



## Important Facts for Breast Cancer Survivors

- A Personal Touch Boutiques is a family of 10 women's health boutiques, offering an array of specialty healthcare items for breast cancer survivors, women who elect prophylactic mastectomy, women with lymphedema and new mothers. You can find more information about us at [www.apersonaltouchboutiques.com](http://www.apersonaltouchboutiques.com)

- We have three convenient locations on Long Island:

### **Vivo Health Boutique**

Monter Cancer Center at LIJ  
450 Lakeville Road, Suite 108  
New Hyde Park, NY 11042  
Phone: 855-202-2502-

### **A Personal Touch Boutique**

333 East Jericho Turnpike  
Huntington Station, NY 11746  
Phone: 631-266-2865

### **A Personal Touch Boutique**

15 Park Ave  
Bay Shore, NY 11706  
Phone: 631-376-3737

- The Women's Health and Cancer Rights Act mandates that insurers pay for prostheses, balance forms, pocketed bras and post-surgical camisoles for women with breast cancer after mastectomy or lumpectomy. It doesn't matter if your surgery was 15 years ago, last month or is scheduled for next week, you are entitled to this robust coverage for the rest of your life.
- Our expert staff can help you understand exactly what your insurance will cover so you can enjoy the benefits of your policy. We participate with most area insurance plans, including Medicare, Medicaid, Tri-Care, Empire Blue Cross Blue Shield, VA, Aetna, Cigna, GHI and more. For example, Medicare pays for 1 post-op camisole, 4-6 bras each year, and one or two prosthesis or balance forms every two years based on need.
- APT and Vivo offer camisoles designed to comfortably carry surgical drains during your post-surgery recovery, and compression bras used by some doctors immediately after surgery. It is important to talk with your doctor about what he or she wants you to wear after surgery.

- If your plan of care includes chemotherapy or radiation after your initial surgery, our boutiques carry soft bras designed specifically for women who are sore from radiation therapy and natural-looking, affordable wigs to wear during chemotherapy.
- Our Boutiques offer free appointments with a trained and compassionate fitter. Our fitters can measure you for mastectomy and/or compression items and make suggestions of brands that will best meet your unique needs. Ideally, meeting with a fitter prior to your surgery is recommended so we can have your post-op items ready for you as you leave the hospital.
- Breast prostheses, balance forms and bras come in all sizes, colors and styles to address the unique needs and desires of all women. Our boutiques carry most favorite brands and we can order any item not in stock. We also are the only providers on Long Island to offer custom breast prostheses, made specifically to fit your body using new, state-of-the-art technology.
- A properly fitting prosthesis, balance form and bra are not just important for cosmetic reasons. If your body is no longer in balance, it may compensate with a slight curve of the spine and/or your shoulder may drop, leading to chronic lower back pain.
- Most women wear their bras way too long. Guilty? The average functional life of a mastectomy bra is six months depending upon how often it is worn and washed. We recommend that you always have a minimum of three to four good fitting bras on hand.
- Your bra size can change over time. Did you know that an increase in only five pounds can cause your bra size to change?
- Women who have had lymph nodes removed during mastectomy or lumpectomy surgery may be at risk for lymphedema, the abnormal collection of high-protein fluid just beneath the skin. Doctors and therapists will often recommend compression garments for your arm and hand that can help contain the swelling caused by lymphedema. Even if you don't have active lymphedema, experts recommend wearing a sleeve while flying or while doing strenuous activity to avoid lymphedema. Our boutiques carry compression garments and our fitters can help you find the right garments for you. They come in a variety of fun colors and prints, as well as colors to match your skin tone. Depending upon your needs, we can help you with ready-to-wear or custom garments, garments made to wear during the day, night time garments, and pumps.