

more
for options

women

breast centers offer lots of healing—
without the wait

by suzy devers

Gentle music plays in the background as warm sunlight filters through the trees in the adjacent multistory arboretum. A comfortable couch, inviting chairs and soft lighting offer plenty of places to savor a soothing cup of herbal tea. People know you by name and are quick to lend a helping hand.

These are the sights and sounds that form the backdrop for the Porter Breast Center at Porter Adventist Hospital—a space so welcoming it feels more like a spa than a patient waiting area. The only caveat: Most patients never have to wait.

“We understand that women want to get in and get out. That’s one reason they keep coming here,” says Tricia Hirschboeck, the manager of the Porter Breast Center, who says the center welcomes walk-in mammography patients.

The no-wait philosophy is also shared by the managers of the Breast Center at Littleton Adventist Hospital and the Trio Breast Center at Parker Adventist Hospital. Like Porter, Littleton offers walk-in appointments as well as extended evening hours on Wednesdays.

more options available

All three breast centers offer the latest technology in comprehensive diagnostic testing and digital mammography. They also offer genetic counseling, so women can assess their risk and options. And Porter recently added the option of a surgical practice, Porter Comprehensive Breast



Jane Kercher, M.D., a general surgeon affiliated with Littleton Adventist Hospital and author of *Straight Talk About Breast Cancer: From Diagnosis to Recovery*

Care, housed within its center.

Colleen Murphy, M.D., the medical director of Porter Comprehensive Breast Care, most recently served on the faculty of Harvard Medical School, Dana-Farber Cancer Institute and Brigham and Women's Hospital as a breast surgical oncologist.

Murphy says her breast surgical oncology

practice at Porter Adventist focuses on a team approach with open communication so everyone is on the same page.

knowledge is power

Murphy says many women don't realize that lumpectomies and mastectomies offer the same survival rates according to the research, so it's important to educate women about their options.

an advocate at your side

At the Porter Breast Center, a dedicated nurse navigator is available on-site to help women fully understand all their choices and to facilitate a continuum of care.

"I'm a resource to patients with questions about breast cancer, says Janet Angelico, R.N., BSN, the nurse navigator at the Porter Breast Center. "I believe empowerment comes from knowing your options and feeling cared about."

Angelico's role is part advocate, part educator and part support system. She's been a nurse for 30 years, with more than 15 years in an oncology setting and says she's not afraid to talk about cancer.

Angelico says that she will do whatever it takes to make sure patients are comfortable with their treatment plans. Sometimes that means putting them in touch with each other, setting up appointments, recommending questions to ask the doctor, accompanying a patient to an appointment with a specialist or simply taking the time to really listen.

"I'm passionate about what I do. I love my job," says Angelico, who adds that a warm connection and laughter play key roles in the healing process.

experience the convenience

Walk-in appointments are available at all three breast centers.

For more information, call the Breast Center at Littleton Adventist Hospital at **303-738-2767**, Porter Breast Center at Porter Adventist Hospital at **303-778-5815** or Trio Breast Center at Parker Adventist Hospital at **303-269-4150**.

call

Educating women is critical, agrees Jane Kercher, M.D., a board-certified general surgeon specializing in breast surgery and co-author of the book *Straight Talk About Breast Cancer: From Diagnosis to Recovery*.

"The patient who is nervous and anxious needs an advocate to help educate her that there are choices and that each patient is a special case," says Kercher, who is affiliated with Littleton Adventist Hospital. "The team approach to caring for patients helps them find the best choice for them."

Breast surgeon Christine Rogness, M.D., affiliated with Parker Adventist Hospital, acknowledges that the diagnosis and treatment of breast cancer can be an enormously frightening time in a woman's life. "Breast cancer takes a profound toll on women. I understand that and strive to support each woman emotionally and mentally as well as physically," she says.

Rogness, Kercher and Murphy all offer their patients extensive educational resources along with the latest surgical options, including lumpectomies and nipple-sparing mastectomies for better cosmetic outcomes. **v&v**

From left: Tricia Hirschboeck, manager of Porter Breast Center, Colleen Murphy, M.D., medical director of Porter Comprehensive Breast Care, and Janet Angelico, R.N., BSN, nurse navigator for Porter Breast Center

