



**YOUR CANCER CARE,
CLOSE TO HOME.**

MaineHealth
CANCER CARE

PART OF THE MAINEHEALTH CANCER CARE NETWORK

TO OUR NEW PATIENT

Thank you for choosing to partner with MaineHealth for your care. We know you are on a journey you did not plan for and we will do all we can to earn your trust.

Caring for a person touched by cancer involves so much more than prescribing medications. Our comprehensive team of exceptional board certified physicians, advance practice providers, nurses, nutrition and rehabilitation specialists, social workers, and financial counselors will work tirelessly with you to meet your needs and develop a care plan personalized for you. Additionally, as part of a coordinated statewide collaboration of some of the most talented cancer care providers in Northern New England, the MaineHealth Cancer Care Network is designed to reduce the need for travel by connecting cancer experts with cancer patients as close to home as possible.

Cancer is a formidable foe, but we will fight this battle together. Your path will sometimes be difficult, but as a team, we will work through those challenges. As you prepare for the journey, it is our hope that this guide-book will help answer some of your questions and help you connect to the people that will best serve your needs.

We are honored that you have chosen us to provide your medical oncology care and we will work to ensure that you are receiving the most advanced cancer care close to home. Please do not hesitate to reach out if we can answer any additional questions.

Amit Sanyal, MD
Medical Director



“Our way is not soft grass, it’s a mountain path with lots of rocks. But it goes upward, forward, toward the sun.”

— Ruth Westheimer



YOUR CANCER CARE TEAM

“Individually, we are one drop. Together, we are an ocean.”

— Ryunosuke Satoro

At **MaineHealth Cancer Care**, you have access to a multidisciplinary cancer care team. Below is an overview of some of our team members. Not every patient will see all of these professionals. You and your medical oncologist will decide which members are needed on your team to ensure you receive the best care.

YOUR CARE TEAM

You: You are the most important member on this team and we will be present for you. Please ask us your questions, share your concerns and tell us what you’re thinking and feeling.

Your family and friends: We welcome your loved ones as part of your cancer care team.

Medical oncologist: We are your medical oncology provider. A medical oncologist is a doctor who treats cancer using chemotherapy or other medications such as immunotherapy and targeted therapy. This type of doctor also coordinates care among other cancer specialists who focus on prevention, treatment, and clinical trials. Some of our medical oncologists also specialize in hematology. Hematologists are specifically trained in the diagnosis and treatment of blood disorders. Our medical oncologists are supported by physician assistants (PA), nurse practitioners (NP), nurses, and medical assistants.

Radiation oncologist: A radiation oncologist is a doctor who treats cancer using radiation — strong beams of energy — to kill cancer cells. These doctors are supported by a team of physicists, dosimetrists, nurses, and radiation therapists who work together to create and deliver the treatment as prescribed by the doctor. Our radiation oncologists use the newest and most advanced technology to treat cancer, including volumetric modulated arc therapy (VMAT), image guided radiotherapy (IGRT), intensity-modulated radiotherapy (IMRT), stereotactic body radiation therapy (SBRT), stereotactic radiosurgery (SRS), and high dose rate brachytherapy (HDR).

Surgical oncologist: A surgical oncologist is a medical professional who treats disease by performing an operation (surgery) to remove a tumor or affected area that has cancer in it. The MaineHealth Cancer Care Network has many different types of surgeons — including specialty and subspecialty trained surgeons — to meet your surgical needs.

Palliative care professional: Palliative care professionals (doctor, nurse practitioner or social worker) work with you to help manage the physical and emotional symptoms of cancer and treatment. This team can also help you determine your goals for your treatment. As part of the team, they will often see you early during your cancer journey to make sure symptoms related to the cancer are as well controlled as can be and you have the best possible quality of life.

