

Courtney Freeman
Kaiser Permanente Colorado member

Hearing the words you have breast cancer... it was just very shocking. It just kind of comes down to fight or flight. There's really no other option besides fight it.

...that kind of went into scheduling the MRI, and then from there it was discussing surgical options, and then from there it was the treatment options, and which ended up being radiation.

After my diagnosis with breast cancer, it was recommended that I get a genetic test, and that came back positive for Lynch syndrome. And so my oncologist recommended that I work with an OB GYN, and she referred me to Dr. Novotny.

Sonia Novotny, MD
Ob/Gyn
Kaiser Permanente Aurora Centrepoint Medical Offices

I first got to meet Courtney after her breast cancer diagnosis...We've been working together for two years now to do all the screening that comes with Lynch syndrome.

Lynch syndrome is a genetic condition where the genes responsible for correcting errors in your DNA are not doing that, and so when people have a constellation of cancers in their family, particularly colorectal cancer, endometrial cancer, ovarian cancer, breast cancer, we should be screening when someone has a breast cancer, especially at a young age. That's how Courtney got her genetic screening, and we were able to do all the other screening that comes with Lynch syndrome.

Courtney Freeman

Fortunately, with all the tests that I've done and all the screenings and biopsies and colonoscopies, everything's come back clean and negative. So I've been able to get ahead of it and be preventative about it.

The care that I received with Kaiser Permanente was really seamless.

Nothing ever just gotten forgot about or missed. If a referral needed to be made, one was made. Everything was just done so quickly that I never just felt like I had to worry about anything.

Dr. Novotny

Kaiser Permanente's integrated care model helps our patients get the best care. When I order a screening test, and there is a result that I need feedback from her oncology team or another team, I know that I can message them directly and make sure that my patients like Courtney, get the best care from all of their teams.

Courtney Freeman

What stands out to me the most about Kaiser Permanente, I would say, is probably just how caring and supportive I felt with the doctors I've experienced.

I remember crying in Dr. Novotny's office...when we were having a tough conversation, and again, just feeling very safe and secure.

I really appreciate the time and effort that's gone into explaining treatment options and next steps. I think that's the biggest takeaway is that the care has just been very just well-rounded.

That's one of the great things about Kaiser Permanente. They take care of their patients.