

Your Support Makes a Difference

SUE J. GROSS COMPREHENSIVE BREAST CENTER

Thanks to your ongoing support, the Sue J. Gross Comprehensive Breast Center is changing the lives of women throughout our community. Your generosity has brought expanded services, the latest technology and care navigation for an elevated, streamlined and comfortable patient experience to our facilities at Hoag. In 2020 alone, Hoag served 49,840 unique patients through the Breast Center. This report highlights a few programs impacted by your gift.

Sue J. Gross
Comprehensive Breast Center

“Your generosity provides women with world-class, compassionate and personalized breast care right here in Orange County.”

—Allyson Brooks, MD, FACOG,
Ginny Ueberroth Executive Medical
Director Endowed Chair, Women's
Health Institute at Hoag

Thanks To Your Philanthropy, Hoag Increases Early Detection Of Breast Cancer

Hoag's Early Risk Assessment (HERA) Program serves women in our community by increasing the early detection of breast cancer for women at high inherited risk. Patients receive one-on-one consultations with an advanced practice nurse and personalized imaging to create risk reduction plans unique to their needs. Since its inception in 2016, the HERA Program, led by Heather Macdonald, MD, medical director, High Risk Breast Program, has screened over 43,000 women, provided high-risk screening and risk reduction consultations to more than 1,200 women and identified 35 early breast cancers not initially detected on screening mammograms. Eleven of those 35 early breast cancers were detected in 2020. Despite the fears and anxieties of receiving hospital services during the COVID-19 pandemic, 776 women between the ages of 35 and 55 enrolled in the HERA Program.

Additionally, the Hoag Breast & Ovarian Cancer Prevention Program provides cancer prevention and early detection services for women and families identified with genetic mutations that place them at the highest risk for inherited breast and ovarian cancers.

For patients and families carrying genetic mutations that increase the risk of breast or ovarian cancers, such as the breast cancer gene, Hoag's Breast & Ovarian Cancer Prevention Program offers state-of-the-art surveillance imaging as well as chemoprevention and risk-reducing surgeries. To address the impact genetic mutations and cancer have on a woman's

physical, mental and spiritual health, a range of medical and wellness services have been created to offer comprehensive and holistic support for previvors. The program includes access to a multidisciplinary team of specialists, including

- breast surgeons
- gynecologic oncologists
- advanced practice nurses
- licensed clinical social workers
- sex therapists
- dietitians
- mindfulness coaches for healthy lifestyle guidance

Because many genetic mutations increase a patient's risk of other cancers, in addition to breast and ovarian cancers, patient navigation services connect families with a network of early cancer detection programs at Hoag, such as melanoma, lung and pancreatic cancers. To date, we have cared for over 200 patients and their families, treating women with over 15 different inherited cancer syndromes and genetic mutations. In 2020, we performed 2,987 breast intervention procedures, including biopsies and localizations.



Heather Macdonald, MD,
Medical Director, High Risk Breast Program



Patients seek out holistic wellness services and support from fellow previvors.

Hoag is First in Orange County to Offer Healing Program Dedicated to Breast Cancer Survivors

The tremendous impact a breast cancer diagnosis has on a woman's life can lead to depression, anxiety, post-traumatic stress disorder and a host of other challenges that continue long after treatment is over. Thanks to your generosity, the Hoag Healing Program, which began in 2018, continues to empower breast cancer survivors to make the lifestyle changes they need to help mitigate their risk of recurrence and prevent other cancers.

The first of its kind in Orange County, the program is led by Sadia Khan, DO, FACOS, FACS, director of Integrative Breast Oncology and the Muzzy Family Endowed Fellow in Oncoplastic Breast Surgery. Dr. Khan sees patients in the Sue J. Gross Comprehensive Breast Center, where she and her multidisciplinary team of breast specialists create a supportive environment with an abundance of resources to address the physical, psychological and spiritual needs of women transitioning into thrivorship following diagnosis and treatment of breast cancer.

In the first year of development, the Hoag Healing Program began offering an empowerment series to help educate survivors and touched over 300 patients. In 2020, the series was adapted as a virtual offering during the COVID-19 pandemic and has over a thousand views.

Through your gift, Hoag's survivorship program will continue to expand to provide women with a continuum of breast care beyond imaging, exams and diagnostics—a unanimous need identified by Hoag's breast cancer survivors in a recent survey. With roughly 800 breast cancer survivors diagnosed and treated at Hoag each year, our interdisciplinary team members will now support patients beyond the two years following breast cancer surgery to address a wide range of ongoing patient needs, including nutrition, weight management, skin sensitivities, special care post chemotherapy and anti-estrogen therapy, and challenges with intimacy while living with breast cancer. Planned integrative wellness services to be provided to survivors include:

- fitness coaching
- stress reduction
- mindfulness
- oncology dietary education
- sex therapy
- improving intimacy after cancer treatment
- oncology massage
- lymphedema prevention and more



Dr. Khan performing
oncoplastic breast surgery.



