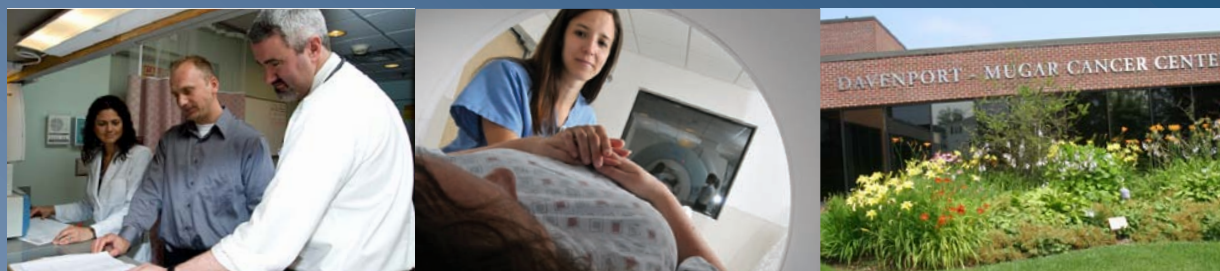


CANCER CARE SERVICES

CARE CLOSE TO HOME



## EXPERTISE FAR FROM ORDINARY



### A Regional Leader

As Southeastern Massachusetts' leading health care provider, we understand the significant impact a diagnosis of cancer can have on the patient and his or her family. Many patients are likely to experience a wide range of concerns and emotions that require the skills of a multidisciplinary team of cancer specialists. At Cape Cod Healthcare, our team approach brings together trained specialists in medical oncology, radiation oncology, surgery, radiology, pathology, nursing and social work. The team works to provide the most efficient methods to treat cancer based on individual needs.

We provide a wide range of services from regular screenings and early diagnosis to treatment options and follow-up care. We provide comprehensive care close to the comforts of home, family and friends, through investments in imaging technology, utilization of the latest cancer-fighting methods, and by attracting skilled cancer specialists.

### Cancers Treated at Cape Cod Healthcare

Cape Cod Healthcare is well-known throughout the region for its commitment to cancer prevention, clinical expertise, educational programs and follow-up care. We provide a wide spectrum of treatments, specializing in leading-edge care for most young adult and adult cancers.

*“If you need a place to wrap their arms around you and take you in and give you a shoulder to lean on, it’s Cape Cod Hospital.”*

– Lynn Bartholomew, breast cancer survivor



**Our Partners in Your Care**

Our cancer program is accredited by the American College of Surgeons as a comprehensive cancer center and by the American College of Radiology. These are distinctions that mean we meet high standards for access, technology, multidisciplinary care, information and education.

We are affiliated with many distinguished cancer treatment centers and organizations, including the National Cancer Institute, Dana-Farber/Partners Cancer Care, and Dana-Farber Cancer Institute, Brigham and Women’s Hospital and Massachusetts General Hospital, through their adult oncology collaboration. We are also affiliated with Providence’s Women’s and Infants Hospital for gynecological cancer.

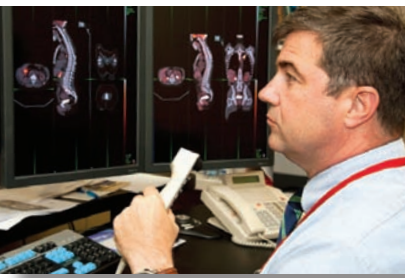
*Some of the benefits of our affiliations are:*

- Multidisciplinary conferences to review cases prospectively
- Monthly “second opinion” clinics in certain specialties
- Collaboration to determine best treatment plans
- Access to up-to-date pharmaceutical options and nursing standards
- Clinical staff participation in networking conferences and grand rounds
- Participation in clinical trials for new treatments

**Clinical Trials**

**Improving Cancer Outcomes**

Cancer patients at Cape Cod Healthcare may be offered entrance into a clinical trial. This is a method many cancer specialists use to study the outcomes of a particular cancer medication, treatment or device to determine its benefits and risks. We encourage our patients to learn as much as possible about current research options and to talk over options available with their medical team before deciding to participate in this voluntary process.



