

Wings Of Life

LEADING THE WAY IN
VENTURA COUNTY
SINCE 1979

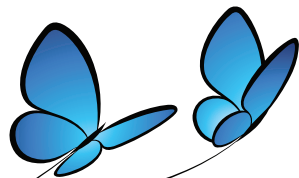
RADIATION
ONCOLOGY



centers of
Ventura County

www.rocvc.com

Breast Cancer



Radiation Treatment for Breast Cancer



The initial treatment for breast cancer is surgery. This is often followed by radiation therapy. Some patients will also need chemotherapy and/or hormone blocking therapy.

Radiation therapy involves delivering X-rays to the breast to destroy cancer cells. Radiation treatment is designed and

administered under the care of a radiation oncologist. Radiation therapy works within cancer cells to make them unable to multiply. When these cells die, the body naturally eliminates them. Healthy tissue is able to repair itself in a way cancer cells cannot.

"Dr. Montes and Dr. O'Connor are not just doctors, they are like counselors who recommended ways to help me cope with all aspects of my illness. I felt I could ask them anything. Their answers reduced my fear and they recommended resources where I could learn more."

- Wendy Begue

Our Centers offer External Beam Radiation Therapy and Breast High Dose Rate (HDR) Brachytherapy (Mammosite® and Contura®) to treat breast cancer.

Intensity Modulated Radiation Therapy (IMRT) or Image-Guided Radiation Therapy (IGRT) are painless, non-surgical treatments that precisely target cancer cells while minimizing

side effects. IGRT uses high-resolution, three-dimensional images to pinpoint tumor sites and achieve maximum accuracy when delivering radiation. Painless radiation treatments are given daily, Monday through Friday, for six to seven weeks. Each treatment lasts less than 30 minutes.

Accelerated partial breast irradiation or Breast High Dose Rate (HDR) Brachytherapy (MammoSite® and Contura®). Your surgeon performs a lumpectomy to remove your cancer, then places a balloon into the space where the tumor was removed. Twice a day for five days, the balloon is connected to a brachytherapy machine, also called a high-dose-rate afterloader. Your radiation oncologist then directs a special computer to guide a small, radioactive seed into the balloon near where the tumor was removed. The radiation is left in place for several minutes. After the end of the five days, the balloon is removed.

Typical Side Effects

- Skin irritation
- Mild to moderate sunburn symptoms
- Mild to moderate breast swelling
- Fatigue

What Are The Warning Signs Of Possible Breast Cancer?

- A lump in the breast
- Dimpling of the breast
- Changes in skin on the breast
- Spontaneous nipple discharge



Timothy A. O'Connor, M.D.



Henry Z. Montes, M.D.

1700 NORTH
ROSE AVENUE
SUITE 120
OXNARD
805-988-2657



5301 MISSION
OAKS BLVD.
SUITE A
CAMARILLO
805-484-1919



Radiation After Mastectomy

After a mastectomy, your doctor may suggest radiation therapy for the chest wall and nearby lymph node areas. Whether or not radiation therapy should be used after removal of your breast depends on several factors. These factors include the number of lymph nodes involved, tumor size, and whether or not cancer cells were found near the edge of the tissue that was removed. Many patients who have a mastectomy can safely avoid radiation therapy.

Possible Side Effects

Side effects are usually temporary and should go away after treatment ends. However, ask your doctor what you can expect from your specific treatment.

- Skin irritation similar to a sunburn.
- Mild to moderate breast swelling.
- Mild fatigue.

Caring for Yourself During Treatment

Get plenty of rest during treatment, and don't be afraid to ask for help. Follow your doctor's orders. Ask if you are unsure about anything. There are no stupid questions. Tell your doctor about any medications or vitamins you are taking, to make sure they are safe to use during radiation therapy. Eat a balanced diet. If food tastes funny or if you're having trouble eating, tell your doctor, nurse or dietician. They might be able to help you change the way you eat. Treat the skin exposed to radiation with special care. Stay out of the sun, avoid hot or cold packs, only use lotions and ointments after checking with your doctor or nurse and clean the area with warm water and mild soap. Battling cancer is tough. Don't be afraid to ask friends, family, support groups and your radiation oncology team for help.



Timothy A. O'Connor, M.D.

Dr. O'Connor has been listed as one of the "Best Doctors in America: Pacific Region." A specialist in linear accelerator-based radiosurgery, Dr. O'Connor is committed to advanced technological treatment and giving compassionate care.



Henry Z. Montes, M.D.

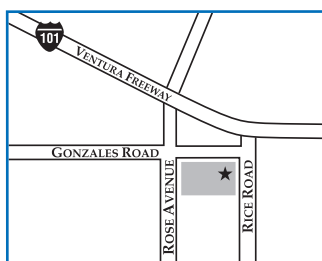
A Ventura County native, Dr. Montes is a graduate of Boston University School of Medicine. Fluent in Spanish, Dr. Montes provides high-level care to cancer patients and specializes in the most advanced treatments for prostate, breast and skin cancer.

Choosing A Radiation Oncologist

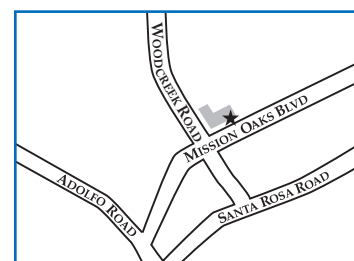
What sets our Centers apart is the personal attention our patients receive. Our team works together to care for every aspect of a patient's needs. Patient Care Coordinators and R.N.'s ensure patients and families receive care and support services available in Ventura County. Our affiliation with UCLA Medical Center and our advanced cancer treatments offer the best state-of-the-art care, right here in your community. Patients often comment that Dr. Montes and Dr. O'Connor spend time listening, answering their questions and helping them make informed decisions regarding their treatment.

Our UCLA trained physicians offer university quality cancer care, close to home!

For more information on cancer treatment in Ventura County, call one of our Centers today for a consultation.



1700 NORTH
ROSE AVENUE
SUITE 120
OXNARD
805-988-2657



5301 MISSION
OAKS BLVD.
SUITE A
CAMARILLO
805-484-1919

REGULAR BUSINESS HOURS

8 AM - 5 PM

MONDAY -
FRIDAY

24-HOUR
ON-CALL
EMERGENCY
SERVICE

•
Visit rocvc.com
for more
information
on our doctors,
services, cancer
treatments and
helpful resources.