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# A Dyad in Care



Since 2016, Remedios and her mother, Maria, have found care and comfort at Ravenswood. Both women share a special bond with Dylan, a Family Nurse Practitioner, who provides primary care at our MayView clinic in Mountain View. Over the past few years, she has played a central role in the routine care of both Remedios and Maria, guiding them through their health journeys.

## **Remedios' Battle with Breast Cancer**

Remedios had a life altering experience at the start of 2023 when a routine mammogram screening at Ravenswood came back with a finding. When her biopsy came back with a malignant result, a gynecologist at Ravenswood reviewed the results with her and referred her to a local hospital for a mastectomy to remove the malignant tissue from her breasts. Dylan followed up with Remedios a few times before her mastectomy to discuss the diagnosis, explain the risks associated with the surgical procedure, and helped alleviate some of Remedios' anxiety by answering her questions.

Remedios underwent a bilateral mastectomy in March 2023, which was a success! Today, Remedios feels blessed to have overcome her battle with breast cancer and is happy to be with her family. "Dylan was a fundamental part of my care and helped me overcome my concerns," says Remedios.



*Dylan examines Remedios' ears during a routine check-up.*

## **Maria's Routine Care**

Remedios' mother, Maria, goes to Dylan for routine care and any of her health concerns. Each year, she has an annual health exam with Dylan to go over routine adult health maintenance. Together, they monitor her hemoglobin levels through regular lab work, ensuring her health stays on course.

Recently, Maria was given the option to have a pulmonary exam, a physical exam of the lungs. After explaining the purpose of the exam, Dylan empowered Maria to make her own choice. "I like being given options for my health. It is, after all, my care," said Maria, and she chose to proceed with the test. Dylan found her lungs were encapsulated and provided medication treatment for three months. Maria finished her treatment and was proud to have made that decision for her health, which in turn resulted in healthier lungs.



*Maria and Remedios thank Dylan for taking care of their health.*

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