

## Radiation Therapy (continued)

- Intra-operative Radiation: Radiation therapy is given to the area from which the tumor has been removed during surgery either as a boost or as another option to three to five weeks of daily radiotherapy to the whole breast. We use the Intra-beam device, the safety of which has been tested in a large international study. John Muir Health participates in the TARGIT-US trial which studies long term outcome of Intra-Operative Radiotherapy compared to three to five weeks of radiotherapy to the whole breast.
- Accelerated Partial Breast Irradiation: Radiation therapy given only to the part of the breast that had cancer over one week.

## Medical Oncology

Personalized and latest treatment options are available by our Board Certified Medical Oncologists.

- Chemotherapy: Medications that destroy rapidly dividing cells.
- Endocrine Therapy: Medications given to block the body's natural hormones, or stop production in order to slow or stop the growth of breast cancer.
- Tumor Analysis: Genetic analysis of tumors to provide you and your physician with more information used to personalize care and treatment plans.
- Targeted Therapy: Treatment that targets specific parts of a breast cancer cell (antigens) to stop the growth and spread of cancer cells.

## Additional Services

### National Clinical Research Studies:

Provides access to leading-edge treatment options and resources through participation in national, state and local clinical trials.

### Lymphedema Centers and Physical

**Therapy:** Lymphedema is a condition where excess fluid accumulates in tissues, causing swelling sometimes associated with removal of lymph nodes. A specially trained physical therapist is available for patients following breast cancer treatment for lymphedema prevention, management and range of arm motion issues.

**Survivorship Program:** We know that the end of cancer treatment is essentially a new beginning, which is why we offer a program that assists in making the transition back into everyday life and adjusting to post-treatment recovery.

### Additional Services:

- Financial Counseling
- Nutritional Counseling
- Interpreter Services
- Psychosocial Counseling
- Pastoral Care
- Social Services
- Support Groups
- Palliative Care (symptom management)
- Library and Resource Center

## Awards & Accreditation

We are recognized as a Breast Imaging Center of Excellence by the American College of Radiology (ACR). We are also accredited through the National Accreditation Program for Breast Centers (NAPBC), Commission on Cancer (CoC), as well as American College of Radiology (ACR) accredited in Radiation Oncology. These nationally recognized awards and accreditations are additional validation of the quality care that you can expect from us.

**For more information or questions about our Breast Health Services please call (925) 947-3322.**

### Breast Health Center

133 La Casa Via, Suite #140  
Walnut Creek, CA 94598  
925-947-3322

### Breast Health Center

2540 East Street  
Concord, CA 94520  
925-947-3322



# Breast Health Services



At John Muir Health, we know there is nothing routine about screening for and treating changes in your breast. That's why we offer comprehensive Breast Health Services giving you personalized care for screening, diagnosis, treatment and recovery. We bring together advanced screening and diagnostic tools, the latest treatment techniques, and a variety of support services and educational resources so that you can make an informed decision about your treatment choices.

## Screening and Diagnosis

We use the latest technology so breast changes can be seen and identified earlier using:

**Digital Mammography:** for screening and imaging of the breast with the use of computer-aided detection (CAD, a computer system that double-reads mammograms) to assist in the interpretation of images.

**3D Mammography (Tomosynthesis):** This capability, especially useful in screening woman with dense breast tissue, produces 3D digital images that can be highly accurate in pinpointing size, shape and location of abnormalities.

**Breast Ultrasound:** for evaluation of masses that can be felt or mammographic abnormalities and screening in women with dense breasts.

**Breast MRI Screening:** to supplement mammograms in high risk patients.

**Minimally invasive stereotactic, ultrasound, and MRI-guided core biopsy:** to precisely target areas of concern in breast tissue.

## Meeting Your Personal Needs

Each patient's treatment plan focuses on meeting individual needs, which is why at John Muir Health we offer many additional services that may assist you and your family:

**Navigation Services:** Our Breast Health Services nurses help guide and coordinate treatment plans, provide education, offer emotional support, and refer for help with insurance, financial needs and other resources. They include the following individuals :

- Nurse Navigator
- Nurse Practitioner

### **Genetic Counseling, Cancer Risk Assessment, and Genetic Testing:**

Genetic counseling can provide you with a more accurate assessment of cancer risk, especially if you have a family history of cancer. This often includes genetic testing, and always provides you with a personalized screening and follow-up plan from our board certified genetic counselors.

**High Risk Cancer Program:** If you are identified as a high risk patient for developing cancer, we work with you closely on your screening plan, risk assessment, risk reduction, monitoring, education, and resources.

**“Every Woman Counts” Program:** A program that provides free breast cancer screening and diagnostic services for low-income, eligible women.

## If You Have Been Diagnosed with Breast Cancer

If you've been diagnosed with breast cancer, you are cared for by a team of highly specialized health care professionals who work with you, your family, and your primary care doctor to determine your best treatment. Our Nurse Navigators can help you with information, education, support, and resources, as well as help you navigate your way through your experience. You are an important member of your healthcare team: we want you to ask questions, learn about treatment options, and participate in all decisions about your care.

### **A multidisciplinary, team approach to coordinate the best care and treatment options available that includes:**

- **Pre-Treatment Planning Conferences:** After biopsy, every high risk and breast cancer case is reviewed by a multidisciplinary panel of doctors and healthcare professionals to help ensure quality of care, timeliness, and that all options, tests, and resources have been evaluated.
- **Breast Tumor Boards:** You or your doctor may request for your case to be reviewed by a multidisciplinary board of doctors and healthcare professionals with expertise in breast cancer. The board will recommend treatment options that are based on national guidelines, clinical trials which are specialized research studies, and other helpful services.

## Treatment Options

### **Surgical Services**

- Board Certified General and Reconstructive Surgeons with expertise in breast surgery.
- Our surgical specialists use the latest reconstructive techniques for better cosmetic results.
- Reconstructive surgical specialists are available for same day reconstruction for most women when breast conservation is not an option.

### **Radiation Therapy**

Board certified Radiation Oncologists provide comprehensive care with state-of-the-art radiation techniques to breast cancer patients including:

- Whole-Breast Radiation: Radiation therapy covering the whole breast over five weeks.
- Accelerated Whole-Breast Radiation: Radiation therapy covering the whole breast over three weeks.
- Respiratory Gating: Unique four dimensional planning and technology that guides radiation to limit exposure of the heart.