

NAVIGATING A BREAST CANCER DIAGNOSIS

Access outstanding, comprehensive cancer care — right here in the Lowcountry.

Breast Cancer
Nurse Navigators:

*Partners in
Your Journey*



A breast cancer diagnosis can feel overwhelming, and the sheer volume of information and choices to consider can be difficult to process. At Beaufort Memorial, you don't have to take in all that information alone. We pair you with a specially trained nurse navigator who will serve as your personal guide throughout your journey.

Your [breast cancer care navigators](#) work closely with your doctors and other health care providers to coordinate all aspects of your care. They schedule your appointments and procedures to help make your care and treatments as seamless as possible. They also explain complex medical terminology and educate you about your options, so you feel empowered to make the right decisions for you. If you're dealing with treatment side effects, your navigator can offer advice to help you manage them.

YOUR ADVOCATE

Our breast cancer nurse navigators do more than coordinate care and services. They also connect you to support groups and services, such as nutrition counseling and physical therapy. They will also help you understand billing and insurance coverage. Your navigators are experienced in addressing hurdles that can prevent you from getting care, whether you need transportation to your appointments, child or elder care, or assistance explaining your diagnosis to your employer.

Our support doesn't end when treatment is over, either. Your navigators will create a survivorship plan focused on your long-term health and well-being.



[Connect with a navigator](#) to learn how we can help.



Beaufort Memorial

Breast

CARE & SURGERY PROGRAM

The Beaufort Memorial Breast Care & Surgery Program offers expert, comprehensive breast cancer care.

Women who seek breast cancer care at Beaufort Memorial have access to our nationally accredited Breast Health Centers and our Breast Care & Surgery Program, which offers leading-edge breast care close to home.

A partnership between Beaufort Memorial and Medical University of South Carolina (MUSC) Health, the program pairs our extensive radiation and medical oncology services with the expertise of a board-certified, fellowship-trained breast surgeon. Our multidisciplinary team works alongside breast cancer care navigators to deliver personalized treatments to every patient.

BREAST CANCER SURGERY

Using the most advanced, minimally invasive techniques, we offer:

BREAST BIOPSY: This diagnostic surgery involves removing a small sample of breast tissue for testing. A biopsy might also be recommended after a cancer diagnosis to determine how far the disease has spread.

LUMPECTOMY: Sometimes called a partial mastectomy or breast-conserving surgery, lumpectomy involves removing the breast cancer while leaving as much of the healthy breast as possible. Eligibility for this surgery depends on the size and location of the tumor and other factors.

MASTECTOMIES: If you need a mastectomy, we work with you to find the right option. The primary types of mastectomies include:

- **Nipple-sparing mastectomy:** Breast tissue is removed, leaving your skin, nipple and areola behind to allow for a more natural breast reconstruction after surgery.
- **Skin-sparing mastectomy:** This procedure allows your surgeon to remove breast tissue but leave the skin intact for breast reconstruction. The nipple and areola are often removed along with the breast tissue.
- **Total mastectomy:** This procedure removes the entire breast, including the nipple. Having both breasts removed is called a double mastectomy.
- **Modified radical mastectomy:** Your surgeon will remove the entire breast and most of the lymph nodes under your arm.
- **Breast reconstruction:** Your breast oncologic surgeon and plastic surgeon will coordinate on a single procedure or series of procedures to recreate natural-looking breasts.

We offer specialized post-surgery rehabilitation programs to promote healing, alleviate pain and help prevent scar tissue from forming. Your breast cancer care navigator is here to guide you and your loved ones in accessing these resources.



MEET DR. TARA GRAHOVAC

[Dr. Tara Grahovac](#) is our board-certified, fellowship-trained breast surgical oncologist. She specializes in the diagnosis, staging and surgical removal of cancerous growths in the breast. Through the Beaufort Memorial affiliation with MUSC Health, she provides patients with specialized surgical care typically available only at large academic medical centers.

Dr. Grahovac finds breast surgery oncology a deeply rewarding specialty.

"I really enjoy the artistic side of surgery and how rapidly it is progressing," she says. "I just love the population I serve and the fact that I am able to build long-term, meaningful relationships with my patients."

[Meet the entire cancer care team at Beaufort Memorial.](#)

NONSURGICAL BREAST CANCER TREATMENT OPTIONS

Our ability to provide comprehensive, cancer care right here in the Lowcountry helps you focus more on the life that matters to you.

