Nurse Navigator Facilitates Care Directed by Physicians

Meet your Nurse Navigator, an integral part of the Women’s Breast & Imaging Center at San Antonio Regional Hospital and someone who can help facilitate streamlined care as well as provide access to the information and resources you may need to assist you through treatment and recovery. That focused care includes a personalized guide for tracking appointments, treatment schedules, medications, dietary recommendations, and community assistance programs.

“Every situation is unique and my role is to make sure that each patient receives the care ordered by their physicians, as well as support from others who are qualified to provide it,” says Livia Vargas, RN, BSN, OCN, Oncology Nurse Navigator. Support comes from family members, group sessions at the Center, and breast cancer survivors who also volunteer their assistance.

The Center understands that each woman has a specific set of circumstances, which is why it provides the Nurse Navigator as the ultimate liaison between patients and their physician.

“I’m dedicated to working collaboratively with your doctor to assure that you receive the best care in a timely manner and that everyone—from you to your physician—is fully informed of your progress throughout your care,” Vargas says.

Livia Vargas, RN, BSN, OCN
Oncology Nurse Navigator
Women’s Breast and Imaging Center

For more information, call: 909.579.6700.
Support Services

The Women’s Breast & Imaging Center at San Antonio Regional Hospital extends support to any woman or caregiver who may be going through a cancer diagnosis. The following support groups and activities are available:

**Breast Cancer Support Group**
Provides a safe, supportive environment in which participants can share their personal experiences and exchange thoughts and feelings with others.
2nd & 4th Thursday of each month
11 am – 12 pm

**Cancer Support Group**
Designed for women experiencing any type of cancer. Group provides a safe environment to enrich your spirit of being a woman.
Third Wednesday of each month
3 pm - 4 pm

**Cancer Caregivers**
Provides support to those who are caregiving; sharing resources, experiences, and helpful tips.
First Wednesday of each month
3 pm – 4 pm

**Look Good...Feel Better**
Workshop to help women offset appearance-related changes from cancer treatment. Cosmetologists and volunteers will help participants with skin care, make-up application, options for dealing with hair loss, and nail care techniques.
2nd Monday of each month
10 am – 12 pm

**Pilates for Cancer Health**
Helps cancer patients improve their general well-being.
Every Monday
3:30 pm – 4:30 pm

**Orientation Class for the Newly Diagnosed**
For men and women with a new diagnosis of cancer. This class provides information on San Antonio resources for care, treatment, and support for you and your family. Meet our oncology nurse navigators and learn about resources in your local community that can help you manage your care. 
By appointment only.
Please call 909.920.6258 to schedule an appointment.

The physicians, dedicated staff, and volunteers at the Women’s Breast & Imaging Center at San Antonio Regional Hospital are committed to helping women with screening and early detection of breast cancer. The center offers comprehensive breast healthcare in a comfortable, supportive atmosphere. Services include:

- Digital mammography
- Breast MRI
- Ultrasound
- Stereotactic (image-guided) breast biopsies
- Bone density screening
- Additional support and resources include: a free wig salon, a health library, nutritional and psychological support, and wellness activities such as exercise.

For more information or to register, please call our oncology nurse navigator at 909.579.6700 or you may e-mail her at lvargas@sarh.org. All support groups are held at the Cancer Education Center at the Women’s Breast & Imaging Center, 901 San Bernardino Road, 3rd floor, Upland • SARH.org