



Breast Cancer Patient Guide

To Our Patients,

Breast cancer can be a very difficult journey to travel. Our goal at Ochsner is to help remove any roadblocks you may encounter so that there is a clear path for you to take.

Our team of radiologists, pathologists, surgeons, medical oncologists, and radiation oncologists in the Ochsner Breast Cancer Program are specialists in the evaluation and management of breast disease. They work together to provide women with comprehensive breast services and swift diagnosis. You can read more about your customizable care team on page 11 of this booklet.

This guide can help you stay organized and informed about your care. If you would like additional information about the components of your care, visit ochsner.org/cancer-care.

Please let us know if you have any suggestions or comments regarding our patient materials. We continuously strive to improve on the quality of the information we give to our patients.

We sincerely value your feedback.

Your Ochsner Breast Cancer Care Team

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Important Phone Numbers

Ochsner Main Operator	504-842-3000
Ochsner Baptist Main Number	504-899-9311
Ochsner Baton Rouge Main Number	225-761-5200
Ochsner Baton Rouge Surgery	225-761-5459
Ochsner Medical Center - Jefferson Highway Main Number	504-842-4000
Ochsner Westbank Main Number	504-392-3131
Billing/Patient Account Services	504-842-4190
Blood Donor Center	504-842-3375
Brent House Hotel	504-835-5411
Cancer Research (Clinical Trials)	504-842-3910
Chemotherapy/Chemotherapy Class	504-842-3910
Financial Coordinators	504-842-6498 855-226-6523
The Gayle and Tom Benson Cancer Center	504-842-3910
Genetic Counseling and Testing	504-842-2664
Lieselotte Tansey Breast Center	504-842-6406
Lymphedema Clinic	504-842-4348
Mammography (Breast Imaging)	504-842-6406
Nurse Navigator	New Orleans 504-842-6518 or 504-703-6150 Baton Rouge 225-754-3272
Oncology Nutritional Services	504-842-3910
Oncology Psychological Services	504-842-3910
Oncology Social Worker	New Orleans 504-842-3910 Baton Rouge 225-761-5200
Parking/Security	504-842-3770
Pastoral Care	504-842-3286
Patient Relations	504-842-3971
Patrick F. Taylor Hope Lodge	504-219-2200
Physical Therapy	504-842-4348
Physical/Occupational Therapy	504-842-3750
Plastic Surgery	504-842-5003 504-703-9615
Prosthesis Services	504-842-6406
Radiation Oncology	New Orleans 504-842-3000 Baton Rouge 225-762-5200
Release of Information/Medical Records	504-842-2832
Surgery Hostess/Family Waiting Room	504-842-3549

My Calendar

This calendar can be used to help plan out your treatment journey. Staying organized with the multitude of appointments can help ease anxiety and frustration. Feel free to call us any time to review your upcoming appointments. It is also helpful to enroll in the MyOchsner Patient Portal. To learn more, visit my.ochsner.org.

Month _____ Year _____

[illegible]

My Calendar

NOTES: _____

Month _____ Year _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

My Calendar

NOTES: _____

Month _____ Year _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

My Calendar

NOTES: _____

Month _____ Year _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Breast Treatment Checklist

It can be difficult to remember all the things that you need to do following breast cancer surgery. Use this checklist to keep yourself, your family, and your breast care team informed of your progress.

Breast Treatment		Date Completed
Surgery Type	<input type="checkbox"/> Lumpectomy <input type="checkbox"/> Reconstruction <input type="checkbox"/> Mastectomy <input type="checkbox"/> Implant <input type="checkbox"/> Autologous Tissue	
Lymph Node Surgery/Biopsy	<input type="checkbox"/> Sentinel Lymph Node <input type="checkbox"/> Axillary Lymph Node Dissection	
Radiation Therapy	<input type="checkbox"/> Partial Breast <input type="checkbox"/> Whole Breast	
Systemic Therapy	<input type="checkbox"/> Chemotherapy Type: _____ <input type="checkbox"/> Endocrine Therapy Type: _____	
<input type="checkbox"/> Receive your pathology report		
<input type="checkbox"/> Education and instruction on arm exercises*		
<input type="checkbox"/> Physical Therapy/Occupational Therapy evaluation*		
<input type="checkbox"/> Discussion of family history and genetic counseling <input type="checkbox"/> If genetic testing performed: Test name _____ Results _____		
<input type="checkbox"/> Integrative Oncology Referral*		
Survivorship Care		Date Completed
<input type="checkbox"/> Prescription for prosthesis*		
<input type="checkbox"/> Clinic exam 2 weeks after surgery		
<input type="checkbox"/> Clinic exam 6 months after surgery		
<input type="checkbox"/> Clinic exam 12 months after surgery		
<input type="checkbox"/> Survivorship visit within 6 months of final treatment (surgery, radiation, chemo)		
<input type="checkbox"/> Clinic exam every 6 months for 3 years, then ongoing once a year		
<input type="checkbox"/> Mammogram once a year		

* May not apply

Understanding Your Pathology Report

When your breast was biopsied, the samples taken were studied under the microscope by a specialized doctor called a pathologist.

