WCA Patient Navigation Program

a cancer resource so patients and families can keep Movin' On . . .
WCA Hospital’s Patient Navigation Program is supported by a grant from the Western New York affiliate of the Susan G. Komen Breast Cancer Foundation, Inc.

This program is provided by WCA Hospital at no cost to the patient or family.

The Patient Navigator works with the patient’s doctor. A physician referral to the Patient Navigator is required.
We Listened. . .

Cancer survivors shared their stories with us. The care they received from their doctors and healthcare professionals was excellent. However, they needed someone to offer support and help them find the answers to questions that were not just health related.

They enlisted the assistance of WCA staff to design a program that fulfilled their needs. In 2006, their vision became a reality and the WCA Patient Navigation Program was born. The program includes a group of people who are specially trained to work hand-in-hand with doctors and other healthcare staff to help patients find the answers and support they need along their cancer care journey.
Award Winning Care!

WCA earned one of the nation’s most prestigious awards for excellence in cancer care. We were honored with a three-year approval with commendation from the American College of Surgeons Commission on Cancer. This agency sets the gold standard for cancer care. Our physicians and employees worked diligently to earn this exceptional recognition. Less than 25% of cancer programs across the country are approved by the Commission and only a small percentage of those have received three-year approval with commendation.
The Patient Navigator Can Connect You To:

- Local transportation
- Financial assistance
- Support services and groups
- Nearby sites for blood work
- Other survivors ~ American Cancer Society

Reach To Recovery Program

- Translation services
• Programs offering beauty tips and prosthetics

• Counseling services

• Lymphedema management

• Survivor information

• Outreach programs

• Prevention and screening programs

• Wellness programs
Leading The Way, WCA Offers:

- CAD Mammography (computer aided detection)
- Breast Ultrasound and Ultrasound Guided Mammography
- PET/CT
- MRI
- Sentinel Lymph Node Biopsy
- Lymphedema Management
- Brachytherapy
- Linear Accelerator
- 3D Treatment Planning System
Why Choose WCA?

Exceptional Standards:

• Board certified physicians
• FDA approved treatment in radiation therapy
• Accredited and given commendation by the Commission on Cancer of the American College of Surgeons
• Multidisciplinary team
• Lifelong patient follow-up through WCA Cancer Registry
• Cancer education
  & support team programs.
“Life is good after cancer.”
“Seventeen years later and I am still having fun with no evidence of disease . . . you can survive!”

Lori, ovarian cancer survivor
Survivorship Resources

WCA Patient Navigator  (716) 664-8677
WCA Cancer Treatment Center  (716) 664-8670

Breast Health
  Lymphedema Program  (716) 664-8660
  Women’s Imaging Services
  Mammography Scheduling  (716) 664-8448
  Mammography, Ultrasound, & Sterotactic Biopsy  (716) 664-8301
  Radiology/Nuclear Medicine  (716) 664-8211
  Partners For Prevention  (716) 665-3750

Finance & Billing Assistance
  Financial Counselor  (716) 664-8360

Mental Health Services
  24-Hour Information Line  (716) 664-8640

W.C.A. Services & Programs
  Case Management  (716) 664-8287
  Family Health Center (Primary Care)  (716) 664-8630
  Lifeline Program (Home Medical Alert System)  (716) 664-8410
  Nutrition Services  (716) 664-8436
  Patient Representative  (716) 664-8271
  Wellness Program  (716) 664-8677

W.C.A. Services Ambulance  (716) 484-2121

Laboratory Locations:
  JMHC (Jones Memorial Health Center)  (716) 664-8638
  Randolph Health Center  (716) 358-2015
  Lakewood Health Center  (716) 763-4611
  Outpatient Lab at Riverwalk  (716) 485-7787
  WCA Outpatient Lab  (716) 664-8161
On-Line Resources

WCA Hospital
www.wcahospital.org

Susan G. Komen Foundation
www.komen.org

Chautauqua County Steps to a Healthier NY
www.ccsteps.org

The American Cancer Society
www.acs.org

The Lance Armstrong Foundation
www.livestrong.org

The National Cancer Institute
www.cancer.gov

Cancer Care
www.cancercare.org
Members Of Your Cancer Treatment Team:

**Primary Care Physician (PCP):** A doctor who manages a person’s health care over time. He or she provides a wide range of care, including prevention and treatment, can discuss cancer treatment choices, and can refer a patient to a specialist.

