



SENTARA CANCER NETWORK

SENTARA COMPREHENSIVE BREAST PROGRAM

The Sentara Cancer Network is dedicated to providing women with high-quality, personalized care for breast health. Women can trust that when they choose Sentara Comprehensive Breast Centers, they will benefit from the wide range of services offered, including:



Individualized Treatment
& Advanced Technology



Experienced Care Team



Online Scheduling & Extended Hours



Dedicated Breast Cancer
Navigators Support Groups

Regardless of your breast health needs, our Sentara Comprehensive Breast Center care teams will be with you every step of the way to ensure you receive timely, quality and compassionate care.



To schedule your annual mammogram,
visit [sentara.com/Mammogram](https://www.sentara.com/Mammogram)
or call **757-736-0040**

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Supporting the Strong Women in Our Lives

When Jasmine was just 12 years old, her mother, Josephine ("Jo"), was diagnosed with stage 2 breast cancer. Even though she was just in middle school at the time, she quickly stepped up to care for the most important woman in her life.

"She made sure I was eating and taking my medicines and helped me with whatever I needed," Jo remembers. "She has a nurturing spirit that comes naturally to her."

After years of caring for and supporting her mother, Jasmine decided to study to become a nurse. She is now a nurse practitioner with Sentara Family Medicine Physicians in Newport News.

"I work in the same building as the Dorothy G. Hoefer Comprehensive Breast Center where my mom was treated," Jasmine remembers. "When I first came to work here, it was very emotional for me."

Jasmine uses her role at Sentara to help make sure more women have the same bright future and positive outcome as her mom. "I use my personal experience and share my mom's story to encourage the women I see to get their mammograms every year," she says. "I want every woman to be a survivor like my mom."

Early Detection Means Better Outcomes

One out of every eight women in the United States will be diagnosed with breast cancer during her lifetime. The Sentara Cancer Network focuses on early screening and detection using innovative technologies to catch breast cancer early.

"Women have access to the latest technologies, such as 3D Mammography, at our breast centers, to ensure we catch breast cancer early," says Dr. Melinda Dunn, Radiologist and Director of the Sentara Williamsburg Regional Medical Center Comprehensive Breast Center. "And because of 3D mammography's accuracy, many women avoid being called back for additional imaging tests and biopsies to confirm a particular area is of concern."

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The Sentara Cancer Network also works quickly to identify any abnormalities in your mammogram

and in many cases will have results to your doctor within only a few days. In most cases, if your results are abnormal, follow-up evaluations and biopsies occur within seven days of your initial screening test. You don't have to wait around to know if there's a problem, and treatment can begin immediately if a breast disease or cancer diagnosis is confirmed.

We Take Your Care Personal

Whether you're interested in genetic counseling to assess your breast cancer risk, or you need help coordinating your appointments, Sentara is with you every step of the way. Our entire care team is there to help you through every step of the process, and to support you and your family with any challenges you may face.

"Each woman is her own unique person, not just her diagnosis," says Dr. Jennifer Reed, surgical oncologist with Sentara Surgery Specialists. "We take the time to treat each woman as the sum of her life experiences, incorporating her values, goals and hopes for the future into her personalized treatment plan."

If a breast cancer diagnosis is made, you'll have access to monthly support groups at multiple Sentara hospital locations throughout Hampton Roads.

Your well-being is important not just for you, but for all the people in your life. The Sentara Cancer Network offers comprehensive breast care to help diagnose and manage breast diseases early, so you stay as healthy as possible. Regardless of your diagnosis, we help you heal with innovative treatments, personalized care and support services. ■