**A Complete Spectrum of Diagnostics Tools**

Cancer specialists at Cape Cod Healthcare have the ability to see inside the body as never before using the most advanced imaging technology available in our region. Patients who come to us for cancer care have access to some of the area’s leading imaging technology, as well as the region’s most skilled Pathologists, Radiologists and Technologists.

*Cancer Care Diagnostics at Cape Cod Healthcare include:*

- Computerized Tomography (CT)
- Fluoroscopy
- Magnetic Resonance Imaging (MRI)
- Digital Mammography, including Stereotactic and Ultrasound-guided Biopsies
- Nuclear Medicine
- Positron Emission Tomography (PET)
- Ultrasound

An early diagnosis gives patients and their physicians the best chance of successfully treating cancer. Therefore, it is extremely important to pursue screening options on a regular basis. We support the American Cancer Society’s guidelines for education, cancer prevention, and the importance of self-examination. We urge all area residents to talk to their physicians about cancer prevention and the importance of screenings. The Visiting Nurse Association of Cape Cod provides many free health screening programs for those with limited health insurance options.



*“When they asked if their dad should go to Boston, we said there was absolutely no need to do that, because our doctors were so competent here. My mom had been through cancer here, my sister, and then myself, when I was diagnosed with breast cancer”*

– Alice O’Neil, breast cancer survivor



### Combining Surgical and Oncology Expertise

Depending upon the type of cancer and its stage, your cancer care team may recommend one or more types of treatment. For some, the team may decide on the use of drug delivery through chemotherapy to destroy cancer cells. Up to 50 percent of all cancer patients at Cape Cod Healthcare are treated with radiation therapy, which is typically administered daily over a period of weeks. Others may undergo a surgical procedure to minimize the symptoms of the disease and to relieve discomfort and distress.

#### Surgery/Surgical Oncology

Our team includes skilled surgeons with experience in treating cancer. Surgery has been a major component of cancer therapy for many years. Recent advances in less invasive techniques, including radiofrequency ablation to treat tumors with image-guided assistance and laparoscopic procedures, have made surgical treatment an excellent option for many patients. Surgeons also play an important role in obtaining diagnostic biopsies, implanting devices needed for treatment, performing reconstructive procedures and assisting with pain management.

#### Medical Oncology

Our specialists in medical oncology administer and monitor a full range of diagnostic services and treatments. They provide comprehensive specialty care and individualized treatment for a wide variety of cancers and hematological malignancies

- Chemotherapy
- Hormonal therapy
- Management of chemotherapy-related symptoms



*“They were upfront and honest about my care the whole time, letting me know what I needed to know, when I needed to know it. As far as I’m concerned, these people do God’s work on earth.”*

– John, Hodgkin’s disease survivor

### Radiation Oncology

Radiation Oncology, which has proven to be one of the most successful treatment methods available in the fight against cancer, is optimized at Cape Cod Healthcare through the implementation of recent advancements in medical technology. The goals of radiation oncology are to destroy tumors, relieve disease symptoms, prolong survival and improve quality of life. Radiation treatments available at Cape Cod Healthcare include:

- **External Beam Radiation Therapy (EBRT)**  
Radiation therapy delivered by a Linear Accelerator outside the patient’s body is called External Beam Radiation Therapy (EBRT). A Linear Accelerator generates powerful X-rays to kill cancer cells. ERBT technology is designed to destroy tumors while minimizing injury to the surrounding healthy tissues.

#### EBRT performed at Cape Cod Healthcare includes:

- **Image Guided Radiation Therapy (IGRT)**  
IGRT is an advanced technology that allows radiation to be delivered directly to tumors with remarkable precision through the use of real-time imaging.
- **Stereotactic Radiosurgery**  
Radiosurgery is EBRT that uses a special system to precisely deliver a large radiation dose to a tumor in a single session. This non-invasive procedure destroys the target without surgery or harming nearby health tissue. It is commonly used to treat cancer that has spread to a patient’s brain.
- **Intensity Modulated Radiation Therapy (IMRT)**  
The use of IMRT allows critical areas surrounding the tumor, such as nerves, intestines and organs to receive a minimal amount of radiation. IMRT involves treating tumors from multiple directions to deliver higher radiation doses to the tumor while minimizing side effects and damage to the healthy tissues that surround it.
- **Prostate Seed Implants: Brachytherapy**  
There are several treatment options for prostate cancer, one of which is radioactive seed implantation, or Brachytherapy. In an outpatient surgical procedure, radioactive seeds are inserted into the prostate. This allows for radiation therapy to deliver a higher dose to the tumor while sparing healthy cells. The radiation dissipates over 6 to 12 months, slowly killing the tumor with few side effects
- **High Dose Rate Brachytherapy (HDR)**  
HDR is used for indicated early stage breast cancer patients. The surgeon places the applicator and the treatments are supervised by a Radiation Oncologist. HDR reduces the number of treatments from 30 down to 10. HDR is also used to treat gynecological cancers.