Pharmacist and IV therapy nurse: If your treatment includes intravenous (IV) chemotherapy or immunotherapy, a pharmacist and IV therapy nurse will work together to give you this medication. The pharmacist will ensure you receive the correct medication, the correct dose, and that it is mixed properly by the pharmacy technicians. The pharmacist can also provide information about your chemotherapy and answer any questions you have about these medications, including side effects and drug interactions. The nurse will give you your infusion. We have infusion centers located in our medical oncology offices as well as many other locations around the MaineHealth Cancer Care Network.

SUPPORTIVE SERVICES

Financial counselor: For many people, the cost of cancer care can be a concern. Please talk to us about your financial concerns. We have an Oncology Patient Financial Navigator who can help you or a loved one better understand what your insurance will cover (pay for). They can also answer questions about medical bills and help you find resources to assist with the cost of care or the cost of some of the support services you may need, such as wigs or transportation.

Genetics physician and counselor: The MaineHealth Cancer Care Network Cancer Risk and Prevention Program offers genetic counseling, testing and support to people with a known or possible genetic (hereditary) cancer risk.

Laboratory: You will need to have your blood drawn for different tests during your treatment — you may hear us refer to this as “bloodwork”. For most people, bloodwork is done on a regular schedule, and then more often when your doctor feels it is needed.

NorDx laboratories are located in our medical oncology offices and at many other locations throughout Maine. **To avoid delays on the day of your scheduled treatment and to make sure that you and your doctor have all the necessary information during your visit, we strongly urge you to get your blood work done the day before your visit.** For locations, visit: mainehealth.org/nordx/patient-service-centers

Oncology dietitian: An oncology dietitian specializes in food and nutrition for people who have cancer. A dietitian can help you with strategies to eat well during and after treatment.

Oncology social worker: Our oncology social workers are licensed clinical social workers who specialize in helping people cope with the stresses of cancer diagnosis and treatment. The services they offer include counseling, stress management and parenting and caregiver support.

Patient navigator: Our patient navigators are nurses who work with people who are suspected of having cancer or who have just been diagnosed. Modern cancer care is complex and involves many different specialists, and navigators can guide you and your family through these steps in your cancer journey.

Physical, occupational or speech therapists: These professionals can help with things like balance, chronic pain, mobility, and bathing and dressing. A speech therapist works to reduce the effects of chemotherapy and radiation treatment on swallowing.

Radiologist: These professionals are medical doctors who use CT scans, MRIs and other medical imaging to diagnose and treat health conditions, including cancer. MaineHealth offers radiology services at each of our hospitals and in some outpatient locations. These doctors are supported by radiology technologists who are usually the staff member performing the imaging test.

“Alone We Can Do So Little. Together We Can Do So Much.”

— Helen Keller



CANCER SURVIVORSHIP

Survivorship begins as soon as a diagnosis of cancer is made. Any person with a history of cancer is considered a cancer survivor from the time of diagnosis through the balance of life, and includes living with, through, and beyond a cancer diagnosis.

WHAT IS SURVIVORSHIP?

Survivorship is the process of anticipating and addressing effects of a cancer diagnosis and treatment over time.

Our survivorship clinic is designed to help with developing a survivorship care plan, monitoring for cancer recurrence, screening for any new cancers as well as steps to prevent cancer development.



GERIATRIC ONCOLOGY

Increasing age is an important risk factor for cancer development. Age also brings with it other illnesses, medications, sometimes frailty that complicate cancer care. Our geriatric oncology program run by a specially trained geriatric oncologist in collaboration with your regular oncologist will ask what matters to you and design a care plan around your wishes and special needs.





GETTING READY FOR YOUR FIRST APPOINTMENT

OFFICE LOCATION AND APPOINTMENT TIME

Your appointment time and location were given to you on the phone when we set up your first visit. You may have also received a letter. If you do not have this information, please call us. Directions are included on a separate handout in this folder titled: Driving Directions. If you have any questions or cannot find this information, please call our office.

WHAT TO BRING WITH YOU

- If you received any new patient paperwork in the mail, bring the completed forms.
- Your insurance card and photo ID.
- A list of all medicines and supplements you take — both prescription and over-the-counter.
- A notebook to write things down.
- Questions for us — we want to answer any questions you have at any point during your time with us.