The pathologist sends your doctor a report that gives a diagnosis for each sample taken. Information in this report will be used to help manage your care. Here are some explanations of things you may read in your report.

- **Tumor size**

The largest dimensions of the tumor. It is reported in centimeters or millimeters.

- **Margins**

Refers to the area of tissue surrounding a tumor; if the entire tumor was removed, and how it relates to the tumor. If the surrounding tissue has no evidence of cancer, the report will state the information with terms such as “clear” or “negative.”

- **In situ cancers**

Normal ducts and lobules in the breast are lined with one or two layers of cells that are in an orderly or regular pattern. When cancer develops, cells grow too quickly and if they do not break through the walls but remain in the duct or lobule where they began, it is considered an in situ cancer. If these cells are in the milk ducts, it is called ductal carcinoma in situ (DCIS). If these cells are in the lobules, or milk producing glands, it is called lobular cancer in situ (LCIS).

- **Invasive or infiltrating cancers**

This means the cancer cells have broken through the wall of the duct or lobule of the breast and have begun to grow into the surrounding tissue. If your surgery included lymph node removal, the report will include how many were removed, a description of the area from which they came, and how many tested positive for cancer cells.

- **Hormone Receptor Assay**

This test measures the presence of estrogen (ER) and progesterone (PR) receptors in the tumor cells. It tells the physician whether the tumor can be treated by anti-hormonal agents and is very important in determining what type of treatment will be used after surgery. If a tumor is positive, ER+ or PR+, that means it was stimulated by estrogen or progesterone and usually carries a more positive prognosis. We may be able to use certain medications called hormone therapy to target these receptors and decrease the likelihood of cancer coming back. If a tumor is negative, it may be written in a report as ER or PR. The ER and PR status of your tumor, as well as the HER2 status described below, are normally provided in your core biopsy pathology report to aid in your treatment/surgical planning.

- **HER2 Expression**

Human epidermal growth factor receptor 2 (HER2) is a protein that appears on the surface of some breast cancer cells. The HER2 protein is an important part of the pathway for cell growth and survival. Normally, this expression is rated on a scale of 1-3+, 3+ meaning there is a lot of the HER2 protein (HER2 positive), 2+ meaning there is a moderate amount of the HER2 protein (HER2 “indeterminate”), and 0-1+ meaning there is little to none of the HER2 protein (HER2 negative). If a HER2 expression is rated as a 2+/indeterminate, another test may be performed called a FISH to look more closely at whether or not we can consider it positive. This test looks at the number of HER2 genes in a cancer cell. Your physician will let you know if this test is needed and the result.

• Genomic Testing

In some situations, your pathology material may be sent outside Ochsner for tests that show how your tumor behaves. This is called genomic testing. Genomic testing looks at the cell level to determine how the tumor grows and thrives. It can also tell us how aggressive the tumor is. This information helps us understand which medications will work best to kill those tumor cells and how aggressive your treatment may need to be. There are many types of genomic tests. Your provider will give you more information about any genomic testing that may be important to your care.



When you speak to your surgeon regarding your pathology results, you may want to ask and write down the answers to the following:

- What is the name of the type of cancer I have?
- Was my tumor in situ or infiltrating?
- What size was my tumor?
- Was the cancer found anywhere else in my breast tissue?
- Were any lymph nodes removed? Did any have cancer in them?
- What was the result of my Estrogen Receptor?
- What was the result of my Progesterone Receptor?
- What was the result of my HER2 Protein?

For more information regarding your pathology report, visit www.breastcancer.org.

Support Services

There are opportunities to meet other cancer patients and share stories with those going through a similar journey. These services are free of charge during and after your treatment.

Breast Cancer Support Group - New Orleans

Meetings are held either virtually or in person at the Gayle and Tom Benson Cancer Center monthly. To find out more information regarding the topic of a specific support group, call 504-842-6518.

Chemotherapy Class

Education related to chemotherapy or other types of systemic therapies are provided to patients in a meeting with a nurse navigator or provider. The visit can be in a one-on-one format virtually or in-person, or in a group class format. We cover topics such as

- What to expect, what to bring, and what is provided during infusion
- Information on the most common side effects you may experience
- How to recognize problems during treatment
- Infection and food safety precautions
- Other available Ochsner resources

Talk to your oncologist or nurse navigator to find out more about the options for chemotherapy class in your area.



Visit ochsner.org/chemotherapy-class for more information and to view a video summary related to chemotherapy administration at Ochsner.