**A Team Approach to a Cancer Cure**

Treating cancer requires the skills and talents of many medical professionals from a variety of specialties and disciplines. We bring together a team of board-certified, licensed or accredited experts experienced in detecting, analyzing, monitoring and treating the disease from early detection to after care. The team may including:

- Hematologists
- Medical Physicists
- Medical Oncologists
- Nurses
- Pathologists
- Pharmacists
- Radiation Oncologists
- Radiation Therapists
- Radiologists
- Rehabilitation Specialists
- Social Workers
- Surgeons

Weekly multidisciplinary team meetings are held to discuss a patient’s care and to develop the most effective treatment plan. This plan becomes the blueprint for individual treatment to ensure that the right combination of diagnostic, surgical, medical and radiation resources is used.

The patient’s Primary Care Physician (PCP) plays a significant role on our cancer care team, offering routine screenings for age-appropriate patients, identifying at-risk patients and referring suspicious findings for further investigation. The PCP is often involved throughout the patient’s diagnosis and treatment plan.

Our team goes beyond clinically treating cancer to offering comprehensive education and counseling to help patients and families better understand the treatment options that are available. Because the cancer journey can be challenging, we strive to reduce fears, concerns and anxieties through emotional support and encouragement.



**Rehabilitation and Education**

We are committed to helping patients take the first and every additional step toward recovery from cancer and its related treatments. We are here to assist and educate those patients living with cancer and to ultimately help them live active lives beyond the disease.

Cape Cod Healthcare rehabilitation services offers programs for many different cancer patients in a supportive environment where people can learn to overcome many physical barriers to reach their fullest potential.

**Social Resources and Programs**

Cape Cod Healthcare social workers are available to assist and support patients and their loved ones with the often difficult decisions they will need to make. Our staff includes social workers experienced in helping cancer patients with issues related to:

- Health insurance coverage
- Medication programs
- Disability and family leave procedures
- Mental health and crisis intervention
- Emotional support

We offer many programs and services to support those living with cancer, including the region’s first Cancer Patient Resource Center at the Davenport-Mugar Cancer Center at Cape Cod Hospital, staffed and trained by American Cancer Society volunteers. This facility offers the latest information regarding early detection, treatment options, transportation programs, wigs and prostheses. Books, videos, CDs, and brochures are available, as well as Internet access with direct links to the most reliable cancer-related Web sites.

**Care at Home**

**There’s No Place Better than Home**

The Visiting Nurse Association of Cape Cod, an affiliate of Cape Cod Healthcare, provides an array of cancer-related services, including some chemotherapy treatments, nursing, physical therapy, occupational therapy, speech therapy, social work and home health aide services that focus on personal care needs. With the advent of today’s high technology equipment and advanced procedures, patients who are discharged from the hospital can rely on the VNA to provide registered nurses to administer many functions in the comfort of a home setting. The VNA’s specialized nurses work closely with physicians and pharmacists to design a treatment program tailored to the patient’s needs.



**World Class Care. Right Here.**

Our commitment to deliver the highest quality, accessible cancer care is always expanding to better meet the health care needs of all residents. From early detection and screenings, education and coordination of care to diagnostic testing, oncology and surgical services, we offer a cancer program that includes comprehensive, multidisciplinary care delivered in a warm environment of support and compassion. We believe that being treated close to home is important, and that personalized, coordinated care makes a significant difference in the healing process.



*“I knew that there were resources here, in terms of support groups. It really was therapeutic for me to talk about my experience and talk about what I was going through”*

—Kristin O’Malley, cancer survivor



**WORLD CLASS CARE. RIGHT HERE.**