

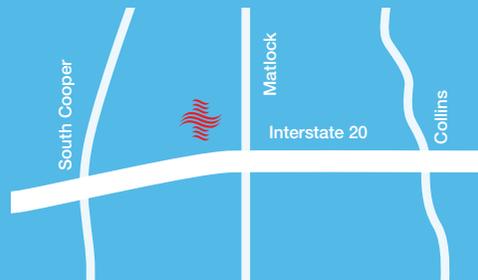
# You're not alone.

There are so many questions to ask about your diagnosis, treatment and prognosis. You might not be sure how to identify physician specialists who meet your needs and what appointments you should schedule. You may feel the need to make important decisions while you struggle with confusion and anxiety.

That's why USMD Hospital at Arlington started the Breast Cancer Nurse Navigator Program. The goal is to make sure you have the support, guidance and resources you need to navigate the healthcare system and the challenges ahead.

# Call us to learn more.

If you or someone you know would like more information about the Breast Cancer Nurse Navigator Program — or about breast cancer screening, diagnosis, treatment or follow-up care, please call us at 817.472.3729.



Breast cancer is not just about your body.

# It's about your life.



The Breast Cancer Nurse Navigator Program



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## Your oncology nurse navigator is at your side.

The USMD oncology nurse navigator is a registered nurse who provides guidance and support through the challenges of breast cancer. She's available to you, your family and your caregivers as another resource on your medical team. The nurse navigator is part advocate, part teacher, part problem solver, part cheerleader, part advisor and part friend.

## Ready to help you, at no cost to you.

When a physician on the USMD Hospital at Arlington medical staff makes a breast cancer diagnosis, our oncology nurse navigator is notified and contacts the patient directly. Physicians who are not on the USMD staff often refer their patients to our program as well. Of course, we also welcome patients to contact us directly. Regardless of how the connection is made, we're ready to work closely with you, your primary physician and the USMD physicians and staff throughout your treatment. There is never a cost to the patient for our oncology navigation program.

## Some of the ways we can help.

Your oncology nurse navigator's primary responsibility is to ease the burden on you and your family and to help coordinate the medical team. Examples include:

### **Guiding you through the medical experience**

**Providing emotional support during stressful times**

### **Helping you with insurance issues**

**Assisting you in finding accurate information to make informed decisions**

### **Connecting you with resources for transportation, work, financial advice or other concerns**

**Helping you get answers to your questions**

### **Partnering with you and your loved ones from diagnosis, through treatment and survivorship**

**Improving access to cancer screening and diagnostics**

### **Improving access to timely medical treatment**

**Providing individual attention to your needs and those of your loved ones**

### **Offering ongoing guidance through the physical, emotional and financial challenges of breast cancer**

**Serving as your advocate to overcome barriers to care**

### **Helping the healthcare team, caregivers and family, as well as the patient, get the best possible care and support**

**Providing educational information on cancer, treatment and side effects of treatment**

### **Providing facts, not opinions**

**Supporting your decisions and those of your physician**

### **Serving as a link to language translation, if needed**

**Making appropriate referrals for additional assessment, if needed**

### **Acting as your advocate and as a knowledgeable friend to you and your family**