

## Our Services

The Goppert Center for Breast Care offers a team of professionals working together to coordinate your care, which includes mammography services certified by the FDA and accredited by the American College of Radiology. We offer state-of-the-art technology including:

- High-resolution imaging: full-field digital mammography, diagnostic mammography, and diagnostic ultrasound
- CAD (computer-aided detection)
- Stereotactic biopsy with vacuum assisted needles
- Multiple US guided biopsy techniques
- Cyst aspirations
- Needle localizations
- Surgical consultations
- Radiology/pathology correlation conference
- Pretreatment planning conference
- Risk assessment/genetic counseling
- Breast cancer support services
- Individual counseling
- Nurse navigator
- Newly diagnosed patient information



SAINT LUKE'S HEALTH SYSTEM

[saintlukeshealthsystem.org](http://saintlukeshealthsystem.org)

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# Goppert Center for Breast Care



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*At the Goppert Center for Breast Care, we work with you to answer your questions and provide the health information you and your physician need. We use an interdisciplinary team approach for your care should you require services beyond routine screening. In addition, we focus on education so you are prepared to become involved in your breast health decisions.*

*Our nurses and nurse practitioners are certified in performing clinical breast exams. We provide services from routine check-ups to the most sophisticated breast surgery.*

## **Your Breast Health**

By following these three simple steps, you will increase your chances of detecting breast cancer early. And early detection saves lives.

- Examine your breasts monthly.
- Have a clinical breast exam by a health care professional every three years from age 20-40 and every year after 40.
- Begin annual mammography screening by age 40. If you have a family history of breast cancer, you may need to begin earlier. Check with your physician.

## **Mammography**

A mammogram is a safe, low-dose X-ray picture of the breast. It is taken to detect breast cancer at an early stage. During the exam, the breast is compressed to minimize radiation exposure and allow us to see abnormalities that otherwise might not be detected.

During a standard mammogram, two views are obtained of each breast: a view from the top and a side view. The entire exam takes approximately 30 minutes.

## **Our Staff**

Our staff utilizes an interdisciplinary team approach. The team consists of: radiologists; pathologists; surgeons; and radiation and medical oncologists from Saint Luke's Cancer Institute. Our staff specialize in the latest imaging, surgical, and diagnostic techniques. And our digital mammography screening provides high-resolution images that make early detection easier.

## **Ongoing Communication**

New programs introduced at the Goppert Center for Breast Care will help increase your knowledge about breast health.

- Genetic counseling is offered, through Saint Luke's Cancer Institute, by board-certified counselors trained to evaluate family history in order to identify genetic risk factors.
- A class for newly diagnosed breast cancer patients prepares women for what lies ahead in their battle against cancer.
- The nurse navigator program provides each of our patients with an advocate to help them maneuver through appointments, insurance questions, and emotional and family support.

**Early detection is your best defense against breast cancer. It greatly improves your treatment options and your chances for successful treatment.**