DigniCap Scalp Cooling System for Chemotherapy-Induced Hair Loss

One aspect of chemotherapy that is a common cause of emotional distress for patients is the loss of hair during treatment. Although this side effect is not always preventable, new technologies have emerged to support patients through these treatments. The DigniCap System is FDA-approved for breast cancer patients undergoing chemotherapy treatments that may cause hair loss. Ochsner is pleased to offer the DigniCap System to patients who are interested. Call 504-842-3910 to request more information about this service.

Healing Yoga for Cancer Patients – South Shore

This group meets at Jefferson Highway campus weekly. Call 504-842-3910 for more information.

Healing Yoga for Cancer Patients – North Shore

This group meets every other Monday from 11:00 am to 12:30 pm 2nd floor Training Room of Covington Health Center. Please bring your own mat. Call 985-875-2828 for more information.



Hope Lodge

The Patrick F. Taylor Hope Lodge is an extended-stay facility for cancer patients and their families. The main goal of Hope Lodge is to make patients feel like they have a home-like environment to return to after treatment each day. Call 504-219-2200 to learn more.

Knitted Knockers

Our Knitted Knockers program gives patients a comfortable, lighter option for prosthesis. Thanks to our volunteer knitters, we are able to offer these to patients free of charge. They are machine washable and easily adjustable for different sizes and shapes. Call 504-842-6406 for details.

Ochsner Precision Medicine Program

Our Precision Medicine Program is at the cutting edge of cancer care. Precision Medicine specialists look at each patient's diagnosis to create more customized approaches to their treatment. These customized approaches are based on the exact makeup of that individual's tumor. Our Precision Medicine team works to ensure all patients have access to these tests and procedures. To learn more, visit ochsner.org/services/precision-medicine.

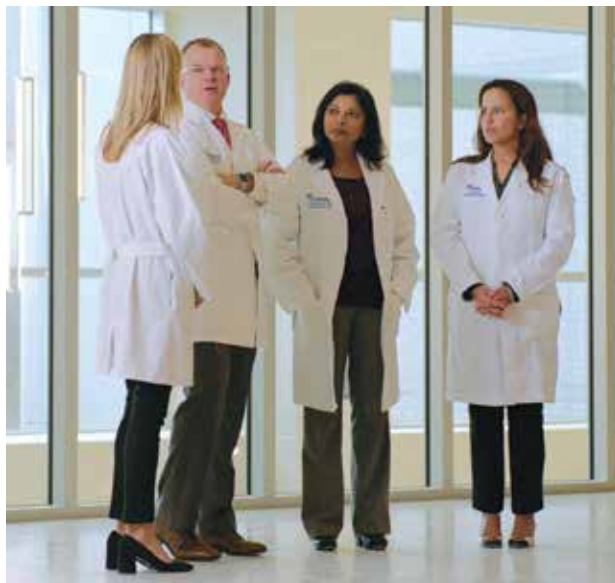
Our Comprehensive Team Approach

At Ochsner, a team of oncology professionals will help you along your cancer journey.

Each member of your care team has a specific role and will assist with a branch of your care. And then there's you, the patient. You and your loved ones are considered vital members of the team as well. Together we all work to ensure you receive the most comprehensive care possible.

Being an Ochsner patient means you are connected to a large network of other specialties and clinics outside of oncology. As part of a large hospital system our cancer center has access to many resources and related specialties on your behalf.

You can find examples of different specialties that you may meet with during your cancer journey at ochsner.org/services/cancer-care/related-specialties.



Your Core Multidisciplinary Oncology Team

Below are some types of providers and support staff that you may meet during your time with us. Not every patient will need all of these providers. How many team members you have, and which types, will depend on your treatment plan. You can also view this information and more details at ochsner.org/services/cancer-care/living-the-team-approach.

Advance Practice Providers

Advance Practice Providers include both nurse practitioners and physician's assistants. They support your physician in your care. They are great sources of information and medical advice during your treatment.

Financial Coordinator

A Financial Coordinator works with you and your insurance company in determining the benefits of your policy and can provide information about other funding sources. They can help with financial assistance, Medicaid, and Medicare applications as needed. They are also a great resource for billing questions and setting up payment plans.



Our financial coordinators are available for in-person meetings at most of our cancer centers, and always available by phone: 855-226-6523.

Medical Oncologist

Medical Oncologists are doctors that treat your cancer systemically, or through the bloodstream. These treatments try to kill the cancer at its source and prevent it from spreading further within your body.

Nurse Navigator

Our Oncology Nurse Navigators serve as liaisons to help patients and family members make their way through the complex healthcare system. The Nurse Navigator establishes early contact with patients to identify and eliminate barriers to timely diagnosis and treatment.

Oncology Fellows

Fellows are physicians who temporarily work at an institution to learn more about a specialty. You may encounter an oncology fellow during your treatment journey. This is a physician who is working to specialize in one aspect of oncology treatment, such as surgical oncology or medical oncology. They work closely with the other providers at Ochsner to contribute to your care in the most comprehensive manner possible.

