

**Supportive Cancer
Care Center**



Cancer Care Guide

Name: _____ Date: _____

A Message from Your Cancer Care Team

A cancer diagnosis is a life-changing experience ... and it can affect all aspects of your life and the lives of those around you. While this might seem overwhelming to you right now, there are things you can do that will help you to better cope with what you're going through. This Cancer Care Guide is offered to help you with information and support at a time when you likely can use it.

Please know that you're not alone. You have a cancer care team here at Touro Cancer Center completely dedicated to one thing—making you well. We pledge to accompany you on your journey as a breast cancer survivor and to support and care for you every step of the way by providing information; the latest, most innovative treatment options; family support and counseling; and the very best medical care available anywhere.

We want you and your family to be completely focused on the same goal. And so, if at any time during your journey you need assistance or have questions, please don't hesitate to contact any member of your Touro cancer care team. Their names and telephone numbers are included in the pages of your Cancer Care Guide, along with other information we hope you find helpful.

*Sincerely,
Your Touro Cancer Care Team*

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About Touro Infirmary and Touro Cancer Center

Touro Infirmary

For over 150 years, Touro Infirmary has survived yellow fever epidemics, the Civil War, reconstruction, the Great Depression, hurricanes, and constant challenges faced by healthcare providers. Through it all, Touro has remained an institution that prides itself on providing quality care to the citizens of New Orleans and the surrounding parishes. Founded in 1852 by Judah Touro, Touro Infirmary is the only not-for-profit, faith-based hospital in the New Orleans area. In its long history, Touro has only closed on two occasions: first, for the Civil War and most recently, due to Hurricane Katrina.

Touro Cancer Center

At Touro, our goal is to have a positive impact on the quality of life and offer new hope to people fighting cancer through a supportive, patient-centered approach to cancer care. We offer an array of treatment services for all forms of cancer in both inpatient and outpatient delivery settings. Our outpatient center provides care as well as education based on the latest research findings. Our physicians and staff are recognized for providing a comprehensive level of care tailored to the individual needs of patients and their family members. With all aspects of cancer care, Touro Cancer Center strives to serve the needs of individuals and the community as a whole by providing meaningful support in a comfortable, patient and family-friendly environment.

Touro Supportive Cancer Care Center

The Touro Supportive Cancer Care Center is a new and exciting addition to the services provided to our patients at Touro Cancer Center. The center offers a variety of programs designed to address the supportive care needs of our patients and their caregivers. A sample of some of the services provided through the Supportive Cancer Care Center includes new patient orientation, support groups, informational workshops, individual and family counseling, spiritual guidance, nutritional consulting, and patient navigation. In addition, the Supportive Cancer Care Center has a patient resource library stocked with updated brochures, pamphlets, books and DVD's, as well as a computer with online access to enable patients and caregivers to search the Internet for additional information. All of these services are available at no cost.

Your Touro Cancer Center Team

We at Touro Cancer Center recognize your courage in fighting your disease. We appreciate being the center you have chosen for your care. Our multi-disciplinary approach to cancer care involves a team made up of your referring physician, and staff members in nursing, social work, mental health counseling, case management, and patient navigation. Depending on your treatment plan, you may receive care from the staff in surgery, infusion, and/or radiation therapy.

As you can see, there are many professionals working together to provide you with the care you need. Each member of your team has a role to play in providing you with the very best care possible. However, throughout your treatment the most important team member is you. Surviving cancer and moving on with your life depends on you taking an active role in your care.

We know that you will have many questions and concerns as you enter this new phase of treatment. It is our hope that this *Cancer Care Guide* will answer many of your questions. Our intention is to present this information in a concise way that's easy to understand.

You have been given much information at this point and the entire experience can be overwhelming. That is why we recommend you have a family member or close friend join you in your treatment and clinic visits. In that way, you're better able to remember information you're given and need to know.

Should you have any concerns that are not addressed in the *Cancer Care Guide*, please do not hesitate to contact one of your team members. We encourage you to continue to ask questions until you feel comfortable with the answers. Your Touro Cancer Center team members are ready to help.

Your Cancer Care Guide

You and your caregivers face many challenges throughout this experience. Coping with the financial cost of cancer can be difficult. This *Cancer Care Guide* is designed to help you locate resources to address some of the common needs that arise during cancer treatment. This guide is yours to keep and to use throughout your treatment. In it you will find:

- Tips on coping with a cancer diagnosis.
- A guide to cancer treatment options.
- Post-treatment expectations and suggestions.
- Handy calendars for recording your clinic appointments and treatment schedules.
- A list of questions to ask your physician about cancer and cancer treatment.
- An appointment record to help you organize information received during your clinic visits.
- Suggestions to help your caregiver.

We encourage you to refer to your *Cancer Care Guide* whenever you need a resource. Use the calendars to keep track of your appointments and treatment schedules. Use the forms in the back of your *Cancer Care Guide* to keep a record of information you receive during your appointments. Most importantly, ask one of your team members for answers when you have questions.

The Basics of Cancer

What is cancer?

Cancer occurs when abnormal cells divide uncontrollably and invade and destroy healthy body tissue. If left untreated, cancer can spread its abnormal cells throughout the body.

What causes cancer?

Although several factors can contribute to the likelihood of having cancer, basically cancer is caused by damage to or mutations in your DNA. DNA is like a set of instructions for cells, telling them how to grow and divide. When a mutation occurs, normal cells have the ability to repair the mutation or they simply die. Cancerous cells continue living with this mutation. As a result, they grow and divide in an abnormal fashion.

How does cancer spread?

Cancer begins in the body's cells, which are constantly dividing and multiplying to replace old damaged cells. If a damaged or mutated cell begins to divide, it eventually forms a malignant or cancerous tumor. Most malignant tumors grow quite rapidly, invading nearby organs and tissues. Cancerous cells can also travel through the bloodstream or lymphatic system to other regions of the body. When cancer spreads from its original site, the process is known as metastasis.

What are the different types of cancer?

All cancers fall into one of four broad categories:

- Carcinomas are tumors that arise in the tissues that line the body's organs. About 80% of all cancer cases are carcinomas.
- Sarcomas are tumors that originate in bone, muscle, cartilage, fibrous tissue, or fat.
- Leukemia is cancer of the blood or blood-forming organs.
- Lymphomas affect the lymphatic system, a network of vessels and nodes that acts as the body's filter. The lymphatic system distributes nutrients to blood and tissue, and prevents bacteria from entering the bloodstream. There are over 20 types of lymphoma.

Who gets cancer?

Cancer doesn't discriminate when it comes to race, sex, or age. Unfortunately, anyone can get cancer. The American Cancer Society (ACS) estimates that half the men and one-third of the women in the United States will develop cancer during their lifetimes. Cancer can strike at any age, although it is most common in people over 50. The types of cancer you are at greatest risk for varies based on your sex, age, where you live, and personal habits such as diet, exercise, and use of tobacco products.

How common is cancer?

Cancer is second only to heart disease as the leading cause of death in the United States. The American Cancer Society estimates that more than 1.3 million Americans will be diagnosed with some form of cancer this year, with approximately half of them occurring in the lung, prostate, breast, colon, and rectum.

The good news is that cancer death rates have been declining in recent years, especially among men, who generally experience higher rates than women. Increased public awareness has resulted in more people getting regular cancer screenings and practicing healthier lifestyles that reduce their risk.

