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FOUR-DIMENSIONAL BREAST CARE

Nicole's Story
Avera.org/mammo

Avera



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Sports



Coyotes Stun North Dakota State In Fargo

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COURTESY PHOTO

Carol Nelson of Bloomfield, Nebraska, (right) receives assistance from registered nurse Steph Reinhardt at the Avera Cancer Institute in Yankton.

Self-Exam Was A Gift Of Life For Creighton Woman

BY RANDY DOCKENDORF
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CREIGHTON, Neb. — Last Christmas, Carol Nelson received a present better than anything found under the tree.

The Creighton, Nebraska, woman completed her regimen of breast cancer treatment just in time for the holidays.

"I finished my radiation treatment on Christmas Eve Day 2014," she said with a sigh of relief.

The journey isn't finished for Nelson, who celebrated her 50th birthday two weeks ago. After completing nearly a year of treatments, she is finishing another year of reconstruction surgeries after her double mastectomy.

"I have one more surgery in November, and then we're done," she said.

Nelson's case shows the importance of self-examination. She had no family history of breast cancer and was showing no symptoms.

"But for some reason, it started hurting in the armpit area when I pushed on it. I found the lump in my left breast in April 2014," she said. "I went in and had a biopsy. By the end of April, they knew it was cancer."

Dr. Mary Milroy, a cancer specialist from Yankton, visits the Avera Creighton Hospital and Avera Medical Group Creighton clinic on an outreach basis. She was able to diagnose and work with Nelson.

"Dr. Milroy comes to Creighton once a month," Nelson said. "(Milroy) was coming to town the week

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Pink Edition 2015

A Step Forward In Breast Cancer Care

YMC Brings 3D Mammogram Technology To Patients

BY ALISSA WOOCKMAN
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The Yankton Medical Clinic (YMC) is ready to take a big step forward in battling breast cancer. The clinic is set to launch its Genius three-dimensional (3D) mammography exam. According to Genius, this new technology is proven to detect 41 percent more invasive breast cancers and reduce false positives by up to 40 percent.

The technology was developed a few years ago and has become an increasingly common standard in the fight against breast cancer.

Mammography team leader Bev Karstens has been working towards plans to receive the machine and the certification that goes along with it.

"We just knew we wanted to provide it for women to have the best care possible," she said. "Me being a woman, I would want the best possible technology, especially treating something as serious as breast cancer."

This is the first time this technology will be available in Yankton. After years of preparation, YMC staff are anxious to be able to offer this service to their patients.

"I'm really excited to start the new screenings and help patients get the best thing out there," Karstens said.

All seven of the clinic's mammogram technologists will complete their training with the new machine and, beginning Wednesday, the new technology will be the selected option for all patients that schedule a mammogram at YMC.

"I know that there have been some people who have specifically asked for it," said YMC mammography technologist Jen Kreber-Torsney. "Some have even waited to have their mammogram until the new system is up and running."

There are many layers within breast tissue. A mammogram allows radiologists to



KELLY HERTZ/P&D

Radiologist Dr. Will Eidness and mammography technologist Jen Kreber-Torsney show off the newest addition to Yankton Medical Clinic's arsenal of defense against breast cancer — the Genius 3D mammography exam. The machine will be available for all mammogram patients Wednesday. This new technology will allow for additional detailed X-rays that will help with accuracy and early detection.

take X-rays of each breast to determine abnormalities such as lumps or nodules that could be cancerous.

Unlike non-invasive breast cancers that stay within the milk ducts or lobules and don't grow into normal tissues within or beyond the breast, invasive cancers — which is the case with most breast cancers — do move into normal,

healthy tissues and can be more difficult to detect.

A traditional two-dimensional (2D) mammogram has a single tube camera that photographs each breast into one flat image. The 3D system rotates that camera and takes multiple images and angles allowing the fine details within the breast tissue to become more visible.

With the old technology, you would see overlapping between tissue levels," Karstens said. "With the tissue overlap, it can look like something it's not. Sometimes you couldn't tell what was actually a legion or just another layer of tissue."

Although the technology is different, the details

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Cancer Center Quilt Is A Labor Of Love

BY REILLY BIEL
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Those involved in the "All Women Count!" program are not short of helping hands.

One of those sets of hands belongs to Marion Sudbeck, a quilter from Dimock who for 14 years has made quilts to be auctioned off at the program. Sudbeck also draws the winning number for the auction as part of the program today at the Avera Sacred Heart Hospital Pavilion.

"It's wonderful to be involved," said Sudbeck. "You meet a lot of good people. The reward comes from doing a good deed for the cancer center."

Sudbeck has been quilting since her retirement. She's part of a weekly quilting group who gathers to discuss quilting and share its progress on members' individual quilts. The group occasionally makes quilts to be auctioned off or sold at events.

"It's a good pastime," Sudbeck said of quilting. "But it's not a cheap hobby. The price of the materials is going up."

Sudbeck and her quilting group do all their quilts by hand — without the help of a machine. The process of which, Sudbeck says, is become more and more rare.

"It's soon going to be a

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REILLY BIEL/P&D

Marion Sudbeck holds a quilt she made that is displayed in the Avera Sacred Heart Cancer Center. One of Sudbeck's quilts will be auctioned off at the "All Women Count!" program held in the Avera Sacred Heart Hospital Pavilion today (Monday).

A Guy Thing: Men Are Also Susceptible To Breast Cancer

BY ROB NIELSEN
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When people think of breast cancer, they often think of it as a disease affecting women. It's almost easy to forget that men can also be struck by the disease. However, doctors are trying to end the stigma surrounding male breast cancer and urging men to get checked as well.

One of them is Darla Gullikson, director of the Avera Sacred Heart Cancer Center in Yankton. Gullikson told the Press & Dakotan that the disease has struck men very close to home.

"Do we have individuals in our own community that have been diagnosed? That is a definite yes," she said. "Is it

frequent? No, but that doesn't mean that it shouldn't be on the radar list for men."

Occurrences of breast cancer in males are far lower than in women. According to the American Cancer Society's website, an estimated 2,350 new cases of invasive breast cancer will be diagnosed in men across the country with an estimated 440 deaths versus 231,840 new cases and 40,290 deaths for women. Breast cancer is 100 times less common in males than in women. Chances a man will develop breast cancer are 1 in 1,000 versus 1 in 8 for women.

But the fact is that men are still susceptible to breast cancer

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