



BREAST HEALTH PROGRAM



Naval Hospital Pensacola has a full-time Breast Health Program nurse on staff to provide information, education, support, advocacy, and consultation. She can assist in the following areas:

- The proper technique for Self Breast Exam (SBE) endorsed by the American Cancer Society to promote early detection and self awareness
- General information on breast health and breast conditions
- Information on genetic counseling
- Emotional support and education for breast cancer and the surgical/medical options available
- Pre-operative teaching for breast surgery
- Emotional support for you and your family during your surgical procedure. May accompany you to surgery and stay with you during your procedure
- Assist with referrals for post mastectomy bras and prosthesis
- Assist with community services provided in the area, such as Reach for Recovery, Lymphedema services, Breast Cancer Support Groups, and American Cancer Society services
- Help you arrange consults/appointments off base as well as procedures, that are not available at NHP to enhance access to appropriate quality care