Oncology Pharmacist

Oncology pharmacists play an important role in the delivery of care for individuals living with cancer. Oncology pharmacists work with your physician to ensure a current and accurate medication list, select the most appropriate therapy, monitor the effects of medications prescribed, and manage the adverse effects that often accompany cancer treatment. They also can meet with you to discuss your treatment and answer questions.

Oncology Social Worker

Oncology-certified social workers offer a full array of psychosocial services to cancer patients and their families. They help provide you and your caregivers with emotional and financial counseling, information and referrals to community resources as well as other services to reduce the stress cancer patients and their caregivers may experience after a cancer diagnosis and the treatment that may follow.

Radiation Oncologist

Radiation Oncologists use radiation therapy, or targeted high energy rays, to treat cancer. They undergo rigorous training and can determine the correct dose of radiation to have maximum benefit on the cancer while protecting the other healthy organs around it.

Surgical Oncologist

Surgical Oncologists treat cancer by removing all or some of it from the body. These are specialized surgeons who understand cancer and how it behaves/spreads, so that they can better determine what surgical procedures may benefit you.

Clinical Research Coordinator

If your treatment consists of a clinical trial or research study, you may be assigned a research coordinator or other clinical trial staff to assist with your progress through the study. They will assist with explaining the trial, consenting, and enrolling you in the study. Throughout your trial participation, they will monitor you closely for side effects and complications and assist in scheduling any tests or procedures that are necessary. They will also communicate frequently with your provider about your progress.

Individualized team members for your diagnosis and journey

In addition to the core multi-disciplinary providers on your team, we have additional providers and programs to help customize your treatment plan to your specific situation. Our Shared Clinics and Services are specialties within your oncology team that support you through the treatment, providing side effect relief, psychological support, nutritional guidance, and many other benefits. These services may be a part of your treatment plan depending on your specific circumstances and desired cancer care experience. **Not all programs are available at every site, but many offer a virtual visit option from the comfort of your home.**

Review the chart below and on the following pages. If any of these scenarios apply to you, talk to your doctor or navigator about a referral to that clinic. There is no limit to the number of referrals you can request. They are available at any time during your cancer journey. For some, it may be better to enroll early in your treatment plan, especially those that can help manage your side effects.

Cancer Genetics and High Risk - Virtual Visits Available!	Check any that apply to you
While most cancers are not caused by a genetic predisposition that we inherit from a parent and are born with, identifying the presence of such a genetic problem can be helpful to individuals with cancer and to their families.	<input type="checkbox"/> I have a family history of cancer in my closest (first-degree) relatives <input type="checkbox"/> I am worried that my family members may be at risk of developing cancer because of my diagnosis <input type="checkbox"/> I am concerned about my risk for other cancers
Cancer Physical Therapy	Check any that apply to you
<p>The American Cancer Society and National Comprehensive Cancer Network confirm that exercise after surgery, during chemotherapy and radiation treatments provides critical benefits to patients; helping you get strong and stay strong.</p> <p>Ochsner cancer rehabilitation physical therapists will work with you to regain the life you love through our team and goal-oriented approach. Tell us what matters to you and we will help you achieve it.</p>	<input type="checkbox"/> I have trouble with fatigue <input type="checkbox"/> I don't feel strong enough to complete activities that used to be easy for me <input type="checkbox"/> I am worried about what my cancer treatment will do to my level of energy or strength in the future <input type="checkbox"/> I want to continue exercising through my treatment <input type="checkbox"/> I have swelling in my arms or legs
Cardio-Oncology Clinic	Check any that apply to you
<p>Ochsner's Cardio-Oncology Clinic is a collaboration between the John Ochsner Heart and Vascular Institute and the Ochsner Cancer Institute.</p> <p>One of just a few in the United States, our innovative program specializes in treating the cardiovascular side effects of cancer treatments to maximize cardiovascular outcomes for cancer patients and survivors.</p>	<input type="checkbox"/> My doctor told me my treatment may affect my heart <input type="checkbox"/> I have an existing heart condition and I'm worried about the effect of my cancer treatment/diagnosis

