CAMC Breast Center

In April 2013, Amy Smith felt a lump on her breast while in the shower. As a routine appointment with her gynecologist two days later, she decided to mention it. After examining the lump, her doctor immediately sent Smith for a mammogram and breast ultrasound at the CAMC Breast Center. Within an hour of receiving her test results, which showed a solid mass in her breast, Smith had a breast biopsy performed by Todd Wünheiser, MD.

Two days later, Amy got the call confirming what she had feared – the lump was cancerous.

After thoroughly discussing her high risk family history and options with Dr. Wünheiser, Amy elected to have a double mastectomy, which was performed four days later. Smith is living proof of the importance of early detection, accurate screenings and rapid treatment.

"Many people don’t know what a breast center is," said Roberto Kusminsky, MD, professor and chairman, department of radiology and imaging, professor and chairman, department of surgical oncology, professor and chairman, department of pathology, and chairman of the Breast Center. "The main difference is that a breast center like the one at CAMC is a comprehensive system that cares for patients from beginning to end rapidly, using the skills of a multidisciplinary team of experts on a routine basis."

The CAMC Breast Center takes a multifaceted approach to breast health, from routine screenings and diagnosis to innovative treatments and supportive care. It was the first of its kind in the state and the first to be fully accredited by the American College of Surgeons. It remains the only accredited breast center in the region.

The Breast Center team treats the largest number of patients with breast cancer in West Virginia. Board-certified surgeons specialize in all aspects of breast health. Experienced radiologists use the latest, most-advanced technologies to diagnose a full range of breast diseases.

The Breast Center's services include:
- 3-D mammography (known as digital tomosynthesis)
- Breast ultrasonound
- Minimally-invasive breast biopsies
- Rapid diagnostic program and rapid consultation program (within 24-48 hours)
- Breast cancer risk assessment
- Genetic counseling
- Multidisciplinary care from breast specialists, surgeons and oncologists
- Nurse navigation to provide care coordination
- Bone density screenings
- Pelvic ultrasounds

New location
Formerly located at CAMC Women and Children's Hospital, the Breast Center moved to the third floor of the new CAMC Cancer Center in May. At this location, patients have access to free parking and a separate, private entrance on the east end of the building where an elevator takes them directly to the Breast Center on the third floor.

"A lot of women don’t want to have to go through a cancer center to get their regular mammograms, so having our own entrance makes it easier to just walk in and get straight to our office," said Missy Bohan, RN. "But for those women who are diagnosed with cancer, all of our cancer-related services are right here in the same building!"

Those services include medical oncology, radiation oncology, a boutique and wig shop, infusion therapy, retail and impatient pharmacy, and patient resource center, among others.

New 3-D mammogram technology
The American Cancer Society recommends women above the age of 40 have mammograms every year, which is especially important for people who have a family history or are at higher risk for developing breast cancer.

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As the largest teaching hospital in the state, CAMC is dedicated to continually providing opportunities for employees to learn and develop their skills. The CAMC Health Education and Research Institute has an education and media department that manages a variety of different programs and resources for patients, community members, health care students and employees.

CAMC has a dedicated media communication production specialist, media communication network specialist and two media communication programming specialists responsible for creating videos and other multimedia content for internal and external use, as well as maintaining a variety of technical resources for CAMC.

CAMC has an in-house production studio, complete with professional cameras, a teleprompter and a part of the studio designed for using “virtual” sets.

Jenny Handley, media communication production specialist at CAMC, shoots and edits every video for which the hospital desires information. CAMC’s media department and digital signage work closely with CAMC’s marketing department in creating content that is both relevant and interesting to the public.

CAMC’s YouTube channel (youtube.com/CAMCHealthInfo) contains almost 450 videos, a majority of which were created in-house.

When you enter the lobby of any of CAMC’s hospitals, you’ll probably notice the IV screens with rotating messages, videos and other information. These screens are powered by CAMC’s digital signage system that provides information and services with a variety of information. The system includes advertisements about CAMC services as well as current news and weather. All of these pieces of content are updated manually and are changed out frequently to keep the content fresh.

Each year, a team of departments works to coordinate ImagineU, an interactive, virtual health care environment that allows high school students to view a pre-registered surgery via webcast, with real-time access to a surgeon who narrates the procedure and answers questions. The education and media department is essential in making this happen, from filming and editing the surgery to coordinating the simulcast. Media team members Scott Phillips, Rachel Wolfinbarger and Chris Cribb serve as producers/director and audio/video technician.

CAMC employees are required to complete annual education to stay current with best care practices, patient safety and technology utilized throughout the facilities. Newly-hired employees can access this required education online, which typically are in the forms of videos with interactive components that allow employees to test themselves for comprehension. Many of these materials are created internally, and then maintained by the education and media department.

During the 2015-16 academic year, more than 1,000 learners, including medical students, clinical and allied health students, participated in rotations and in-service activities. A communication management system around West Virginia received mandatory drug diversion and prescribing training. This software program was developed by the CAMC education and media services in conjunction with the WV State Board of Medicine.

CAMC Institute hosts many conferences and meetings to provide the most current medical practices for physicians, medical students and other health care providers. The education and media department ensures that these events are recorded and often simulcast to those who can’t view these streaming online. The department also provides audiovisual and technical support for the various events happening throughout the health system.

For more information about the CAMC Institute and education and media services, visit camc.org/education.

See what’s new on our YouTube channel: youtube.com/CAMCHealthInfo.
**Breast Center**

A mammogram is an X-ray that produces a two-dimensional image of the breast so doctors can see problems not detectable by a regular breast exam. It is the best test to find cancer early and is critical to accurate and speedy treatment if cancer is detected.

