

**UCLA**

Health System

The Revlon/UCLA  
Breast Center



Follow-up Program



What do I do now? The initial medical treatment for breast cancer is a critical first step on the road to recovery, but significant ongoing physical and emotional needs remain.

To address these issues, the Revlon/UCLA Breast Center designed the Follow-up Program. The goal of the program is simple: to apply the most compassionate support and up-to-date medical research to the basic day-to-day needs of each person who has had breast cancer.





“They provide answers before you even know the questions. This enables you to focus on healing and not searching.”

– *Mary*

## The Follow-up Program welcomes



patients at any point after diagnosis for guidance and reassurance. Some choose to visit in the midst of radiation or chemotherapy, while others decide to

begin the program after surgery. Typically, the first visit occurs six to eight weeks post-operatively for those who have had surgery.






## Building a Winning Team

At the initial visit, each person meets with the following program specialists:

- A nurse practitioner oversees the progress of each patient who attends the program. She will perform a thorough physical examination and order necessary follow-up tests. A wide range of issues will be addressed, including lymphedema, hormone replacement therapy, menopause and infertility. The nurse practitioner, together with the patient, will determine whether to seek any new treatment protocols or clinical trials.
- An MD nutritionist reviews lifestyle choices, including diet and exercise. It is important to establish healthy eating habits, understand the impact of various types of foods that are ingested, as well as portion control and vitamin and mineral intake.



“Facing the maze of treatment protocols and clinical regimens is second only to the trauma of receiving the diagnosis itself. The staff at the Follow-up Program provide reassurance and guidance in a welcoming environment. In just one visit, I was evaluated by a variety of specialists and given long-term follow-up options tailored especially for me.”

– Susan

- A physical therapist evaluates each patient to ensure that full range of motion is restored to the arm and shoulder after surgery. A postoperative condition called lymphedema — the swelling of the arm or hand — is common in people who have had lymph node removal or radiation. However, now that the sentinel node procedure is more common, lymphedema symptoms are less common. Prevention exercises are taught and comprehensive treatment, including bandaging and manual lymph drainage (MLD), is available if the condition develops.
  - A psychologist or social worker from the Simms Mann Center will discuss what it is like to live with breast cancer, ways to cope and how to move forward.
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## Continued Support

The Simms/Mann-UCLA Center for Integrative Oncology provides patients and their families with the resources and support to help them work through their emotional issues. Living with breast cancer is much more than a physical issue. For many, it can be a stressful and lonely time.

Individual counseling is available to UCLA patients. Participants may also choose to join one of the many support groups sponsored by the program. Participants at every stage of breast cancer can find an appropriate support group.

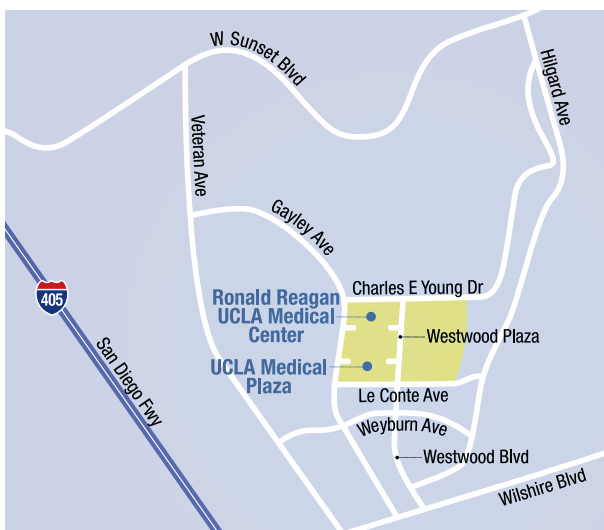
Topics range from early diagnosis and metastatic disease to life after cancer. Patients may also choose to participate in some of the non-traditional offerings at the center, including art therapy, journal writing and meditation sessions. A monthly lecture series can also help people apply new information and perspectives to their own individual journey to recovery.

Nutrition experts are available to meet with at the Simms/Mann-UCLA Center for Integrative Oncology. Scheduled appointments can be made to address individual dietary needs and give up-to-date information about the benefits of certain foods, supplements, vitamins and minerals.

## Going the Distance Together

Follow-up appointments are scheduled on a regular basis. Participants may choose to rely solely on the Follow-up Program for follow-up care or decide to attend the program alternately between physician appointments.

Through regular visits that encourage open communication, specialists become their patients' teammates, helping them achieve confidence and comfort during and after treatment.



### Appointments

To make an appointment at the Revlon/UCLA Breast Center, please call (310) 825-2144.

### Location

**The Revlon/UCLA Breast Center** is located at 200 UCLA Medical Plaza, a facility specially designed to provide in one convenient, accessible and comfortable location all the outpatient services a patient may need. UCLA Medical Plaza is located adjacent to Ronald Reagan UCLA Medical Center.

### Revlon/UCLA Breast Center

200 UCLA Medical Plaza  
Suite B265 (B2 Level)  
Los Angeles, California 90095  
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