The Breast Cancer Center at Mount Kisco Medical Group

At the Mount Kisco Medical Group, we provide you and your loved ones with the comprehensive care that is needed for breast health. MKMG believes in helping women understand breast health. While more women are faced with breast cancer diagnosis today than in past decades, advances in diagnostic and surgical procedures, combined with new medications and treatments, have made the disease more curable and easier to live with than it once was.

Treatment at MKMG involves a comprehensive regimen of diagnostic procedures, surgery, reconstruction, medication, and follow-up provided by a well-coordinated team of medical specialists.

Mount Kisco Medical Group is dedicated to providing prompt service and response to women with breast related issues. Through the Group’s mission and dedication, MKMG leads the field of total breast care. MKMG is committed to compassionately providing patients with the highest quality care.

MKMG’s Internists and Obstetrician-Gynecologists believe in the importance of annual checkups and mammograms as well as educating women about risk factors and genetics. Although breast cancer is not preventable, women are encouraged to speak with their primary care physician about early diagnosis and risk factors, as well as any other breast health concerns they may have.

Mount Kisco Medical Group’s Radiologists specializing in Women’s Imaging use state-of-the-art technology for breast screening and diagnosis. MKMG recently installed and is the only breast imaging center in NY outside of Manhattan to have a brand new Sentinel breast MRI imaging table and biopsy system. With features not available in traditional breast MRI coils, the next-generation system optimizes breast imaging and access, patient care, and comfort. The Mount Kisco Medical Group has designated a Breast Imaging Center of Excellence by the American College of Radiology.

MKMG offers a comfortable, private suite for Women’s Imaging. At every MKMG office performing Women’s Imaging, the patient meets with the Radiologist who will interpret the films and discuss the results. The patient is welcome to view the computer monitor and review the images as part of the discussion. If necessary, the Radiologist will outline the process as straightforward and as detailed as possible. Follow up is necessary. The Radiologist will expedite appointments for the patient.

If surgery is part of the treatment plan for a woman diagnosed with breast cancer, one of MKMG’s Breast Surgeons will coordinate the plan for the surgery. For reasons the Breast Surgeon will arrange for a Plastic & Reconstructive surgeon to see the patient in consultation. “As part of the MKMG Breast Center Multidisciplinary team, my goal is to provide the best possible care for patients. The entire Breast Center team meets regularly to coordinate care for each patient. Communication is critical in the diagnosis and treatment of breast disease,” notes MKMG Breast Surgeon, Dr. Maria Pence.

The Oncologists at Mount Kisco Medical Group use the most advanced technology and offer single-specialty care for breast cancer. They coordinate with the Radiologist, Pathologist, and Medical Oncologist throughout the course of treatment.
Skin Cancer: Curable If Caught Early.

Skin cancer is the most common form of cancer in the United States, with more than one million cases diagnosed a year. Skin cancer is on the rise, however the good news is that if caught early it is curable.

Each year, there are more cases of skin cancer than cancers of the breast, prostate, lung, and colon combined. It is estimated that one in five Americans will develop skin cancer in their lifetime. Unfortunately, we all hear about friends, family or acquaintances that are dying of cancer. Roughly one American dies of Melanoma every hour in the United States. These deaths can virtually be eliminated by performing monthly self-skin examinations and by scheduling an annual visit to the dermatologist, states MKMG Dermatologist, Dr. Jeffrey Schachne.

Skin cancer includes non-melanoma skin cancers, and melanoma skin cancer. Non-melanoma skin cancers include basal cell carcinoma and squamous cell carcinoma. These are the most common types of skin cancer. They are curable when detected early. Risk factors for non-melanoma and melanoma skin cancers include unprotected and/or excessive exposure to ultraviolet (UV) radiation, fair skin complexion, family history, multiple atypical moles and severe sunburns as a child.

