EMPOWERING YOU WITH HOPE

A source of strength and stability for young women with breast cancer

MAGEE-WOMENS BREAST CANCER PROGRAM

UPMC CancerCenter
Partner with University of Pittsburgh Cancer Institute
“You are not alone with a program like this. It has helped to have a place to turn to for education and support.”

—Marie
Breast Cancer Survivor

YOU ARE NOT ALONE

Being diagnosed with breast cancer at a young age can mean making some life decisions earlier than anticipated. Each year in the United States alone, nearly 11,000 women under 50 will be told that they have breast cancer. While a breast cancer diagnosis is overwhelming at any age, women diagnosed under age 45 face a unique set of challenges at a time in a woman’s life when she should feel most supported.

At the Magee-Womens Breast Cancer Program, we recognize your special needs and desire for a life after cancer. We are dedicated to providing you with knowledge, guidance, encouragement, and comfort throughout this experience. As part of the program, we have developed a variety of resources to help you to feel connected and in control of your health throughout your cancer treatments and beyond.

The resources for young women with breast cancer were developed to:

• Guide individuals through their journey of exams, appointments, treatments, and follow-up care.
• Help identify and assist with issues as they present.
• Educate and support patients and family members along their journey’s timeline.
Holistic Care
The Center for Integrative Medicine at UPMC Shadyside provides multidisciplinary holistic care for individuals with pain, physical health, and stress-related problems. Pertinent to the care of cancer survivors, services include acupuncture, massage therapy, shiatsu, Qi Gong, a Chinese mind-body practice, and naturopathic counseling around diet and supplements. Additionally, the Center for Integrative Medicine holds classes in yoga, Tai Chi, meditation, and nutrition. Typically, health insurance does not cover complementary therapies, but services can be paid for with flexible spending accounts using pre-tax dollars. To schedule an appointment, call 412-623-3023 or for more information, visit www.integrativemedicine.upmc.com.

Breast Reconstruction
If you need or prefer a mastectomy as part of your treatment, you may be interested in breast reconstruction. As a way to help you understand breast cancer — what it is, how it is treated, and what decisions you may need to make along the way — Magee has created a video, “Breast Reconstruction: A Woman’s Choice,” which you can access on Magee’s website at UPMC.com/MageeBreastReconstruction.

LiveWell Survivorship Program
After completion of active cancer treatment, cancer survivors frequently have questions and medical issues that need to be addressed on an individual basis to allow enhancement of a well-rounded, productive, and fulfilling life after cancer diagnosis and treatment. The Women’s Cancer LiveWell Survivorship Center provides specialized expertise on important breast and gynecologic cancer survivor-related topics such as:

- Surveillance for cancer recurrence and prevention and management of the short- and long-term effects of treatment (bone health, cardiovascular health, hot flashes, night sweats, neuropathy, and sexuality/libido).
- Lifestyle (nutrition, physical activity) and adjustment to life after cancer.
- For coordination of care, call 412-641-4530, ext. 1.

You Are Not Alone
Allow us to connect you with a personal mentor, who is a fellow breast cancer survivor to walk along with you through this journey. To speak with a breast cancer volunteer, call 412-641-1926.

Become a Mentor
Once your treatment is complete, please consider reaching out to other women as they begin their personal journey through breast cancer treatment. To contact us to find out about how you can volunteer, call 412-641-1926.

HOW WILL THIS PROGRAM BE BENEFICIAL TO ME?
This program will be a key source of knowledge and encouragement for you and your loved ones. During your treatment we will help you navigate through situations and services that you should consider.

Knowledge is Power: Understanding Breast Cancer
As a way to help you understand breast cancer — what it is, how it is treated, and what decisions you may need to make along the way — Magee has created a video, “Knowledge is Power: Understanding Breast Cancer,” which you can access on Magee’s website: UPMC/MageeBreastCancer.

Patient Navigation
Patient navigators are available to provide individualized assistance to you, your family, and your caregivers throughout your health care experience. Their mission is to help guide you through diagnosis and treatment — answering questions and providing information about available services and amenities — to ensure a comfortable experience for you. To contact a navigator, call 412-641-1926 or email mwhbcnavigators@upmc.edu.

Genetic Counseling and Testing
The Cancer Genetics Program offers cancer risk assessment and genetic counseling to help determine if the cancers in a family are due to an inherited cause. The program helps people understand how certain cancers may cluster in families and provides opportunities to learn about genetic testing and cancer screening and management. Young women who are concerned about their personal or family history of cancer may benefit from cancer risk consultation. Visit UPMCCancerCenter.com/Genetic or call 1-800-454-8156.

Fertility and Reproductive Options
Cancer treatments such as chemotherapy, radiation, bone marrow, stem cell transplants, and surgery may cause temporary or permanent infertility. Clinicians and researchers at UPMC and the Magee-Womens Research Institute are pioneering the translation of new fertility options to the clinic. In coordination with your physician, they can provide rapid access to fertility consultation, information, and therapies. Visit UPMC.com/Magee (see Fertility) or call 412-641-7475.
SUPPORT AND EDUCATION
The following resources also are available to you through the program:

• Holistic Care Services
• Counseling Services
• Breast Cancer Peer Support Program
• Look Good ... Feel Better Program
• Lymphedema Support Group
• Breast Cancer Education Series
• Nutrition Education and Support Program
• Women’s Cancer Support Groups

For more information on the programs, visit [UPMC.com/Magee](http://UPMC.com/Magee) (see Breast Cancer).

RESOURCES
Online Resources
Glimmer of Hope
symbolofthecure.com
Sharsheret
www.sharsheret.org
Young Survival Coalition
www.youngsurvival.org

Additional Resources
Magee-Womens Breast Cancer Program of UPMC CancerCenter
Magee-Womens Hospital of UPMC
300 Halket St.
Pittsburgh, PA 15213
1-866-MyMagee (696-2433)

Magee-Womens High-Risk Breast Cancer Program
Hillman Cancer Center
5115 Centre Ave.
Pittsburgh, PA 15232
412-623-3425

Second Opinions
For patients seeking second opinions about mammography studies, call 1-800-649-4077.

For patients seeking second opinions from a cancer specialist, call 1-866-MyMagee (696-2433).

For the Magee-Womens Foundation, call 412-641-8977.

For more information about the program, visit our website at [UPMC.com/Magee](http://UPMC.com/Magee).
MAGEE-WOMENS BREAST CANCER PROGRAM OF
UPMC CancerCenter
Partner with University of Pittsburgh Cancer Institute

MAGEE-WOMENS HOSPITAL OF UPMC
300 Halket St.
Pittsburgh, PA 15213
Phone: 1-866-MyMagee (696-2433)
Magee.UPMC.com

This brochure and its reproduction are supported by A Glimmer of Hope, Symbol of the Cure Foundation and its supporters.

Special appreciation to: Julie and Alan Faneca and Katie and Heath Miller

If you are interested in volunteer opportunities with A Glimmer of Hope Foundation, call 1-800-454-6746. Get involved with Glimmer, the organization that has donated more than a million dollars for breast cancer research in the Pittsburgh area.

UPMC is an equal opportunity employer. UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.