What is prognosis?

Prognosis is a prediction of the future course and outcome of a disease, and an indication of the likelihood of recovery from the disease. However, it is important to remember that it is only a prediction. When doctors discuss a patient's prognosis, they are attempting to project what is likely to occur for that individual patient.

A cancer patient's prognosis can be affected by many factors, particularly the type of cancer, the stage of the disease and its grade—how closely the cancer resembles normal tissue and how fast the cancer is likely to grow and spread. Other factors that may also affect the prognosis include the patient's age, general health, and response to treatment. As these factors change over time, a patient's prognosis is also likely to change.

Coping With a Cancer Diagnosis

Learning that you have cancer is a difficult experience that you are likely unprepared for. After receiving the news of your cancer diagnosis, you may feel anxious, afraid, or overwhelmed and wonder how you can deal with everything to come. Here are some suggestions on how to cope with a cancer diagnosis.

What to bring to your initial clinic appointment

Consider bringing the following to your first appointment following your diagnosis:

- A copy of all medical records and test results pertaining to your diagnosis.
- Your health insurance card(s) and social security number.
- A list of all prescription and/or supplemental medications you are currently taking.
- A friend or family member to help you take notes and ask questions.

Get the facts about your diagnosis

Try to obtain as much basic, useful information as possible about your cancer diagnosis.

Write down your questions and concerns beforehand and bring them with you. Consider asking:

- What kind of cancer do I have?
- Where is the cancer located and what is the size of my tumor?
- Has it spread?
- Is it slow-growing or aggressive?
- Can my cancer be treated?
- What are my treatment options?
- What are the success rates for the treatment options?
- What can I expect during treatment?
- What are the side effects of the treatment?
- When should I expect to start treatment?

Because this is a stressful time that may make it difficult for you to concentrate, if possible, bring a family member or friend with you to your first few doctor appointments to write down the information you receive. You can use the appointment record forms in the back of this journal for that purpose.

Keep the lines of communication open

Maintain honest, two-way communication with your loved ones, doctors, and others after your cancer diagnosis. This may not always be easy to do; however, the emotional support that family and close friends can provide is important in helping you cope.

Anticipate possible physical changes

Now—after your cancer diagnosis and before you begin treatment—is the best time to plan for any physical changes you may experience. Prepare yourself now so that you'll be better able to cope later. Some suggestions for you to consider:

- Ask your doctor to tell you what changes you should anticipate.
- Contact organizations like the American Cancer Society that provide cancer patients with a wig and prosthesis at no cost. You may also want to contact your insurance provider to determine if you have coverage for any other adaptive device you may need.
- If the drugs you will be given will likely cause physical changes, get advice from hair and makeup experts on what you can do to feel more comfortable and attractive. Contact the American Cancer Society for information about their Look Good, Feel Better program designed for women facing hair loss and changes in skin tone due to treatment.
- Participate in a cancer support group. You may find this experience to be particularly helpful as group members can provide you with information, support, and helpful tips.
- Keep in mind that your memory function and energy level will fluctuate due to your treatment and medications. Let those around you know when you need help.

Maintain a healthy lifestyle

Examine how you are living your life and consider changes in the way you eat, sleep, and exercise so that you can maintain a healthy lifestyle. Consider these suggestions:

- Eat a healthy, balanced diet based on a variety of foods
- Getting adequate rest may help you combat the stress and fatigue of cancer treatment
- Participate in enjoyable activities that provide regular exercise. Recent studies suggest that people who maintain some physical exercise during treatment not only respond better to treatment, but may also live longer.

Let friends, family, and others help

Sometimes it's hard to ask for help. However, cancer can be an experience that consumes your life which leaves little time for everything else. Don't resist the offer of help when you feel you can use it. It's not a sign of weakness to ask for help, it's an indication that you're human.

Consider the following suggestions:

- Get friends and family to run errands, prepare meals, and help you with daily household chores.
- For safety's sake, when you're not feeling your best, ask for assistance driving to and from your medical appointments.
- Participation in a cancer support group can help you learn from others.
- Seek help from a mental health professional if you are having difficulty expressing your feelings or simply coping with cancer.

As hard as it might be, learn to accept help. Accepting help from others gives them a sense of contributing to your care. Also, encourage your family to accept help if it's needed. A cancer diagnosis affects the entire family and adds stress, especially to the primary caregivers. Accepting help with meals or chores from friends and neighbors can go a long way to limiting caregiver burnout.

Review your goals and priorities

For many people, a diagnosis of cancer is a life-changing experience that causes them to look at their life and reassess what is important. You may view cancer in a similar way and begin reviewing your personal goals and priorities. Some things you may want to consider:

- Make an effort to eliminate or reduce undesirable activities—as much as possible, remove stressful situations from your life.
- Use cancer as an opportunity to become closer to loved ones by sharing your thoughts and feelings with them.
- Cancer affects all of your relationships so make an effort to stay in contact with people you care about. Communication with others can help reduce the anxiety and fear that cancer can bring.

Make an effort to maintain your “normal” lifestyle

Cancer can affect every aspect of your life; however, it's important to try to keep your lifestyle as normal as possible. Because cancer can be life-changing, remain open to change should it become necessary.

Some things to consider regarding the affects cancer can have on you and your lifestyle:

- Just be yourself and continue to do the things you enjoy doing.
- If you are employed, continue to work if you are physically able.
- Stay in the present—take each day one at a time.
- Allow yourself private time apart from your family and friends to do something that’s important to you, or simply do nothing.

Take care of your spiritual health

The human spirit is connected to mind and body. Research has shown that spiritual health plays an important role in the healing process, particularly when serious illness is involved. It’s important to be aware of the impact your diagnosis has had on your spiritual beliefs. There are things for you to consider regarding your spiritual health:

- If appropriate for you, nourish your spirit through prayer. The guidance from a religious leader can help.
- If you attend in a regular religious or spiritual service, continue to participate whenever possible.
- If you have a religious or spiritual leader you are comfortable with, regularly talk to that person about using your faith to help you cope with cancer.
- Read the Bible and other spiritually-based books.

Learn how to relax

If you are like most people who have been diagnosed with cancer, stress caused by anxiety makes it difficult to relax. Relaxation is important to maintaining a healthy outlook on your life. To keep anxiety from becoming a problem, it is important to regularly schedule time for relaxation. Some popular techniques to help you relax are deep breathing exercises, guided imagery, visualization, and meditation. If you are not familiar with these techniques, contact someone who specializes in relaxation to get help.

Other techniques that are commonly used to promote relaxation include:

- Consider ‘complementary’ therapies such as massage, aromatherapy, acupuncture, or yoga to help relieve stress and other symptoms.
- Engage in calming activities, like painting, drawing, or listening to music.
- If you have a significant person in your life, nourish your relationship by selecting romantic movies to watch.
- Read inspiring/uplifting stories in books and magazines.

- Make time to enjoy the simple pleasures of life, such as taking a warm bath, reading a book or magazine, or getting a foot massage.

Develop your own coping strategy

Just as every person's cancer treatment is individualized, so are coping strategies. What comforted you through difficult times before cancer is likely to help ease your worries now. Whether it's a close friend, religious leader, or a favorite activity to distract you, turn to these comforts now, but remain open to trying new ways of coping to help you navigate your cancer experience.

