"When the cancer reoccurred this past year, I was fortunate to be in good physical shape," she says. "I wanted as little time as possible between the mastectomy surgery and getting my fitness and sports routine back." Andrea says her surgeon at Moffitt Cancer Center asked her "the right question" before her mastectomy. "He asked me what my goals were, physically. He really didn't expect it when I told him my goal was to catch more fish!" she says. "But that was my way of saying I did not want any reconstructive surgery. It was going to be very time consuming, and it would involve multiple surgeries. I didn't want that to impact my being able to do the things I love."

Westcoast Brace & Limb is one of the only organizations in the country that offers all prosthetic options for post-mastectomy patients. Being able to see and touch and try breast forms and sample custom prostheses meant that Andrea could approach her post-mastectomy rehabilitation in phases, choosing a prosthesis that was appropriate for each step in her recovery. "While I waited for my scar to heal, I wore a standard silicone breast form. Ultimately, I chose to have a custom breast prosthesis made," says Andrea.

Sheila Johnson, mastectomy fitter, worked with Andrea every step of the way. When it came time to create her custom breast prosthesis, the process began with making a mold of Andrea's remaining breast shape while wearing a bra, then sculpting its mirror image from a plaster cast, and finally making nuanced adjustments to make certain it fit well inside a garment. "David is a talented sculptor and a true artist working with the silicone, and Sheila was a tremendous help with her eye for detail regarding the fit," says Andrea. "I was very comfortable with the personal attention required to make this happen. The last appointment involved working with David painting the silicone to match the color and characteristics of my skin. I have to say, that was a lot of fun and the result is amazing."

"My custom breast prosthesis adheres to my skin with a naturally tacky surface that does not require adhesives. It is easy to remove. I wash it with mild soap at the end of the day," Andrea says.

Being a two-time breast cancer survivor has inspired Andrea Adair to become an activist volunteer, raising awareness and funding for breast cancer research and helping other women learn to hope, be courageous and find strength. Andrea is especially passionate when it comes to educating women about their post-mastectomy options. "After undergoing a lumpectomy and then radiation therapy to treat my first cancer, I was overwhelmed," she says. "Many times I thought of what I would do if I ever had a recurrence. I had already decided I would get a mastectomy -- without surgical reconstruction."

Westcoast’s David Robinson, clinical anaplastologist and

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Custom Breast Prostheses
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Westcoast Specialty Care Coordinators provide a unique service for our medical, insurance and other partners, and fulfill an important role in patient care by providing support and addressing patient needs with an individualized and caring approach. Knowledgeable, experienced and passionate about going “above and beyond” to support our patients and practitioner partners, our Specialty Care Coordinators:

• Make certain that all insurance coverage criteria are met and that the required medical documentation is on record, so that insurance claims process smoothly;
• Stay in close communication with patients and practitioners throughout the insurance authorization and fitting process;
• Act as patient advocates and liaisons to a patient’s entire medical team;
• Help patients coordinate appointments;
• Can connect patients with community resources and alternative funding sources;
• Work with patients on designing custom monthly payment arrangements as needed;
• Offer patients with extensive or life-long needs with opportunities to meet peers who have ‘been there’, including one-on-one peer visitation, participation in our networking groups, such Amputees Together of Florida, Inc., or involvement in Westcoast’s Ability Sports Clinics.

“We know how much patients benefit from care and services that go beyond just fitting them with orthotic or prosthetic devices,” said Jennifer Latham Robinson, Westcoast Patient Program director and congenital amputee. “We are very proud of our team and its combined experience of more than 50 years in this area!”

Westcoast offers this service for all referral sources as well as our amputee patients and those needing custom measured or custom fabricated orthotic bracing.

Meet the Westcoast Specialty Care Coordination Team: (l-r) Jennifer Latham Robinson (Patient Program director), Diane Gignac and Cindy Swanson (orthotic bracing) and Natalie Martinez and Andrea Puckett (prosthetics) are experts in care coordination.

Here Andrea Adair tries fly—fishing on the St. Johns River at a recent Casting For Recovery Retreat. And she hooked a nice bass her first time!

day, that’s it,” Andrea says. “Insurance paid most of the cost, which is nothing compared to the cost of reconstruction. It’s definitely something to consider, but it’s not for everyone. I think custom breast prostheses are a great option and it’s available right here in our community.”

