

FREE EDUCATIONAL EVENT

The Hearst Cancer Resource Center is pleased to present

Breast Cancer Update and Lymphedema Education



October is
Breast Cancer
Awareness Month

Presentation by local experts Tom Spillane, MD, and
Jamie Cinotto, DPT, CWS, CLT- LANA via Virtual/Zoom Meeting



Tuesday, October 11 • 5:30 p.m.

Reservations required. Please call Hearst Cancer Resource Center at
805.542.6234 or email us at HCRC@dignityhealth.org

Learn about advances in the science of breast cancer care and the importance of screening for and treating lymphedema

In recent years, there has been a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options. Targeted therapy additions have greatly increased the arsenal of medication options for the treatment of breast cancer resulting in longer survival with fewer toxicities.

Lymphedema is an unfortunate side effect that can result from treatment of cancer such as lymph node removal and/or radiation therapy. Anyone who has had treatment for cancer should be screened for lymphedema and receive education on risk reduction practices. These include learning the early signs of lymphedema and what to do about it in addition to guidelines in skin care, exercise, nutrition and compression therapy for lymphatic health.



Tom Spillane, MD
Hematology and Medical Oncology



**Jamie Cinotto, DPT, CWS,
CLT- LANA**
Certified Lymphedema Therapist

This program is made possible through the support of the Martin Hulburd Family Cancer Education Fund and offered free, as a community service.



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