Some ideas for you to consider:

- Keep a personal journal by writing down your thoughts and feelings. This can help you to release your emotions in a positive way.
- When faced with a difficult decision, write down the pros and cons for each choice.
- Set aside time to be alone.
- Keep a calendar and a log of activities and appointments to help you stay organized. The calendar and appointment record forms in the back of this Cancer Care Guide can be used for that purpose.

Don't forget to laugh

Maintaining a serious disposition throughout your cancer experience can be stressful; however, things will happen along the way that you may find humorous. Remember, it's okay to laugh. Despite the fact that cancer is serious business, life does go on and having a good laugh at times can relieve stress, while helping you to maintain a positive outlook on life. Try to find something to laugh about each day. Humor is healthy for your body and good for your soul.

Adopt a fighting spirit

Research has demonstrated that the people who cope best and have the most favorable results tend to adopt a 'fighting spirit' throughout their cancer treatment. They approach the challenge that cancer presents by saying to themselves, "I'm going to do as much as I can to fight my cancer." You might also hear them say, "I'm going to learn everything I can about my cancer, so that I can work with my doctor to fight this," or "I'm going to enjoy as many of my normal activities as I can while fighting cancer."

Positive thoughts and actions can help you cope with cancer treatment and give you extra energy to carry on, even when it's hard to do.

Treatment Options

Deciding on your cancer treatment

Explore your options and discuss them with your doctor. Working together is a good way to feel more in control of your disease and more comfortable as you move forward with your treatment.

Before you get started ...

- **Decide how much you want to know.** While most people want to know exactly what their treatment is and their chances of survival, others don't. If you don't want to know all the details, let your doctor know, and you and your doctor can create a strategy that is right for you.
- **Decide how you will make your treatment decisions.** You might want to gather all the information you can and take the lead in the decision-making process. Or you might want to turn all decisions over to your doctor. You may be somewhere in the middle, sharing the decision-making process with your doctor.
- **Have realistic expectations.** Your doctor can give you estimates about what you can expect to get from each type of treatment. But what you choose to do with these estimates is up to you. Exactly what side effects you may be willing to put up with will depend on what the benefits of the treatment are likely to be. Communicate your preferences with your doctor.
- **Keep the focus on you.** Don't let anyone pressure you into a particular treatment option. Pick the treatment plan you feel most comfortable with.
- **Accept help.** You'll need support throughout your journey. Support can come from your doctor, the medical staff, your friends, or your family. Additionally, a trained mental health professional can assist you with individual counseling or group support.

Use the appointment record forms in the back of this Cancer Care Guide to write down your expectations and preferences before you meet with your doctor. That might help you better express your hopes for and feelings about your cancer treatment.

Please note. There are a variety of cancer treatments options available; however, you should keep in mind that a treatment plan is tailored to address your specific situation. Therefore, it is possible that you will not need some of the treatments covered in this guide.

Setting your goals for treatment ...

Depending on the type and stage of your cancer, your goals for treatment might be:

- **Cure.** When you're first diagnosed, it's likely you will be interested in treatments that cure cancer. When a cure is your goal, you may be willing to endure more short-term side effects of treatment in return for the chance at a cure.
- **Control.** If your cancer is at a later stage or if you've tried unsuccessful treatments previously, you might adjust your focus and have as your goal the control of your cancer. Different treatments may attempt to temporarily shrink or stop your cancer from growing. If this is your goal, you might not be willing to endure the side effects of harsher treatments.
- **Comfort.** If you have an advanced stage cancer or one that has not responded to treatments, you might decide that comfort is most important to you. You and your doctor will work together to make sure you are free of pain and other symptoms.

Analyze the benefits versus the risks ...

Compare the benefits and risks of the different cancer treatments to decide which treatments fall within your goals. Rate the treatments you're considering based on the pros and cons of each.

Some aspects you'll want to consider for each treatment include:

- **Side effects.** Each treatment has its own set of side effects. Take time to review the side effects and decide whether they'll be worth enduring or too much to handle. Your doctor can give you a good idea of how common the various side effects are for each treatment, and explain options for managing side effects to make treatment more tolerable.
- **How treatment affects your life.** Will treatment mean a day off of work or several weeks off? How will your role in your family change? Will you need to travel far from home for your treatment? These are just some of the questions you may have to ask yourself. Look at how treatment will affect your everyday life.
- **Financial costs of treatment.** Investigate what types of treatment will be covered by your insurance provider. If a specific treatment or aspect of a treatment is not covered, you may have to ask yourself if you can afford it. Call your insurance company if you're unsure about what treatments are covered.

- **Your health in general.** If you have health conditions, ask your doctor how treatment will affect those conditions. You'll want to consider the impact cancer treatment will have on any other treatments you are receiving when making your decision.

Communicate with your doctor ...

Effective communication with your doctor is the best way to make sure you're getting the information you need to make an informed decision. To make communication easier, try to:

- **Speak up when you don't understand.** If you need further explanation or clarification, tell your doctor. If you don't speak up, your doctor may think you understand everything that was discussed.
- **Write your questions in advance.** Appointments can be stressful and emotional. Don't expect yourself to remember all the questions you want to ask. Use the blank pages in the back of this Care Journal for writing down questions and bring it with you to your clinic visits.
- **Record information you receive.** Write down any important information that you receive during your clinic appointments. Use the blank pages in the back of the Care Journal to record detailed notes of what your doctor tells you. This will be a good reference if you have questions later.
- **Bring someone with you.** If you feel comfortable sharing your medical information with a friend or family member, bring someone with you to your appointments to take notes for you. Then you'll have another person with whom you can talk through your treatment decisions.

Surgery

Surgery is an operation to repair or remove part of your body to diagnosis or treat a condition. It remains the foundation of cancer treatment. Your doctor may use cancer surgery to achieve any number of goals, from diagnosing your cancer to treating it to relieving the symptoms it causes. Cancer surgery may be your only treatment, or it may be supplemented with other treatments, such as radiation and chemotherapy.

Cancer surgery may be used to achieve one or more goals including:

- **Diagnosis.** Your doctor may use a form of cancer surgery to remove (biopsy) all or part of a tumor—allowing the tumor to be studied under a microscope to determine whether it is cancerous (malignant) or non-cancerous (benign).

- **Staging.** Surgery helps your doctor determine how advanced your cancer is. This process is called staging. Surgery allows your doctor to evaluate the size of your tumor and determine whether it's traveled to your lymph nodes. Additional tests might be used to gauge your cancer stage.
- **Primary treatment.** For many tumors, surgery is the best chance for a cure, especially if the cancer hasn't spread (localized). If your doctor believes your cancer hasn't spread, surgery may be recommended as your primary treatment to remove the cancerous tumor.
- **Debulking.** When it's not possible to remove all of a cancerous tumor—for example, because doing so may severely harm an organ—your doctor may remove as much as possible (debulking) in order to make chemotherapy or radiation more effective.
- **Relieving symptoms or side effects.** Sometimes surgery is used to improve your quality of life rather than treat the cancer itself, e.g., to relieve pain caused by a tumor that's pressing on a nerve or bone. Another example might include removing a tumor that's obstructing your intestine.

Chemotherapy

Chemotherapy involves the use of medicines to treat cancer. There are over 100 chemotherapy drugs, used individually or in various combinations depending on your cancer. You and your doctor will decide which drug or combination of drugs, dosages, frequency, and length of treatment is best for you.

