

THE BREAST CENTER

AT MONTEFIORE NYACK HOSPITAL



**COMPLETE BREAST CARE
FROM THE TEAM THAT CARES**

Montefiore | **Nyack**



“I don’t think I could get better care, more support, or encouragement at any of the bigger hospitals or cancer centers.”

COMPLETE BREAST CARE FROM THE TEAM THAT CARES.

The Breast Center at Montefiore Nyack Hospital is a provider of comprehensive, cutting-edge, and personalized breast care with an emphasis on cancer prevention and early detection. We offer a wide array of screening services, precision diagnostics, and treatment options, as well as access to clinical trials and current research programs to our patients. Our expert, experienced physicians and specialists practice to nationally recognized standards and guidelines providing the same level of first-class academic institution cancer care—only closer to home.

The Breast Center is accredited by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Accreditation by the NAPBC is only given to those centers that provide the highest level of quality breast care as determined by a voluntary and rigorous evaluation and review of their performance. The Center has also been designated as a Breast Imaging Center of Excellence by the American College of Radiology (ACR). The Center received this designation in all accreditation programs including—mammography, stereotactic breast biopsy, breast ultrasound, and ultrasound-guided breast biopsy. Only a small percentage of imaging centers receive this designation of excellence.

We follow National Comprehensive Cancer Network (NCCN) guidelines. NCCN is the recognized standard of care for the treatment of breast cancer.



Accreditation by these organizations demonstrates our firm commitment to offer patients every significant advantage against breast disease.

A FULL RANGE OF SCREENING AND DIAGNOSTIC SERVICES

Taking charge of your health is the most valuable gift you can give yourself. We offer the full range of screening capabilities and diagnostic services using state-of-the-art equipment. Our expert, experienced specialists will help you throughout your visit with patient-centered care that treats the whole person, not just the breast.

OUR SERVICES INCLUDE

- A Breast Health Navigator, who guides newly diagnosed breast cancer patients through the diagnosis, treatment, support, and education process.
- 3D Mammography, the gold standard for early detection of breast cancer may detect more invasive breast cancers and abnormalities. Our 3D Tomosynthesis System provides a superior mammogram for all breast types and densities at the lowest possible radiation dose.
- Image-guided interventional breast biopsy procedures.
- Breast MRI, a highly sensitive exam which expands the ability to diagnose early-stage breast cancers that may not be visible on mammography or ultrasound.
- Oncoplastic Surgery, the latest oncologic and reconstruction techniques for best possible survival and cosmetic outcomes.
- Low dose seed localization is a comfortable, accurate, and precise method of mass detection, used for nonpalpable breast lesions. This advanced technique involves the implantation of a self-enclosed, low-energy “seed” (the size of a grain of rice) as a marker to pinpoint the precise location of a tumor or abnormal breast tissue. This is more comfortable for the patient and allows precise surgery for removal of the lesion. Montefiore Nyack Hospital is the only hospital in the area offering this innovative program.



- Clinical Genetics Program which provides a Comprehensive Cancer Risk Assessment, Cancer Genetic Counseling, and Predictive Genetic Testing for women at increased risk of developing breast cancer due to a personal and/or family history of breast and colon cancer, genetic disposition, or previous medical history.
- Comprehensive on-site treatment services, including multi-disciplinary cancer treatment planning conference, biopsy capability with all modalities (ultrasound, mammography, or MRI), breast surgical oncologists, radiation therapy, medical oncologists, and plastic surgeons specializing in breast reconstruction.

BREAST CARE SPECIALISTS

When you visit The Breast Center at Montefiore Nyack Hospital for an initial evaluation, you may meet with one or more board-certified physician specialists from our breast-trained team:

BREAST FELLOWSHIP-TRAINED RADIOLOGISTS

- 3D and 2D digital mammography
- Breast ultrasound
- Bone density studies
- Breast MRIs



- Image-guided diagnostic procedures
 - Stereotactic or 3D guided core needle biopsies
 - Ultrasound guided core needle biopsies
 - MRI guided biopsies
 - Cyst aspirations

BREAST SURGICAL ONCOLOGISTS

Breast surgical oncologists are breast surgery specialists for benign and malignant problems who tailor the procedure to the patient.

- Fine-needle aspirations of palpable lumps
- Surgical biopsies
- Lumpectomy with oncoplastic technique
- Mastectomy including nipple-sparing
- Sentinel lymph node biopsy
- Oncoplastic Surgery, entails optimizing both oncologic (cancer) and aesthetic outcomes
- Hidden Scar™ Breast Surgery, an advanced approach where the surgeon places the incision in a location that is hard to see, providing little to no visible reminder of the surgery



Sunny D. Mitchell, MD, is a certified Hidden Scar™ Breast Surgeon and a Hidden Scar™ instructor.

