

Preventative Cancer Screenings

- **Colorectal Screenings**
- **Low Dose CT Lung Scans**
- **Mammograms**
- **Pap Test**
- **Skin Assessment**
- **Prostate Cancer Screenings**

Cancer Risk Reduction

- **HPV Vaccine**
- **Sunscreen**
- **Quit Tobacco Use** visit the website 802Quits.org for free Quit help
- **Free Workshops:** visit MyHealthyVT.org for additional resources



Our program has been fully accredited by the Commission on Cancer of the American College of Surgeons since 1992. We strive to meet the comprehensive needs of our patients through a collaborative approach.

We are fortunate to have an office of the Champlain Valley Hematology Oncology here on our campus for chemotherapy treatment. For patients who need Radiation Oncology as part of their treatment, we collaborate closely with University of Vermont Medical Center Radiation Oncology division and those services are provided at their site as an integrated approach to the patient's overall care.

Led by the Cancer Committee, our program goals include a focus on the diagnosis, treatment and follow up of patients with all cancer types, on an outpatient basis, in which we use a multidisciplinary approach to treatment.

We have an active Tumor Board and we participate in the state wide Vermont Cancer Registry. Our Cancer Committee includes clinical and non-clinical members from NMC, the University of Vermont Medical Center, The American Cancer Society, Vermonters Taking Action Against Cancer (VTAAC) and the Vermont Department of Health.

Northwestern Medical Center

www.northwesternmedicalcenter.org
133 Fairfield Street
St. Albans, VT 05478
nmccancerservices@nmcinc.org



Northwestern Medical Center

Screening & Diagnostic Services for Cancer

{ **Prevention and Detection** }
we do that here



Northwestern Medical Center
www.NorthwesternMedicalCenter.org

Diagnostic Test for Cancer Detection

Your cancer screening frequency will be individualized based on your medical history. Consult your oncologist or PCP.

- 3D Tomography Mammograms
- Breast Ultrasounds
- Ultrasound Guided Breast Biopsies
- Fine Needle Aspirations
- Prostate and Bladder Biopsies
- Diagnostic Colonoscopy
- Lymph Node Biopsies
- Pap Test
- Skin Biopsies



Cancer Survivorship Services

Jim Bashaw Fund

The Jim Bashaw Fund was established to provide financial assistance to residents of Franklin and Grand Isle Counties who are experiencing catastrophic illness from cancer or other causes.

How the fund helps:

Families often do not realize all of the costs that are encountered when a family member is ill. The fund can help provide financial assistance for items such as:

- Medications
- Medical equipment and supplies
- Transportation
- Private care/respite care
- Nutritional support
- Clothing/prostheses

Oncology Rehab and Lymphedema Services

Work with our team of physical and occupational therapists who will help you move better, reduce pain, restore function, and maintain daily living and work skills. We work with you to help you understand your body and reach your therapy goals. Often treatment focuses on adapting the environment, modifying the task, teaching the skill, and educating the patient and family in order to increase participation in, and performance of, daily activities.

American Cancer Society Support

Survivorship: During and After Treatment | American Cancer Society
(www.cancer.org/cancer/survivorship)

Genetic Counseling Referrals

Speak with your oncologist and PCP about genetic testing and a referral to a genetic counselor.

Survivorship Support

Healing Circle Cancer Support Group, meets the first Tuesday of every month at NMC.

Survivorship Checklist

Cancer is a lifetime diagnosis. Planning your next steps can help lead to a continued healthy life. Use the list below as talking points for you and your care team:

Care Plan:

- Ask for a written summary and care plan with clear explanations including your past treatment and plans for future testing and visits.
- What will treatment recovery be like?
- Any physical or emotional concerns you still have after treatment ends.
- Short and long term treatment side effects and what actions to take when they arise.
- Screening for recurrence or new cancers.
- Diet, exercise or other health recommendations.

Preventative Health:

- Who will manage your care after treatment ends (oncologist, PCP or both)
- How to coordinate care with your PCP ensuring your PCP understands your follow-up care
- Cancer Rehabilitation Therapy options to address potential side effects
- Schedule all necessary appointments.

Emotional/Mental Support

- Emotional or psychological concerns (anxiety, depression or other worries)
- Support/counseling for emotional, sexual or relationship issues
- Identify support groups or patient advocacy groups

Financial Health

- Financial concerns that may interfere with post-treatment care and resources for financial support
- Health insurance
- Family and Medical Leave Act (FMLA) information
- Problems at work you may face as a result of your treatment
- Dealing with any discrimination