

OCTOBER IS BREAST CANCER AWARENESS MONTH

Hope through Innovation at
Virginia Cancer Specialists –
Advancements in Targeted
Breast Cancer Treatment



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Lindy Rosal, MD, FACS

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Today, there is more hope than ever before for people facing breast cancer. Thanks to powerful new therapies and innovative surgical techniques, patients at Virginia Cancer Specialists are experiencing better outcomes and improved quality of life.

Breast cancer research is advancing quickly, and Virginia Cancer Specialists is proud to bring the latest treatments directly to patients, tailoring them to each person's unique needs. Danijela Jelovac, M.D., a board-certified medical oncologist at Virginia Cancer Specialists who specializes in breast cancer, shares, "Several exciting new options have emerged, including targeted therapies, immunotherapies, and innovative ways of combining treatments.

These approaches are helping patients live longer and with fewer side effects. With novel technologies and genetic testing, we can identify specific changes within cancer cells and match patients with therapies designed just for them. Many of these are oral medications that are easier to take and far more precise than

traditional treatments."

Progress in breast cancer surgery is also giving patients new reasons to feel hopeful.

"The latest surgical techniques allow us to treat breast cancer effectively while also preserving the natural look of the breast and, in many cases, sensation," says Lindy Rosal, M.D., FACS, a board-certified general surgeon with advanced fellowship training in breast surgical oncology.

Dr. Rosal combines her medical expertise with innovative approaches designed to support both healing and confidence. Her techniques include lumpectomy with oncoplastic reconstruction, reshaping breast tissue for a natural appearance, and various types of mastectomy when removal of the entire breast is necessary. She also uses specialized methods for precise testing of lymph nodes, helping to reduce the risk of lymphedema (arm swelling).

"Breast surgery has advanced in extraordinary ways," Dr. Rosal explains. "Today, our techniques allow us to treat cancer effectively while also helping patients maintain their natural appearance and confidence. The ability to

personalize surgery for each individual—both medically and personally—is one of the most meaningful and rewarding parts of my work. Breast surgery is about more than removing cancer—it's about restoring health, confidence, and hope."

Behind every treatment at Virginia Cancer Specialists is a team dedicated to walking with patients through every step of their journey. "Our multidisciplinary care team—made up of oncologists, surgeons, nurses, genetic counselors, nutritionists, navigators, and many others—works closely together to provide complete support," says Dr. Jelovac. "We are always striving to improve outcomes and are proud to offer the largest portfolio of clinical trials in the Mid-Atlantic. That means our patients have access to the newest and most promising therapies available. At the heart of everything we do is the belief that

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