

IT'S YOUR HEALTH



SPECIALTY BREAST CARE

Rosie is feeling wonderful after receiving outstanding breast care from Henry Mayo Newhall Hospital in partnership with Keck Medicine of USC.

INSIDE: Women of the Santa Clarita Valley, meet your Breast Care Team. From screening to genetic testing, get the breast care you need locally.

Cancer Care



October is Breast Cancer Awareness (BCA) Month. BCA Month promotes screening and prevention of breast cancer. As you can see in the adjoining column, breast cancer affects one in eight women in the U.S. during their lifetime. Much progress has been made in the fight against the disease, but more needs to be done.

Our comprehensive breast cancer program, part of our collaboration with nationally recognized Keck Medicine of USC, offers our patients access to a full-range of top-notch breast cancer services, including imaging services at our Sheila R. Veloz Breast Center, radiation oncology, medical oncology, highly skilled breast surgeons, and supportive services.

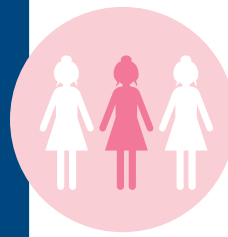
In this issue you'll read about two patients who benefited from the world-class care we offer, including one woman who took advantage of the genetic testing we offer to all those who have mammograms at our Sheila R. Veloz Breast Center and ultimately had a huge burden lifted from her shoulders.

Our Breast Center opened in 2002, thanks to support from many generous donors, most notably Tom Veloz, who made a generous donation in memory of his wife, Sheila, who had succumbed to breast cancer. We continue to rely on the generosity of our donors to help our Breast Center stay up to date with the latest imaging and diagnostic technologies. For more info about the Sheila R. Veloz Breast Center, please see Page 6.

Finally, early detection is a proven tactic for breast cancer survival. If you are due for your annual mammogram, please call 661.200.1099 to schedule yours today.

Yours in good health,

Kevin A. Klockenga
President and CEO



Breast Cancer Facts and Figures

1 IN 3 NEW CASES

For U.S. women, breast cancer is the most common cancer, after skin cancers. It accounts for about 1 in 3 of all new female cancers annually.

AGE 62

Middle-aged and older women are the most likely to be diagnosed with breast cancer, but half of women with breast cancer are 62 or younger at diagnosis. Even though breast cancer is most common in middle-aged women, a small number of women are diagnosed at a much younger age, which is why it is important to talk to your doctor about your family's medical history and get an annual mammogram.

1 IN 8 LIFETIME RISK

For women in the U.S., the overall breast cancer risk is about 13%. That translates to a woman having a 1 in 8 chance of breast cancer sometime in her life.

UP 0.6%

The rate of breast cancer incidence has gone up in recent years, increasing by 0.6% per year. In women younger than 50, the rise is steeper at 1.0%.

DOWN 42%

Breast cancer death rates, on the other hand, have been trending down steadily since 1989, with an overall decline of 42% over 32 years. Increased awareness and screening, as well as better treatments, have been credited with the decrease in death rates and finding breast cancer earlier.

4 MILLION SURVIVORS

Survivors are counted the moment they are diagnosed. In the U.S., there are more than 4 million breast cancer survivors who are having or have completed treatment.



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Under the governance of our community-based Board of Directors, and in partnership with our compassionate physicians, staff and volunteers, our purpose is to:

Be the trusted regional leader to inspire and deliver optimal health and wellness.

Together we share the following values:

Quality, Safety, Teamwork,
Accountability, Integrity, Respect.



Follow us on social media for more health tips, news, and announcements!

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YOUR **BREAST HEALTH** EXPERTS

GET TO KNOW FOUR MEMBERS OF THE HENRY MAYO NEWHALL HOSPITAL BREAST CARE TEAM.



AMANDA M. WOODWORTH, MD, IS THE DIRECTOR OF BREAST HEALTH FOR THE KECK MEDICINE OF USC AND HENRY MAYO NEWHALL HOSPITAL CANCER PROGRAM.

Dr. Woodworth earned her medical degree from Albany Medical College in New York. She is a breast surgical oncologist, which means she treats all diseases of the breast. "I'm extremely passionate about women's health," Dr. Woodworth says. "I want the women of Santa Clarita to know that I'm here for them, not only for breast problems, but to help with their overall health."



