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## UM St. Joseph's Breast Health Center Offers Advanced, Personalized and Comprehensive Care and Support

October 7, 2021 Caryn R. Sagal



October: National Breast Cancer Awareness Month brings a renewed focus on how overwhelming a breast cancer diagnosis can be. Patients can feel a profound loss of control, especially when it comes to facing treatment.

[The Breast Health Center at the University of Maryland St. Joseph Medical Center](#) takes this sentiment into consideration every day when interacting with patients.

"We make sure to provide personalized, compassionate and thoughtful care by taking all the time that's needed to ensure that patients and their families understand their cancer, how we treat it and why we recommend particular treatments," said [Ethan S. Rogers, MD](#), a skilled and compassionate breast surgeon at the Breast Health Center.

Nationally recognized for excellence, the Towson-based facility specializes in all aspects of breast care, including high-risk assessment for patients at increased risk of developing breast cancer and complex management of the disease.

“We take the time to review our patients’ diagnoses and thoroughly discuss all of their treatment options,” said Medical Director [Suliat Nurudeen, MD, FACS](#), a breast surgical oncologist specializing in the treatment of all forms of breast disease. “Our philosophy is to treat the whole patient, not just the cancer.”

In fact, more than 30 oncology experts regularly convene to create personalized treatment plans specific to each patient’s individual condition, health status, and physical and emotional needs. Thereafter, a multidisciplinary team meets weekly to review treatment plans, track progress and provide input for the individual physical and emotional health of patients.

“By approaching breast cancer care in this way, we ensure that we are taking all aspects of the patient’s history into account,” Dr. Nurudeen said. “Our oncology experts work together at every point in a patient’s care journey to provide the best and most comprehensive treatment possible.”

The Breast Health Center offers virtually every diagnostic and treatment option under one roof—including mammograms, access to infusion services, radiation oncology, genetic counseling and more—to ensure that patients receive seamless and integrated care.

In addition to world-class medical treatment for their cancer, patients have access to the Barbara L. Posner Wellness & Support Center which offers acupuncture, healing touch, yoga, nutritional counseling and other integrative therapies.

Patients also can join the Survivors Offering Support mentorship program, which pairs patients with knowledgeable and specially trained breast cancer survivors, and participate in a monthly support group to help process and healthfully express their feelings, and, according to Dr. Nurudeen, “find both the inner strength and external support they need to begin their recovery.”

“It’s a privilege to be able to touch our breast cancer patients in such a meaningful and profound way,” said Susan Feild, RN, breast nurse navigator. “I am there for them to answer their questions, provide education about their type of cancer and treatment plan, explain what they can expect, listen, and gladly hand-hold, when needed, throughout their breast cancer surgical journey.”

The team approach is paramount and Dr. Rogers reiterates, “Patients and family are an integral part of that team...and the reason we’ve so thoughtfully designed a Breast Health Center and a care experience that best meets their needs.”

“It’s the entire staff’s mission that every patient at the Breast Health Center feels respected, empowered and listened-to at this daunting time in their life,” adds Dr. Nurudeen, “and be provided with the information, support and access to care and resources they need for lifelong health.”

For an appointment at the Breast Health Center, please call 410-427-5510. To meet the expert team and schedule your mammogram, visit [umstjoseph.org/breasthealth](http://umstjoseph.org/breasthealth).

### **The Breast Health Center at UM St. Joseph Medical Center**

7501 Osler Drive, Towson, MD 21204

410-427-5510

[umstjoseph.org/breastexperts](http://umstjoseph.org/breastexperts)

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