



BREAST CENTRES NETWORK

Synergy among Breast Units

★ North Estonian Regional Centre - Tallinn, Estonia

General Information



New breast cancer cases treated per year 472

Breast multidisciplinary team members 23

Radiologists, surgeons, pathologists, medical oncologists, radiotherapists and nurses

Clinical Director: Riina Kütner, MD

The Multidisciplinary Team in our Breast Unit has been working together for more than 15 years. We still find working together very helpful in our everyday practice, as it allows us to have better-individualized treatment decisions for every patient better contacts between colleagues. We have preoperative meetings with radiologists, postoperative case meetings and advanced cases meetings with patients (all once a week). Twice a month, we have meetings with plastic surgeons. Once a month, we have informative meetings (news from conferences or scientific articles). Our Breast Cancer Database started in August 2012, and all new cases from that moment on are registered by all parameters and treatment methods.

North Estonian Regional Centre

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Available services

- ✓ Radiology
- ✓ Breast Surgery
- ✓ Reconstructive/Plastic Surgery
- ✓ Pathology
- ✓ Medical Oncology
- ✓ Radiotherapy

- ✓ Nuclear Medicine
- ✓ Rehabilitation
- ✓ Genetic Counselling
- ✓ Data Management
- ✓ Psycho-oncology
- ✓ Breast Nurses

- ✓ Social Workers
- ✓ Nutritional Counselling
- ✓ Survivorship Groups
- ✓ Sexual Health Counselling
- ✓ Supportive and Palliative Care
- ✓ Integrative Medicine

Radiology

- ✓ **Dedicated Radiologists** 4
- ✓ **Mammograms per year** 15000
- ✓ **Breast radiographers**
- ✓ **Screening program**
- ✓ **Verification for non-palpable breast lesions on specimen**
- ✓ **Axillary US/US-guided FNAB**
- ✓ **Clinical Research**

Available imaging equipment

- ✓ Mammography
- ✓ Ultrasound
- ✓ Magnetic Resonance Imaging (MRI)
- ✓ Stereotactic Biopsy Device

Available work-up imaging equipment

- ✓ Computer Tomography
- ✓ Ultrasound
- ✓ Magnetic Resonance Imaging (MRI)
- ✓ PET/CT scan

Primary technique for localizing non-palpable lesions

- ✓ Hook-wire (or needle localization)
- Charcoal marking/tattooing
- ROLL: radio-guided occult lesion localization

Available breast tissue sampling equipment

- ✓ Stereotactic Biopsy (Mammography guided)
 - ✓ Core Biopsy (Tru-cut)
 - Vacuum assisted biopsy
- ✓ Ultrasound-guided biopsy
 - ✓ Fine-needle aspiration biopsy (FNAB, cytology)
 - ✓ Core Biopsy
 - Vacuum assisted biopsy
- ✓ MRI-guided biopsy
 - ✓ Core Biopsy
 - Vacuum assisted biopsy

Breast Surgery

- ✓ **New operated cases per year (benign and malignant)** 490
- ✓ **Dedicated Breast Surgeons** 6
- ✓ **Surgeons with more than 50 surgeries per year** 6
- ✓ **Breast Surgery beds** 10
- ✓ **Breast Nurse specialists** 6
- ✓ **Outpatient surgery**
- ✓ **Intra-operative evaluation of sentinel node**
- ✓ **Reconstruction performed by Breast Surgeons**
- ✓ **Clinical Research**

Primary technique for staging the axilla

- Axillary lymph node dissection
- ✓ Sentinel lymph node biopsy:
 - Blue dye technique
 - ✓ Radio-tracer technique
 - Blue dye + Radio-tracer
- Axillary sampling

Reconstructive/Plastic Surgery

Reconstructive/Plastic surgeons 2

Immediate Reconstruction available

Type of breast reconstructive surgery available

- Remodelling after breast-conserving surgery
- Reconstruction after mastectomy:
 - Two-stage reconstruction (tissue expander followed by implant)
 - One-stage reconstruction
 - Autogenous tissue flap
 - Latissimus dorsi flap
 - Transverse rectus abdominis (TRAM)
 - Free-flaps (free TRAM, DIEP, SIEA, gluteal, etc.)
- Surgery on the contralateral breast for symmetry
- Fat injections for remodelling

