

Linda Brown, 63, has returned to her daily strolls on the beach while continuing hormone therapy.

Find Hope



Our breast cancer experts offer a range of treatment options in a caring, comforting environment. Learn how we can help at HackensackMeridianHealth.org/BreastCancer.

Going with the Flow

Jersey Shore University Medical Center *New technology and a positive attitude help a Point Pleasant Beach woman fight breast cancer.*

Breathing the ocean air daily would give most people an easygoing attitude. That was the case for Point Pleasant Beach resident Linda Brown, 63, who grew up fishing along the inlet with her grandfather. Today, she regularly enjoys a cup of coffee on her walk down the beach to visit her grandkids.

For Linda, who didn't visit physicians regularly, this routine was a form of self-care. But when she noticed that she was feeling unwell almost daily, Linda decided to seek professional help close to home.

Checking In

At first, Linda figured her health issues were related to a heart flutter she'd experienced three years earlier. To be safe, she scheduled several medical exams in December 2016. The exams located a lump in her breast; a subsequent biopsy revealed she had stage 1 breast cancer.

When Jersey Shore University Medical Center's medical director of Breast Surgery, **Denise Johnson Miller, M.D., FACS**, explained the diagnosis, it brought on many emotions for Linda, but she was calm and eager to move forward. Linda's treatment plan consisted of outpatient lumpectomy — surgical removal of the lump — and lymph node sampling, in which a few lymph glands are taken to check for more cancer. Dr. Johnson Miller performed the latter using an innovative technology called SAVI SCOUT®.

Innovative Treatments

Jersey Shore is one of the first and only hospitals in the region to offer the SAVI SCOUT surgical guidance system. Up to 30 days before surgery, a radiologist implants a nonradioactive marker with a small reflector into the tissue. During surgery, the surgeon uses the SCOUT guide to emit a radar signal that helps locate the reflector and target tissue. This wireless technology offers more precision, and because the marker can be implanted ahead of time, the patient's wait time on the day of surgery is reduced.

"This is the best option for women like Linda, who have nonpalpable breast lesions not deep in the breast," says Dr. Johnson Miller.

Following surgery, Jersey Shore's director of Radiation Oncology, **Douglas Miller, M.D.**, informed Linda she was a perfect candidate for a one-week course of radiation therapy called accelerated partial breast radiation — a unique treatment administered in 10 sessions over five calendar days. "This one-week program helps women complete treatment quickly and with minimal effort," says Dr. Miller.

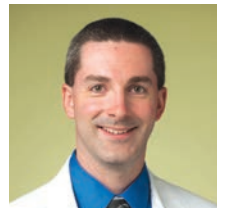
Moving in the Right Direction

Today, Linda is enjoying life on the inlet and recovering as she continues hormone therapy. She has returned to her daily strolls on the beaches and completed a healthy living class at Meridian Fitness and Wellness at Brick.

Linda's loved ones would say her spirits are always high, but Linda says her positive attitude was helped by her experience at Jersey Shore. "Meeting with all the doctors and nurses, I felt nothing but warmth and comfort," she says. ■



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