Once her custom prosthesis was made, Andrea says she got right back to biking, hiking and, of course, fishing. “I am much more comfortable wearing sportswear and undergarments that I am used to. Nothing special is needed. I have even started running again!” Andrea says. “My prosthesis feels like such a part of me that I actually forget it is there.”

In addition to her full-time job at Managing Food in Brandon, Andrea serves as Survivorship Chairperson for Making Strides Against Breast Cancer and does fundraising for Casting for Recovery. “Many people tried to tell me what to do,” she says. “What I want people to think about is what is best for them, their lifestyles and what they want to be able to do after treatment. Cancer makes you think about how much time you have left and what you want to do with it. Don’t dream it’s over,” she says, “don’t you dare!”
Staying Connected, Getting Involved

Join our e-Mail List and Be Our Facebook Friend!
Do we have your e-mail address? Join Westcoast’s e-mail notification system and stay connected to timely information about special Westcoast and area events, health news, educational opportunities, training schedules and much more! We also post some great stories on Facebook at www.facebook.com/wcbl1. Please come visit and LIKE our Facebook page! Send us your e-mail information at info@wcbl.com.

February 16, 2013 -- I Will Inspire 5K Race
Westcoast staff and patients are teaming up to participate in the “I WILL Inspire” races held on the Florida Orthopedic Institute Telecom Parkway campus again this year. As a Silver Sponsor, Westcoast is signing up a team of all ability levels, whether as a first time runner, walker or wheeler. Please contact jennifer.robinson@wcbl.com to sign up and participate at no cost to you!

April 19 - 21, 2013 -- 53rd Annual Southern Regional Amputee Golf Championship & Clinic
Whether you’re a beginner or a scratch golfer with tournament experience of your own, come join us for the Westcoast-sponsored golf ability clinic, where you will receive personalized instruction from PGA professionals who will be playing in the tournament and get support from area occupational/physical therapists. Equipment will be available, but bring yours if you have it. We’ll serve lunch and have a great time! Watch our website and Facebook for details, or contact us at info@wcbl.com.

Best Wishes to Everyone for a Wonderful Holiday Season and a Great New Year
Westcoast would like to thank Santa’s Angels, a local 501(c)3 organization, for identifying a Tampa Bay Area family for Westcoast to help during the holidays. Westcoast President Greg Bauer, CPO, made a donation from Westcoast in honor of the dedication to caring of our physician, medical staff and therapist partners. The Westcoast staff then decided to collect additional money and gifts for the family, which includes two special needs children. Thank you, Santa’s Angels, for this wonderful opportunity to “give back,” and thank you again to our patients and to our physician, staff and therapist partners for being such wonderful caregivers and colleagues and for the tremendous work you do every day.

Have Paddle, Will Kayak!
Many Westcoast Brace & Limb patients and Amputees Together members enjoyed a special adaptive kayaking clinic held at Safety Harbor Veterans’ Memorial Park. Here, Westcoast patient David Nicholson gets his balance and prepares to head off, down the river. Thank you to Terry Hobbs, certified L-IV kayaker and certified adaptive paddler, trainer and owner of Severn Kayaking, and Terry’s friends Larry (an above-albow amputee) and Dan (a below-knee amputee) as well as everyone else who helped make this a very special day!
Most insurance deductibles and out–of–pocket limits are renewed every calendar year. We encourage our patients to take time now and make note of any needed prosthetic or orthotic supplies, especially if they’ve met their 2012 financial responsibility.

When having to choose between commercial insurance options for 2013, here are some things to keep in mind:

Benefits for medical services are classified into various categories, such as major medical, durable medical equipment, and external prosthetics. When speaking to an insurance agent, it’s important to specifically describe any service in question. Insurance companies can vary on how things are classified. For example, sometimes orthopedic bracing is classified under durable medical equipment. Prosthetics often has its own category, but sometimes is classified under major medical. Always ask about: (1) deductible, (2) co-insurance, (3) co–pay, (4) out–of–pocket maximum and what applies, and (5) limits/exclusions.