Sadia Khan, DO, FACOS, FACS,
Director of Integrative Breast Oncology,
Muzzy Family Endowed Fellow in Oncoplastic Breast Surgery

Hoag's Best-in-Class Mammography is Equipped with Artificial Intelligence

While mammograms are currently the standard for breast cancer screening, not all breast cancers are visible on mammograms. Dense breast tissue can mask breast cancers, making them impossible to see. Fortunately, advances in 3D tomosynthesis (tomo) mammogram technology have led to the updated Hologic® Clarity HD tomosynthesis. Clarity HD images have twice the resolution of those from the first-generation tomo. They are crisper, clearer and allow radiologists to differentiate breast cancers from normal breast tissue more easily. With the added help of the artificial intelligence software 3DQuorum™, Clarity HD images are even clearer. Because of your generous gift, two mammography units at Hoag are now equipped with Clarity HD and 3DQuorum™.

Another breakthrough in the early detection of breast cancer in dense breasts is the Fast Breast MRI. These shorter scans, which take less than 10 minutes, offer similar benefits to the

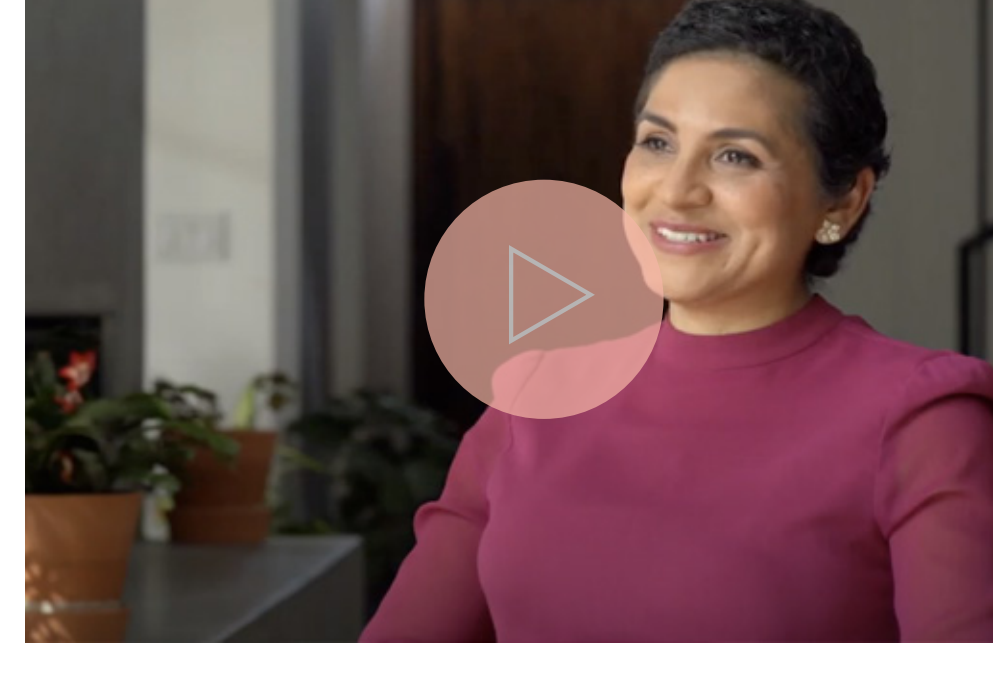
traditional breast MRI for women who are at average or intermediate risk of breast cancer and currently do not have access to an MRI. Hoag Irvine's MRI scanner will be used to launch Hoag's innovative Fast Breast MRI Program, increasing access to this powerful tool in the detection of breast cancer, especially for women with silicone implants. When ruptured, implants cannot be easily removed and make detecting breast cancer more difficult. Tailored breast MRI exams can detect implant rupture before it becomes clinically evident and while it is still surgically manageable.

In 2020, Hoag performed:

- 45,428 mammograms (32,428 were 3D)
- 3,459 breast MRIs
- 15,878 breast ultrasounds

Grateful Patient Sarah Korc, MD, Wins Fight Against Triple-Negative Breast Cancer

At the height of the COVID-19 pandemic, emergency room doctor Sarah Korc was diagnosed with triplenegative breast cancer. Sarah, a mother of three, underwent surgery and chemotherapy as a patient of Sadia Khan, DO, FACOS, FACS, at the Sue J. Gross Comprehensive Breast Center. Clarity HD images are even clearer. Because of your generous gift, two mammography units at Hoag are now equipped with Clarity HD and 3DQuorum™.



Thank You

Your generous support is helping Hoag provide women with the very best breast cancer care through innovative programs, leading technology and world-class clinicians. Because of you, patients are more empowered to make the lifestyle changes they need—from previvorship to survivorship.

Thank you for your partnership and all you continue to do to support women in our community.