Integrative Oncology Program - Virtual Visits Available!	Check any that apply to you
<p>Whether you're facing a new diagnosis of cancer or are a survivor coping with side effects, the Ochsner Integrative Oncology team can help enhance the quality of your life. Our services, when combined with traditional therapy, treat the whole patient – not just the cancer.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I am experiencing pain, stress, or anxiety related to my diagnosis and treatment <input type="checkbox"/> I have trouble sleeping <input type="checkbox"/> I am worried about the side effects of my treatment/diagnosis <input type="checkbox"/> I am interested in alternative therapies to support me through my cancer treatment <input type="checkbox"/> I have fertility questions <input type="checkbox"/> I have questions about sexual health during/after treatment
Oncology Acupuncture	Check any that apply to you
<p>Acupuncture helps alleviate a wide variety of symptoms simultaneously. For cancer patients and survivors, clinical studies have shown acupuncture can reduce cancer-related pain, nausea, post-chemotherapy fatigue and hot flashes as well as help improve overall sleep quality.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I am worried about the upcoming side effects of my treatment/diagnosis <input type="checkbox"/> I have pain <input type="checkbox"/> I have trouble sleeping <input type="checkbox"/> I have trouble relaxing <input type="checkbox"/> I am nauseous often <input type="checkbox"/> I have hot flashes <input type="checkbox"/> I am always tired <input type="checkbox"/> I am interested in alternative methods of treating my side effects besides medication
Oncology Dietitians - Virtual Visits Available!	Check any that apply to you
<p>Nutrition is an important part of cancer treatment. Choosing the right kinds of foods to nourish the body can help you stay stronger and feel better throughout treatment. Cancer itself, as well as its treatments, can affect the appetite. It can also change the body's ability to tolerate certain foods and utilize certain nutrients.</p> <p>Our specialty trained dietitians (sometimes called nutritionists) can provide personalized medical nutrition therapy and assist you in making informed choices about nutrition based on your unique medical history. Our dietitians are here to help before, during, and after your cancer journey.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I'm concerned about what my cancer diagnosis and/or treatment will do to my nutritional health <input type="checkbox"/> I'm worried about long term side effects impacting my ability to eat. <input type="checkbox"/> I've been told I will need a PEG tube or tube feedings during my treatment, or I have one already <input type="checkbox"/> I am worried about achieving and maintaining a healthy weight during my cancer care <input type="checkbox"/> I'm interested in alternative nutritional therapies <input type="checkbox"/> I'm interested in hearing more about how health and nutrition can help prevent cancer recurrence

Oncology Psychology - Virtual Visits Available!	Check any that apply to you
<p>We understand that the stress that comes from a cancer diagnosis does not disappear after the initial appointment. Every new success or failure brings new concerns and questions to both patients and caregivers.</p> <p>Psychological services are offered at Ochsner to help patients and their loved ones manage this stress. Our Oncology Psychologists are not only trained in psychology, but also very knowledgeable about cancer biology and treatment side effects. They are available to meet with patients and/or caregivers to provide a more comprehensive approach to coping with illness.</p>	<p><input type="checkbox"/> I and/or my family are having trouble accepting my diagnosis</p> <p><input type="checkbox"/> I have mood swings</p> <p><input type="checkbox"/> I am not sleeping or don't feel like waking up in the morning</p> <p><input type="checkbox"/> I no longer find joy in things</p> <p><input type="checkbox"/> I feel like no one understands what I'm going through</p> <p><input type="checkbox"/> I am overwhelmed and/or worried often</p>
Palliative Care Provider - Virtual Visits Available!	Check any that apply to you
<p>Palliative care is the treatment of symptoms and stress related to disease or medication to improve quality of life. Your Palliative Care Provider will work with you to develop a treatment plan that targets specific issues or symptoms that you are having. It does not replace treatment for cancer, but rather supports it.</p>	<p><input type="checkbox"/> I am worried about side effects of my treatment</p> <p><input type="checkbox"/> I have pain</p> <p><input type="checkbox"/> I don't feel like I'm adequately managing my symptoms</p>
Prehabilitation Program	Check any that apply to you
<p>Prehabilitation is a multidisciplinary strengthening program that helps to improve a patient's strength before surgery and recovery time post-operative. The program includes evaluation, education, nutrition, exercise and stress management.</p>	<p><input type="checkbox"/> I am worried about my recovery from surgery</p> <p><input type="checkbox"/> I have questions about the side effects of my surgery</p> <p><input type="checkbox"/> I have been told I need to improve my health before surgery can occur</p>
Smoking Cessation Services - Virtual Visits Available!	Check any that apply to you
<p>Our smoking cessation clinics offer services to our patients to help them kick their smoking or vaping habit and quit for good!</p> <p>Ochsner is partnering with the Smoking Cessation Trust to offer free counseling for anyone wanting to make a healthy lifestyle change. Medications may be covered at a free or reduced cost.</p>	<p><input type="checkbox"/> I am currently a smoker</p> <p><input type="checkbox"/> I quit smoking less than a year ago</p> <p><input type="checkbox"/> I have thought about quitting smoking but have not been able to on my own</p>