Pathology

Dedicated Breast Pathologists 2

Available studies

- Cytology
- Haematoxylin & eosin section (H&E)
 - Surgical specimen
 - Sentinel node
 - Core biopsy
- Frozen section (FS)
 - Surgical specimen
 - Sentinel node
- Immunohistochemistry stain (IHC)
 - Estrogen receptors
 - Progesterone receptors
 - HER-2
 - Ki-67

Other special studies available

- Fluorescence in-situ Hybridization for HER-2 gene (FISH)
- Oncotype Dx (21-gene assay)
- MammaPrint (70-gene microarray)
- Prediction Analysis of Microarray 50-gene set (PAM 50)
- PD-L1

Parameters included in the final pathology report

- Pathology stage (pT and pN)
- Tumour size (invasive component in mm)
- Histologic type
- Tumor grade
- ER/PR receptor status
- HER-2/neu receptor status
- Peritumoural/Lymphovascular invasion
- Margin status
- Ki 67, E-Cadherin, DCIS Component in mm, TILs, Miller-Payne grading response to NA therapy

Medical Oncology

Dedicated Breast Medical Oncologists 4

Outpatient systemic therapy

Clinical Research

Radiotherapy

Dedicated Radiation Oncologists

Clinical Research

Available techniques after breast-conserving surgery (including experimental)

Whole-Breast RT (WBRT)

Partial breast irradiation (PBI):

External beam PBI

Interstitial brachytherapy

Targeted brachytherapy (MammoSite, SAVI applicator, other devices)

Intra-operative RT (IORT)

Multidisciplinary Meeting (MDM) / Tumour Board (TB)

Regular MDM/TB for case management discussion

Twice a week

Weekly

Every two weeks

Other Schedule

Cases discussed at MDM/TB

Preoperative cases

Postoperative cases

Specialties/services participating in MDM/TB

Radiology

Breast Surgery

Reconstructive/Plastic Surgery

Pathology

Medical Oncology

Radiotherapy

Genetic Counselling

Breast Nurse Service

Psycho-oncology

Further Services and Facilities

Nuclear Medicine

Lymphoscintigraphy

Bone scan

Positron Emission Tomography (PET)

PET/CT scan

Rehabilitation

Prosthesis service

Physiotherapy

Lymph-oedema treatment

Teaching Physical Exercises After ALND, interactive website for MBC patients

Genetic Counselling

Specialist Providing Genetic Counselling/Risk assessment service:

Dedicated Clinical Geneticist

Medical Oncologist

Breast Surgeon

General Surgeon

Gynaecologist

Genetic Testing available

Surveillance program for high-risk women

Data Management

Database used for clinical information

Data manager available

Contact details

Clinical Director

Riina Kütner, MD	Senior Doctor, Surgeon And Medical Oncologist	riina.kytner@regionaalhaigla.ee	+3726171688
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Radiology

Äli Roose, MD	Head of Radiology Department	ali.roose@regionaalhaigla.ee	+3725146099
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Breast Surgery

Riina Kütner, MD	Head of the Breast Unit, Breast Surgeon	riina.kytner@regionaalhaigla.ee	+3726171688
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Reconstructive Surgery

Pille Kirjanen, MD	Staff Surgeon	pille.kirjanen@regionaalhaigla.ee	+3726172417
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Pathology

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Medical Oncology

Vahur Valvere	Head of Oncology Dpt.	vahur.valvere@regionaalhaigla.ee	+3726172304
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Radiotherapy

Rena Tiigi, MD	Senior Doctor	rena.tiigi@regionaalhaigla.ee	+372 6171606
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How to reach us



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Web-site: www.regionaalhaigla.ee

From airport:

Tallinn Lennart Meri Airport, by Taxi to street Sütiste 19, North Estonian Regional Centre.

By train:

From the Tallinn Central Train Station as above. It takes about 20-30 minutes by taxi.

By bus or sub-way/underground:

Bus 17 from intercity bus station to 'Tervise' Trolley 3 and 4 to 'Lepistiku'.

By car:

From City Centre by Pärnu Maantee to Tammsaare Tee or to Sõpruse Puiestee and to Sütiste tee 19

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