

TWO TRUSTED NAMES

MANY CONVENIENT LOCATIONS

**Memorial Hermann and MD Anderson Cancer Center –
a team of mammography specialists at locations near you.**

Expert breast radiologists from MD Anderson Cancer Center are interpreting mammograms and performing diagnostic procedures at many Memorial Hermann breast imaging locations. The same breast centers you count on for a great experience, leading-edge 3-D imaging technology and advanced diagnostic tools are staffed by MD Anderson physicians.



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THE UNIVERSITY OF TEXAS
MDAnderson
~~Cancer Center~~[®]
Breast Care

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STATE-OF-THE-ART IMAGING AND CARING SUPPORT

ADVANCED TECHNOLOGY AND DEDICATED MEDICAL PROFESSIONALS
DELIVER A HIGH-QUALITY BREAST CARE EXPERIENCE.

If you receive a diagnosis of breast cancer—and one in eight American women will at some point in their lives—what you'll need most is someone to be there for you, advocating on your behalf and helping you make informed decisions. You'll need someone who can ensure you have access to timely and appropriate care and who will be there with you every step of the way. And you'll want someone who is caring and compassionate, who understands you and your needs during treatment. At Memorial Hermann's 18 accredited breast and imaging centers, you'll find what you need.

"Memorial Hermann's available services are comprehensive, our medical teams possess a high level of expertise, and all the resources necessary for screening, diagnosis, and treatment can be found close to home," says Oncology Nurse Navigator Carol Kirton, BSN, RN, OCN.

EMPOWERING PATIENTS

Knowledge is power, as the saying goes, and during a time that can be overwhelming and frightening for patients, nurse navigators are perhaps one of the best sources of information and support.

"We are present with our patients, fighting this disease, from testing and diagnosis through treatment and survivor care," Kirton says. "We understand patients can feel vulnerable during this time, and we ensure they have the information they need to make informed decisions about their care."

Among that information is a thorough description of the medical care team—including affiliated physicians and others—and a review of what to expect during various treatments, including common side effects such as fatigue, neuropathy, and lymphedema and how to deal with them. Nurse navigators also educate families and caregivers on the same issues and can assist with coordination of the considerable number of appointments that may be necessary as well as recommend support services like prehab and rehab services, survivorship services, and care planning and advance directive services.

"Breast cancer is enough of a burden. Our patients don't need any additional stressors," Kirton says. "We can and will find the resources necessary to make the entire process as simple as possible."

LEADING-EDGE TECHNOLOGY, TESTING, AND DIAGNOSIS

In addition to Memorial Hermann's multidisciplinary approach to treating breast cancer—its affiliated physicians are specialty trained and board-certified who interpret mammograms and perform diagnostic procedures at its breast centers—advanced technologies



also benefit patients, especially during screening and diagnosis.

"Screening options include 2D mammograms—appropriate for women with no overt signs of breast cancer—and 3D mammograms [also known as tomosynthesis] and breast ultrasounds for women with dense breast tissue," Kirton explains. "Breast MRIs are recommended for women with a high lifetime risk of developing breast cancer and for follow-up purposes."

The Memorial Hermann team recommends women begin screening for breast cancer at age 40 in accordance with The American College of Surgeons (ACS) guidelines.

"Know your body. That's the No. 1 piece of advice I have to offer," says Kirton. "When you know your own body—and especially your breasts—even minor changes are more noticeable and should be brought to the attention of your physician."

WARNING SIGNS: WHAT TO LOOK FOR

If you experience any of the following, contact your physician.

- Swelling of or lumps in the breast tissue
- Thickening, scaliness, or dimpling of breast skin
- General irritation or itchiness
- Breast, nipple, or armpit pain
- Size, shape, or appearance changes
- Nipple discharge

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To schedule a screening mammogram, call 713-222-2273
or visit memorialhermann.org. To connect with a nurse
navigator, visit [cancer.memorialhermann.org/
oncology-cancer-nurse-navigators](http://cancer.memorialhermann.org/oncology-cancer-nurse-navigators).