



at The Lister Hospital and Chelsea Outpatient Centre

Chelsea Breast Clinic

Chelsea Breast Clinic at The Lister Hospital and Chelsea Outpatient Centre offers a comprehensive patient-focused breast care service, covering everything from diagnosis to treatment. We use the latest state-of-the-art scanning and imaging equipment for breast assessment, including digital mammography.

All services are consultant-led, supported by a multidisciplinary team of radiologists, breast care nurses and reconstructive plastic surgeons. "One-stop" consultations are available.

Chelsea Breast Clinic is a Bupa accredited breast unit and draws on the experience of a well-established group of leading specialist consultants, offering you the highest standards in breast diagnosis, personalised screening, treatment and after care.



Breast imaging and diagnostic investigations

If you require any imaging tests, they are provided by a dedicated breast imaging team of Consultant Radiologists and Radiographers, who will be happy to answer any questions and resolve any of your anxieties during the tests.

- BUPA accredited diagnostic centre
- Patients can self refer for mammograms if they are over 40
- Rapid response to referral and appointment requests
- Appointments to suit individual needs, including evening appointments
- Experienced, professional and caring multidisciplinary team
- Breast awareness advice and information
- GPs kept informed of patients' diagnosis and treatments
- Breast Care Nurse to provide emotional support
- All abnormal results will be discussed by a multi-disciplinary team

Diagnostic and imaging services include:

- Breast ultrasound
- Dedicated breast care nurse
- Full field digital mammography
- MRI scanning
- Non-surgical needle biopsies
- Specialist breast surgeons

Mammogram

A mammogram is simply a low dose x-ray of your breasts. It is carried out by gently compressing the breast between two plates. Each breast is x-rayed twice from different perspectives giving four x-rays altogether. Occasionally extra views may also be required.

Younger women have denser breast tissue making mammography less accurate, so this investigation is generally most effective for detecting breast cancer early in women over the age of 40. It is not routinely performed on patients under 35 and for this younger age group, ultrasound is used in the first instance to examine your breasts.

At Chelsea Breast Clinic we offer the newest and most advanced full field digital mammography machine, which is capable of producing the very best quality digital images. A digital image can be manipulated and enhanced to ensure the clearest quality is produced for the consultant radiologist to interpret.



Ultrasound

An ultrasound scan builds up a picture of your internal organs using sound waves of a frequency above the audible range of the human ear. During an ultrasound the Consultant Radiologist applies gel to the breast and then moves a handheld probe over the skin to examine the underlying breast tissue. If any abnormality is detected, a biopsy can then be performed using ultrasound guidance.

Ultrasound generates different information about breast changes and usually complements a mammogram. In younger women ultrasound is the best initial test to check for breast problems, although a mammogram may occasionally be required.

MRI

An MRI scanner uses a strong magnetic field to produce high-quality, cross sectional images of internal body structures. The images are generated using superconducting magnets and pulsed radio waves. The MRI scanner can be used on all parts of your body, including your breasts, without using radiation, but it's a highly specialist investigation which is usually only used when the standard imaging modalities still leave a degree of doubt about the full clinical picture. It is invariably requested only by the specialist clinical team.

In some instances, a needle test may be advised so that the breast tissue can be laboratory tested. Local anaesthetic is usually administered, so these procedures are relatively painless.



Core needle biopsy

A core needle biopsy is used to obtain a piece of breast tissue about half the size of a matchstick. This is done using local anaesthetic and a spring-loaded device which then samples the area of interest, making a loud click. Often two or three samples are taken and the tissue obtained is enough to make a definitive diagnosis of any lump.

Vacuum assisted biopsy

Using the very latest vacuum assisted breast biopsy device, the Chelsea Breast Clinic team are able to perform a range of highly technically advanced outpatient procedures.

Vacuum assisted breast biopsies are performed for two reasons. Firstly, if your Consultant is in any doubt about an accurate diagnosis after you've had a standard core biopsy or fine needle aspiration test. Secondly, it can be used to excise benign areas from the breast under local anaesthetic, as an alternative to surgery.

The 20 minute procedure is performed in a very similar way to a core biopsy. It's performed under ultrasound or mammographic guidance and most patients will be able to resume normal activities immediately after leaving the department.

Fine needle aspiration

Using a fine needle and a syringe, individual cells, or small clusters of cells, are collected from the breast tissue. The procedure is not painful and is similar to the discomfort of having a blood test. Fine needle aspirations are not commonly performed as the volume of tissue obtained is often too small to definitively test in the lab. However, in certain instances it remains useful and can be performed when appropriate.

Treatment

Most patients with symptomatic breast lumps will only have benign disease. However a few will turn out to be malignant. If you've been diagnosed with breast cancer, your specialist team will discuss your treatment options with you and their possible side effects.

Treatment may involve surgery (and/or reconstruction), radiotherapy, chemotherapy and endocrine treatment, either given alone or in any combination or order. You will have the opportunity to discuss all the treatment options with your specialist.

A dedicated Breast Care Nurse is available to all patients for support and reassurance whether they are treated at The Lister Hospital or Chelsea Outpatient Centre.

Cosmetic, plastic and reconstructive surgery at Chelsea Breast Clinic

Modern breast care demands support from plastic surgeons. At Chelsea Breast Clinic we have the benefit of experienced surgeons offering a full range of cosmetic, aesthetic and complex reconstructive surgery. Treatment is available for both benign deformity and post treatment correction and although a reconstructed breast will not be the same as the original, restoration of the breast shape, contour and size is achievable with very good results. Reconstruction is tailored to the individual and will depend on the patient's preference, as well as the surgeon's recommendations.