We are a fragrance free facility. We ask that you do not wear fragrances to your appointment.

Do not worry about bringing copies of your medical records. We will work with the doctor who referred you to get the information we need.



WHAT TO EXPECT DURING YOUR FIRST VISIT

Your visit will start with one of our medical assistants. They will take your vitals (such as height, weight and blood pressure) and ask some medical history questions. Next, you will meet with your doctor to discuss your health issue and recommended next steps. This first visit is scheduled for 1 hour.

If your doctor wants you to have any tests or bloodwork done, our office will set these up. If you do not live nearby, please tell us. We may be able to schedule some tests or bloodwork closer to your home.

INSURANCE

We recommend that you call your insurance company before your first appointment with us. This way you can ask them if you will need to get a referral before meeting with members of our cancer care team and if they need to approve any treatment(s) before you start them. Check to see if you will have co-pays for your visit with us (a medical oncology visit). If you have any questions or need help, ask your doctor or nurse to talk with our financial counselor.



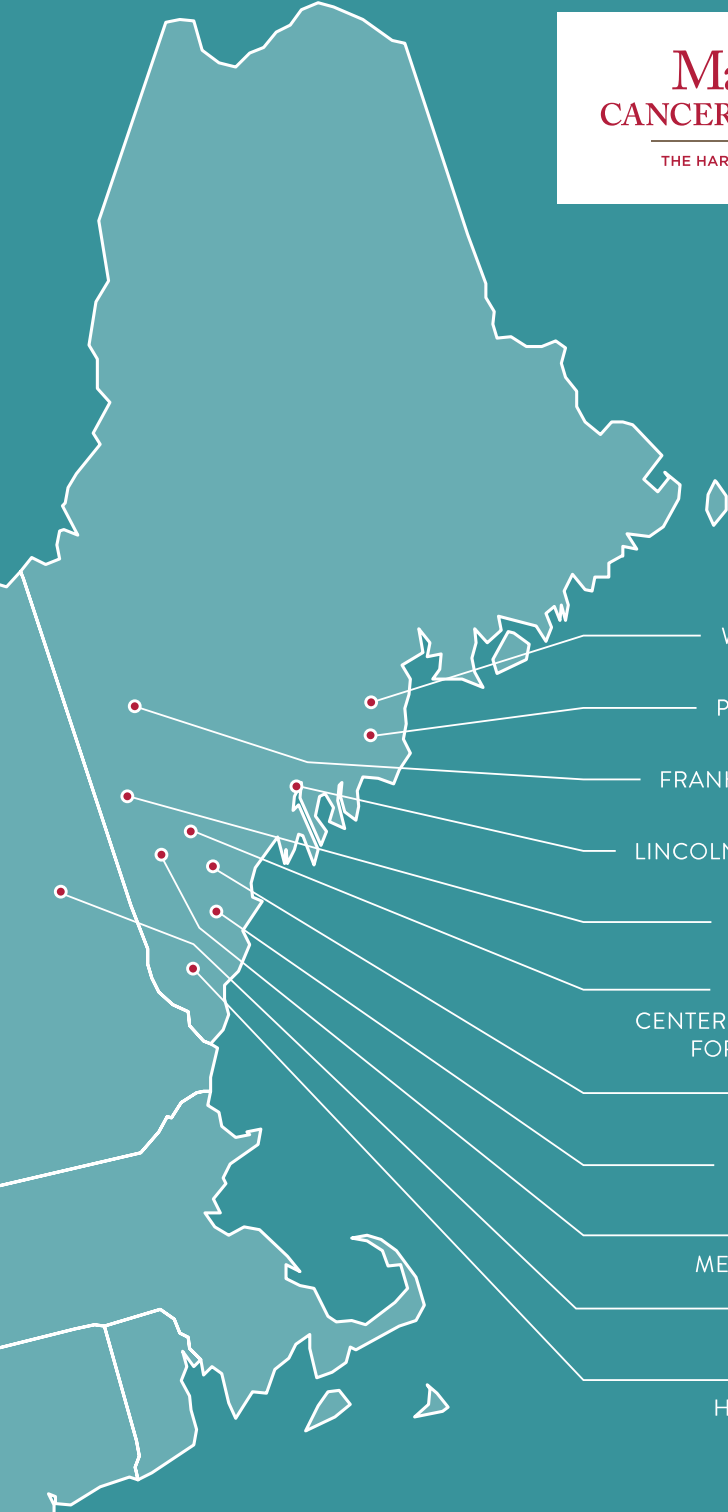
CARE CLOSE TO HOME

We are committed to keeping your care as close to home as possible. MaineHealth Cancer Care is part of the MaineHealth Cancer Care Network. Many of the common services our patients need are offered at other Network locations listed on this map. If you live far away, you can ask us about options closer to home for any appointment.

Even if you have to travel to a specific location for a part of your care, you may still be able to get the rest of your care closer to home.

MaineHealth CANCER CARE NETWORK

SUPPORTED BY
THE HAROLD ALFOND® FOUNDATION



WALDO COUNTY GENERAL HOSPITAL, BELFAST

PEN BAY MEDICAL CENTER, ROCKPORT

FRANKLIN COMMUNITY HEALTH NETWORK, FARMINGTON

LINCOLNHEALTH, DAMARISCOTTA AND BOOTHBAY HARBOR

WESTERN MAINE HEALTH, NORWAY

MAINEGENERAL MEDICAL CENTER HAROLD ALFOND CENTER FOR CANCER CARE, AUGUSTA

MID COAST HOSPITAL, BRUNSWICK

MAINE MEDICAL CENTER, PORTLAND

ST. MARY'S REGIONAL MEDICAL CENTER, LEWISTON

MEMORIAL HOSPITAL, NORTH CONWAY, NH

SOUTHERN MAINE HEALTH CARE, BIDDEFORD



CLINICAL TRIALS


