



After receiving treatment and care for breast cancer at Main Line Health, Anastasia Colletti rings the bell to celebrate her final day of chemotherapy and looks forward to getting back to her life!



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### Empowered during treatment

After the first stage of surgery, Colletti had chemotherapy, which treated her cancer and gave her nipples time to heal and adjust to their new blood supply. Dr. Ali helped Colletti research “cold caps,” chilled hats that narrow the blood vessels in the scalp. Cold caps lessen the amount of chemotherapy that reaches the hair follicles, making the hair less likely to fall out. Wearing cold caps enabled Colletti to keep most of her long, thick locks all through treatment. The cold cap system is available at Lankenau Medical Center.

“We’ve come a long way in treating chemotherapy side effects, like nausea, but until recently, there hasn’t been as much focus on preventing hair loss, which is a major side effect both physically and emotionally,” Dr. Ali says. “People look in the mirror and are reminded every day that they’re getting chemotherapy. The goal is to empower our patients as much as possible.”

### A SIMPLE, LIFESAVING TEST

Early detection of breast cancer with screening mammography can save lives. Contact Main Line Health today and our health care team will help schedule your mammogram at one of our nine convenient locations. Call **484.580.1800** or visit [mainlinehealth.org/3D](http://mainlinehealth.org/3D).

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### ‘My second family’

In May 2019, Drs. Sabol and Claytor teamed up again at Bryn Mawr Hospital to perform Colletti’s bilateral mastectomy. She is scheduled for one more surgery to receive her breast implants.

“I love every single one of my doctors,” Colletti says. “My team became my second family. I could text my doctors at any time of the day; when I was scared or had questions, they always answered me in a reassuring way.”

“They came together to support me, to talk things through so I understood them. My care at Main Line Health was exceptional.” ●

## WHEN TO CONSIDER GENETIC TESTING

At least 10% of breast cancers are hereditary—caused by an abnormal gene passed from one generation to the next. While the most recognized genes associated with hereditary breast cancer risk are BRCA1 and BRCA2, other genes increase the risk as well.

“The goal of identifying patients with inherited risk for cancer is to personalize medical management,” says Terri McHugh, DO, director of Main Line Health’s Genetics and Risk Assessment Program. Dr. McHugh recommends meeting with a genetic counselor to review your personal and family history and understand your genetic test options. Testing involves submitting a blood or saliva sample for DNA analysis. The cost is covered by most health insurances if eligibility criteria are met.

You might consider genetic testing if your personal or family history includes:

- Any type of cancer diagnosed at or younger than age 50
- More than one type of cancer in the same person
- Metastatic breast cancer, metastatic prostate cancer, or prostate cancer with a Gleason score of 7 or more
- Unusual cancers (such as ovarian cancer or male breast cancer)
- A total of 10 or more colorectal polyps over one’s lifetime
- Multiple relatives with cancer
- A relative who tested positive for a gene known to increase risk

Of note, some cancer-related genes are more common among certain ethnic backgrounds, so knowing your ancestry is helpful.

A genetic counselor can help interpret your results and explain ways to reduce your cancer risk. You may also be able to participate in clinical trials for screening, preventing or treating cancer.

➔ Contact the Genetics and Risk Assessment Program at **484.565.GENE (4363)**.