

The Breast Care Center

Bringing health, healing and hope to western Yavapai County.





Our Mission: The Breast Care Center at Dignity Health, Yavapai Regional Medical Center (YRMC)

Our Mission is to set the standard for excellence by providing comprehensive, coordinated, multi-disciplinary 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.



Visit YRMCHealthConnect.org
Yavapai County's leading healthcare blog for health and wellness news from Dignity Health, Yavapai Regional Medical Center.

A Mission of Health, Healing and Hope

It's a mission that requires top technology, exceptional providers, and compassionate caregivers. Our outstanding team at The Breast Care Center at Dignity Health, Yavapai Regional Medical Center (YRMC) prides itself on excelling at all three.

The Breast Care Center team – physicians, nurses, technologists and volunteers – works together to create a comfortable environment while providing key services that include:

- State-of-the-art screening and diagnostic breast imaging services
- Clinical navigation and education
- Breast cancer risk assessment
- Healthy living, exercise and other support through Preventive Medicine and Wellness at the Pendleton Centers
- Screening mammography for people who cannot afford it through the YRMC Community Breast Care Fund
- Lymphedema management
- Support group



Hours of operation

We offer a variety of days and times, including one Saturday a month. Contact us to schedule a time that works for you.

(928) 442-8900

1-877-436-5290.



Take Our Virtual Tour

Color, lighting and music combine to create a soothing environment in YRMC's Breast Care Center.

You'll find unique amenities in our Center. There's a "man cave" for the men of our communities and a Community Resource Library.

Want to check out The Breast Care Center at YRMC? Take a virtual tour by visiting bit.ly/Breastcare_Center

Our State-of-the-Art Screening and Diagnostic Technology

Dignity Health, YRMC's Breast Care Center provides the latest imaging technology. Working closely with your physician, our team recommends the most effective state-of-the-art application for your individual needs. Our experienced radiologists interpret all Breast Care Center studies and provide results to your physician through YRMC's secure and fast Electronic Medical Record (EMR) system.

Here's our menu of advanced breast imaging and diagnostic services:

- **Breast MRI** – Designed especially for breast imaging, a physician may recommend a breast MRI after a suspicious finding from a mammogram, ultrasound or physical exam. After a positive biopsy, breast MRI also may be used to check all of the breast tissue.
- **Breast Ultrasound** – This diagnostic tool uses sound waves to produce images of breast tissue. Breast ultrasound may be recommended after a suspicious mammogram finding or if there are symptoms, such as breast tenderness or a lump.
- **Core Needle Biopsy** – During this procedure, a physician uses a computer image-guided tool to biopsy a lump in the breast. Core needle biopsy is used both for lumps noticeable during clinical breast exams as well as to biopsy suspicious areas only visible on imaging tests.
- **Digital Mammography** – The Breast Care Center's digital mammography units meet the high standards set by the American College of Radiology. Our

mammography units gather clear, detailed images that are interpreted by our physicians and shared electronically with your doctor.

- **Dual-Energy X-ray Absorptiometry (DXA) Scan** – Bone fracture prevention is important to all women, but it’s especially critical to breast cancer survivors. A DXA scan measures bone loss – which can be caused by osteoporosis – using an x-ray generator and an imaging device. For your convenience, our team suggests scheduling your mammogram and DXA scan during a single appointment at the Breast Care Center.
- **Ductogram** – Using this imaging technique, Breast Care Center physicians can learn the cause of specific symptoms or locate a mass within the breast’s ductal system.
- **Fine Needle Aspiration** – During this exam, a physician removes fluid from a mass in the breast or lymph node for diagnosis by a pathologist in the hospital’s laboratory.
- **Stereotactic Biopsy** – This procedure allows physicians to gather breast tissue for diagnosis using computer guidance. Stereotactic biopsy eliminates the need for more invasive surgical biopsy.
- **Tomosynthesis** – This diagnostic tool creates a three-dimensional image of the breast, which allows physicians to take a closer look at tissue. Breast tomosynthesis helps reduce the number of false positive results, repeat screenings and additional tests.





Your Caring Guides:

Our Clinical Navigators Undergoing medical tests of any kind can be unsettling and worrisome. That's why the Breast Care Center includes two clinical navigators. These specially trained and highly experienced registered nurses guide, educate and counsel patients. Our clinical navigators help patients through testing, diagnosis and treatment options, providing emotional support and information every step of the way.