Clinical trials are research studies where patients participate as volunteers. The goal of clinical research studies is to help scientists and doctors find better ways to treat disease. We are proud to be the only member organization in Northern New England of the prestigious National Cancer Institute's Community Oncology Research Program (NCORP). By being a member of this elite cancer research network, we can provide access to state-of-the-art clinical trials, including cancer prevention, screening, cancer control, quality of life, cancer care delivery research, and therapeutic trials. We welcome the opportunity to explore clinical trial options as part of your cancer care. The decision to join a trial is yours. We are always happy to answer any questions.

WHY DO SOME PATIENTS CHOOSE TO PARTICIPATE IN CLINICAL TRIALS?

With clinical trials, patients have a chance to play an active part in their own healthcare and help others. Trials may help patients directly by giving them access to a drug that is still being studied or a procedure that they would not otherwise be able to receive. Some patients agree to participate in trials that contribute to medical research to help find safer or better treatments for others — even if they may not receive any direct benefit from the research.

WHO CAN PARTICIPATE IN CLINICAL TRIALS?

Before you can take part in a clinical trial, you must first be screened to be sure you are right for the trial and that the trial is right for you. All trials follow guidelines for who can participate. For example, some



trials are looking to study people with a particular medical condition. Other trials might be looking to study an entire population of people, such as pregnant women.

WHAT HAPPENS IF I GET ASKED TO PARTICIPATE IN A CLINICAL TRIAL?

If you are asked to be in a trial, you will be given a consent form with information about the trial. You will also be given a chance to discuss the trial with a researcher and ask any questions. We encourage you to take time to think about your choice.

DO I HAVE TO PARTICIPATE IN CLINICAL TRIALS?

Your participation is voluntary. Meaning, it is entirely up to you whether you participate in any clinical trial. If you decide not to participate, you will receive the treatment that you would otherwise normally receive. If you choose to participate in a clinical trial, you have the right to leave at any time.

WHO APPROVES CLINICAL TRIALS?