Depending on the type of cancer and its stage of development, chemotherapy can be used for a variety of purposes including:

- **Cure the cancer**
- **Keep the cancer from spreading**
- **Slow the cancer's growth**
- **Kill cancer cells that may have spread to other parts of the body from the original tumor**
- **Relieve symptoms caused by cancer**

You usually receive chemotherapy in cycles, depending on your condition and which drugs are used. Treatment may include taking the drugs daily, weekly, or monthly for a few months or several months, with a recovery period after each cycle. Recovery periods allow time for your body to rest and produce new, healthy cells. Chemotherapy drugs can be taken in a number of forms. Your doctor determines what form(s) to use primarily based on what type of cancer you have and what drug(s) will best treat your cancer.

Examples of different forms of chemotherapy include:

- **Intravenous (IV).** Chemotherapy is injected into a vein, using a needle inserted through your skin. This allows rapid distribution of the chemotherapy throughout your entire body.
- **Oral.** You swallow this form of chemotherapy as a pill.
- **Topical.** This type of drug is applied to your skin to treat localized skin cancers.
- **Injection.** Using a needle, your doctor injects the drug directly into a muscle, under your skin, or into a cancerous area on your skin.

Regardless of how they are given, chemotherapy medications generally travel in your bloodstream and throughout your entire body. The intravenous (IV) route is the most common, allowing chemotherapy drugs to spread quickly through your system. To direct chemotherapy to a more confined area of your body—to ensure a tumor is exposed to more of the drug—your doctor may insert a catheter directly into that area or into a blood vessel supplying the tumor.

Because chemotherapy drugs can affect healthy cells, one of their disadvantages is that you may experience side effects, some being temporary and others longer term. Not every drug will cause every side effect, and every person reacts differently to chemotherapy treatments. Your doctor can tell you what to expect from your treatment.

Temporary side effects from chemotherapy treatments might include:

- Hair loss
- Dry mouth and mouth sores
- Difficult or painful swallowing
- Nausea and vomiting
- Constipation or diarrhea
- Fatigue
- Bleeding
- Susceptibility to infection
- Infertility
- Loss of appetite and changes in the way food tastes
- Memory impairment, sometimes referred to as “chemo brain”
- Liver damage, kidney damage, nerve damage

How long these temporary side effects last depends on what drug(s) you take and for how long. Most side effects will diminish shortly after you stop your chemotherapy treatments. Most short-term side effects can be reduced with medication. If side effects make you uncomfortable or if you experience

pain, tell your doctor. If you find that the side effects are more than you are willing to endure, you can change treatments.

Questions to ask your doctor about chemotherapy ...

Some questions you might want to ask your doctor or nurse about what to expect from chemotherapy treatment include:

- What is the goal of chemotherapy for my cancer?
- What are the chances that the chemotherapy will work?
- After chemotherapy, will I be cured, in remission, or relieved of my symptoms?
- Are there other ways to achieve the same goal?
- How will I know if the chemotherapy is working?
- If the chemotherapy does not work, are there other treatments for me?
- What are the potential risks and side effects of chemotherapy?
- Will chemotherapy restrict my diet, activities, work, exercise, sexual activity in any way?

Radiation therapy

Radiation therapy is one of the most common treatments for cancer. It is primarily used to treat certain types of cancer—for example, non-melanoma skin cancers, head and neck cancers, early-stage Hodgkin’s disease, and non-Hodgkin’s lymphomas. More than half of all people with cancer receive some type of radiation therapy to kill cancer cells. Radiation therapy may be your only cancer treatment, or it may be used in conjunction with other cancer treatments, such as surgery and chemotherapy.

Radiation therapy—also called radiotherapy or X-ray therapy—involves treating cancer with beams of high-energy particles, or waves, such as gamma rays or X-rays. Radiation treatments damage cells by destroying the genetic material that controls how cells grow and divide. And while both healthy and cancerous cells are damaged by radiation, the goal of treatment is to hurt as few normal, healthy cells as possible.

You may be worried about radiation destroying healthy cells as well as the cancerous cells. But radiation is much more harmful to cancer cells than it is to normal cells. This is because cancer cells divide more rapidly than do healthy cells. Cells are more vulnerable to damage when they’re dividing, making cancer cells more susceptible to radiation than normal cells are. In addition, normal cells can recover from the effects of radiation more easily than cancer cells.

Your doctor may suggest radiation therapy as an option at different times during your cancer treatment and for different reasons including:

- **Before surgery.** This is to shrink a cancerous tumor—called neoadjuvant therapy.
- **During surgery.** So large doses of radiation can be directed at a tumor.
- **After surgery.** The purpose is to stop the growth of any remaining cancer cells—called adjuvant therapy.
- **Combined with other treatments.** The purpose is to destroy cancer cells more effectively.

In addition, radiation therapy is sometimes used to shrink tumors to decrease the pressure, pain, or other symptoms that they may cause. This type of treatment is sometimes referred to as palliative care.

Radiation therapy can be delivered in two ways, externally or internally.

External radiation ...

External beam radiation is the most common method used. This radiation comes from a machine, such as a linear accelerator. It allows your doctor to treat large areas of your body and in multiple locations if your cancer has spread.

You typically receive external beam radiation on an outpatient basis on a schedule of five days a week for a period of one to eight weeks. In some cases, a single treatment may be used to help relieve pain or other symptoms associated with more advanced cancers.

During a treatment session, you'll be asked to lie down. You might be positioned with supports to keep you in place and with shields to block radiation from reaching certain parts of your body. The machine may rotate around your body to reach the target from different directions. Treatment sessions generally last 15 to 30 minutes.

Internal radiation ...

Also known as brachytherapy, internal radiation is typically used when your doctor needs to deliver a high dose of radiation to a small area. Rather than coming from machines outside your body, the radiation source is placed inside your body. Most often, the radioactive material is placed inside your tumor or very close to it.

Internal radiation can also be given intravenously through an IV, by mouth, or it can be injected into a body cavity. Your doctor may restrict how frequently and closely you have contact with people while you're receiving internal radiation treatment. This is because some treatments allow radiation to escape, and it's important to limit unnecessary radiation exposure to others.

Side effects of radiation therapy ...

Side effects of radiation therapy greatly depend on which part of your body is being radiated and how much radiation is used. You may experience no side effects at all, or you may experience several. Most side effects are temporary, can be controlled and generally disappear over time once treatment has ended. Some common side effects of radiation therapy included:

<u>Body part being treated</u>	<u>Common side effects</u>
Any part	Hair loss at treatment site Skin irritation at treatment site Fatigue
Head and neck	Dry mouth, thickened saliva, & difficulty swallowing Changes in the way food tastes Earaches Sore jaw Nausea
Chest	Difficulty swallowing Persistent cough Shortness of breath
Abdomen	Upset stomach (e.g. vomiting, nausea, & diarrhea)
Pelvis	Upset stomach (e.g. vomiting, nausea, & diarrhea) Bladder irritation Frequent urination Sexual dysfunction

Some side effects may develop later. Ask your doctor about potential side effects—both short and long term, immediate and delayed—that may arise after you've completed your radiation treatment.

Questions to ask you doctor about radiation therapy ...