One-stop Clinics

At your appointment at Chelsea Breast Clinic, your consultant will assess your symptoms and identify any potential problems through a series of diagnostic procedures called a Triple Assessment. This includes imaging (mammograms and/or ultrasound), clinical examination and biopsy, although this may not be necessary for everybody. These tests will be carried out at the same time, to avoid the inconvenience of a second appointment and to minimise any possible worries.

Making an appointment

Imaging appointments

If your doctor has referred you for a mammogram or ultrasound, please call our Imaging team on **+44 (0)20 7730 3759** to arrange this. Same day appointments can usually be arranged for urgent referrals.

Alternatively we also accept self referrals for mammograms, if you're over the age of 40.

Outpatient consultations

You can choose to see one of our consultants at either The Lister Hospital or Chelsea Outpatient Centre, 280 Kings Road - whichever is most convenient for you. For any queries or appointments, please call **+44 (0)20 7730 8298**.



You can be referred for an outpatient consultation either by your GP, or you can self refer.

What to bring with you for your appointment

Please bring the following information to your appointment:

- Request form/letter from the referring clinician (if applicable)
- Details of your insurance membership including your authorisation number for the investigations required
- Details of your own General Practitioner, if he is not the referrer, to include his address and postcode
- Any old breast x-rays that you may have had previously are useful for comparison.

The team

Consultant Breast Surgeon

Miss Nicola Roche, The Royal Marsden NHS Foundation Trust

Consultant Plastic and Reconstructive Surgeons

Mr Adam Searle, The Royal Marsden NHS Foundation Trust

Mr Stuart James, The Royal Marsden NHS Foundation Trust

Consultant Radiologists

Dr Steven Allen, The Royal Marsden NHS Foundation Trust

Dr Eleanor Moskovic, The Royal Marsden NHS Foundation Trust

Dr David Evans, King's College Hospital NHS Foundation Trust

Dr Juliet Morel, King's College Hospital NHS Foundation Trust

Dr Michael King, The Royal Marsden NHS Foundation Trust

Breast Care Nurse Specialists

Miss Bridie McGillycuddy

Mrs Anthea Hackett

Directions to Chelsea Breast Clinic

You can see a Chelsea Breast Clinic consultant at either The Lister Hospital or Chelsea Outpatient Centre, 280 Kings Road - whichever is most convenient for you.

How to find The Lister Hospital

The Lister Hospital is situated in Chelsea on the north side of the River Thames. It is within easy access of Sloane Square and Victoria stations with good rail and road links to London's main airports.

By car

The hospital is on Chelsea Bridge Road, just off Chelsea Embankment. Please note that local parking facilities are limited and we advise visitors to use the public car park over Chelsea Bridge, as indicated on the map overleaf.

By bus

Bus numbers 44, 137, 360 and 452 stop just outside the hospital.

By tube

The nearest Underground stations are Sloane Square (District and Circle lines) and Victoria (Victoria, District and Circle lines) both of which are about 10 – 15 minutes' walk away.

By train

The nearest mainline station is Victoria, which has good connections to the Underground and links to Gatwick Airport.



How to find Chelsea Outpatient Centre

Chelsea Outpatient Centre is at 280 Kings Road. About 10 - 15 minutes' walk from Sloane Square, the Centre is just past Chelsea Town Hall and on the same side of the road as Chelsea Fire Station. The entrance is adjacent to a designer furniture store, Poliform.

By car

Car parking is limited in the Kings Road area, although there is a public car park nearby in Sydney Street and some metered parking is available, as indicated on the map overleaf.

By bus

Bus numbers 11, 19, 22 and 319 stop just outside Chelsea Outpatient Centre.

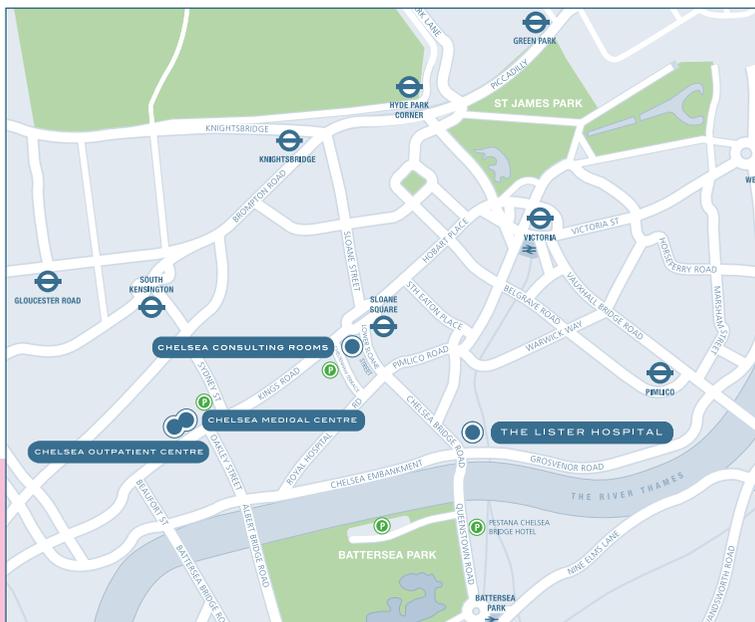
By tube

The nearest Underground stations are Sloane Square and South Kensington (District and Circle lines), both of which are about 10 - 15 minutes' walk away.

By train

The nearest mainline station is Victoria which is about 10 minutes by road.






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