



What Breast Cancer Awareness Month Means at Inspira Health Network

By John DiAngelo, Inspira Health Network President and CEO

Everywhere you look during the month of October, you see pink. Pink ribbons. Pink t-shirts. Even pink Eagles gear.

The grassroots effort that began a generation ago has worked. Awareness of breast cancer is at an all-time high, helping to improve education across a broad spectrum of women.

As healthcare providers, we at Inspira love this—an educated patient is our best patient. When women understand breast cancer, the seriousness and pervasiveness of it and—most importantly—the steps they can take to detect it early and keep themselves healthy, it helps us to fulfill our mission of delivering high quality health services that improve the lives of the people of South Jersey.

Of course, this heightened education and awareness does not mean the battle against breast cancer has been won. Far from it. At Inspira, we're continuing to invest in our facilities and our staff to ensure that we always have a leg up in this crucial battle. That includes innovative new technology and treatment options, a commitment to personalized care and unique counseling and support programs to assist women confronting breast cancer.

Our approach to personalized care is best illustrated through our Breast Navigation program. Our on-staff Breast Navigator is a certified breast care nurse, an expert in breast disease who is available to all patients as an advocate and educator throughout their journey.

At the heart of our breast cancer care is the Inspira Breast Center at Vineland. We're proud that this facility is accredited by the National Accreditation Program for Breast Centers (NAPBC), a designation for centers that provide the highest level of quality breast care. And we've recently added radiation oncology treatment to the options available at Inspira Medical Center Woodbury.

Our care for breast cancer patients begins with diagnosis. We have the most innovative breast imaging and screening devices available for our patients, including digital and 3D mammograms that use a low dose of radiation, non-invasive ultrasound machines and breast MRI.

As you may know, the process of diagnosis can be a nerve-racking time. Often, a woman will find a lump or the results of her mammogram will be inconclusive and require more testing. While the majority of these cases will be benign, we understand some women may still find themselves, at least briefly, considering the worst. To help women navigate this uncertainty, we've developed a unique counseling and support program for women who have abnormal mammograms, breast changes or lumps, or who are newly diagnosed with breast cancer and undergoing cancer treatment. The program is intended to be a complement to surgical, radiation and medical oncology care and is customized around each woman's personal needs.

For women who have mastectomies and want to consider reconstructive surgery, we offer a range of options, including "DIEP flaps"—a surgery in which blood vessels, skin and fat are taken from the abdomen and transferred to the chest to reconstruct the breast, without damaging the abdominal muscles.

It's this commitment to treating every woman's situation as one that is unique to her that makes the care our patients receive to be not just top notch, but often lifesaving.

As we mark Breast Cancer Awareness month, I hope our breast cancer programs are something you never need to learn more about. But if you do, I hope that knowing that our breast cancer treatment team has every tool possible at their disposal to help you win the battle.

For more information about our services and support programs, please call 1-800-INSPIRA.



www.InspiraHealthNetwork.org