Some questions you might want to ask your doctor or nurse about what to expect from radiation therapy treatment include:

- What is the purpose of radiation treatment for my type of cancer?
- Will it prevent or stop the spread of cancer?
- Will it destroy or shrink the tumor?
- What are the chances that radiation therapy will work?
- Are there other ways to achieve the same goal?
- If the radiation does not work, are there other available treatments for me?
- What are the potential risks and side effects of radiation?
- Will radiation therapy restrict my diet, activities, work, exercise, sexual activity in any way?

Combining therapies

Sometimes cancer treatments are used together. Combining treatments can:

- **Help you prepare for primary treatment.** Your doctor might recommend a treatment called neo-adjuvant therapy to prepare you for your primary therapy. For example, you doctor might use chemotherapy or radiation to shrink a tumor to a smaller size before surgery.
- **Help ensure cancer hasn't spread.** Adjuvant therapy is a treatment that comes after your primary treatment. It helps to kill cancer cells that may have been left behind after your primary treatment, including undetectable cells that may have traveled elsewhere in your body.
- **Help fight cancer side effects.** Treatment that isn't used to cure cancer but to instead improve your quality of life is called palliative treatment.

Clinical trials

Clinical trials are research studies that involve people. The main purpose of a clinical trial is to find a better way to prevent, diagnose, or treat a disease. Clinical trials are part of a long, careful research process. Individuals who participate in a clinical trial receive drugs or treatments that already have been successfully researched in laboratory settings. Most clinical trials study new drugs or treatment procedures.

Clinical trials are important to develop new cancer drugs and treatment plans. Many of today's standard cancer treatments are based on the results of previous clinical trials.

Anyone who participates in a clinical trial is a volunteer. You can choose to stop your participation at any time. You can ask doctor if you are a suitable candidate for clinical trials. Depending on your situation, you and your doctor can discuss the appropriateness of available clinical trials.

Internet resources for information on clinical trials ...

National Institutes of Health (NIH)

<http://clinicaltrials.gov>

This internet site emphasizes trials sponsored by the National Institutes of Health. To search for cancer trials, enter a type of cancer in the “search” box.

National Cancer Institute (NCI)

www.cancer.gov/clinicaltrials (phone: 1-800-422-6237)

To find cancer trials on the NCI internet site, click “Finding Clinical Trials”, then under “Use Other Web-Based Resources” click “Basic” or “Advanced” to use the search form.

American Cancer Society (ACS)

www.cancer.org (phone: 1-800-303-5691)

This internet site provides a list of over 3,000 clinical trials. To search online, under “Most Frequently Viewed Pages” click on “Find a Clinical Trial”. To narrow the search, follow the instructions.

Taking Care of Your Body during Treatment

Nutrition

Nutrition is an important part of cancer treatment that requires you make the effort to eat the right kinds of food. Good nutrition is very important to individuals with cancer because the disease, as well as the treatments, can negatively affect your appetite. Cancer and cancer treatments can also change your body's ability to tolerate certain foods and how your body uses nutrients. Your nutritional needs can change because of cancer so it is important to talk with your doctor, nurses, and nutritionist to determine what type and how much food you should eat.

Eating well while being treated for cancer can help you to:

- Feel better
- Help you maintain your strength and energy
- Keep your weight up
- Overcome treatment-related side effects
- Decrease your risk of infection
- Heal and recovery from treatment quicker

Eating well means eating a balanced diet of foods that provide you with the nutrients you will need to maintain your health while fighting cancer. These nutrients include protein, carbohydrates, fat, vitamins, minerals, and water. Eating the right kinds of foods with the right amount of nutrients before, during, and after treatment can help you feel better and stay stronger.

Suggestions for Eating Well

Individuals who eat well are better able to cope with the physical side effects of cancer treatment. Some suggestions for eating a healthy diet include:

- Choose a diet with many types of plant-based foods—substitute beans and peas for meat
- Try to eat at least 5 servings a day of fruits and vegetables—these foods contain natural health-promoting substances
- Limit high-fat foods—choose lower-fat milk and dairy products, and use lower-fat cooking methods such as baking or broiling
- Limit the amount salt-cured, smoked, and pickled foods
- Drink alcohol in moderation, if at all
- Eat small, nutritious snacks throughout the day—examples of nutritious snacks include pretzels, granola, sports drinks, and canned fruit
- Eat several small meals and snacks each day rather than three large ones

- When possible, eat a variety of protein-rich snacks—for example, yogurt, cereal and milk, cheese and crackers, and nuts
- Eat your favorite foods any time of the day—for example, eat breakfast foods for dinner if they taste good to you
- Eat every few hours—don't wait until you feel hungry
- Try to eat high-calorie, high-protein foods at each meal and snack
- Drink most of your fluids between meals instead of with meals—this will prevent you from becoming too full to eat
- Drink high-calorie, high-protein drinks such as milkshakes and commercial liquid supplements—cold liquids are usually tolerated well
- Try nutrition bars and puddings
- Don't be afraid to try new foods—some foods you never liked before may taste good to you during treatment

Physical Activity

Physical exercise provides many benefits during cancer treatment such as helping to maintain muscle mass, strength and endurance, and bone strength. In addition, light exercise such as walking before eating can increase your appetite. Physical activity can aid in reducing depression, stress, and constipation.

When considering an exercise program, talk with your doctor first. The symptoms of cancer and the side effects of cancer treatment may limit your ability to engage in normal physical activity; however, light exercise involving walking between 5 and 30 minutes 3 to 5 days each week may be acceptable assuming your body can tolerate it and your doctor permits you to engage in physical activity.

Adjusting to Life after Cancer Treatment

There are many things that will likely be on your mind after you finish your treatment. Often emotional and psychological concerns surface following treatment. If you find yourself unprepared to deal with such concerns, contact your doctor to get the help you need. It's important that you be prepared for what life may be like after cancer treatment.

Stress ...

When you were diagnosed with cancer, you might have devoted all your time to focusing on your treatment and getting healthy again. Now that you've completed treatment, your focus is back on the things that you did before. However, you may not be ready or able to take care of all of your responsibilities. This can make you feel stressed and overwhelmed.

Don't feel you need to do everything that you did before. Take time for yourself as you try to get your daily routine back on track. Try exercising to build up your strength, talking with other survivors, and taking time for activities you enjoy. This approach can help you to manage your life and limit stress.

Depression and anxiety ...

Lingering feelings of sadness and anger can interfere with your daily life. For many people these feelings will dissipate. But for others, these feelings can develop into depression. If you're feeling depressed, tell your doctor who can refer you to a counselor for talk therapy or provide you with medication that can help.

Though you might be reluctant to discuss your feelings for fear you might show signs of weakness, know that depression is common in cancer survivors. Early diagnosis and prompt treatment are keys to successfully overcoming depression.

Self-consciousness ...

If surgery or other treatment changed your appearance, you might feel self-conscious about your body. Changes in skin color, weight gain or loss, or the loss of your hair might make you feel like staying at home rather than being around other people. You might withdraw from friends and family. And self-consciousness can strain your relationship with your partner if you don't feel worthy of love or affection.

Learn to focus on ways cancer has made you a stronger person and realize that you're more than the scars that cancer has left behind. When you're more confident about your appearance, others will feel more comfortable around you.

Loneliness ...

You might feel as if others can't understand what you've been through, which makes it hard to relate to other people leading to loneliness. Friends and family might be unsure of how to help you, and some people may even be scared of your cancer.

Don't deal with loneliness on your own. Consider joining a support group with other cancer survivors who are going through the same emotions you are.

