

## Meet Our Breast Health Navigator: Nayla Cepero, RN, BSN, LCSW

The American Cancer Society estimates in 2018 there are approximately 268,670 new cases of breast cancer in the United States and the average risk of women developing breast cancer is 12%. Fortunately, at the Michael and Dianne Bienes Comprehensive Cancer Center, our breast cancer patients have access to expert knowledge and services delivered by a compassionate team of caring professionals.

I feel honored to be the Breast Health Navigator at the Bienes Cancer Center. I see my role as the patient advocate and personal support for our patients who are facing difficult times.

My role is to be the patient's point of contact, provide education, assistance and coordination of appointments with providers during treatment. I also serve as a link between all other care providers facilitating appointments for consults and support services including social services, dieticians, physicians, labs, diagnostic areas, genetic counseling and physical therapy/lymphedema. I also coordinate multidisciplinary planning conferences and communicate with patients throughout their care. I am able to provide verbal and written educational

materials, as well as referrals for community resources and supportive services. I work closely with the American Cancer Society to provide the most current information and supportive services for our patients. At our breast clinic, we work as a team to ensure our patients receive the highest quality care in the most supportive and compassionate approach.

My passion for cancer care began over 20 years ago when I started my professional work as a psychotherapist and then became a registered nurse. I have dedicated my professional and personal time to help cancer patients cope with the emotional aspects of the illness. I have served as chairperson for the American Cancer Society conducting educational campaigns and multiple outreach health fairs to promote breast cancer awareness. Most of my volunteer work has been assisting community

agencies and non-profit organizations that care for cancer patients, breast cancer in particular. I am committed to providing our breast cancer patients the support and assistance they need from the beginning of their cancer diagnosis and throughout their treatment by being accessible to answer questions, address concerns and help them navigate through their treatment process.



AT-A-GLANCE

### Nayla Cepero, RN, BSN, LCSW

Licensed Psychotherapist | Registered Nurse

Masters of Science in Social Work (1997)

Currently completing Masters of Science in Nursing -  
Nurse Educator Specialty Track

**Nayla may be reached at 954-267-7736.**

## Partners in Breast Health

Since 2011, Holy Cross Hospital's Partners in Breast Health (PIBH) program has provided outreach education, clinical breast exams, screening mammograms and diagnostic procedures to uninsured, lower income and minority women age 40 and older who lack access to healthcare services. The program also offers services to uninsured symptomatic women who are younger than 40. Studies show that African American and Hispanic women - when compared to the overall population - are more likely to die from breast cancer due to late stage diagnoses and lack of screenings. Partners in Breast Health is dedicated to facilitating access to breast health care for women who do not have other resources.

Since its inception, the program has served over 3,000 women, and nearly 50 percent of patients diagnosed with

breast cancer have been under the age of 50, which exceeds national statistical data. PIBH aims to reduce late stage breast cancer diagnosis, decrease death in minority populations and provide screening mammograms each year to uninsured individuals living at or below 200 percent of the federal poverty level.

Holy Cross' Mobile Health Unit visits underserved communities in central and northern Broward County that have the highest percentage of poor quality health indicators. This increases the access to the PIBH program. Onboard, a physician or an advanced registered nurse practitioner provides one-on-one education, a general health assessment, clinical breast exams and mammogram prescriptions for women age 40 and older. Follow up is included to assist patients with additional diagnostics,

treatment and special needs.

Partners in Breast Health clients receive screenings and diagnostics at the Holy Cross Dorothy Mangurian Comprehensive Women's Center in Fort Lauderdale and at the Holy Cross Urgent Care and Imaging Center in east Boca Raton. In addition to the Mobile Health Unit, referrals to PIBH also come from community outreach events, partner organizations and most often from other friends and family members who have benefited from the program.

PIBH is made possible by generous funding from the Harry T. Mangurian, Jr. Foundation, American Cancer Society, Women Owning Wellness (a fundraising committee of Holy Cross Hospital), 1000+ Club, Susan G. Komen for the Cure, the Holy Cross Hospital Auxiliary and numerous private donors.



**For more information about the Partners in Breast Health Program, call 954-294-0582.**