

Today – we're  
here to support  
you with  
expert care  
and a  
compassionate  
team.



“I’m your  
breast surgeon  
for a short  
period of time,  
but I’m always  
your advocate.”

Dr. Gerlinde Tynan,  
Dedicated Breast  
Surgeon and  
Director of the  
Avista Breast Care  
Program

Avista Breast Care Center



## Today – we're here to help you

- Breast ultrasound
- Breast MRI
- Aspiration
- Stereotactic biopsy
- Ultrasound-guided biopsy
- MRI-guided biopsy
- Needle localization



You may not have thought about us at all before today, but we've spent years preparing the best multidisciplinary breast care team for you.

If something suspicious is found during your screening, or if you find any symptoms of breast cancer during your monthly self-breast exam, our breast specialists will work with you to determine the most effective diagnostic test to find out if the disease is present.

## What will happen next?

A biopsy is done when mammograms, other imaging tests or the physical exam shows a breast change that may be cancer.

A biopsy is the only way to know for sure whether or not it's cancer. For a biopsy, a tiny sample (biopsy specimen) of the suspicious area is taken out and examined under the microscope. If your doctor confirms a cancer diagnosis, they will determine the stage of the cancer. The stage of a cancer helps determine how serious the cancer is and how best to treat it.





## What do I do now?

You will never be alone through your cancer treatment.

Our nurse navigator will be with you for your entire journey, from diagnosis and treatment to coping with side effects and life beyond cancer. Understanding that every woman's situation is unique, you can be confident she will listen and do her best to help support you by:



- Facilitating communication between your health care providers
- Providing ongoing emotional, spiritual and lifestyle support
- Assisting with financial aid resources such as financial grants and financial counselors at Avista Adventist Hospital
- Coordinating transportation and housing resources
- Providing education about outpatient therapy and local integrative health services
- Supplying family cancer education, nutrition, breast care and treatment resources
- Providing genetic counseling and fertility referrals
- Connecting patients with local resources for wigs, head coverings and post-mastectomy products
- Presenting opportunities for attending local support groups
- Helping facilitate follow-up appointments

**Note:** Avista's nurse navigator provides services for those surgeons participating in the breast program.

# What if I need surgery?

Most women with breast cancer have some type of surgery as part of their treatment.

Shortly after your diagnosis, you will partner with one of our breast surgeons who you can trust with your surgery - and your life.

You may be scheduled for surgery for many different reasons:

- To remove as much of the cancer as possible through a lumpectomy or mastectomy (with or without reconstruction)
- To find out whether the cancer has spread to the lymph nodes under the arm
- To restore the breast's shape after the cancer is removed
- To relieve symptoms of advanced cancer

After meeting with your surgeon and prior to your surgery, you have the opportunity to be part of our breast surgery preparation class taught by registered nurses and physical therapists specifically trained in post-surgery breast care. Our goal is to minimize your fear, prepare you for surgery and teach you how to care for yourself, or a loved one, after surgery.





# Reconstruction

Loss of a breast is a severe and emotional event for any woman.

Fortunately, new advances in reconstruction procedures are available to help heal the physical and emotional scars associated with a mastectomy and make you feel whole again.

The first step to a successful reconstruction will be to determine which tissues have been lost and what will be required to reconstruct the breast. Your reconstructive surgeon will work with your breast surgeon, oncologist and radiologist to map out a personalized plan to reconstruct your breast as safely and as soon as possible and help give you optimal cosmetic results.

## **Reconstructive procedures include:**

- Implant-based reconstruction – tissue expanders and implants
- Autologous tissue transfers – reconstruction entirely from your body's tissues
- Shape modifications and lifting procedures for symmetry as well as fat grafting
- Nipple areola complex reconstruction



Almost any breast\* can now be reconstructed with an average of one major and one or two relatively minor surgical procedures.

\*Excepting certain limitations

# Today – we're standing beside you... and tomorrow too!

## Prevention

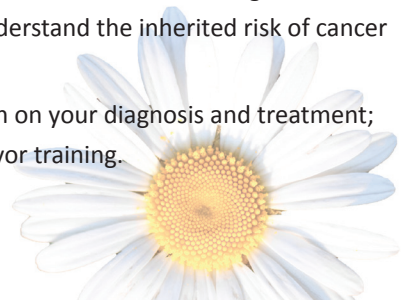
Preventive medication, increased screenings and surgery are critical to breast cancer prevention in high risk patients; however, the Avista Breast Care Center recognizes there is so much more that can and should be done to help these women reduce their risk. That's why we've developed an innovative Breast Cancer and Disease Prevention program that takes a holistic approach to risk reduction that includes comprehensive evaluation, monitoring and coaching to address lifestyle, nutrition, environmental exposures, vitamins and more.



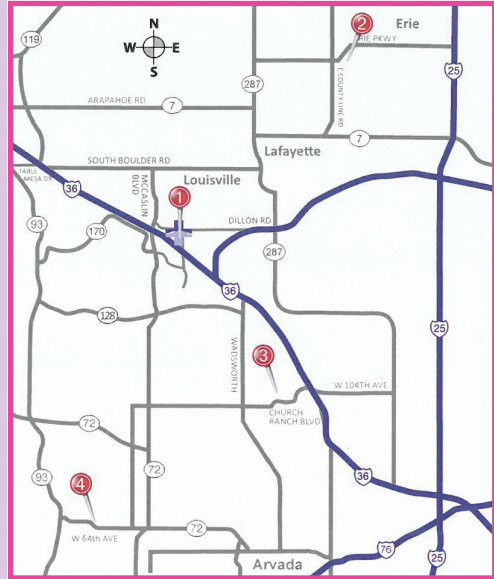
## Rehabilitation

Your rehabilitation will be about making sure that you heal emotionally and physically. And for that reason, we offer these services to get you back to living your life:

- **Breast and Lymphedema Rehabilitation:** Breast cancer rehabilitation is essential to restoring movement, reducing scar tissue and improving your strength to return you to normal life.
- **Genetic Counseling:** If you or a family member has been diagnosed with cancer, our genetic counselor will work with you, and your family, to help you understand the inherited risk of cancer and help you be proactive about medical care.
- **Medical Oncology:** Your cancer team will provide consultation on your diagnosis and treatment; administration of chemotherapy treatment; and cancer survivor training.



# Centura Health Breast Care – Complete Care for all Your Needs



## Avista Breast Care Center



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