



The BreastCare Center
at YRMC

...Bringing Health, Healing and Hope





The BreastCare Center **MISSION**

The Mission of The BreastCare Center at YRMC is to set the standard for excellence by providing comprehensive, coordinated, multidisciplinary breast care in a compassionate and supportive environment. We strive to provide all-inclusive breast care to bring women, men, families, and communities health, healing and hope.



PROVIDING CARE *You Deserve*

Every person who passes through the doors of Yavapai Regional Medical Center—East and West Campus—deserves access to high-quality, compassionate healthcare. This principle is deeply rooted in YRMC's value system and speaks to the spirit of our Mission "to provide comprehensive, high-quality healthcare consistent with our communities' needs."

YRMC's highly skilled and compassionate physicians, nurses, support staff and volunteers welcome you to The BreastCare Center at YRMC in Prescott Valley. Our goal is to save lives and provide women from all walks of life with first-rate care close to their homes, families and friends. Care is provided to all who need it, regardless of financial limitations.



Imaging and diagnostics are an important part of YRMC's BreastCare Center, but the main focus is really caring for individuals with a suspected or actual breast cancer diagnosis. Beyond the clinical expertise, YRMC's compassionate staff always recognizes each patient's individuality and special needs, respects patients' privacy and dignity, and offers the personal touch that sets YRMC apart from others.

Let's Take A TOUR

As you enter the BreastCare Center, colors inspired by nature, soft lighting, and the sound of soothing music reassure you that this is a safe place to be. You are warmly greeted by a YRMC volunteer whose only job is to assist you. Whether you are here for a routine mammogram, follow-up ultrasound, biopsy, or treatment consultation, you can trust that you will receive the personal and healing care you deserve.

Comfortable amenities abound with luxurious robes, heated blankets, neck cushions and much more. Close by, YRMC offers complementary healing services such as therapeutic massage and physical therapy, as well as the only lymphedema treatment program available in Yavapai County.

YRMC's BreastCare Center brings vital diagnostic, care coordination, education and support elements together in one convenient location. A Community Resource Library features a wide variety of breast health/breast cancer educational material such as books, CDs, DVDs and other resources. A computer is available in the library for patients and community members to research information on countless breast health-related topics. In addition, wireless Internet is available throughout the Center. There is even a "Man Cave," a comfortable and private space devoted to the men of our community.

The BreastCare Center has its own entrance, lobby and admitting area on YRMC's East Campus, which makes the admission process more convenient and private.



THE LATEST IN *Equipment & Technology*

YRMC's BreastCare Center provides the very latest in breast imaging capabilities, including digital routine and diagnostic mammograms, breast ultrasound, and biopsies all in one location. Below are examples of the high-tech equipment used in the Center.



DIGITAL MAMMOGRAPHY delivers sharp images within seconds and saves lives, saves time and also saves patients' discomfort. YRMC's superior image quality meets the high standards of the American

College of Radiology making it much easier to detect early cancers. And because it's digital, these images can be shared easily and more quickly with a patient's entire caregiver network.

BREAST ULTRASOUND is an additional tool used in diagnosing breast disease, commonly following a suspicious finding on a mammogram. Ultrasound and mammography together have been shown to increase the diagnostic accuracy by 13% in high-risk women.

STEREOTACTIC BIOPSY is a non-surgical biopsy method using a computer-guided needle to remove a breast tissue sample, eliminating the need for a surgical procedure.

YRMC is committed to providing high-quality technology and uses multidisciplinary care planning and technology via web cameras, Internet, email, online chat, and other web-based products. The common goal among our highly-skilled surgeons, radiologists, technologists and nursing staff is to continually strive for excellence.



CLINICAL NAVIGATOR ... *Personal Guide, Educator, Friend*

Having medical tests of any type can be unsettling, sometimes even frightening. We are here to help ensure your experience at YRMC's BreastCare Center is one of reassurance and compassion. We have on staff a Clinical Navigator who was hired to do just that . . . and much more. She is called a "Navigator" because she's here to guide, educate and counsel patients and their families through testing, diagnosis, treatment options, and provide emotional support every step of the way.

In addition to her clinical expertise as a registered nurse, the Clinical Navigator:

- Ensures timely movement through all phases of care—prevention, detection, diagnosis, treatment, and supportive care.
- Alleviates anxieties by helping each person navigate the complex healthcare system.
- Ensures that women with a suspected or confirmed diagnosis of breast cancer receive diagnostic and consultation services in an expedient, respectful and compassionate manner.
- Provides an education/navigation binder where all of a breast cancer patient's medical records, test results, educational materials, contact information and every document supporting her care are kept in one place.
- Counsels children and spouses of patients diagnosed with cancer.

- Ensures that stressful, time-consuming administrative tasks, including insurance issues, are properly managed.
- Coordinates translation services when necessary.
- Connects patients with local and national community resources.

The BreastCare Center **REACHING OUT IN
OUR COMMUNITIES**

Although it is well known among breast healthcare specialists that the best protection against breast cancer is early detection, there are many women in our region who don't have annual mammogram screenings. Our goal is to save lives through community outreach and education programs. We want to ensure women in our communities are well-educated on the importance of annual screenings and to alleviate any fears they may have.

Our Clinical Navigator produces and distributes periodic newsletters. She also gives presentations and offers free breast care educational materials throughout the community. Topics range from breast health-care, breast self-examination, nutrition, exercise, complementary therapies, and breast cancer treatment options.

Our community outreach efforts also include working with a variety of local organizations, such as the Yavapai



County Community Health Services Well Woman Health-Check program, to increase outreach to women who haven't benefited from important breast screening, diagnosis, and treatment. We also collaborate with leaders in the industry, such as Susan G. Komen Race for the Cure, to utilize their resources and education materials.

VISION FOR *the Future*

Plans for furthering the BreastCare Center's Mission in future years include:

Support Groups: We plan to collaborate with existing breast cancer survivor support groups in our area for women to share their experiences and offer one another healing support and hope. At times, we will invite professionals in the field of breast cancer to speak to the groups.

Flexible Hours: Flexible hours at the Center will accommodate women who work and will mean screening can take place during more convenient evening or weekend hours.

Assistance from Promotoras: Promotoras are lay healthcare workers knowledgeable of various cultures and languages and will assist the Clinical Navigator in communicating compassionate care and education.

Transportation Services: We plan to collaborate with local transportation agencies to ensure that people who don't have transportation can get to and from the BreastCare Center easily.



Breast MRI: Breast MRI is revolutionizing early detection of breast cancer for many women, and is a very helpful screening tool for high-risk patients. Breast MRI has a 90-95% sensitivity in detecting cancer. We plan to purchase a dedicated Breast MRI machine in the future to be housed in the BreastCare Center.

Breast Practitioner: We continually strive to bring the highest caliber medical professionals to YRMC and look forward to employing a dedicated breast practitioner to expand and enhance our level of service at some time in the future.



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