cancer since 1968. (1) In general, patients with localized disease survive longer than those with nodal or distant involvement. However, the TNM system is far from perfect and does not take into account other significant prognostic factors such as tumour grade and receptor status." Dr Tew will discuss the strengths, weaknesses and future direction of the staging system.

1. International Union Against Cancer (UICC). TNM Classification of malignant tumours. Geneva: UICC, 1968

About Dr Khimling Tew:

Dr Khimling Tew, has been a visiting surgeon to Sydney Breast Clinic since April 2008. His surgical practice covers skin and breast conditions, sentinel node surgery for cancer, laparoscopic (keyhole) surgery for hernias and gallbladders, thyroid surgery and endoscopy/colonoscopy.

In 2007, Dr Tew was a Cancer Institute NSW Clinical Fellow in melanoma surgery and surgical oncology at the Sydney Melanoma Unit, Royal Prince Alfred Hospital. Prior to this in 2006, he completed training in breast cancer surgery at the Breast Cancer Institute, Westmead Hospital.

Dr Tew attended medical school at the University of Sydney, graduating with First Class Honours in 1998. Whilst training in

General Surgery at the Royal North Shore Hospital, Dr Tew completed a part-time Master of Medicine (Clinical Epidemiology) also with the University of Sydney.

To register your interest for this event email Gemma Sullivan education@sydneybreastclinic.com.au

Can't attend the Clinic in person or log in live on the day?

Sydney Breast Clinic's presentations will also be recorded and hosted online for you to access at your convenience. You must also be registered to receive this service. Simply email education@sydneybreastclinic.com.au

Bone Mineral Density Testing

(DEXA)

Sydney Breast Clinic provides Bone Mineral Density Testing for patients at risk of osteoporosis, a disease that affects one in three women over the age of 45 in Australia. This investigation is available to women of any age, particularly if post or pre menopausal.

The test takes just 20 minutes, is painless and non-invasive and available to your patients between tests for breast cancer at the Clinic. A Medicare rebate is available, but is restricted to specific indications/ item numbers:

Medicare Rebate Details:

(1 service only in a period of 12 consecutive months)
12306 12312 12315
12321 12323

For more information visit www.medicareaustralia.gov.au or call us on **1300 65 30 65**



What our patients say...

“ Earlier this week I found a breast lump and could not be imaged locally for 4 weeks. When I rang you [Sydney Breast Clinic] it was a very different story. I had an appointment the next day and absolutely everyone was fantastic, kind, gentle, compassionate... I left well

supported and in the hands of very competent and professional health care experts. Thankfully the outcome was a good one for me and I went home a very happy woman!”

Judith Jacques
Patient at Sydney Breast Clinic

Sydney Breast Clinic Staff

SURGEONS

- Dr Chris Bambach
- Dr David Gordon-Thomson
- Dr Warren Hargreaves
- Dr Des Hughes
- Dr Michael Jensen
- Dr Richard Lee
- Dr Cindy Mak
- Dr Fred Niesche
- Dr John Niesche
- Dr Brian Parker
- Dr Margaret Pooley
- Dr Kylie Snook
- Dr Khimling Tew
- Dr Heidi Wong

PATHOLOGISTS (SYDPATH)

- Dr Andrew Field
- Dr Peter Earls

RADIOLOGISTS

- Dr Steven Blome
- Dr Sonja Borsky
- Dr Nigel Hunter
- Dr Michael Jones
- Dr Elizabeth Lim
- Dr Charmaine MacDonald
- Dr Mary Rickard
- Dr Wayne Wong

BREAST PHYSICIANS

- Dr Lauren Arnold
- Dr Annette Bemand
- Dr Sue Fraser
- Dr Suellyn Kennedy
- Dr Naomi McIntyre
- Dr Margon McKern
- Dr Jennifer O'Sullivan

Did you know?

All patients who attend Sydney Breast Clinic with a Health Care Card or Pension Card from the Government are eligible for the 85% rebate from Medicare.

For more information visit

www.health.gov.au

or call us on **1300 65 30 65**.

Where is Sydney Breast Clinic?

Sydney Breast Clinic is located at Level 12, 97-99 Bathurst Street, Sydney NSW.



About Sydney Breast Clinic:

Sydney Breast Clinic is Australia's leading private breast clinic dedicated to detecting and diagnosing breast cancer since 1978. For diagnosis with an accuracy of 99.6%, the Clinic performs the Triple Test within a single day with results returned that same day. This efficiency and accuracy is achieved by the multidisciplinary team at the Clinic which consists of Breast Surgeons, Breast Physicians, Radiologists, Pathologists, Radiographers, Sonographers and Nurses. Sydney Breast Clinic provides women with a sensitive, comforting and positive environment, reducing waiting time and the need for multiple return visits to medical specialists during times of breast health uncertainty.