Guilt ...

If you knew other people with cancer who died of the disease, you might wonder why you lived. It's common to feel guilty about living when other people died. It's difficult to make sense of why some people with cancer live and others don't. But maybe it's best not to try to make sense of it. Instead, think about what you're going to do to make your life meaningful and give your survival purpose. Because you have experience with cancer, you might like to help other people who've just been diagnosed with your same disease.

Fear of recurrence in cancer survivors ...

Fear of recurrence is very common in cancer survivors. You might worry that every ache and pain is a sign that your cancer has returned. Eventually these fears will fade, though they may never go away completely.

Some things that you can consider doing to deal with your fear of recurrence are:

- Ask your doctor about what you can do to reduce your chances of recurrence.
- Take care of your body.
- Focus your mind on keeping yourself healthy.
- Eat a healthy diet with plenty of fruits and vegetables.
- If you have the energy, get some exercise and get enough sleep.
- Try to keep busy. Get out of the house and find activities that will take your mind off your fears.

Remain open to talking about your fears. Express your concerns to your friends, family, other cancer survivors, your doctor, or a mental health counselor. If you're uncomfortable with the idea of discussing your fears, try recording your thoughts in a journal.

Go to all of your follow-up appointments. You may fear the worst when it's time for your next follow-up clinic visit. Don't let that stop you from going. Use the time with your doctor to ask questions about any signs or symptoms that worry you. Ask about your risk of recurrence. When you have more information, you may find that you feel more in control.

Where to go for help ...

While experiencing any of these emotions is normal, that doesn't mean you have to suffer alone. If you find that your feelings are overwhelming you or interfering in your every day life, it's a good idea to consider getting some outside help.

Sometimes talking with friends or family can help. But you might feel like those people can't truly understand what you're going through if they haven't had cancer. You might consider:

Meeting with a counselor. Your doctor can refer you to a mental health professional who can help you sort through your emotions and come up with ways to deal with your feelings.

Contact other cancer survivors. Support groups, whether in your community or online, provide a great place to share your feelings and hear from others who are going through a similar experience. You can learn new ways of coping with fears.

Come up with your own plan for coping with your emotions. You know what works best for you. Have an open mind and try different strategies to find out what brings you the most peace and comfort.

Relationships with family and friends ...

Friends and family provide an important circle of support for cancer survivors. Learn how to nurture relationships so that you can avoid common problems. Your friends and family love you and are worried about you—but they may have strange ways of showing it. Some people withdraw and avoid talking to you. Others smother you and treat you like a child.

Whether you encounter problems with your relationships often depends on the strength of the relationships beforehand. Relationships that were already

strained tend to continue that way after cancer, sometimes completely falling apart. Strong relationships can become even stronger through the cancer experience.

Taking care of your body ...

The advice for cancer survivors is no different than the advice for anyone who wants to improve their health—get regular exercise and improve your diet. But for cancer survivors these strategies have added benefits. Research shows that simple steps can improve the quality of your life, smoothing your transition into survivorship. Follow this guide to take care of your body after cancer treatment:

- **Exercise.** Regular exercise increases your sense of well-being after cancer treatment and can speed your recovery. Cancer survivors who exercise often experience increased strength and endurance; stronger immune systems; fewer signs and symptoms of depression; less anxiety; reduced fatigue; less difficulty sleeping; improved mood; and higher self-esteem.
- **Eat a balanced diet.** Vary your diet to include lots of fruits and vegetables, as well as whole grains. When it comes to selecting your diet, the American Cancer Society recommends that cancer survivors:
 - Eat five or more servings of fruits and vegetables every day.
 - Choose healthy fats, including foods high in omega-3 fatty acids, rather than saturated fats or Trans fats.
 - Select proteins that are low in saturated fat, such as fish, lean meats, eggs, nuts, seeds, and beans.
 - Choose healthy sources of carbohydrates, such as whole grains, legumes, fruits, and vegetables.
 - Maintain a balanced diet that combines these recommended foods to ensure that you're getting plenty of the vitamins and nutrients you need to help make your body strong.
- **Maintain a healthy weight.** You may have gained or lost weight during treatment. Try to get your weight to a healthy level. Talk to your doctor about what a healthy weight is for you and the best way to go about achieving that goal.
- **Stop using tobacco.** If you use tobacco, now's the time to kick the habit once and for all. Tobacco use puts you at risk for several types of cancer. Stopping now could reduce your risk of cancer recurrence and also reduces your risk of developing a second type of cancer.

- **Drink alcohol in moderation, if at all.** If you choose to drink alcohol, keep it to a minimum. The recommended alcohol consumption for women and anyone over the age of 65 is no more than one drink a day; and men should drink no more than two drinks per day.

Follow-up care ...

One important part of your life as a cancer survivor is follow-up care. Here's a guide you should consider following once your cancer treatment ends to ensure that you receive the care you need:

- **Develop a schedule for follow-up care.** When you go for your first clinic visit following your cancer treatment, ask your doctor to design a schedule of follow-up care appointments for you. Your schedule will depend on the type of cancer you had, the treatments you received, and any side effects you experienced. Be aware that your health insurance plan may restrict the number of your follow-up care visits.
- **Expectations for follow-up care.** During follow-up appointments, your doctor will usually review your medical history, evaluate your current symptoms, and conduct a complete examination. Depending on the type of cancer and treatment you've had, your doctor may also do other tests including blood tests or imaging studies, such as X-rays and scans. In some instances, your doctor may order physical or occupational therapy to help enhance your recovery. Recommended screening tests for specific types of cancer include:

<u>Type of cancer</u>	<u>Recommended screenings following treatment</u>
Breast cancer	Monthly breast self exams Annual mammogram Physical exam every six months for the first five years and annually after that
Colon cancer	Carcinoembryonic antigen (CEA) may be tested every three months for the first two years, then every six months for three years
Ovarian cancer	Pelvic exam every two to four months for the first two years, then every six months for the following three years which may include a blood test for cancer antigen (CA) 125
Prostate cancer	Annual digital rectal exam Prostate-specific antigen (PSA) test every six months for the first five years, followed by annual PSA testing

Melanoma

Complete skin exam annually, more often if cancer was more advanced

- **What you should be looking for.** After your treatment you might be worried that any small change in your body could be a sign of cancer recurrence. Talk to your doctor about what signs to watch for. Don't be afraid to report any unusual or persistent symptoms. During your follow-up appointment, tell you doctor about:
 - Any signs or symptoms you fear may be a sign of cancer recurrence.
 - Any side effects that make it difficult for you to go about your day, such as fatigue and pain.
 - Any feelings you have, such as depression or anxiety, that make it difficult for you to go about your day.
 - Any changes in your family medical history.
 - other health problems you are experiencing.
- **Keep copies of your medical records.** Your records have relevant information about your cancer and your treatment. During follow-up appointments, your doctor—or any doctors you meet with in the future—will want to review your medical records. Your records show which treatments you received and what treatments could be considered in the future should your cancer ever return.

Managing challenges at work ...

Whether you return to work after time off or continue working during your cancer treatment, you'll likely face some obstacles at your workplace.

