

## Breast Center

Jacksonville, Florida

### A Collaborative Approach to Breast Health

The Mayo Clinic Breast Center in Jacksonville, Fla., is a comprehensive facility specializing in the diagnosis and treatment of all types of breast conditions — from benign breast abnormalities to breast cancer. Mayo Clinic is recognized not only for our scope of available breast health services, but also for our delivery of world-class patient care.



At Mayo Clinic, we are driven by a belief first adopted by our founders more than a century ago — “the needs of the patient come first.” This statement guides our practice and is the cornerstone for our multidisciplinary, collaborative approach to patient care.

Mayo Clinic is one of the few places in the world where patients can access all the specialists needed for comprehensive care “under one roof.” This multidisciplinary approach makes the best use of the combined knowledge and wisdom of many experienced specialists.

The Mayo Clinic Breast Center is comprised of a diverse team of caregivers — led by a physician

breast specialist and supported by a breast surgeon, advanced nurse practitioners, physician assistants, medical and radiation oncologists, genetic counselors, plastic surgeons, psychologists, and physical therapists — all collaborating to deliver the best care for each patient. The Breast Center team meets weekly for discussion about patients’ cases, and physicians are in regular contact with colleagues at other Mayo Clinic sites to share the latest clinical information, consult on difficult or unusual cases and draw from each other’s knowledge and expertise.

#### Services That Take You Through the Continuum of Breast Health Care

Whether you come to the Mayo Clinic Breast Center for a breast-related concern such as breast pain or were referred after diagnosis of advanced cancer, we can help you at any point in your care.

We offer a full spectrum of breast health services — from screening and genetic counseling to the latest drug therapies and innovative clinical trials and survivorship support.



*Below is an overview of services that are provided at the Mayo Clinic Breast Center.*

#### General Breast Health Services

- Diagnostic services, including state-of-the-art breast imaging (mammography, ultrasound, magnetic resonance imaging, image-guided breast biopsy)
- Individual diagnostic consultation
- Coordination of multidisciplinary teams for comprehensive care
- Management of menopause symptoms
- Breast health education and resource library
- Lifestyle counseling
- Women's health promotion
- Nutrition counseling

#### Breast Cancer Services

- High-risk assessment and familial genetic counseling
- Breast cancer prevention counseling
- Consultation and second opinions
- Medical oncology
- Radiation oncology
- Chemotherapy, hormone therapy and biological therapy
- Surgery
- Oncoplastic reconstructive surgery
- Breast cancer survivors program
- Peer mentorship program
- Clinical trials
- Physical therapy
- Psychological counseling



#### → Info

Mayo Clinic Breast Center  
(904) 953-0707  
[www.mayoclinic.org/breast-cancer](http://www.mayoclinic.org/breast-cancer)



#### Breast Health Education and Cancer Resource Room

As the cliché goes: knowledge is power. So to assist patients and their families in getting the latest information about breast health and breast cancer, Mayo Clinic provides a private patient library and a Cancer Resource Room. Visitors can obtain information about cancer support groups, wigs and hair replacement and prosthetic devices. Online resources are available free of charge, along with a telephone, printer and fax machine and books, pamphlets and brochures — including special cookbooks and inspirational reading. The room is

open from 8 a.m. to 6 p.m. Monday through Friday.

As well, if you are a breast cancer patient, you will also be assigned an individual Breast Health Educator who will provide customized information including a review of your pathology report, surgical options, pre- and post-operative care, expectations from treatment and other services that may be available relating to your specific health needs.

The Breast Center also offers a variety of free educational programs and health forums throughout the year on topics related to breast health.

#### Treating the Whole Person, Not Just the Disease

A breast cancer diagnosis can be devastating. Compassion and emotional support are an integral component of patient care. And, with a team that includes breast cancer survivors, we understand that this disease impacts your whole being.

The Mayo Clinic Breast Center is highly focused on supporting breast cancer patients both physically and emotionally. With a variety of programs, available both during and post treatment, we strive to help patients feel better and live a more normal life.

