

# FAQ

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VENTURA COUNTY  
SINCE 1979

VENTURA COUNTY  
RADIATION  
ONCOLOGY  
MEDICAL GROUP, INC.



[www.rovcv.com](http://www.rovcv.com)

## Caring for Yourself During Radiation Therapy



Get plenty of rest during treatment, eat a balanced diet, and drink plenty of fluids.

Tell your doctor about any medications or vitamins you are taking to make sure they are safe to use during radiation therapy.

Treat the skin exposed to radiation with care. Clean the area with warm water and mild soap and use lotions or ointments only

after checking with your doctor or nurse. We suggest two products that help: Aquaphor Healing Ointment and Udderly Smooth Cream. Keep this area out of the sun and avoid applying hot or cold packs.

## Frequently Asked Questions

**1) Will the experiences I've heard about from other patients be the same for me?** Not necessarily. Each breast cancer story is different because of variations in skin, genetics, breast size, and whether you had a mastectomy.

**2) Does a family history of breast cancer put someone at a higher risk?** Although women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. Statistically only 5-10% of individuals diagnosed with breast cancer have a family history of breast cancer.

**3) How are you going to follow up?** You will receive mammograms, MRIs, and scans according to your medical oncologist's and radiation oncologist's suggestions.

**4) How many treatments will I have?** This will vary with each patient. However, the best way to treat breast cancer with radiation is by administering a small dose each day to allow the regeneration of good cells. (approximately 1-4 weeks)

**5) How does nutrition factor in with breast cancer?** A nutritious, low-fat diet with plenty of fruits and green and orange vegetables can help reduce the risk of developing breast cancer. A high-fat diet increases the risk because fat triggers estrogen production that can fuel tumor growth.

## Breast Cancer Treatment Care Guide



**Timothy A. O'Connor, M.D.**

*Dr. O'Connor is Chairman of the Cancer Program at St. John's Regional Medical Center and has been named one of the "Best Doctors in America: Pacific Region". A specialist in Image-Guided Radiation Therapy (IGRT), Dr. O'Connor is committed to advanced technological treatment and giving compassionate care.*



**Henry Z. Montes, M.D.**

*A Ventura County native, Dr. Montes is fluent in Spanish and the recipient of many honors and awards, including the "Celebration of Excellence Award" from The Wellness Community - Valley/Ventura. Dr. Montes provides high-level care to cancer patients and specializes in the most advanced treatments for prostate, breast and skin cancer.*

### HELPFUL RESOURCES

#### Prosthetics

Altheas  
Corset Shop  
2320 E. Main St.  
Ventura, CA  
805.643.3537

**Radiation  
Oncology Centers  
of Ventura County**  
[www.rovcv.com](http://www.rovcv.com)

**Radiation  
Treatment  
Answers**  
[www.rtanswers.org](http://www.rtanswers.org)

**Breast Cancer  
Network of  
Strength**  
[www.networkofstrength.org](http://www.networkofstrength.org)

**Cancer.Net**  
[www.cancer.net](http://www.cancer.net)

**Susan G. Komen®  
For the Cure**  
[www.komen.org](http://www.komen.org)

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