Speech Therapy Program	Check any that apply to you
<p>The American Cancer Society and The National Comprehensive Cancer Network confirms that involving a Speech Language Pathologist in cancer treatment can help support clear communication, a decrease in “brain fog”, and maintaining or regaining swallowing function to eat and drink.</p> <p>Ochsner cancer rehabilitation speech language pathologists work with you to meet your personal goals and help you continue to participate in the activities you love.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I am having trouble swallowing <input type="checkbox"/> I have noticed a change in my voice <input type="checkbox"/> I have concerns about how I’m going to communicate during/after my treatment <input type="checkbox"/> I am having difficulty remembering things day to day <input type="checkbox"/> I have difficulty completing tasks that used to be easy for me
Spiritual Care	Check any that apply to you
<p>Diagnosis of a chronic or life threatening/altering illness can offer us a time to recover a sense of what life means and to be reconciled with ourselves, family, friends, and with our Higher Power/God. Feelings and emotions such as joy, anger, sadness, fear, and happiness are gifts given to us by God to help us get in touch with what is going on within and around us. These feelings are neither good nor bad. We do not have control over what we feel, only over how we respond to these feelings.</p> <p>A chaplain, who is trained to offer support to people of all faiths/beliefs, is available in the hospital 24 hours a day 7 days a week to help patients and families draw on their spiritual resources to cope with illness.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I am struggling with my faith <input type="checkbox"/> I feel lost <input type="checkbox"/> I just want to talk to someone <input type="checkbox"/> I want someone to pray with <input type="checkbox"/> I have a difficult decision to make <input type="checkbox"/> I would like the sacrament of Holy Communion, Reconciliation (confession), or Anointing of the Sick

Follow-Up Care After Treatment

After treatment, follow-up care is important to help maintain good health, manage any long term side effects from treatment, and identify any signs of cancer returning.

This section helps to explain when you will be evaluated after surgical treatment for your breast cancer. Your follow-up plan will include regular physical exams and other medical tests to monitor your recovery for the coming months and years. Your plan may be slightly different depending on your personal diagnosis and treatments received.



It is important to follow the instructions given to you by your breast cancer team even if they vary from the guidelines below.

Surgery Follow-Up

Following surgery, you will meet with your surgeon for a 2 week post-operative visit. This will involve a physical exam, review of pathology results, and discussion of any additional treatments, such as chemotherapy, radiation, and/or hormonal/endocrine therapy. At that visit, any additional consults that may be needed will be discussed and scheduled. Your surgeon may ask you to return for a breast exam 6 months after your surgery.

Cancer Care Follow-Up

Typically, you can expect to be seen by a member of your cancer team at least every 6 months for the first three years and then yearly through year five. Depending on what treatments you had for your cancer, this may be a member of the Breast Center staff or a member of the Cancer Center staff. Your mammograms will continue to be performed yearly unless you are told otherwise by your surgeon or other cancer staff.

A survivorship visit will be scheduled within 6 months of completion of your cancer treatment (including radiation therapy and chemotherapy, but not hormone therapy). This visit will include a review of your diagnosis, treatment, physical exam, and assessment of emotional or financial needs. You will receive a survivorship care plan after this visit that outlines for you the experience of your cancer treatment, and what you can expect in the coming years as you transition into a cancer survivor. This is a great time to bring forward any questions regarding what you've experienced in the past few months. There are survivorship clinics at both the Benson Cancer Center and the Tansey Breast Center; which location you are assigned will depend on your breast cancer treatments thus far.

Many survivors feel worried or anxious that the cancer will come back. While it often does not, it is important to talk to your provider about the possibility of cancer returning. Tell you cancer team if you notice any of the following symptoms:

- new lump in the breast, chest or armpit
- new bone pain
- unexplained weight loss
- abdominal pain
- shortness of breath or coughing up blood
- persistent headaches
- rash or redness of the breast
- nipple discharge

Nutrition for Breast Cancer Patients

During your breast cancer treatment and recovery, nutrition and exercise can play a vital role in maintaining your sense of control over what seems to be a confusing, whirlwind of diagnostic tests and treatment decisions.

Cancer survivors often become very motivated to actively improve their diets and begin exercise programs to enhance their quality of life and decrease their chances of recurrence. You may be questioning whether a low fat diet, vitamin supplements, herbal therapy or weight loss will affect your body's ability to fight off future cancer. Although there is a great deal of information regarding the influence of diet and exercise on the incidence of cancer, less is known regarding how nutrition actually affects the recurrence of cancer.

In general, it is recommended that every cancer survivor follow the American Cancer Society Guidelines on Diet and Cancer Prevention.

1. Choose most of the foods you eat from plant sources.

- Eat five or more servings of fruits and vegetables each day.
- Eat other foods from plant sources, such as breads, cereals, grain products, rice, pasta or beans several times each day.

2. Limit your intake of high fat foods, particularly from animal sources.

- Choose foods low in fat.
- Limit intake of saturated fats, such as red meat and poultry skin.
- Try to obtain the majority of your fat intake from mono-unsaturated fat sources, such as olive or canola oil, coconut oil, avocados, and nuts.