RECONSTRUCTIVE SURGEONS

Our surgical specialists perform breast reconstruction procedures in coordination with your breast surgical oncologist and are committed to optimal cosmetic outcomes and high patient satisfaction. Our breast reconstruction procedures include:

- Breast reconstruction with implants, using cutting-edge techniques tailored to the patient.
- Muscle flap breast reconstruction, a surgical method that makes use of a patient's own muscle tissue to recreate the breast.
- Free flap reconstruction, ie: DIEP (deep inferior epigastric perforator flap), a surgical procedure that uses the patient's own skin and fat from the lower abdomen, transplanting it to the chest to reconstruct the breast.

PATHOLOGISTS

Our pathologists have extensive experience evaluating and accurately classifying breast tissue specimens to determine if there is breast cancer present.

- Analyze biopsies and cytology slide examinations.

MEDICAL ONCOLOGISTS

Cancer specialists who help determine medical treatment choices, including chemotherapy, hormonal therapy, and immunotherapy.

- Review criteria and recommend patient participation in research and clinical trials.
- Provide personalized breast cancer genomic profile to tailor recommendations for therapy.

RADIATION ONCOLOGISTS

Cancer specialists who treat breast cancers with radiation therapy using the latest techniques and most recent clinical data.

MEDICAL GENETICISTS

Cancer geneticists offer cancer risk assessment, genetic counseling, and genetic testing.

SURVIVORSHIP

Survivorship begins at the time of diagnosis, continues through treatment and beyond and includes family, friends and care givers affected by cancer. We anticipate and address the psycho-social effects of breast cancer treatment to minimize the potential negative impact of diagnosis and treatment.

TREATMENT

At The Breast Center at Montefiore Nyack Hospital, we offer multi-specialty consultations and innovative, personalized treatments for patients with breast disease. Our multi-disciplinary team of specialists meets weekly to create a personalized and coordinated care plan for each patient to deliver the best treatment options available.

HIGH RISK BREAST ASSESSMENT

High Risk Breast Cancer Assessment is a comprehensive program for women at increased risk of developing breast cancer either due to family history, genetic disposition, or previous medical history. Our medical geneticist and team of genetic counselors provide you and your family members with:

- A breast cancer risk assessment
- Genetic counseling and testing

HIGH RISK PROGRAM

Persons assessed to be at high risk for development of breast cancer are followed with a personalized screening and prevention plan.



GENETIC TESTING

Genetic counseling may be very important in helping a woman understand the role of both family history and lifestyle on her risk for developing breast or other types of cancer. Genetics evaluation is provided by a clinical geneticist and includes a review of the patient's personal medical history, a detailed medical and cancer family history, and a physical examination, if needed.

ADDITIONAL SERVICES

THE CANCER SERVICES PROGRAM OF NEW YORK

As a major provider in the Hudson Valley region for The New York State Department of Health (NYSDOH) Cancer Services Program, Montefiore Nyack Hospital's Breast Center provides comprehensive breast, cervical, and colorectal screening services to eligible New York State (NYS) residents at no cost.

SUPPORT SERVICES

Patients may seek a higher level of emotional and physical support through additional no-cost services provided at The Breast Center. We offer support groups and education programs provided by our highly trained oncologic specialists.

DEXA SCAN

Bone density studies to determine the risk for developing osteoporosis (disease resulting in bone fractures).

AFFILIATE LOCATIONS

Highland Medical, P.C.
Hematology and Oncology
160 North Midland Avenue
Nyack, NY 10960
845-480-7440

Advanced Radiation Oncology Services
111 North Highland Avenue
Nyack, NY 10960
845-727-0828



For additional information about
The Breast Center at Montefiore
Nyack Hospital and services provided,
please call **845-348-8551**.

OUR CLINICAL LEADERSHIP

Our team of multi-disciplinary specialists—including breast surgical oncologists, medical geneticists, radiation oncologists, radiologists, plastic surgeons, anesthesiologists, and medical oncologists—are firmly committed to providing our patients with every significant advantage in supporting their breast health and overall care when treating breast disease.



SUNNY D. MITCHELL, MD,
Director of Breast Surgery
Medical Director of The Breast Center,
Montefiore Nyack Hospital



SHARI SIEGEL-GOLDMAN, MD
Director of Breast Imaging
Hudson Valley Radiology Associates,
Montefiore Nyack Hospital



NELLY OUNDJIAN, MD
Director, Clinical Cancer Genetics
Montefiore Nyack Hospital



MATHEW LONBERG, MD
Director, Cancer Center
Hematology and Oncology



JAMES K. GERSTLEY, MD
Director, Radiation/Oncology
Advanced Radiation Oncology
Services of Rockland, P.C.

*Take an active role in
keeping yourself healthy.
Do it for everyone in
your life who loves and
depends on you, and
most of all, yourself.*



SCHEDULE AN APPOINTMENT

Imaging: 845-348-8551

Surgical Consultation: 845-348-8507

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montefiorenyack.org/breastcenter

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