ANJALI DATE, MD, IS THE MEDICAL DIRECTOR OF THE SHEILA R. VELOZ BREAST CENTER. SHE IS ALSO A RADIOLOGIST AND SPECIALIZES IN WOMEN'S BREAST, ABDOMINAL, AND PELVIC IMAGING.

Dr. Date received her degree in medicine from NYU Grossman School of Medicine. She completed her radiology-diagnostic residency from NYU, followed by a fellowship in body imaging/cross-sectional imaging at NewYork-Presbyterian Hospital (Columbia University Irving Medical Center and Weill Cornell Medical Center campuses).



MONICA EL-MASRY, MD, IS TRIPLE-BOARD CERTIFIED IN INTERNAL MEDICINE, MEDICAL ONCOLOGY, AND HEMATOLOGY.

Dr. El-Masry grew up in California's San Fernando Valley. She attended medical school at the David Geffen School of Medicine at UCLA. She completed postgraduate medical training at Olive View-UCLA Medical Center and her fellowship training in medical oncology and hematology at the UCI Chao Family Comprehensive Cancer Center and the Tibor Rubin VA Medical Center in Long Beach, California.



MAY LIN TAO, MD, MSHS, SERVES AS CO-MEDICAL DIRECTOR OF THE KECK MEDICINE OF USC AND HENRY MAYO NEWHALL HOSPITAL CANCER PROGRAM

Dr. Tao received a bachelor's degree from Yale University and her medical degree from NYU Grossman School of Medicine, where she was inducted into the Alpha Omega Alpha Honor Medical Society. She completed her residency at Harvard Medical School's Joint Center for Radiation Therapy.

To learn more about breast health services, please visit henrymayo.com/breasthealth.

Empowered to Take Action

Danielle (Dani) Tumbleson's grandmother died of ovarian cancer at 58. For this reason, in her 20s Dani was encouraged by her physician to undergo genetic testing. It didn't seem pressing at the time, so Dani never got around to it. She did do a genetic test of sorts through a well-known DNA testing website. The test came back negative for the BRCA1 and BRCA2 genetic mutations, and Dani, as often happens, did not realize that this testing was not complete.

Because of her family history, at age 35 Dani had her first mammogram at the Sheila R. Veloz Breast Center at Henry Mayo Newhall Hospital. The Breast Center staff encouraged her to undergo genetic testing, and she agreed to submit a saliva sample. When the results came back she learned she carries a BRCA2 gene mutation.

Dani has a cousin who is a physician. When Dani told him about her gene mutation, he advised her to consult with a surgical oncologist. Dani consulted with Keck Medicine of USC and Henry Mayo breast surgical oncologist Amanda Woodworth, MD. She learned from Dr. Woodworth that 48% to 85% of BRCA-positive women get breast cancer by age 70.

"At that point I had choices to make," Dani says. "I got to decide. On the other hand, I knew that if I got cancer all my choices would go away. I also knew I don't need to get cancer to know I don't want cancer."

Dani decided to have a prophylactic bilateral mastectomy, followed by breast reconstruction surgery. Dr. Woodworth did

the bilateral mastectomy in December 2022.

"One of the most empowering things that one person can do is learn what their cancer risk is and do something about it," Dr. Woodworth says.

"I feel amazing—I don't have to worry about breast cancer any more," Dani says. "I encourage every woman who has risk factors to do genetic testing at the Sheila R. Veloz Breast Center."

GENETIC TESTING AT THE SHEILA R. VELOZ BREAST CENTER

When a woman schedules a mammogram at the Sheila R. Veloz Breast Center, she receives a text message with a link to a simple questionnaire. The answers to the questions determine if she qualifies for genetic testing.

If the woman qualifies and agrees to undergo genetic testing, she receives links to online videos about genetic testing and submits a saliva sample. After her test results are returned she is notified of her results and, if a mutation is found, she receives genetic counseling.

"The genetic screening program that the Sheila R. Veloz Breast Center offers is so cutting-edge that the country's largest cancer centers do not offer this service yet," Dr. Woodworth says. "It's an amazing gift to give someone to let them know what cancers they are at risk for and how to either prevent them or catch them at their earliest stage."





Seeing a Specialist Made All the Difference

Rocio (Rosie) Sandoval has no family history of breast cancer. So when she was told she had breast cancer, she was frightened.

She was advised to have a double mastectomy. Upon hearing that news Rosie reached out to an old friend for support. The friend suggested Rosie learn as much as possible about her condition. Rosie's first step was to attend a *Girl Talk* event at Henry Mayo Newhall Hospital, where, fortuitously, the topic was breast health.