With 3-D mammography (called tomosynthesis), doctors who have a high risk of breast cancer or those with dense breasts can be examined more accurately. The Breast Center is the only facility in the area offering this type of 3-D mammography.

"An abdominal mammogram doesn’t necessarily mean you’re cancer free," Krautkramer said. "There are a number of reasons that the test may show false positives, not breast cancer. What is important to remember is that a normal mammogram still requires a breast exam because patients may have something we detect with a checkup that is not detectable by other means.

If breast cancer is diagnosed, each patient’s care is discussed in a conference by a team of experts including breast radiologists, board certified surgeons, medical oncologists, radiation oncologists, pathologists and reconstructive plastic surgeons. The resulting recommendations provide a personalized and unique plan of care with options that are considered best for each patient.

Breast tomosynthesis, also called 3-D mammography, gives you a step further than traditional digital mammograms to provide more dimensional images of multiple layers of breast tissue.

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**Open House**

The CAMC Breast Center will hold an open house celebrating its new location and the expansion of its services.

**Thursday, Aug. 20**

2nd floor Cancer Center

3415 MacCorkle Ave. SE.

Hear from our team of expert and dedicated breast health professionals.

Refreshments will be served

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**New program is “key” to healthy start for kids**

"Our mission is to have children preferring vegetables for meals and snacks," said Jamie, Jefferson, director of KEYS 4 HealthyKids. "Our mission is to have children preferring vegetables for meals and snacks," said Jamie, Jefferson, director of KEYS 4 HealthyKids. "Our mission is to have children preferring vegetables for meals and snacks," said Jamie, Jefferson, director of KEYS 4 HealthyKids. "Our mission is to have children preferring vegetables for meals and snacks," said Jamie, Jefferson, director of KEYS 4 HealthyKids. "Our mission is to have children preferring vegetables for meals and snacks," said Jamie, Jefferson, director of KEYS 4 HealthyKids. "Our mission is to have children preferring vegetables for meals and snacks," said Jamie, Jefferson, director of KEYS 4 HealthyKids. "Our mission is to have children preferring vegetables for meals and snacks," said Jamie, Jefferson, director of KEYS 4 HealthyKids.

"It would be a dream come true to make it to the Paralympics," Cowie said. "I have always wanted to shoot on the Olympic team, and now there's no reason I shouldn't make it.

Still, the road to the Paralympics is not easy or short. Athletes must participate in numerous competitions to qualify and meet specific requirements in order to be considered.

Fawn Washington, of Charleston, is mapping out her strategy to make it onto the next Paralympic team. A double amputee and competitor in field events such as discus, shot put and javelin, Washington plans on competing in Phoenix, at the Para Pan-American Games in Lima, and at the World Championships in Qatar.

"I've already classified for the Games and I'm getting ready to do my international classification at Phoenix's Disney Challenge Games," Washington said. "I've always had the Paralympics on my bucket list, but I lost an incentive last year. I realized that because I am motivating myself to get back out and for me, it's helping others do the same thing.

"To be out here competing and improving as an athlete makes me excited," Cowie said.

The 2016 Paralympic Games will be held in Rio de Janeiro at the same venue as the 2016 Olympic Games.

The U.S. Paralympics, a division of the United States Olympic Committee, has designated CAMC’s Paralympic (Challenged) Sports Program as a Silver Level Club as a part of the Paralympic Sport Club Excellence Program, which only recognizes 54 clubs across the country. It is the nation’s only sanctioned sports program for individuals with physical disabilities, offering recreational and competitive events in track and field, swimming, golf, basketball, archery, wrestling and weightlifting.

For more information, visit camc.org/ChallengSports.
There’s a reason that the phrase “Dr. Google” is often used: more than 70 percent of Internet users turn to search engines to diagnose or research about the latest fitness trend, the common cold or the future people go to look for health information.

The need for trustworthy, easy-to-understand health content is great, especially as many adults turn to smartphone accessible sites and applications for health and wellness. While online information doesn’t replace a consultation with a health care professional, it can be a great starting point or complement to what is learned from a provider.

CAMC recently updated its Health Information Center (HIC) at www.healthinfo.camp.com. It includes articles and videos on thousands of health topics, all peer-reviewed to ensure that users are getting accurate, up-to-date information. The center also features a symptom checker for both adults and children, including the ability to save and print your results. Hundreds of health and medication guides, risk assessments, Prevention guidelines for age-appropriate tests and screenings.

Additional features include:

- Expanded content about healthy living including fitness, nutrition, stress management and smoking cessation
- Healthy recipes, searchable by diet needs and food category
- New health center content about asthma, chronic obstructive pulmonary disease, diabetes, neurosciences, obesity and smoking
- A drug interaction checker
- Hundreds of health and medication guides
- Risk assessments
- Prevention guidelines for age-appropriate tests and screenings

The Health Information Center also allows for quick access to CAMC’s services and specialists, who treat different health conditions. The site is responsive, which means that users can view content from desktop – computer, tablet or smartphone.

To access the site, visit healthinfo.camp.com. Click on the Health Information Center or Symptom Checker links on the home page of the CAMC website. Check it out today!

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Research at CAMC makes an impact across the globe

Researchers at CAMC are regularly conducting studies and publishing articles that are being published in national and international journals. Research helps bring the latest treatments and guidelines to patients and ultimately the goal. Research provides hope to patients, that’s really what you discover something new that’s going to be helpful or simpler for the patient, that’s really ultimately the goal. Research provides hope to patients, that’s really ultimately the goal.