



Breast & Imaging Center
at SAN ANTONIO COMMUNITY HOSPITAL

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Nurse Navigator Facilitates Care Directed by Physicians

Meet your Nurse Navigator, an integral part of the Women's Breast & Imaging Center at San Antonio Community Hospital (SACH) and someone who can help facilitate streamlined care as well as provide access to the information and resources you may need to assist you through treatment and recovery. That focused care includes a personalized guide for tracking appointments, treatment schedules, medications, dietary recommendations, and community assistance programs.

"Every situation is unique and my role is to make sure that each patient receives the care ordered by their physicians, as well as support from others who are qualified to provide it," says

Sharon Wallace, RN, BSPA, IBCLC, Nurse Navigator/Manager. Support comes from family members, group sessions at the Center, and breast cancer survivors who also volunteer their assistance.

The Center understands that each woman has a specific set of circumstances, which is why it provides the Nurse Navigator as the ultimate liaison between patients and their physician.

"I'm dedicated to working collaboratively with your doctor to assure that you receive the best care in a timely manner and that everyone—from you to your physician—is fully informed of your progress throughout your care," Wallace says.



Sharon Wallace, RN, BSPA, IBCLC,
Nurse Navigator/Manager,
Women's Breast and Imaging Center

For more information, call:
909.579.6700.



Support Services

The Women's Breast & Imaging Center at San Antonio Community Hospital extends support to any woman or caregiver who may be going through a cancer diagnosis. The following support groups and activities are available:

Breast Cancer Support Group

Provides a safe, supportive environment in which participants can share their personal experiences and exchange thoughts and feelings with others.

2nd & 4th Thursday of each month
11 am – 12 pm

Cancer Caregivers

Provides support to those who are caregiving; sharing resources, experiences, and helpful tips.

2nd Tuesday of each month
4:30 pm – 5:30 pm
901 Board Room

Journaling Group

Women will journal together as a group to express feelings and emotions.

1st & 3rd Tuesday of each month
11 am – 12 pm

Look Good...Feel Better

Workshop to help women offset appearance-related changes from cancer treatment. Cosmetologists and volunteers will help participants with skin care, make-up application, options for dealing with hair loss, and nail care techniques.

2nd Monday of each month
10 am – 12 pm

Moving to the Music

Exercise group designed to help women gain back their range of motion after surgery.

Wednesdays
1 pm – 2 pm

Pilates/Yoga for Cancer Health

Helps cancer patients improve their general well-being.

2nd Monday of each month
3 pm – 4 pm

Road to Recovery

Provides nutritional support and education.

4th Thursday of each month
5:30 pm – 6:30 pm
901 Board Room



The physicians, dedicated staff, and volunteers at the Women's Breast & Imaging Center at San Antonio Community Hospital are committed to helping women with screening and early detection of breast cancer. The center offers comprehensive breast healthcare in a comfortable, supportive atmosphere. Services include:

- Digital mammography
- Breast MRI
- Ultrasound
- Stereotactic (image-guided) breast biopsies
- Bone density screening
- Additional support and resources include: a free wig salon, a health library, nutritional and psychological support, and wellness activities such as exercise and journaling groups.



Please call **909.579.6700** for more information or to register. All support groups are held at the Cancer Education Center at the Women's Breast & Imaging Center, unless otherwise indicated, 901 San Bernardino Road, 3rd floor, Upland. • **SACH.org**