

Norwalk Hospital's Smilow Family Breast Health Center is led by two board-certified physicians and an advanced-practice registered nurse, widely known and respected for their breast care expertise:



Richard Zelkowitz, MD, Medical Director
Chief of Hematology/Oncology at Norwalk Hospital, Dr. Zelkowitz is a graduate of New York Medical College. After completing an internship and residency at Westchester County Medical Center, he was a fellow in hematology/oncology at Brown University Affiliated Hospitals. He also received special training in bone marrow transplants at the Fred Hutchinson Cancer Center.



Jeanne Capasse, MD, Surgical Director
A graduate of Cornell University Medical College, Dr. Capasse completed her internship and residency at St. Luke's-Roosevelt Hospital Center. She was an assistant attending physician at St. Luke's-Roosevelt and director of its Breast Screening Center, as well as a medical instructor at Columbia University. She is a fellow of the American College of Surgeons.



Mary Heery, APRN, AOCNS, Breast Health Specialist
A graduate of the Yale University School of Nursing, Mary is a clinical nurse specialist certified in advanced oncology. She has more than 20 years of experience working with breast health patients and has held positions in Connecticut and in New York City, including Memorial Sloan Kettering Cancer Center.

Norwalk Hospital is located at 34 Maple Street in Norwalk, Connecticut, and easily reached from Interstate 95, Route 1, Route 7 and the Merritt Parkway.

From New Haven/Interstate 95: Follow South to Exit 15. Bear right at end of ramp, turning right on to West Avenue. At second traffic light, turn left on to Maple Street. The Hospital is straight ahead.

From New Haven/Merritt Parkway: Follow Southbound to Exit 38. At end of ramp, turn right on to Route 123 South. Continue straight to seventh traffic light (Do NOT continue on Route 123 where it veers off to the left) and turn right on to Maple Street. The Hospital is straight ahead.

From Stamford/Interstate 95: Follow North to Exit 14. Turn left at end of ramp and proceed to traffic light. Turn right on to Route 1. At third traffic light, turn left on to Maple Street. The Hospital is straight ahead.

From Stamford/Merritt Parkway: Follow Northbound to Exit 39. Proceed to Route 7 connector, following signs to I-95. Take Exit 1, turning left on to Van Buren Avenue/Route 1. At second traffic light, turn right on to Maple Street. The Hospital is straight ahead.

From Danbury: Follow Route 7 into Norwalk, and turn right on to Route 7 connector (directly opposite the Department of Motor Vehicles), following signs to I-95. Take Exit 1, turning left on to Van Buren Avenue/Route 1. Turn right at second traffic light on to Maple Street. The Hospital is straight ahead.



34 Maple Street • Norwalk, CT 06856
For more information call 1-866-NHB-WELL or visit
norwalkhospital.org



Because no woman with breast concerns should ever feel alone.



Norwalk Hospital's Smilow Family Breast Health Center is committed to helping women receive the accurate information, diagnostic tests, treatments and support services they need for optimum breast health.

Our multidisciplinary team of breast health experts provide comprehensive, specialized services, from preventive education and screening referrals, to genetic testing and counseling, to image enhancement services and support groups.

For women with an abnormal mammogram or breast cancer diagnosis, we offer quick, convenient access to the region's leading breast cancer experts, as well as to all the sophisticated diagnostic and treatment services Norwalk Hospital and its nationally accredited Whittingham Cancer Center provide.

Navigating the journey

Guiding and supporting women through the entire process is Smilow Breast Health Specialist Mary Heery, APRN, AOCNS.

Available by appointment, phone or e-mail, Mary works one-on-one with women to:

- Arrange diagnostic tests
- Provide one-to-one patient education regarding breast health concerns
- Coordinate needed follow-up visits and referrals

- Assist in finding and contacting community resources and social services
- Advocate for financial aid for patients without health insurance
- Offer hope and encouragement



Providing for body, mind and spirit

Utilizing specialists from Norwalk Hospital and the community, Smilow Center staff also helps women enroll in holistic programs designed to be empowering and healing, including:

- Integrative therapies such as exercise therapy, Reiki, massage, acupuncture, art and music
- Nutritional and lifestyle counseling
- Pre- and post-mastectomy image enhancement services with a professional stylist and certified mastectomy fitter

Many of these programs take place at the Smilow Family Breast Health Center or just steps away in the Whittingham Cancer Center.



Finding support

For breast cancer patients, the Smilow Family Breast Health Center offers several support groups, including:

Newly Diagnosed Support Group—Offering education and support for women newly diagnosed with breast cancer and their families. Meets monthly.

Circle of Friends—For women at all stages of the breast cancer journey, patients are paired with breast cancer survivors specially trained by the American Cancer Society to provide understanding, support and hope. Pairs schedule meetings at a mutually agreed-upon time.

Cancer Survivorship—Monthly programs with expert speakers addressing pertinent topics for maximizing health and well being.



We are here to help

Patients are seen by appointment. For more information about the Smilow Family Breast Health Center or to arrange a consultation with our team, **call 203-852-2300**. You may also visit our website at www.norwalkhospital.org.