

# Sandra Levine Young Women's Breast Cancer Program

## ywbp

Thank you for choosing Levine Cancer Institute (LCI) for your healthcare needs. LCI is well-known as a place of hope and support. We care about your health and comfort. You are not alone, and we are here to help.

The Young Women's Breast Cancer Program (**ywbp**) connects young women through programs, groups, classes and services.

In addition to an expert team of caring cancer doctors and staff, and access to research and clinical trials, LCI and the **ywbp** offers:

- A leading-edge treatment plan designed just for you
- A Nurse Navigator who will guide you through every step of your Cancer journey. She will help answer your questions and make sure your needs are met
- A support group for young women with breast cancer and peer matching program
- Dedicated **ywbp** Program Coordinator and Research Coordinator
- Cancer Resource Center and free wigs, hats, scarves and “knitted knockers”
- Acupuncture, oncology massage therapy (fee for services) and healing touch
- Counseling services and other help from licensed clinical social workers
- People you can talk to about how to cope with cancer and work, school, parenting, relationships and fertility
- Programs, groups and classes to support mind, body and spirit
- Social media presence for breast cancer information, **ywbp** news and event reminders

You can live a full and active life during and after treatment.

# Get Social

## Stay connected to ywbp

Many of our providers are on Twitter and find it is a great way to stay connected. Follow all of us to get the latest breast cancer news and information, ywbp news and event reminders.



### Get social – Follow us

Follow us on Twitter and join the conversation. Post your stories and selfies by using our hashtags and tag us.

@LCI_ywbp	#LCIywbp
@Dr_LHG	#LCIbreast
@DrJulieFisher	#LCIcarolinas
@DrAmyVoci	
@DrDebaSarma	
@TerrySarantou	



### E-News

Stay up-to-date with e-NEWS from ywbp and the Cancer Resource Center's calendar of events.

- Send an email to [LCI-ywbp@AtriumHealth.org](mailto:LCI-ywbp@AtriumHealth.org) to subscribe to a monthly email from ywbp
- Call the Cancer Resource Center at 980-442-1006 to get this month's calendar of events and classes at LCI

# Be active in your care

## Slow down, take charge and make good choices.

### Follow these tips for your care:

- Eat fresh and healthy foods every day
- Keep a healthy weight
- Find ways to limit worry and lower stress
- Find ways to get a good night's sleep
- Drink more water
- Stop smoking
- If your doctor has suggested that you limit foods with added sugar, ask for a referral to our dietitian
- Talk to your doctor about the best ways for you to stay active for heart and lung health
- Limit or avoid drinking alcohol
- Use sunblock

# Questions?

## We can help.

No matter the problem, we care about your comfort and are here to help you.

Please share your questions and concerns with these resources:

- Call your Nurse Navigator or your doctor's nurse
- Call **ywbp** Program Coordinator about LCI resources and **ywbp** Peer Matching program
- Check out the **ywbp** support group and events
- Sign up or listen in on LCI's nutrition classes
- Go to the **Breast Reconstruction Forum**
- Make an appointment with the **Integrative Oncology Clinic**
- Try out programs, groups, classes and events to help mind, body and spirit

# Your Healthcare Team

Your healthcare team is made up of many cancer experts.  
You will see some of them often, some only once or twice and others only if needed.

We invite you to write down names and numbers. Keep it handy for you and your caregiver.

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**Primary Care Physician (PCP)** – The doctor you use for non-cancer healthcare needs. He or she will keep track of your health during your cancer care.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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**Radiologist** – The doctor who finds cancer through mammograms and medical imaging.

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**Pathologist** – The doctor who studies cells to find out more about your cancer.

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**Surgical Oncologist** – The doctor who will treat your cancer with surgery.

Name: \_\_\_\_\_ Phone Number: 980-442-6400

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**Nurse Navigator** – The nurse who will guide you through your cancer journey.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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**Medical Oncologist** – The doctor who will talk with you about your type and stage of breast cancer and how to treat it.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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**Chemotherapy** – If needed, this treatment gets rid of cancer cells in the body.

Infusion Center: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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**Genetic counseling** – The counselors who will help you learn about your cancer risks. To know more, contact the Cancer Genetics Program.

Name: \_\_\_\_\_ Phone Number: 980-442-2000

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**Fertility counseling** – A team of experts who will work with you on fertility care. To know more, contact the REhope Cancer Fertility Treatment Center.

Name: \_\_\_\_\_ Phone Number: 980-442-2000

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**Pregnancy care** – If needed, a team that will help you and the health of your baby. To know more contact Maternal and Fetal Medicine (MFM), CMC Women's Institute.

Name: \_\_\_\_\_ Phone Number: 704-355-3149

**Integrative Oncology Clinic** – A team who will guide you on safe ways to manage side effects of cancer and treatment, improve overall health and lower risk of cancer(s) coming back.

