# EMPOWERING PATIENTS

Our navigators serve as advocates for each individual patient and help to calm the fears and anxiety that can accompany a new diagnosis. Navigators help each patient access treatment, communicate with primary care doctors and specialists, and translate and interpret complex care plans. Navigators have a great understanding of the complexity of healthcare and can provide guidance, support, and direction, as well as help streamline care, from the time of diagnosis through treatment and beyond.

# NAVIGATION TEAM

An imaging navigator guides patients through the early stages of breast imaging, as well as helps patients with follow-up, financial concerns, and access to additional imaging or procedures.

A clinical navigator begins working with patients at the time of diagnosis and is a resource for the patient and their family as they consider their individual treatment options.

Our navigation team serves in a variety of roles, including surgery scheduler and patient liaison.

TAKE THE NEXT STEP

Contact us at **570-522-4200** 

The Center for Breast Health is located at 210 JPM Road on the second floor.

Visit www.evanhospital.com for more information



# THYRA M. HUMPHREY'S Center for Breast Health



The Thyra M. Humphreys Center for Breast Health at Evangelical Community Hospital is a comprehensive, multidisciplinary breast care center that provides innovative, integrated, high quality care delivered in an atmosphere designed with women in mind.

Our team includes dedicated breast surgeons, radiologists, pathologists, a registered nurse, certified mammographers, certified navigators, biopsy technicians, and dedicated support staff.

We offer a full spectrum of clinical and support services, from screening and diagnosis to treatment and counseling, all housed in one location.

## YOU MAY BE REFERRED TO OUR BREAST HEALTH SPECIALISTS IF:

- You feel a lump
- You have breast pain
- You have discharge
- The radiologist saw something on your mammogram/ultrasound
- One of your breasts has changed, such as:
  - o the skin has changed
  - o your breast has swelled
  - o the skin on your breast is irritated
  - o your breast is red and scaly
- You need or want genetic testing and counseling

# OUR SERVICES

## Digital 2-D and 3-D Mammography

Mammography is currently the most accurate single method of detecting cancer of the breast in its very early stages, when it is most curable. Both traditional 2-D and 3-D (digital breast tomosynthesis) mammograms are available to all patients.

### F Breast Ultrasound

Ultrasound is a technique used for imaging soft tissues in the body and is painless, noninvasive, and involves no radiation. It is used for whole breast exams for women whose screening mammogram is considered inconclusive due to tissue density and focused diagnostic follow-ups.

### Breast MRI

A breast MRI is used as a diagnostic tool in helping detect and treat breast cancer.

### Bone Density (DEXA) Testing

Doctors use a bone density test to determine risk or presence of osteoporosis.

#### **Genetic Testing**



The criteria for genetic testing is based on a patient's family history and personal degree of risk.

# High Risk Clinic

For those whose lifetime risk of developing breast cancer is greater than 20 percent, the Center has developed a High Risk Clinic where highly trained medical staff works with individual patients in the areas of prevention and early detection.



### Well Breast Clinic

The Well Breast Clinic is designed to support women who have no known breast health issues, but appreciate the peace of mind that comes with regular screenings.

# Biopsy

A biopsy is a way for surgeons to obtain one or several samples of breast tissue to be examined for diagnosis of the abnormality. With the Center's state-ofthe-art equipment, surgeons can remove quality samples of breast tissue rapidly and accurately.



#### **Counseling/Survivorship Clinic**

We are dedicated to screening every patient and their family members to assess their level of distress. When appropriate, patients are referred to our Survivorship Clinic to develop a personalized plan to reduce anxiety and live life to the fullest.