3. Be physically active and also achieve and maintain a healthy weight.

- Be at least moderately active for 30 minutes or more on most days of the week
- Stay within your healthy weight range
- Contact your physician before starting any new exercise program

4. Limit alcoholic beverages, if you drink at all.

For more information about nutrition during and after treatment, make an appointment with an Ochsner nutritionist at 504-842 3910 to discuss specific concerns you may have and assist you in developing an individualized plan of care. You can also visit www.cancer.org for helpful guidelines and tips.



Complementary and Alternative Therapies

You may have heard information about complementary and alternative therapies for the treatment of cancer in the media. It is important for you to make the distinction between complementary and alternative therapies.

Complementary Therapies

The American Cancer Society has defined complementary therapies as those supportive methods used to complement evidence based treatment. Examples include meditation to reduce stress, acupuncture for pain, and ginger for nausea. These therapies are used to help control symptoms and improve your well-being and are not intended to be used to cure your disease.

Alternative Therapies

Alternative therapy refers to treatments that are promoted to cure cancer. These therapies are unproven because they have not been scientifically tested or the tests found them to be ineffective. If these methods are used alone, your condition may actually worsen because helpful treatment was not received or the alternative therapy itself was harmful. Many claims are made regarding the beneficial effects of these therapies, most of which are not justified by medical research. For your safety, before starting any alternative therapy, discuss it with your physician.



For your safety, it is important to share with your doctors what therapies you are using in addition to prescribed medications and treatments. Your doctors are open to these discussions and will advise you if what you are considering may interfere with your treatment plan.

Relying on any one of these therapies alone and avoiding conventional medical care may have serious health consequences. The American Cancer Society’s Guide to Complementary and Alternative Cancer Methods serves as a good resource for various complementary and alternative methods.

These websites may be helpful when searching for information about complementary cancer therapies:

- American Academy of Medical Acupuncturemedicalacupuncture.org
- Biofeedback Certification Institute of America.....bcia.org
- National Cancer Institute Office of Cancer Complementary and Alternative Medicine (OCCAM)cam.cancer.gov
- National Association for Holistic Aromatherapy (NAHA)naha.org
- National Center for Complementary and Integrative Health (NCCIH)nccih.nih.gov
- Cancer Supportive and Survivorship Care.....cancersupportivecare.com

Common Complementary Therapies

Here is a sample list of some common complementary therapies used by cancer survivors:

Mind, Body, and Spirit Methods

- aromatherapy
- biofeedback
- imagery
- meditation
- support groups
- Tai Chi
- yoga

Manual Healing and Physical Touch Methods

- acupuncture
- therapeutic touch
- massage

When choosing a therapist, it is vital that the person who treats you is properly trained and qualified. Here are general suggestions to help you find a practitioner in your area.

- 1. Contact the relevant professional organization and ask for a list of practitioners in your area.** For example, the American Academy of Medical Acupuncture keeps a record of any affiliated acupuncturists in your area who are taking patients.
- 2. Ask the organization what level of qualification and training they mandate** before practitioners are allowed to be affiliated with the organization.
- 3. Check if the organization has a code of practice and ethics as well as disciplinary and complaints procedures.** This will ensure that there will be no variation from the above qualifications
- 4. Ask your practitioner how many years of training they've had** and how long they have been practicing.
- 5. Find out if the practitioner is state licensed or certified** (not all therapists are required to be state licensed).

Ochsner Integrative Oncology Services

Ochsner's Integrative Therapy Clinic offers many of the complementary therapies mentioned above, such as massage, acupuncture, yoga, mindfulness, and meditation.

To find out more about Ochsner's Integrative Therapy Clinic, call 504-842-3910 or speak to your medical oncologist or Nurse Navigator.



Talking to Your Family About Breast Cancer

Children

Having a parent with cancer can sometimes create uncertainty and anxiety for a child. Deciding if, how and what to tell your children about your breast cancer diagnosis can be difficult. Our Breast Cancer Team at Ochsner recognizes that breast cancer affects the whole family. We are available to assist you in discussing your diagnosis with your children and have put together some basic information on how children respond to a parent's illness based on the child's age and level of development.

We have also included a brief list of resources in the form of books and websites that may be helpful. Please let us know if you discover any additional resources you find to be of benefit so that we may update our lists in order to better serve our patients and their families.



Of course, you are the expert on your child and know best how your child will react and what to tell him or her. If you feel that you require more help than we can provide, one of our social workers is available for counseling or to make referrals as necessary. To reach a social worker at the Ochsner Cancer Institute, call 504-842-3910.



To help explain your diagnosis and treatment to a child, visit “Community and Treatment Resources” at ochsner.org/cancer-resources for a series of videos made for children.

Do not depend only on your own perception of how your children are coping. Research studies have shown that parents under stress are not very good at recognizing when their children are having a difficult time.

Your Partner/Significant Other

Everyone reacts differently to the news that a loved one has cancer. Partners of breast cancer patients frequently try to provide emotional support to the patient and family at the same time that they themselves need support to adjust to the diagnosis and the changes it will bring. They must continue to carry out their usual family role while also trying to manage the household and provide physical and emotional care to the loved one with cancer.