Name: \_\_\_\_\_ Phone Number: 980-442-2500

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**Radiation Oncologist** – The doctor who will talk to you about radiotherapy for breast cancer. This therapy uses high energy rays to get rid of cancer cells. It only affects the cells in the area of the body treated with radiation.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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**Advanced Clinical Practitioners (ACPs)** – Physician assistants (PAs) and nurse practitioners (NPs) who assist your doctor with your care.

Name: \_\_\_\_\_ Phone Number: 980-442-6400

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**Nurses** – The team who will assist your doctor with your care.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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**Reconstructive Plastic Surgeon** – The doctor who will talk to you about your options to restore breast symmetry (breast surgery to rebuild your breast if you have a mastectomy).

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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**Cancer Rehabilitation** – A team who will guide you on ways to manage problems that can affect your daily function such as lymphedema, physical problems and memory/thinking issues.

Name: \_\_\_\_\_ Phone Number: 980-442-2500

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**Psycho-Oncology** – A team who will guide you on ways to manage common symptoms such as anxiety, insomnia, fatigue and other topics such as intimacy and body image. Includes a clinical social worker, referrals to psychotherapist, psychiatrist and/or other supportive care resources and classes.

Name: \_\_\_\_\_ Phone Number: 980-442-2500

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**Cancer Survivorship Medical Clinic and Survivorship Cardio-Oncology Clinic** – Doctors who will guide you after cancer treatment in long-term survivorship care. A cardiologist who will look for early signs of heart problems from cancer treatment. Doctors who will help you learn about ways to help with heart and lung health.

Name: \_\_\_\_\_ Phone Number: 980-442-2500



@LCI\_ywbp



LCI-ywbp@AtriumHealth.org



AtriumHealth.org/BreastCancerCare

# Groups and Classes

Groups and classes are free for LCI patients and support persons. Most are held at LCI - Morehead and some meet at The Center for Supportive Care and Survivorship. When you call to sign up for a group or class, you will get more details.

Below are just a few of the many resources available to support you throughout your care.

For more details on resources and a free wig program, see **ywbp** brochure **LCI Resources: Programs, Groups, Classes and Services** and call the Cancer Resource Center at 980-442-1006.

## **ywbp Young Women's Support Group**

- For young women with breast cancer, age 40 and under
- Call 980-442-1006 to sign up or to learn more

## **Breast Reconstruction Forum**

- Presented by CMC Cosmetic and Plastic Surgery to offer education and support to the Charlotte community
- Review of the different types of breast reconstruction and frequently asked questions
- 3rd Thursday of every month, LCI - Morehead Conference Center Room 3035, 5:30 to 7:30 p.m.
- Call 980-442-1006 to sign up or to learn more

## **Gentle Yoga and Chair Yoga**

- Yoga poses that combine moves with gentle stretching and breathing
- Helps relax the body and mind
- Call 980-442-1006 to sign up or to learn more

## **Healing Touch**

- A therapy that helps restore energy and relaxed feelings
- Offered at no cost to LCI patients, thanks to donations from 24 Foundation
- Call 980-442-2500 to sign up or to learn more

## **Help to Stop Smoking: Become Tobacco-Free**

- Program sponsored by Atrium Health
- Call 704-667-2565 to sign up or to learn more

## **Meditation**

- Practice quieting and centering your thoughts
- Can ease tension and pain, boost energy and mood, and improve sleep
- Call 980-442-1006 to sign up or to learn more

## **Nutrition Class for Breast Cancer Patients**

- Learn what to eat and what not to eat, during and after breast cancer treatment, from a registered dietitian
- You can call to listen in if you cannot be there in person
- Call 980-442-1006 to sign up or to learn more

## **Oncology Massage and Acupuncture**

- Therapies to help with side effects of cancer and cancer treatments
- Fee for service; financial assistance may be available to those who qualify
- Call 980-442-2500 to sign up or to learn more

## **ywbp Peer Matching Program**

- Connects breast cancer patients with other young breast cancer patients
- Ask your Nurse Navigator or Program Coordinator for more information

## **Sleep 101 Class**

- Learn how to get a better night's sleep
- Call 980-442-1006 to sign up or to learn more

## **Tai Chi / Qigong**

- Pronounced: ty-chee / chee-gung
- Slow, gentle, flowing movements and breathing
- Helps relax the body and mind
- Call 980-442-1006 to sign up or to learn more

## **Healing Arts Therapy**

- No experience needed; no cost
- Group classes and events in writing, making art and music
- Doing creative activities can help boost mood, ease tension and pain, and is a way to share feelings
- Call 980-442-1006 to sign up or to learn more

# The Center for Supportive Care and Survivorship

 **980-442-2500**

Providing cancer survivors support,  
care and knowledge they need to maintain good health

Integrative Oncology Clinic  
Acupuncture\* • Oncology Massage\* • Healing Touch

Cancer Rehabilitation Clinic • Lymphedema Clinic

Psycho-Oncology: Psychotherapy • Psychiatry  
Neuropsychology

Cancer Survivorship Medical Clinic • Survivorship Cardio-Oncology Clinic

And classes, groups and special events that offer a wide range of  
emotional, psychological and spiritual support

*\*Fee for service; financial assistance may be available to those who qualify*



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