Breast cancer care at Beaufort Memorial is never one-size-fits-all. Our oncology team evaluates each patient to determine the most appropriate treatment, whether surgery, radiation or medication-based treatments (also called medical oncology). Your health care team will provide recommendations to you that factor in your type and stage of cancer, as well as your health, wellness and personal goals.

CHEMOTHERAPY

Chemotherapy — medications that stop or slow the growth of cancer cells — can be delivered through an IV or sometimes in pill form. The goal might be for the chemotherapy to shrink a tumor before surgery, kill cancer cells that remain in the body after surgery or radiation, or target cancer cells that have developed in other areas. Whenever possible, our providers use newer medications that help minimize the side effects of chemotherapy.

HORMONE THERAPY

Some breast cancers are hormone receptor-positive, which means they are fed by estrogen or progesterone. You may receive hormone therapy to stop your body from producing these hormones to keep the tumor from growing. Hormone therapy can be in pill form or injections.

IMMUNOTHERAPY

Immunotherapy uses the body's natural defense system to fight cancer cells. Immunotherapy medications are designed to boost your immune system so white blood cells can help fight and destroy certain cancer cells.

RADIATION THERAPY

This nonsurgical treatment uses high-energy rays directed precisely at the tumor to stop the ability for cancer cells to multiply without damaging surrounding tissue. Radiation therapy treatments last just a few minutes and typically occur every weekday for several weeks. While radiation therapy is not painful and does not cause hair loss when used to treat breast cancer, it can be fatiguing. With centers in Okatie and Beaufort, patients save their energy for healing rather than traveling.



INNOVATIVE OPTIONS
Through our partnership with Medical University of South Carolina (MUSC) Health, we offer access to new cancer therapies and medications in nationally designed studies known as clinical trials.

PREVENTING HAIR LOSS WITH COLD CAPPING

Hair loss can be an emotional and unwanted side effect of breast cancer chemotherapy treatments. Many women with breast cancer want to feel like themselves and make their cancer treatment less obvious to those around them. To help, we offer the DigniCap® Scalp Cooling System, which reduces the likelihood of hair loss during chemotherapy.

The system involves wearing what looks like a swimming cap for a set time before and during chemotherapy. The cap cools the scalp, constricting blood flow to the hair follicles. This noninvasive therapy is one of many supportive services your breast cancer care navigator can arrange.

To learn more, call [843-522-7465](tel:843-522-7465) to speak with a cancer care navigator.

SUPPORT SERVICES,

When and Where You Need Them

What you need to support your health during and after breast cancer treatment is unique to you. Your Beaufort Memorial breast cancer care navigator can connect you with our [many resources and other local support services](#).



LYMPHEDEMA PREVENTION

During a mastectomy, lumpectomy or other breast cancer surgery, your surgeon may remove your lymph nodes. As a result, you may develop a painful condition called lymphedema. Our certified lymphedema therapist offers free consultations, during which you'll learn steps to prevent lymphedema and how to address the condition if it occurs.



EXERCISE RECOVERY

Many patients are wary of exercising during or after cancer treatment. Your needs and abilities may have changed, and treatment-related fatigue can lower your exercise tolerance. One of our exercise professionals, however, can help ensure you find the right type and intensity of physical activity. All Beaufort Memorial cancer patients receive a free, three-month [LifeFit Wellness Center](#) membership with a customized exercise prescription created just for you. The membership features unlimited access to exercise classes, equipment and more.



NUTRITION SERVICES

Eating well is central to staying strong throughout your treatment. Our on-site clinical dietitian can create a personalized meal plan to keep you nourished before, during and after treatment. Our dietitian can also offer valuable advice about eating well when side effects make doing so difficult. Your breast cancer navigator can arrange a one-on-one consultation for you.



SUPPORT GROUPS

Beaufort Memorial offers several options for connecting and learning from others on a similar journey. Our popular Breast Cancer Support Group provides a safe place to share with others who know what you're going through.

SOCIAL WORK NAVIGATOR

As an advocate for patients and families, our social work navigator connects patients to community resources that improve their quality of life and reduce stress. This navigator is specially trained in the complex needs of patients with cancer and can help you work through any challenges along the journey.



We are here to help you through breast cancer.
[Connect with a Beaufort Memorial breast cancer care navigator.](#)