

Winthrop-University Hospital's Breast Health Center

Where empathy meets excellence

The only breast cancer program on Long Island to hold accreditations from both the National Accreditation Program of Breast Centers and the National Quality Measures for Breast Centers, the Breast Health Center at Winthrop-University Hospital brings world-class care to women and men in Mineola and beyond.

Frank Monteleone, MD, FACS, FICS, Director of the Breast Health Program and Clinical Assistant Professor of Surgery at Stony Brook University School of Medicine, is proud to offer recognized excellence in breast health care in a small-center setting.

"We offer personalized care and advanced diagnostic methods and treatments to patients here in the community," he says. "For the same treatment patients might seek out in the city, they can stay on Long Island and come to Winthrop's Breast Health Center, where they will work with physicians and staff who know their names."

This personalized care is facilitated by two certified breast imaging nurse navigators who coordinate the continuum of care for breast patients throughout the entire process. If a patient does have cancer, certified breast cancer nurse navigators take over their care, serving as liaisons between the various treatment teams.

An Introduction to Care

A patient's visit to the Breast Health Center often begins with a screening mammogram by members of the American College of Radiology-accredited Breast Imaging team. Ultrasound testing and breast MRI are also available. Susana Fuchs, MD, Clinical Assistant Professor of Radiology at Stony Brook University School of Medicine and Director of Breast Imaging at Winthrop's Breast Health Center, explains that many patients visit annually and become like family, while others present in the Emergency Department or make an appointment with a concern about breast health.



Irina Rapoport, MD, (left) and Susana Fuchs, MD, Director of Breast Imaging at Winthrop's Breast Health Center, review a patient's mammogram.

Typically, patients receive mammogram and ultrasound results while they wait, with the option for additional imaging on the same day. When patients require a biopsy, The Breast Health Center offers minimally invasive procedures such as an ultrasound guided, MRI guided or stereotactic core biopsies with excellent turnaround times.

The Next Steps

When biopsies do reveal cancer, patients receive care from a team of physicians who have decades of experience coupled with keen awareness of the latest treatments in surgery, chemotherapy and radiation.

"We practice lumpectomy rather than mastectomy whenever possible," Dr. Monteleone says. "We also tailor treatment based on individualized factors, which may allow hormonal treatment rather than chemotherapy. Our board-certified plastic surgeons specialize in techniques such as microvascular surgery, as well."

After excision and reconstruction, the next step for many patients is medical oncology, which includes chemotherapy and other medical measures to prevent, cure and manage breast cancer. Treatment plans, which may include chemotherapy, hormonal treatment and preventive care, are designed for individual patients based on the biology of their cancer.

Community and Survivorship

Often, survivors fear cancer's return or experience other issues. Physicians at Winthrop's Breast Health Center maintain relationships to help them live their lives. Support groups led by social workers are also available. Patients may engage in the Center's many outreach projects, from speaking about breast cancer to high school students to participating in survivorship celebrations and fundraisers for those struggling to pay for breast cancer treatment.

For additional information about The Breast Health Center at Winthrop-University Hospital, visit winthrop.org or call 1-866-WINTHROP.



(L.-R.) Susana Fuchs, MD, Director of Breast Imaging at Winthrop's Breast Health Center; Nina D'Abreo, MD; and Frank Monteleone, MD, Director of the Breast Health Program at Winthrop.