Prepare yourself by planning ahead. Consider the following:

- **Who needs to know about your cancer.** You need to decide whether you want your co-workers to know about your cancer and, if so, how open you want to be about what you're going through. Do what is most comfortable for you.
- **What to expect from your co-workers.** Everyone deals with the news of cancer differently. Many of your co-workers will have questions and concerns. Determine how you want to interact with people at work; they will normally take their cues from you.
- **Educate your co-workers about cancer.** If you feel it would be beneficial, organize meetings with co-workers to talk about cancer. Correct people who make inaccurate assumptions about you based on the fact that you have cancer.

- **Make work manageable.** Depending on your job responsibilities, you might need special accommodations at work. Talk with your supervisor about what changes can be made. Fatigue is common during and after cancer treatment, so plan accordingly.
- **Know your rights at work.** People who become ill are offered protection from discrimination on the job. The Americans with Disabilities Act states that you must be given “reasonable accommodations” to continue doing your job, if necessary. The Family and Medical Leave Act allows you to take up to 12 weeks of unpaid leave from work for a serious medical condition without losing your job.

In addition, your state may have laws to protect you from employment discrimination. For questions regarding your particular situation, speak with someone from your employer’s human resources department, or consult an attorney regarding any discrimination concerns that you may have.

Finding support from others ...

In a support group, you’ll find people with problems similar to yours. Cancer support groups can offer you help dealing with your emotions, practical information, and tips on how to cope with life after cancer treatment. The key is finding a support group that matches your needs and one in which you feel connected to group members.

There are different types of cancer support groups designed for different purposes. In general, support groups are led by a professional such as a psychologist, counselor, nurse, or social worker, and emphasize education, emotional support, and the shared experiences of group members. Some support groups are specific to the type of disease, such as breast cancer, while others have a broader focus.

In addition to traditional support groups, the Internet offers online support groups. Telephone-conference groups and peer-to-peer support are now available through several national organizations, like the American Cancer Society. Internet and telephone options enable you to participate in group support without having to leave your home.

Tips for Caregivers

Caring for a loved one with a serious disease like cancer can be both a deeply rewarding and stressful experience. People who serve as caregivers are affected by their loved one's diagnosis of cancer. Here are some tips to help you deal with your experience as a caregiver:

- Give yourself and your loved one time to adjust to the diagnosis.
- Giving care to a loved one requires patience, flexibility, courage, and a sense of humor.
- Good communication is essential to learning how best to work with your loved one.
- Talk with your loved one about the future. Hope is very important.
- Plan special times together with your loved one away from the routine of treatment.
- As a caregiver, you can choose to take the primary caregiver role or, depending on the level of support from family and friends, divide it between two or more people.
- Being a caregiver can affect you emotionally, physically, and financially. If you have difficulty coping, get help. It's okay to ask for help from others.
- To better understand your loved one's diagnosis, treatment, and prognosis, be an active participant during clinic visits.
- Recording information in a notebook or in this Care Journal during your loved one's appointments will help you stay organized.
- Encourage your loved one to engage as much as possible in normal daily activities.
- Give yourself permission to feel emotions about your loved one's situation, and confide in a friend or mental health professional to gain insight and support.

- Use caregiver support groups and online resources to get information and support.
- To help reduce your stress, make time for regular exercise, meditation, or some other form of relaxation.
- If care is long term, arrange for periods of relief and take a short break to recharge.
- Attempt to maintain as much of your routine as possible, but recognize that you may need to alter some of your daily activities if you are the primary caregiver.
- Remember to take care of your needs by getting adequate rest and nutrition, and take time for personal care.
- Designate someone to help field phone calls regarding your loved one's progress.
- Allow yourself private time to do nothing or to do something that is important to you.
- Spiritual support through prayer or the guidance of a spiritual leader can be helpful.
- Rely on Touro Cancer Center's team of professionals for information and support.

Glossary of Cancer Terms

Benign	not cancerous.
Biopsy	the removal of a small section of the tumor that will be analyzed to establish an exact diagnosis. A needle biopsy is a common procedure where a needle, sometimes a very fine needle is used to take a tiny sample of the tumor. Occasionally a surgeon may remove the whole tumor prior to diagnosis which is called a resection biopsy.
Blood lab work	blood analysis to determine if the patient meets the parameters for treatment.
CAT scan	Computerized Axial Tomography creates a cross-sectional x-ray picture of a “slice” of the body. The machine rotates around the patient taking x-rays from different angles. The images are then processed by a computer.
Central line	a thin plastic line placed into a vein in the chest used for the delivery of chemotherapy.
Chemotherapy	the use of drugs in the treatment of cancer. Chemo means chemicals and most types of cancer chemotherapy consist of a number of different drugs which is known as combination chemotherapy.
Chest x-ray	gamma rays which are reflected on a metal plate. X-rays can be taken of any area of the body, which can reveal suspicious areas.
Colonoscopy	an elongated flexible endoscope is used to permit visual examination of the entire colon.
Curative	treatment to destroy the entire cancer.
Cytotoxic drugs	cytotoxic drugs kill or damage cells. An example of cytotoxic drugs is chemotherapy which is designed to kill cancer cells by stopping them from growing.

Diagnostic	a procedure to investigate or reveal an abnormality within the body.
Differentiation	where normal cells go through physical changes in order to form the different specialized tissues of the body. Malignant cells may range from well-differentiated (closely resembling the tissue of origin) or undifferentiated (not similar to the tissue of origin). In general, undifferentiated cells are more aggressive.
Drug resistance	where tumor cells become resistant to chemotherapy. Some tumor cells will be chemo-sensitive and are killed by anticancer drugs. The cells that remain are likely to be more resistant to a particular drug, a class of drugs, or all drugs.
Ductography	a special type of contrast enhanced mammography used for imaging the breast ducts. It can aid in diagnosing breast cancer.
Echocardiography	a method of graphically recording the position and motion of the heart walls or the internal structures of the heart and surrounding tissue.
Electrocardiogram	a graphic tracing of the variations in electrical potential caused by the excitation of the heart muscle and detected at the body surface.
Fields	direction in which the area is being treated.
Hematology	the branch of medicine that specializes in the study and treatment of blood and blood tissues.
Histopathology	the study of cells relating to the disease.
Linear Accelerator	a machine that uses high power x-rays to give the treatment dose.
Malignant	cancerous, where the tumor grows uncontrollably and may spread.

Medical imaging	medical imaging is used in oncology to locate the presence of cancer by use of several different methods including x-ray, CT scan, MRI, or ultrasound.
Metastasis	where the tumor has spread to other parts of the body beyond the primary site.
MRI	Magnetic Resonance Imaging used to determine if the biochemical activity of a tissue responds normally to magnetic forces. Tumors may give an abnormal signal.
Neoplasm	a growth that starts from a single abnormal cell.
Oncology	the branch of medicine that specializes in the study of tumors.
Palliative	treatments designed to relieve symptoms, such as pain.
Pathology	the study of the disease.
PET Scan	Positron Emission Tomography, an imaging technique that assists physicians in the diagnosis and management of disease. This process produces pictures of the functions of the human body unobtainable by other imaging techniques.
Post-operative	after surgery.
Pre-operative	before surgery.
Primary (Cancer) Site	the body part in which cancer first develops.
Prognosis	the expected outcome of a disease and its treatment. Depending on the particular type of cancer, prognosis may be influenced by a variety of factors such as stage, age, and site.
Protocol	treatment plan designed with the intention of improving therapy or decreasing side effects.

