



-FOR IMMEDIATE RELEASE-

## Breast Health Starts With The Basics



**Linda Camp, M.D., FACS, is a Board Certified Plastic & Reconstructive Surgeon and Director of Salem Regional Medical Center’s Breast Cancer Care Program.**

(SALEM, OHIO) – October 12, 2021 – Women’s breast health begins with practicing good breast care.

“Regular breast exams and screenings are essential ways for women to maintain their breast health and detect breast cancer at its earliest stage, when it can be more easily treated and cured,” said Linda Camp, M.D., FACS, Board Certified Plastic & Reconstructive Surgeon and Director of Salem Regional Medical Center’s (SRMC) Breast Cancer Care Program.

Dr. Camp provides leadership for SRMC’s multidisciplinary breast cancer committee, as well as consultative and surgical services to breast cancer patients at the University Hospitals Seidman Cancer Center (UHSCC) at SRMC. She recommends that women establish a breast care routine that includes:

- **Breast Exams:** The American College of Surgeons recommends that women check their breasts on a regular basis for signs of possible problems, such as a lump, pain, skin change or discharge, and report any changes to their doctor or healthcare provider for further

evaluation.

From age 25 to 39, it’s recommended by the National Comprehensive Cancer Network that women also have a clinical breast exam performed by a healthcare professional at least once every three years, and annually starting at age 40. During a clinical breast exam, the provider will examine the breasts and surrounding area for any irregularities.

- **Mammograms:** Annual mammograms are the best tool for detecting breast cancer early, and are recommended for most women beginning at age 40. A mammogram is a low-dose x-ray examination of the breast that can detect tumors that are too small to be felt, often before symptoms develop. Those at a high risk for breast cancer should get a breast MRI and mammogram every year, typically starting at age 30.

Area women who choose SRMC for their care have local access to comprehensive breast health services – from advanced 3-D screening for early cancer detection to world-class cancer treatment.

### ►Advanced Screening and Diagnosis

SRMC offers state-of-the-art 3D mammography, which can detect up to 40% more invasive cancers than a traditional mammogram. This level of detail enhances the ability to quickly and accurately identify

early cancers, especially in women with dense breasts and fibrocystic breast disease, where tumors are more difficult to find.

3D mammograms are available at SRMC's main campus and the SRMC Imaging Center at Firestone Farms in Columbiana, which are accredited by the American College of Radiology – the gold standard for the highest level of image quality and safety.

If an abnormal mammogram result requires additional testing, SRMC provides state-of-the-art 3T Open MRI breast imaging, breast ultrasound and breast biopsies.

#### ► **Local Access to Expert Cancer Care**

When a woman faces her breast cancer journey, UHSCC at SRMC offers access to world-class cancer services that are nationally-recognized by the Commission on Cancer® for demonstrating continued excellence in diagnosing, treating and supporting patients with cancer and their families.

“Most patients prefer to remain in their community while they are receiving treatment, close to their family and friends,” Dr. Camp said. “The UHSCC at SRMC provides highly specialized treatment plans, which are tailored to patients’ needs and reviewed by a team of cancer experts. Patients have access to innovative therapies, from advanced medical oncology and radiation therapies to the latest surgical approaches.”

- **Medical Oncology:** The UHSCC at SRMC offers outpatient medical oncology services and infusion therapies, such as chemotherapy. Medical Oncology care is provided by Ayla Kessler, M.D., Medical Director, in SRMC's Cancer & Infusion Center
- **Radiation Therapy:** William Demas, M.D., and Michael Seider, M.D., provide radiation therapy in SRMC's Salem Medical Arts Building, using the innovative Varian Vitalbeam™.
- **Breast Surgery:** If patient's breast cancer treatment involves surgery, Dr. Camp provides comprehensive consultations and surgical care, from breast conserving surgery and mastectomy to breast reconstruction.

Breast cancer patients at the UHSCC at SRMC also have access to a variety of support services, including a Nurse Navigation Program to provide personalized guidance and care through every step of their journey.

For more information about cancer care at SRMC, call 330-332-7672.

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