



The lambs are a gift from Dr. Jekot to her breast cancer patients to help them keep a positive outlook and attitude during treatment.

*Cancer is so limited,
It cannot cripple love.
It cannot shatter hope.
It cannot corrode faith.
It cannot destroy peace.
It cannot kill friendship.
It cannot suppress memories.
It cannot silence courage.
It cannot invade the soul.
It cannot steal eternal life.
It cannot conquer the spirit.*

Anonymous

Courage Meets



assion

Cancer survivor, Dr. Elizabeth Jekot, brings something 'warm' and 'fuzzy' to a cold and impersonal procedure.

by Donana Galloway

As healthcare consumers, we generally seek the assistance of qualified, experienced professionals to help manage our medical needs. Never a truer match than in the case of Dr. Elizabeth Jekot, Founder of The Elizabeth Jekot, MD Breast Imaging Center in Richardson. Not only is Dr. Jekot a renowned radiologist specializing in breast care, she's also a breast cancer survivor – experience no textbook or lecture can match.

Since the age of five, the Chicago native knew she would grow up to be a physician, just like her father. It was through experiences with him, such as joining him on rounds Sunday mornings after mass and seeing his dedication to his patients that Dr. Jekot realized that not only is a career as a physician a respectable profession, it's a community service. Self-motivated and disciplined by nature, the competitive swimmer and runner found academic proficiency and sport to be the perfect balance to achieve her dream of being a doctor. "Helping people – a trait that was instilled in us [she is one of seven children] by both our parents – is a major motivator for me. Serving and caring for others fuels my passion and strong desire to achieve," says Jekot.

With the opening of the center, Dr. Jekot filled a very specific, vital need in the healthcare community. Prior to the center's opening, a woman was shuffled from facility, to often cold and impersonal facility in the quest for complete breast care from

screening to diagnosis to staging MRIs. Experience through her sister's breast cancer treatment, then subsequently her mother's, younger sister's and even her own, Dr. Jekot was compelled to put a stop to the fragmented process by alleviating as much of the stress, anxiety, time constraints and often impersonal treatment and service as possible.

Born of this desire to improve the status quo, The Elizabeth Jekot, MD Breast Imaging Center was founded to provide state-of-the-art technology tempered with compassionate care. "Our comprehensive approach brings breast care under a single roof, tying things up in a neat package, coordinating the breast surgeon, patient and oncologist to provide the best possible outcome for our clients," she states. "The center is also different in terms of how we care for our patients—it's a love-based practice, the philosophy of which is shared by everyone on staff here. Our professionals could seek more lucrative careers elsewhere, but they are here because of the shared commitment to those we serve." Pooling her skills of a quick eye, good hands and a personality that meshes easily with others has culminated into what she feels is her gift — her passion for her work and her patients.

Personal experience has clearly been a catalyst, motivating Dr. Jekot to maximize early detection. A self-breast exam revealed her own cancer, later confirmed through imaging and biopsy.



She strongly urges every woman to routinely check their breasts for palpable and visible changes, seek regular mammograms for average-risk women and the more sensitive breast MRIs for higher-risk women, ask and be aware of family history, and avoid the preventable risk factors such as smoking, excessive alcohol consumption, poor diet, obesity and sedentary lifestyle. These simple guidelines can help prevent not only breast cancer, but a host of other health factors as well. “Two of the greatest risk factors for breast cancer cannot be avoided: Being female and growing older,” states Dr. Jekot. Statistics show that at age 50, a woman has a one-in-40 chance of being diagnosed with breast cancer. By age 85, those chances increase to one-in-eight. Not all risk can be avoided, so it is incumbent upon us to eliminate the ones we can.

Dr. Jekot goes on to explain how we are indeed our own first line of defense in the detection of breast cancer. “Everyone is ‘lumpy-bumpy’— but, when you regularly examine your breasts and armpits, you will begin to recognize what is normal for you and what is suddenly different. Any changes are cause to seek professional assistance. Not only are we looking for new lumps, often resembling the feel of a small, discrete ball or jelly bean, but also changes in breast density – one to the other – and visible



Dr. Jekot took first place in the 2008 North Texas Komen Race For The Cure.