Guiding You . . . Our Consultation Services

A breast cancer diagnosis can be overwhelming. That's why our highly trained clinical team is available to guide anyone diagnosed with breast cancer through that journey.

The Breast Care Center team works with community-based oncologists, surgeons, treatment facilities and The

Infusion Center at Dignity Health, YRMC East to meet patients' needs. Our radiologists, clinical navigators, nurses and other healthcare professionals live and work in our communities. This means they have strong working relationships with your physicians. Together, they collaborate to ensure the best diagnosis and treatment for you, or someone important to you.

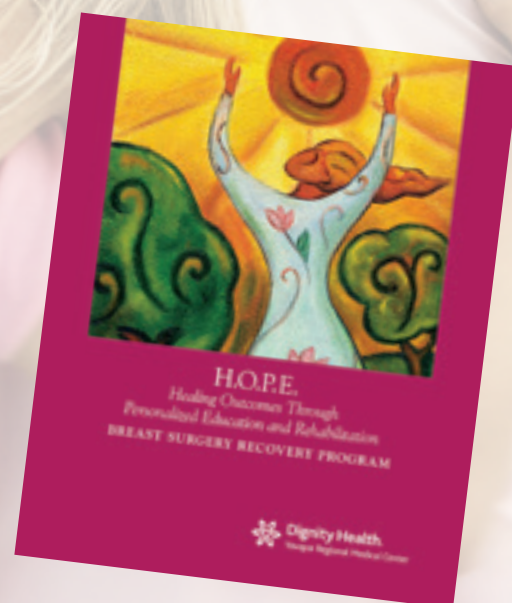
Our team – including our clinical navigators – can help you:

- Understand biopsy results
- Plan for surgery
- Determine post-surgery treatment options (radiation and/or chemotherapy)
- Make a decision regarding reconstructive surgery

Breast Health Services, Groups and Therapies for You

Our patients as well as people throughout our communities can tap into the following services, therapies and more through The Breast Care Center at YRMC.

- **Breast Cancer Risk Assessments** – The Breast Care Center’s clinical navigators offer free breast cancer risk assessments to people throughout western Yavapai County. **Learn more:** (928) 442-8841
- **Community Resource Library** – This comfortable area includes books, CDs and DVDs focused on breast health and breast cancer. Wireless Internet access is available throughout our Center.
- **Heart & Soul Breast Cancer Support Group** – Breast cancer survivors or those recently diagnosed gather for this support group at the Breast Care Center. **Learn more:** (928) 442-8841 or check out YRMC’s community calendar at yrmchealthconnect.org
- **H.O.P.E. Healing Outcomes through Personalized Education and Rehabilitation** – The H.O.P.E. team helps you regain strength and teaches you lifestyle strategies to adopt during and after breast cancer treatment. **Learn more:** (928) 771-5131 or visit bit.ly/Breastcare_Center.
- **Lymphedema Management Program** – Our team includes healthcare professionals certified in comprehensive lymphedema and venous edema management for breast cancer survivors. **Learn more:** (928) 771-5131 (Prescott) or (928) 759-5940 (Prescott Valley) or visit bit.ly/Breastcare_Center



We Share the Care!

Share the Care – sponsored by The Breast Care Center at Dignity Health, YRMC – brings together no-cost preventive screening, health information, support services and community involvement. Share the Care features:

- No-cost screening mammography – and other individualized services – for people who qualify through the YRMC Community Breast Care Fund.
- Breast cancer risk assessments from YRMC's Breast Care Center clinical navigators.
- Information on the importance of annual screening mammography.
- Partnerships with like-minded community organizations and businesses interested in promoting breast health, reducing the incidence of breast cancer and assisting people who need breast screening as well as other services.



For information about the YRMC Community Breast Care Fund, call the Breast Care Center at (928) 442-8900 or 1-877-436-5290. To learn how you or your organization can Share the Care, call the YRMC Foundation at (928) 771-5686.

The Breast Care Center at
Dignity Health, YRMC
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Prescott Valley, AZ 86314
(928) 442-8900
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DignityHealth.org/YRMC