Radiation therapy field	the area towards which the radiation therapy is directed.
Refractory	when the cancer is resistant to treatment.
Relapse	when the disease reoccurs after a period of remission.
Remission	where the symptoms of cancer are no longer present. There is no longer any evidence of the disease using the available investigation and detection techniques.
Resection	the complete or partial removal of a tumor during surgery.
Restaging	where the patient is staged again after a period of treatment to assess the response to therapy.
Staging	where the disease is categorized as to how far it has spread. The precise staging system used will depend on the type of cancer the patient has. In general, low stage patients are those with localized tumors that are more easily treatable while high stage patients are those with widespread metastases. The treatment given may largely depend upon which stage the patient is at diagnosis.
Tumor	any abnormal lump, bump, or mass tissue that is related to disease.
Tumor markers	substance in the body that may indicate the presence of cancer. Markers may be secreted by the tumor itself or produced by the body in response to the cancer. Tumor markers may aid diagnosis or give an indicator of how treatment is progressing.
Ultrasound	sound waves are used to image the underlying structures of the body. Ultrasonic waves are reflected differently depending on the type of tissue they pass through, aiding in the detection of abnormal tissues.

Contact Information

To contact a team member during their regular business hours, please call one of the phone numbers listed below:

TOURO CANCER CENTER

Women's Imaging Center	Office: (504) 897-7943
Adult Infusion Clinic	Office: (504) 897-8202
Radiation Oncology Clinic	Office: (504) 897-8387

TOURO SUPPORTIVE CANCER CARE CENTER

Information Line	Main: (504) 897-8678
<ul style="list-style-type: none">• Support Groups & Workshops• Patient Resource Library• New Patient Orientation• Patient Navigation Services• Supportive Counseling Services	

COUNSELING SERVICES/SUPPORT GROUPS

Robert Gardner, Ph.D. – Clinical Mental Health Counselor	Office: (504) 897-8209 Cell: (504) 270-8099
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PATIENT NAVIGATION

Lori Dean, RN – Nurse Navigator	Office: (504) 897-7014 Pager: (504) 668-0642
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MINISTRY SERVICES

Father Doug Brougher – Catholic Chaplain	Office: (504) 897 8177 Pager: (504) 897-7011
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Rev. Jane Mauldin – Chaplain	Office: (504) 897-7262 Pager: (504) 213-0245
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Your Treatment Calendar

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Your Treatment Calendar

Month: _____

Year: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Appointment Record

Appt. Date: _____ Appt. Time: _____ Appt. Location: _____

Exam Visit									
Information to Report:									
<i>Pain Scale</i>									
no pain			moderate pain				extreme pain		
1	2	3	4	5	6	7	8	9	10
<i>Fatigue Scale</i>									
no pain			moderate pain				extreme pain		
1	2	3	4	5	6	7	8	9	10
<i>Anxiety & Depression (Distress) Scale</i>									
no pain			moderate pain				extreme pain		
1	2	3	4	5	6	7	8	9	10
<i>Treatment Side Effects</i> _____									

Exam Results
Lab Results _____

Test Results _____

Exam Results _____

Treatment Planning
Radiation Therapy - Questions to ask (p 23 of <i>Cancer Care Guide</i>)
Start Date _____
Treatment Schedule _____

Chemotherapy - Questions to ask (p 20 of <i>Cancer Care Guide</i>)
Start Date _____
Treatment Schedule _____

Treatment Notes _____

Care at Home		
Medication	<i>Dosage</i>	<i>Frequency</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
OTC Medication	<i>Dosage</i>	<i>Frequency</i>
_____	_____	_____
_____	_____	_____
Diet/Nutrition _____		

Exercise _____		

Special Needs _____		

Questions & Answers / Notes

Appointment Record

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Questions & Answers / Notes

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_____	_____	_____
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_____	_____	_____
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Questions & Answers / Notes

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OTC Medication	<i>Dosage</i>	<i>Frequency</i>
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Care at Home		
Medication	<i>Dosage</i>	<i>Frequency</i>
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Questions & Answers / Notes

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Medication	<i>Dosage</i>	<i>Frequency</i>
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_____	_____	_____
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<i>Anxiety & Depression (Distress) Scale</i>									
no pain			moderate pain				extreme pain		
1	2	3	4	5	6	7	8	9	10
<i>Treatment Side Effects</i> _____									

Exam Results
Lab Results _____

Test Results _____

Exam Results _____

Treatment Planning
Radiation Therapy - Questions to ask (p 23 of <i>Cancer Care Guide</i>)
Start Date _____
Treatment Schedule _____

Chemotherapy - Questions to ask (p 20 of <i>Cancer Care Guide</i>)
Start Date _____
Treatment Schedule _____

Treatment Notes _____

Care at Home		
Medication	<i>Dosage</i>	<i>Frequency</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
OTC Medication	<i>Dosage</i>	<i>Frequency</i>
_____	_____	_____
_____	_____	_____
Diet/Nutrition _____		

Exercise _____		

Special Needs _____		

Questions & Answers / Notes

Appointment Record

Appt. Date: _____ Appt. Time: _____ Appt. Location: _____

Exam Visit									
Information to Report:									
<i>Pain Scale</i>									
no pain			moderate pain				extreme pain		
1	2	3	4	5	6	7	8	9	10
<i>Fatigue Scale</i>									
no pain			moderate pain				extreme pain		
1	2	3	4	5	6	7	8	9	10
<i>Anxiety & Depression (Distress) Scale</i>									
no pain			moderate pain				extreme pain		
1	2	3	4	5	6	7	8	9	10
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Medication	<i>Dosage</i>	<i>Frequency</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
OTC Medication	<i>Dosage</i>	<i>Frequency</i>
_____	_____	_____
_____	_____	_____
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Exercise _____		

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OTC Medication	<i>Dosage</i>	<i>Frequency</i>
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Exercise _____		

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OTC Medication	<i>Dosage</i>	<i>Frequency</i>
Diet/Nutrition _____		

Exercise _____		

Special Needs _____		

Questions & Answers / Notes

Contact Phone List

TOURO CANCER CENTER

Medical Oncologist

Name: _____

Phone: _____

Clinic Nurse

Name: _____

Phone: _____

Radiation Oncologist

Name: _____

Phone: _____

Radiation Nurse

Name: _____

Phone: _____

Infusion (Chemotherapy) Nurse

Name: _____

Phone: _____

Counseling Services

Name: _____

Phone: _____

Patient Navigator

Name: _____

Phone: _____

Other

Name: _____

Phone: _____

Other

Name: _____

Phone: _____

ADDITIONAL MEDICAL PROFESSIONALS

Primary Care Physician

Name: _____

Phone: _____

Referring Physician

Name: _____

Phone: _____

Dentist

Name: _____

Phone: _____

Surgeon

Name: _____

Phone: _____

FAMILY AND FRIENDS

Family Member / Friend

Name: _____

Phone: _____

Family Member / Friend

Name: _____

Phone: _____

Family Member / Friend

Name: _____

Phone: _____

Family Member / Friend

Name: _____

Phone: _____

Physical Location

Touro Cancer Center
1401 Foucher Street
New Orleans, LA 70115

Mailing Address

Chemotherapy: 5th floor Touro
Radiation Therapy: 1st floor Touro
InPatient Oncology: 5th floor Touro

**Supportive Cancer
Care Center**



Touro Infirmary
1401 Foucher Street
New Orleans, LA 70115

504-897-8678