

Lymphedema Therapy and Support Services

After surgery, sometimes patients experience lymphedema, which is a damaged or blocked lymph system that causes swelling in the arms or legs. At Silver Cross, therapists with the world-renowned Shirley Ryan AbilityLab (formerly



Rehabilitation Institute of Chicago-RIC) are available to help patients find relief.

Through the Silver Cross' partnerships with The American Cancer Society and The

Cancer Support Center, a variety of resources and support services are available for patients and their family members. This includes breast cancer support groups, yoga, meditation and counseling. At Siona Boutique, inside the Cancer Center, patients have access to a variety of specialized products to help them look good and feel better.

Schedule an Appointment

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| Mammogram/Tests | (815) 300-6350 |
| Breast Surgeon | (815) 300-6350 |
| University of Chicago Comprehensive Cancer Center at Silver Cross | (855) UCM-1400 |
| Genetic Testing & Counseling | (855) UCM-1400 |
| Lymphedema Therapy | (815) 300-7110 |



The way you *should* be treated.



1870 Silver Cross Blvd. • New Lenox, IL 60451
(815) 300-6350 • IMatter.silvercross.org

Breast Care



From routine mammograms to breast cancer diagnosis, treatment and recovery, Silver Cross Hospital has brought together advanced technology and highly trained specialists so area you can receive comprehensive breast care close to home.



The way you *should* be treated.

Advanced Diagnostics

- Digital & 3D Mammography
- Breast Ultrasound
- Breast MRI
- Stereotactic Breast Biopsy



Most tests are performed inside the spa-like Center for Women's Health which ranks in the Top 1% in the nation for patient satisfaction according to Press Ganey. Test results are provided by an on-site dedicated breast radiologist. Silver Cross is recognized as a Breast Imaging Center of Excellence by the American Academy of Radiology.

The American Cancer Society recommends women start breast cancer screening at age 40 and have a mammogram every year if age 45 to 55 and symptom-free. Scheduling is easy. A doctor's order is not required for a screening mammogram and appointments can be made online through SCHEDULE NOW at IMatter.silvercross.org. Silver Cross even rewards women for getting this important test with valuable discounts at over 100 local businesses through the free I Matter™ program.

Coordinated Care from Team of Specialists

A certified breast health nurse will guide patients through every step of their care—from scheduling additional diagnostic tests and appointments with a breast surgeon to coordinating

with the patient's physician to have all medical information reviewed at Silver Cross Hospital's Multi-Disciplinary Breast



Conference. Every Tuesday, a team of highly skilled breast specialists gather in one room representing:

- General Surgery
- Medical Oncology
- Radiation Oncology
- Radiology
- Plastic/Reconstructive Surgery
- and Pathology

Together, they look at images and discuss test results and other health information. The group provides the patient and referring doctor with a consensus recommendation within 24 hours so that patients can make an informed decision to begin treatment immediately.

Breast Surgery

If the treatment plan calls for surgery, Drs. Laura Ragauskaitė, Maria Rapiak, Jennifer Tseng, and Thomas Vasdekas see patients at the Silver Cross Breast Center inside the Center for Women's Health. These experienced surgeons are trained to diagnose, evaluate and manage patients with breast pain, benign lumps and cysts and abnormal mammograms, in addition to breast cancer. They look at the stage of cancer, its characteristics, and develop a plan of care. This may include breast conserving surgery, mastectomy and reconstruction. At Silver Cross, many women are opting to have the DIEP Flap using the patient's own skin and fat to reconstruct a natural, soft breast while maximizing the impact on the abdominal walls and muscles.

Therapies and Clinical Trials

For patients needing chemotherapy or radiation therapy, oncologists with The University of Chicago Medicine

Comprehensive Cancer Center at Silver Cross Hospital have access to over 300 clinical trials. Many of these investigational therapies are available on the New Lenox campus. Several

patients have benefitted from prone breast radiation therapy which protects the surrounding healthy tissue, heart and lungs while delivering precisely targeted radiation to the breast. Genetic testing and counseling is also available at the Cancer Center.