Since most skin cancers are caused by the sun, it is essential to protect oneself in order to prevent skin cancer. Some Prevention Tips Include:

- Seek shade.
- Avoid the sun between 10 am and 4 pm.
- Use a sunscreen with SPF (Sun Protection Factor) of 30 or higher. MKMG Dr. Ayedt Mirachi recommends using one containing zinc or titanium and with both UVB and UVA protection.
- Apply one ounce of sunscreen to your entire body before going outside.
- Reapply every 2 hours, or as directions indicate.
- Try not to burn.
- Never use tanning booths.
- Keep newsworlds out of the sun.
- Use sunscreen on infants over six months of age.
- Examine your entire body each month for any changes in your skin.
- See a physician once a year for a professional skin exam. If you have had skin cancer, your annual exam should be by a dermatologist.
- Look for the ugly duckling: a growth that looks different from all the other growths on the body. In addition, anything showing rapid change, growth, or symptoms such as itching, bleeding or failure to heal should prompt a visit to the dermatologist, states MKMG Dermatologist, Dr. Ben Rosenberg.
- Treatment for skin cancer depends on the size, depth and location of the abnormal cells. Many times the abnormal cells are surgically removed or destroyed with topical medications. Most skin cancer treatments require only a local anesthetic and can be done in an outpatient setting.

Additional treatment options may include:

- Freezing: The dermatologist may destroy some small, early cancers by freezing them with liquid nitrogen. When it thaws, the tissue sloughs off.
- Excisional Surgery: The dermatologist cuts out the cancerous tissue and some of the surrounding healthy tissue. In some cases, the surgery may require the use of a microscope.
- Laser Therapy: A laser beam vaporizes growths with little damage to surrounding tissue.
- Mohs Surgery: This procedure is known for its higher cure rates and better cosmetic outcome and is used in difficult anatomic locations such as the nose, lips, and ears. It is the only method by which the dermatologist can be sure that there are no abnormal cells remaining in the tissue that he is removing. He repeatedly removes the minimum amount of tissue necessary to cure the cancer.

For more information or to schedule an appointment please call our dermatology department. "Remember that you know your body well and if anything is new or doesn’t seem right it is time to bring it the attention of your dermatologist," says Dr. Eric Berkowitz, MKMG Dermatologist.

Mount Kisco: 914-242-1355
Carmel: 845-278-4300
Jefferson Valley: 914-962-4222
Katonah: 914-232-3135
Poughkeepsie: 845-471-3112
Somers: 914-277-4448

The only Required Vaccine for travel to certain countries in Sub-Saharan Africa and South America is yellow fever vaccination. "Yellow Fever Vaccination is now available at the Mount Kisco Medical Group," he states.

It is also important to discuss with your physician if you have altered immunocompetence due to illnesses such as diabetes or HIV, are pregnant or breastfeeding, or have children.

Other Important Health/Safety Travel Tips Include:

- Use sunscreen with both UVA and UVB protection.
- Use insect repellent with DEET on uncovered skin when outdoors.
- Wear long sleeved shirts and pants when outdoors in areas with malaria.
- Wash your hands often with soap and water or use an alcohol-based hand gel.
- In some countries, drink only bottled water or carbonated beverages.
- Always wear a seat belt if available.
- Do not swim in freshwater in contaminated areas.
- Try to avoid travel on overloaded buses or covering miles.
- Try to avoid animals. If bitten or scratched, wash the wound out with soap and water and seek medical attention to determine whether or not rabies vaccine is needed.
- Do not walk barefoot especially on beaches where there may be animal waste, to prevent fungal and parasitic infections.
- Do not share needles for tattooing, body piercing or injections as these can have high risk for HIV or viral hepatitis.
- Travelers to a malaria-risk area should avoid mosquito bites or travel to the same area in 3-4 months before and after travel.
- Routine vacations are necessary for protection against diseases that are still common in many parts of the world. Some of these routine vaccines protect against Tetanus, Typhoid, Polio, Mumps, Rubella, and Hepatitis B among others.
- Recommended Vaccines are vaccines that are geared toward protecting travelers from illnesses that are prevalent in the country you will be visiting.
- The type of vacations will depend on the destination, the season in which you are traveling, your health status and previous immunizations.

MKMG, at its current location at 400 South Road, is the most convenient location for patients. "The only Required Vaccine for travel to certain countries in Sub-Saharan Africa and South America is yellow fever vaccination. "Yellow Fever Vaccination is now available at the Mount Kisco Medical Group," he states. It is also important to discuss with your physician if you have altered immunocompetence due to illnesses such as diabetes or HIV, are pregnant or breastfeeding, or have children.

For more information or to schedule an appointment please call: 914-242-1050.

For more information or to schedule an appointment, please call Dr. Raffalli at 914-242-1050. *MKMG’s Poughkeepsie office moved to its new location at Oakwood Commons on South Road in Poughkeepsie. This newly redesigned state-of-the-art facility helps to provide patients with quality care that is convenient and complete. MKMG Adds a New Location: Oakwood Commons in Poughkeepsie, NY"