



Los Angeles Center for Women's Health

California Hospital Medical Center

In July of 2016, 50 year-old Birgit Dean noticed a lump on her left breast. For six months following this discovery, Birgit could not find an oncologist or a surgeon that she felt comfortable with, that is, until she met Dr. Premal Sanghavi, with Dignity Health – California Hospital's Los Angeles Center for Women's Health, who would prove to be the light at the end of the dark tunnel.

"She is brilliant, kind, compassionate, and unbelievably strong," states Birgit. "I was so blessed to have found her." Dr. Sanghavi confirmed the tumor was Stage 1 breast cancer and walked her through the treatment options, step by step, making sure to explain what was to be expected along the way. Luckily, Birgit's cancer was caught early and she was considered a candidate for intraoperative radiation, which meant that she would not need to endure the standard six weeks of radiation after the removal of the tumor and lymph nodes.

When it came time for Birgit to remove her bandages after her surgery, she was nervous and scared that the scarring would be significant. To Birgit's relief, the scars were hardly noticeable. In fact, there were only two, tiny scars, one made to remove the affected lymph node and the other for the tumor. The operation was successful and Birgit is thankful to have found excellent care at the L.A. Center for Women's Health. She is now considered cancer-free, but continues to see Dr. Sanghavi twice a year to make sure she stays in remission.

MaryAnn Robertson, Manager at L.A. Center for Women's Health, says the facility, which opened in 2012, is a one-stop shop for women's health. "It's essential for our team of physicians and specialists to work together to ensure that they address every patient's individualized needs." Not only do the physicians collaborate with each other, they also consult with specialists from other Dignity Health hospitals in what is known as the Tumor Board. This methodology exemplifies the values of collaboration and stewardship in the best possible way, and lends the Center for Women's Health a competitive advantage.

When you walk into the Center, you are instantly met with a warm welcome at the front desk, soft décor, and a healing environment. Clinicians pride themselves on providing personal, compassionate care to everyone who steps through its doors. In addition, every work of art in the facility has been designed or painted by a physician or member of the staff, personalizing the environment even more.

Dr. Sanghavi embodies the welcoming spirit of the Center in the way that she views her role with her patients. She shares, "We are fortunate enough to participate in the care of patients with breast cancer and guide them through recovery." It is this display of humility and selflessness that leads patients, such as Birgit to feel so grateful. "I was incredibly lucky to have landed at the Center for Women's Health. They really care for their patients and take the time to explain every little detail from start to finish. I would not be where I am today, living with a renewed sense of self, if it were not for Dr. Sanghavi and the entire team."