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CONTACT:

Kathleen M. Oelschlager
SVP Business Development
800-918-8924 Ext.10114
koelschlager@carecorenational.com

Nikki Henck
Marketing/Public Relations Associate
800-918-8924 Ext.10136
nhenck@carecorenational.com

New Breast MRI Guidelines Recommended by American Cancer Society, and New England Journal of Medicine Article Affirm CareCore National's Radiology Management Best Practices

WAPPINGERS FALLS, NEW YORK – The new “guidelines for breast screening with MRI as an adjunct to mammography” proposed by the American Cancer Society and recent findings published in the New England Medical Journal of Medicine affirm the appropriateness of CareCore National's (CCN) evidence based guidelines used for medical necessity review of requests for Magnetic Resonance Imaging (MRI) of the breast. The new guidelines and findings recommend MRI in addition to mammography for women with a very high lifetime risk for the development of breast cancer and for those with newly diagnosed breast cancer.

According to article *American Cancer Society Guidelines for Breast Screening with MRI as an Adjunct to Mammography*, “screening MRI is recommended for women with a 20-25% or greater lifetime risk of breast cancer, including women with a strong family history of breast or breast and ovarian cancer and women who were treated for Hodgkin's disease.” The guideline states that the evidence is insufficient to recommend screening breast MRI for women with dense breasts, a history of LCIS (lobular carcinoma in situ) or a personal history of breast cancer.

In March, The New England Journal of Medicine published *MRI Evaluation of the Contralateral Breast in Women with Recently Diagnosed Breast Cancer* reported that a second cancer was found in the contralateral breast of 3% of the women studied. The research which was funded by National Cancer Institute, concluded that “Magnetic Resonance Imaging (MRI) scans of women who were diagnosed with cancer in one breast detected over 90% of cancers in the other breast that were missed by mammography and clinical breast exam at initial diagnosis...”

These findings confirm that the evidenced based guidelines adopted by CareCore National. Two years ago CCN, recognized the increasing importance and value of breast MRI for the diagnosis and management of breast cancer, developed criteria for both screening and diagnostic breast MRI. As a result, the radiology benefit management company serving more than 30 million subscribers recommends to its clients that women with newly diagnosed breast cancer undergo MRI as part of their initial staging evaluation. They also recommend breast MRI in women with a high genetic risk of developing the disease or for women who have indeterminate mammography and/or breast ultrasound. The criteria were adopted after research

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by Dr. Shelley Weiner, a radiologist who serves as Senior Medical Director with CareCore National, reviewed the literature and found that there was sufficient evidence to support the use of breast MRI to detect multi-focal, multicentric and contralateral cancers in this population.

“The recommendation from the American Cancer Society and the findings by The New England Journal of Medicine confirm that CareCore National’s radiology utilization management program is both current and consistent with the most appropriate care for our health plans’ members. CareCore’s utilization management practices are quality-driven and based on research. The results of the MRI help women make informed decisions regarding their surgical treatment,” says Dr. Weiner.

To view the referenced materials visit:

<http://caonline.amcancersoc.org/cgi/content/short/57/2/75>

<http://content.nejm.org/cgi/content/short/356/13/1295>

<http://www.carecorenational.com/whitepapers%5Cbreastcancerscreening.pdf>

To learn more about best practices for breast cancer detection, please contact CareCore National at (800) 918-8924, extension 10114.

About CareCore National, LLC

The nation’s leader in utilization management, CareCore National’s innovative, quality-driven approach, encompassing diagnostic imaging, cardiac care, oncology and radiation therapy, provides comprehensive, seamless solutions to health plan clients. Using evidence-based guidelines to ensure appropriateness, all CareCore programs effectively reduce cost, improve quality, and streamline patient care. CareCore National’s expert staff, comprised of medical directors and nurses, administers the dynamic clinical protocols and progressive approaches required for effective management. CareCore National is the largest specialty benefit management company, covering over 24 million national subscribers, and is certified by the National Committee for Quality Assurance and URAC (American Accreditation HealthCare Commission). For more information visit www.carecorenational.com.

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