#### Pink Sisters and Friends

Many breast cancer patients need support before, during and after treatment. A newly formed peer mentorship program — Pink Sisters and Friends — provides one-on-one support and mentorship to breast cancer patients desiring a connection with other breast cancer survivors. Volunteer mentors are breast cancer survivors treated at Mayo Clinic who have undergone extensive training to provide individualized support to breast cancer patients from diagnosis through treatment and into survivorship. Each person has completed Mayo Clinic volunteer

training as well as specialized breast cancer advocacy training through the Breast Center and the cancer psychology program.

For more information, call (904) 273-4252 from 9 a.m. to 5 p.m.

#### Breast Cancer Survivor Program

The Mayo Clinic Breast Center helps ease the transition from treatment to survivorship with its innovative Breast Cancer Survivor Program. Designed for any patient, whether treated at Mayo Clinic or elsewhere, this program helps survivors transition from illness-oriented treatment to wellness-focused care.

To qualify for the program, patients must have completed their therapy or be stable on hormone therapy. Once qualified, their support will focus on multiple components of survivorship, including:

- Development of a survivorship care plan
- Follow-up care and surveillance for signs of disease recurrence
- Psychological effects of cancer treatment
- Recommendations for healthy behaviors (exercise, relaxation and nutrition)
- Genetic familial counseling (as appropriate)
- Referrals to support groups and other related resources



#### Psychological Counseling

If you need help dealing with the emotional stress of breast cancer during or after treatment, our cancer psychologists can help. Patients also have access to support from social workers who work closely with our Breast Center.



## Research: Paving the Way to a Cure

Mayo Clinic believes that today's research is tomorrow's practice. That's why we spearhead leading-edge research to find a cure for breast cancer and develop clinical trials to evaluate new treatments.

Our patients have opportunities to enroll in clinical trials related to new targeted drugs that are being successfully tested to treat breast cancer. Among them is a global study that involves more than 8,000 participants across six continents that



tests the ability of two drugs (Herceptin® and Tykerb®) to treat early-stage HER-2 positive breast cancer — a particularly aggressive form of the disease. The lead investigator in North America is Dr. Edith Perez, director of Mayo Clinic's Breast Center in Florida and an internationally

known oncologist and breast cancer researcher. Dr. Perez is part of a large team of Mayo Clinic physicians and scientists focused on targeting therapies to treat specific types of breast cancer — understanding that it may take more than one therapy to eradicate this disease in the future.

For more information on clinical trials for breast cancer, visit <http://clinicaltrials.mayo.edu> or call the Breast Center at (904) 953-0707.

## Mayo Clinic: An Integrated Organization

Mayo Clinic is the first and largest integrated, not-for-profit, group practice in the world. Doctors from every medical specialty work together with researchers and other health-care professionals to care for patients, joined by common systems and practice philosophy.

More than 3,450 physicians and scientists and 48,200 allied health staff work at Mayo Clinic, which has sites in Rochester, Minn.; Jacksonville, Fla.; and Scottsdale/Phoenix, Ariz. Mayo Clinic treats more than half a million people each year.

On our Florida campus, we have more than 43 specialties, an outpatient clinic and a state-of-the-art, 214-bed hospital that opened in April 2008, completing our goal of having all clinical patient services available at one location.

The Mayo Clinic Breast Center is located on the eighth floor of the Davis Building.

## Becoming a Mayo Clinic Patient

To schedule an appointment with the Mayo Clinic Breast Center, call (904) 953-2272, or go online to [www.mayoclinic.org/jacksonville](http://www.mayoclinic.org/jacksonville).

For more information about specific services offered at the Breast Center, call (904) 953-0707, or visit [www.mayoclinic.org/breast-cancer](http://www.mayoclinic.org/breast-cancer).

## Insurance

Mayo Clinic has agreements with nearly 100 insurance carriers, third-party administrators and employers. For a complete listing, visit [www.mayoclinic.org/jacksonville](http://www.mayoclinic.org/jacksonville), and click on "Insurance Plan Contracts."



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