Dr. Jekot (and her husband David Miller) say their 11-year-old daughter Katie Miller is the best daughter in the universe.

outward changes in the breasts and nipples. Though not all these changes signal cancer, they can be cause for concern and should be addressed. Early detection is key.”

No discussion about breast health would be complete without bringing up patients who have chosen to undergo breast augmentation. With so much information and misinformation available on the subject, we sought clarification and advice from Dr. Jekot. For women who choose augmentation, it is her recommendation that the plastic surgeon place the implant under the muscle. Granted, she says, most plastic surgeons will attest that the aesthetic outcome is often better when the implant is placed on top of the muscle, however most would still agree that the benefits of more efficient examination and clearer imaging far outweigh any minor aesthetic compromises that may occur.

Though breast implants should not interfere substantially with self exams, the implants can limit access to all the breast tissue in diagnostics. While the more sensitive breast MRIs available

at the center can be a little invasive – an IV is required to inject contrast for better imaging, more time is involved in the test and greater monetary expense – they can greatly improve the visibility as well as detect silicone leakage and capsular rupture and contracture. These tools are extremely useful when implants have reached the end of their shelf-life of ten to 12 years. Insurance companies many times will not authorize the MRIs without significant cause for concern – a fight Dr. Jekot and her colleagues continue to lobby on behalf of every woman. Fact is, early detection is generally more cost effective for the insurance providers and certainly, more importantly, saves lives! Having the experts on your side when battling insurance companies can make all the difference for women; an issue for us all to be aware.

Dr. Jekot freely shares her incredible story of survival with her patients as a means to further personalize their experience and bridge the gap between doctor and patient. Who better to empathize with the distressing physical and emotional changes a woman diagnosed with breast cancer faces than one who

JOIN US for the most high-tech, relaxing and enjoyable dental experience you can imagine! We make natural-looking all-porcelain crowns and onlays in only one appointment. Yes, it is true! No temporaries, no second appointments! Scared of the dentist? We do sedation dentistry so that fear of the dentist does not get in the way of a beautiful healthy smile!

Gentle Dentistry of Las Colinas

Irving's Premier Group of Women in Dentistry

www.gentledentistry.com

3626 N. MacArthur, Suite 235, Irving, Texas 75062
(Located in MacArthur Business Park next to MacArthur High School)

972.594.0022

CALL FOR A FREE CONSULTATION



Tori Irvine, DDS



Janet Glenn, DDS, MAGD

I was always afraid of the dentist UNTIL NOW ...

Has it been a while since your last dental visit?

We use the most advanced technology to do a thorough, detailed examination using digital x-rays, intraoral cameras, and Vizilite oral cancer screenings.

Need to Whiten?

Deep Bleaching is our way to give you the most intense whitening with the least amount of sensitivity! Our experienced and compassionate staff will make you feel at home. In fact, you just may want to stay!



Celebrating Twenty Nine Years of Excellence!

DIAMONTRIGUE

The Intelligent Alternative

Diamond simulations of
unsurpassed quality.
Set in luxury weight 14kt, 18kt
and platinum mountings.

VILLAGE ON THE PARKWAY
SUITE #808
972.934.1530

SE CORNER OF BELTLINE @ TOLLWAY

MONDAY - SATURDAY
10:00 AM - 5:30 PM



has fought the fight and survived. Following her diagnosis and biopsy, and given her sister's history, Jekot opted for a double mastectomy and chemotherapy. She tells beautiful and poignant anecdotes about her illness and recovery, such as when daughter Katie, then just four years of age, made a pipe-cleaner necklace for mom's protection during chemo, or the time when on a ski trip in Colorado, Jekot's hat fell off revealing her bald head and Katie simply told her friends that her mom was just the same on the inside as she always was, then she kissed her mom's bald head. It seems compassion has made its way to the next Jekot generation! Dr. Jekot stresses that it is very important to involve children in recovery. "Children know when something is wrong. Depending on the age and maturity of the child, explain to them that there is something trying to make Mom sick, but an operation and treatment will make her better. Keeping them informed and involved is the best way to alleviate their fears and anxiety."

Dr. Jekot celebrates eight years cancer-free this fall. We couldn't think of a better way to commemorate this victory than to bring to other women her zest for life, experience, wisdom and quality compassionate care.