At the *Girl Talk* event Rosie met Henry Mayo and Keck Medicine of USC breast surgical oncologist Amanda Woodworth, MD. After speaking with Dr. Woodworth, Rosie decided to make an appointment with her for a second opinion.

Rosie's partner accompanied her to the appointment with Dr. Woodworth. They came with "two pages of questions," according to Rosie. At her appointment she was stunned to learn that her chances of survival or reoccurrence would be the same whether she had a lumpectomy or a double mastectomy.

By the end of the appointment, she and her partner were in tears.

"We were so grateful that Dr. Woodworth actually took the time to tell us what was going on," she says.

"Being diagnosed with cancer is often the worst time in anyone's life," Dr. Woodworth says, "but what makes it so scary is the fear of the unknown. That's why I take extra time to explain to every patient about their specific type of breast cancer and the treatment options that work for their cancer and them as a person."

After Dr. Woodworth performed the lumpectomy, Rosie had a round of chemotherapy along with radiation treatments overseen by Keck Medicine of USC and Henry Mayo physician May Lin Tao, MD. She then participated in the cancer recovery program run by Henry Mayo and Keck Medicine of USC Oncology Nurse Navigator Alison Ambrose, RN.

"I made so many wonderful friends in the recovery program," Rosie says. "It's just wonderful that Henry Mayo and Keck have such an all-encompassing approach to treating breast cancer!"

***Girl Talk* is a series at Henry Mayo Newhall Hospital that gives women opportunities to hear from medical professionals in a relaxed atmosphere. To learn more, visit henrymayo.com/girltalk.**

The Sheila R. Veloz Breast Center

The Sheila R. Veloz Breast Center at Henry Mayo Newhall Hospital has offered comprehensive breast care services since its opening in 2002.

Named in memory of Sheila R. Veloz, the center was established through the generosity of her husband, Tom Veloz, and the support of Wayne and Dianne Crawford, and Don and Cheri Fleming. Initially known as the Sheila R. Veloz Breast Imaging Center, it was later renamed to reflect its expanded mission and scope.

The Sheila R. Veloz Breast Center is dedicated to meeting both the physical and emotional needs of patients, inspired by the experiences of breast cancer survivors and their families. This commitment is embodied in the center's approach to care, which includes state-of-the-art screening and diagnostic mammography, biopsies, ultrasounds, and a range of support services.

Over the past 20 years, the center has had a profound impact on the community, serving over 166,000 patients, including nearly 2,300 underinsured and uninsured individuals who have benefited from grants and community support. It has detected over 1,300 breast cancers, with approximately 800 identified through screening mammograms alone, underscoring its critical role in early detection and treatment.

MAINTAINING EXCELLENCE

The Sheila R. Veloz Breast Center is renowned for its high standards of care and has been recognized as a Breast Center of Excellence by the American College of Radiology. This distinction reflects rigorous accreditation processes and ongoing adherence to national quality measures, ensuring that patients receive the best possible care.

Central to the center's success is its dedicated team of specialists, including breast surgeons, radiation oncologists, medical oncologists, pathologists, diagnostic radiologists, and a breast health navigator. These professionals collaborate closely to review cases and develop personalized treatment plans, emphasizing emotional support and patient education throughout the journey from diagnosis to recovery.

Under the leadership of Anjali Date, MD, Medical Director of the Sheila R. Veloz Breast Center, the center continues to expand its capabilities and reputation as a leader in breast health care.

As they look toward the future, the Sheila R. Veloz Breast Center staff remain dedicated to their mission of providing accessible, top-tier breast care services to the Santa Clarita Valley and beyond, supported by the unwavering commitment of the community, donors, and hospital staff.

For more information about the Sheila R. Veloz Breast Center at Henry Mayo Newhall Hospital, call 661.200.1099.





**Philanthropy will always be at
the Center of our great outcomes.**



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Breast Center by donating today*



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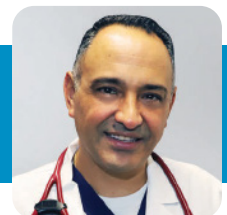
Establishing a relationship with a primary care provider (PCP) is good for your health. Your PCP knows you better than any other doctor. They are equipped to help you prevent disease through health screenings and tracking your medical history. And if something is wrong, they are more likely to catch it early.



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