

### American Cancer Society Guidelines for the Early Detection of Cancer

The ACS recommends these screening guidelines for most adults:

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over.
- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s.




**Adventist**  
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Keeping you well

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**MY HOSPITAL™**  
IS PROACTIVE WITH MY  
BREAST HEALTH

BREAST CENTER



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## BREAST CENTER

Adventist Bolingbrook Hospital



The Adventist Bolingbrook Hospital Breast Center is dedicated to providing a full array of services for women using an integrated approach to the evaluation and treatment of breast abnormalities. Our goal is to provide women with the most thorough, accurate and prompt evaluation possible. We are committed to delivering state-of-the-art treatment in a patient-centered environment for both benign and cancerous breast problems. One telephone call to the Breast Center sets into motion all of the appointments, tests and consultations a woman needs.



### Breast Center Services

Combining advanced technology with superior medical and surgical care, the center is staffed by a team of specialists to evaluate and treat both benign and malignant breast diseases.

Patients have access to a wide range of breast imaging techniques and minimally invasive techniques used to perform breast biopsies. If a woman is diagnosed with cancer, an individualized plan of care will be coordinated with her surgeon. Surgical procedures range from breast conserving treatments such as a lumpectomy – to simple and modified radical mastectomies.

Sentinel node mapping is offered to eligible patients so that a full lymph node dissection may not have to be performed. If a mastectomy needs to be performed, patients are referred to our plastic surgeons to discuss their reconstruction options.

### Services Include:

- Digital Mammography with Computer-Aided Detection (CAD). CAD is used by our radiologists to help locate cancers.
- Ultrasound & Dedicated Breast Ultrasound
- Breast MRI
- Stereotactic & Ultrasound Breast Biopsies
- Ductogram
- Breast Clinic
- Medical Consultations
- Surgical Intervention
- Sentinel Lymph Node Biopsy
- Plastic/Reconstructive Surgery
- Medical/Radiation Oncology Referral
- Physical Therapy & Certified Lymphedema Therapist

The Breast Center offers support and educational programs for patients and their families including mental health services, ACS Look Good Feel Better, massage therapy, a wig boutique and on-site support groups.

### Expertise

From our certified technologists with specialized mammography training to our board-certified surgeons and radiologists, you'll be in the hands of a dedicated team of specialists with a proven track record in compassionate, high-quality care.

Adventist Bolingbrook Hospital Breast Center is staffed by a multidisciplinary team of professionals who are dedicated to breast health. The team is individualized to meet the needs of each patient and may include surgeons, radiologists, pathologists, oncologists, registered nurses, registered imaging specialists, mental health counselors and dietitians.

The program is managed by a board-certified breast surgeon, a breast care coordinator, a navigator, a registered nurse with special interest and training in women's health programs. Our breast care navigator guides patients and families through the diagnostic and treatment process. This specially trained nurse helps patients and families fully understand their breast cancer diagnosis and treatment options so they can make the most informed decision about which treatment to undergo. Whenever possible, care is coordinated to provide consultations at the Breast Center at one time.

**For more information about our Breast Center services contact the Breast Care Coordinator at 630.312.5700**