All clinical trials have to be pre-approved by an Institutional Review Board (IRB) before people can be enrolled. The IRB is an independent group made up of medical experts, non-scientists and community members. It is the IRB's job to make sure the study is as safe as possible and that there are benefits to doing the research.



OTHER HELPFUL INFORMATION

CALLING OUR OFFICES

- Brunswick office phone number: 207-373-2266
- Sanford office phone number: 207-459-1666
- South Portland office phone number: 207-661-0200
- Norway: 207-743-2945
- North Conway: 603-356-4904
- Damariscotta & Boothbay Harbor: 207-563-4046
- Belfast: 207-505-4163
- Rockport: 207-301-8969
- Farmington: 207-779-2590
- Augusta: 207-621-6100
- Lewiston: 207-777-4420
- Maine Medical Center: 207-662-0111

When you call us, you will be asked to select the option that best fits your question. A few things to remember:

- If you have an urgent medical question, you can call us 24 hours a day, 7 days a week and someone will get back to you.
- Our regular office hours for scheduling or changing an appointment, refilling a prescription, or asking non-medical questions are Monday through Friday, 8 a.m.-5 p.m. We are closed on most major holidays.
- If you need a prescription refill, please call us at least 2 days before you need the medicine. This will ensure we have time to get the information to your pharmacy.

WHEN TO CALL OUR OFFICE

We want you to call us any time you have a question. There are some times when we need you to call us — when something is going on with your health that we need to know about. Your doctor will tell you the symptoms or changes in your health that you need to watch for and call us to report. These symptoms or changes may vary depending on the side effects of your treatment, so we will review this list at each visit. Before you leave any appointment with us, please be sure you know what to watch for and when to call us. As always, if you have any questions, please ask us.

Supportive Care Phone Numbers:

- Social Work: 207-396-8008
- Financial Services: 207-661-0160 or 207-661-0161
- Palliative care: 207-662-2847
- NorDx: 800-773-5814
- Radiology scheduling: 207-396-7750
- Medical Records: 207-662-2211

DEMPSEY CENTER

The goal of the Dempsey Center is to make life better for people managing the impact of cancer. Their services are free. The Dempsey Center has locations in South Portland and Lewiston. They offer massage therapy, Reiki and acupuncture to patients and caregivers, patient and family counseling services and support groups, one-on-one consultations for topics such as nutrition, and grief and bereavement counseling and support. To learn more visit dempseycenter.org or call 877-336-7287.

MAINEHEALTH'S ONLINE LIBRARY

Through MaineHealth's online library, you can borrow ebooks and audiobooks on cancer, complementary therapies, mindfulness-based stress reduction, nutrition, talking to kids about cancer, caregiving, survivorship, and more. Browse the books at **MaineHealthLRC.OverDrive.com**. Email your name and mailing address to **LearningCenter@MaineHealth.org** to receive your login information.

MYCHART

MyChart is your health record that you can access through the internet. You can view information about your medical visits, see your test results, request prescription refills and more. You can also communicate with your doctor through the messaging section of the site.

To sign up, visit **<https://mychart.mainehealth.org>**

WEBSITES

When you need health information, websites can be helpful resources. However, not all information on the internet is reliable or accurate. It is important to discuss any information you find online with your care team.

The list below are some of the common general cancer websites we share with our patients. You can also ask your care team for recommended websites based on your diagnosis or treatment.

- **Cancer.org** – American Cancer Society
- **Cancer.gov** – National Cancer Institute
- **Cancer.net** – American Society of Clinical Oncology Patient Website
- **NCCN.org** – National Comprehensive Cancer Network (Patient Resources Tab)

NOTES

Date	Describe your symptoms or other medical events

ASK THESE QUESTIONS BEFORE YOU LEAVE

What is my diagnosis?

What is my treatment plan?

What time and where is my next appointment?

Who did I meet with today?

NOTES



MaineHealth

CANCER CARE

A department of Maine Medical Center

[HTTPS://WWW.MAINEHEALTH.ORG/CANCER](https://www.mainehealth.org/cancer)