Talking to other partners of breast cancer survivors can allow you to discuss your feelings in a safe environment with others who are experiencing the same things. Some partners say that sharing information in this way helps them feel less alone.

Breast Cancer Resources

A vital component of recovery from breast cancer for many women and their families is learning more about breast cancer and what to expect both during and after their treatment. It may also be helpful for you to read how other women faced their breast cancer experiences and solved their problems.

Listed below are some suggested resources, most with information that is free of charge.

Insurance and Legal Matters

Social Security Administration

- ssa.gov/myaccount to create an account for the online portal
- ssa.gov/disability for Social Security Disability benefit

Financial Assistance/Co-Pay Assistance

Patient Advocate Foundation

- 800-532-5274
- patientadvocate.org

Patient Advocate Foundation Co-Pay Relief

- 866-512-3861
- copays.org

Well-Being

Reach To Recovery, American Cancer Society

- Contact the local American Cancer Society at 504-469-0021 for an appointment with a volunteer for a visit. Information on exercises for recovery, including range of-motion exercises for surgical arm is available.

Support

Cancer Survivors Network, American Cancer Society

- csn.cancer.org

National Coalition for Cancer Survivorship

- 877-622-7937
- canceradvocacy.org

Living Beyond Breast Cancer

- lbbc.org
- Connects breast cancer patients with support and information

Hair Care and Makeup

Look Good, Feel Better, American Cancer Society

- Free class instructions on makeup application and hair care during cancer treatment. Open to all cancer patients undergoing treatment. Call your local American Cancer Society location, or 1-800-395-LOOK (5665).

Wig Providers

- Wig World: 504-887-5353 | wigworldnola.com
- Jolee Le Belle Wig Shoppe: 504-454-3048 | facebook.com/JoleeLeBelle

Prosthesis and Breast Cancer Products

Ochsner Total Health Solutions

- 504-834-8114
- ochsner.org/locations/ochsner-total-health-solutions

Amoena

- amoena.com/us-en/
- Sells breast prostheses and mastectomy bras, among other products, for breast cancer patients.

General Cancer Information

American Cancer Society (ACS)

- 1-800-ACS-2345 or 1-800-227-2345
- cancer.org
- Provides free written information on breast cancer, support group information and referrals to “Reach to Recovery” program.

National Cancer Institute (NCI)

- 1-800-4-CANCER
- cancer.gov
- Provides free written information on all aspects of breast cancer.

American Breast Cancer Foundation

- 1-877-539-2543
- abcf.org

Susan G. Komen

- 1-877-GO-KOMEN (1-877-465-6636)
- breastcancerinfo.com
- helpline@komen.org
- Information on all areas of breast cancer treatment and support.

AMC Cancer Research Center's Cancer Information Line

- 800-525-3777
- Professional cancer counselors provide answers to questions about cancer, support and information on free publications. Equipped for deaf and hearing impaired callers.

Cancer Care, Inc.

- 1-800-813-HOPE (4673)
- cancercareinc.org

Other Helpful Websites

- breastcare.org
- breastcancer.org
- youngsurvival.org
- tnbcfoundation.org
- canceradvocacy.org/resources/cancer-survival-toolbox

How to Give Back After Your Treatment Ends

Many women find great fulfillment in giving back to their community following their breast cancer treatment.

There are many ways in which you can assist others who are navigating the same path you have followed. Below is a brief list of opportunities in the greater New Orleans area.

Participation in Breast Cancer Support Group

Monthly support groups are generally held on the second Tuesday of each month from 6:00pm to 7:30pm at the Tansey Breast Center. This is a free community service and is not restricted to Ochsner patients. Your family is welcome to attend. Several times a year various speakers provide information regarding breast cancer and recovery. For more information call 504-842-6518.

Join the Knitted Knockers

This program gives patients a comfortable, lighter option for prosthesis. If you are interested in making Knitted Knockers, please visit knittedknockers.org to find a group near you.



Tansey Breast Center Volunteers

Breast cancer survivors can volunteer their time at the Tansey Breast Center in a number of different ways. Please contact the Breast Center Nurse Navigator at 504-842-6518 for further information.

Reach to Recovery Volunteer

Reach to Recovery is a peer support program sponsored by the American Cancer Society. For more information, please contact your local American Cancer Society office or 1-800-ACS-2345. The number to the New Orleans area office is 504-465-8405.

Volunteer for the Hope Lodge

The Patrick F. Taylor Hope Lodge on River Road in New Orleans is an extended-stay facility for cancer patients and their families. The main goal of Hope Lodge is to make patients feel like they have a home-like environment to return to after treatment each day. There are many opportunities to volunteer your time at the Hope Lodge. Please call 504-219-2200 to inquire about volunteering.

Notes

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1-866-OCHSNER | ochsner.org