**Medical Oncologist:** A doctor who specializes in diagnosing and treating cancer using chemotherapy, hormonal therapy, and biological therapy. A medical oncologist often is the main health care provider for someone who has cancer. They also give supportive care and may coordinate treatment given by other specialists.
“Cancer doesn’t have to mean life is over. . . You can come through it.”

Sue, breast cancer survivor
Radiologist: A doctor who specializes in creating and interpreting pictures of areas inside the body. The pictures are produced with x-rays, sound waves, or other types of energy.

Radiation Oncologist: A doctor who specializes in using radiation to treat cancer.

Pathologist: A doctor who identifies diseases by studying cells and tissues under a microscope.


You’re MovinOn...
“I really enjoy the little things in life now.”

J, prostate cancer survivor
Glossary of Terms*

Chemotherapy

Treatment with drugs that kill cancer cells. Chemotherapy requires varying lengths of treatment time depending on the patient’s needs. The medication is given while reclining in a comfortable chair or lying on a bed.

*Terms printed from National Cancer Institute website
Radiation Therapy

The use of high-energy radiation from x-rays, gamma rays, neutrons, and other sources to kill cancer cells and shrink tumors. Radiation may come from a machine outside the body (external-beam radiation therapy), or it may come from radioactive material placed in the body near cancer cells (internal radiation therapy, implant radiation, or brachytherapy).
“Humor helps, laughter is always good medicine.”

Elaine breast cancer survivor
Staging

Performing exams and tests to learn the extent of the cancer within the body, especially whether the disease has spread from the original site to other parts of the body. It is important to know the stage of the disease in order to plan the best treatment.

You’re MovinOn...
CAD Mammography

A new sophisticated Computer Aided Detection (CAD) tool, assists radiologists in analyzing mammograms. This technology helps in the early diagnosis of breast cancer.
PET Scan
(Positron Emission Tomography Scan)

A procedure in which a small amount of radioactive glucose (sugar) is injected into a vein, and a scanner is used to make detailed, computerized pictures of areas inside the body where the glucose is used. Because cancer cells often use more glucose than normal cells, the pictures can be used to find cancer cells in the body.

You’re MovinOn...
CT (Computed Tomography Scan)

A series of detailed pictures of areas inside the body taken from different angles. The pictures are created by a computer linked to an x-ray machine. It is also called computed tomography and computed axial tomography (CAT) scan.
Lymphedema

A condition in which excess fluid collects in tissue and causes swelling. It may occur in the arm or leg after lymph vessels or lymph nodes in the underarm or groin are removed or treated with radiation. If you are interested in learning more about lymphedema management and prevention, contact the WCA Occupational Therapy Program at (716) 664-8660.
MRI (Magnetic Resonance Imaging)

A procedure in which radio waves and a powerful magnet linked to a computer are used to create detailed pictures of areas inside the body. These pictures can show the difference between normal and diseased tissue. MRI makes better images of organs and soft tissue than other scanning techniques, such as CT or x-ray. MRI is especially useful for imaging the brain, spine, the soft tissue of joints, and the inside of bones. It is also called nuclear magnetic resonance imaging.
Linear Accelerator

A machine that uses electricity to form a stream of fast-moving subatomic particles. This creates high-energy radiation that may be used to treat cancer. Also called linac and MeV linear accelerator (mega-voltage linear accelerator).
“Fight cancer, conquer it, and then look forward to graduations, weddings, your grandchildren and all of the good things in life.”

Sandy
Breast Cancer Survivor
Sentinel Lymph Node Biopsy

Removal and examination of the sentinel node(s). These are the first lymph nodes to which cancer cells are likely to spread from a primary tumor. To identify the sentinel lymph node(s), the surgeon injects a radioactive substance, blue dye, or both, near the tumor. The surgeon then uses a scanner to find the sentinel lymph node(s) containing the radioactive substance or looks for the lymph node(s) stained with dye. The surgeon then removes the sentinel node(s) to check for the presence of cancer cells.

You’re MovinOn...
Breast Ultrasound

A procedure in which high-energy sound waves (ultrasound) are bounced off internal tissues or organs creating echoes. The echo patterns are shown on the screen of an ultrasound machine, forming a picture of body tissues called a sonogram. It is also called ultrasonography.

Ultrasound Guided Biopsy

A biopsy procedure that uses an ultrasound imaging device to find an abnormal area of tissue and guide its removal for examination under a microscope.
MoveOn today . . . the WCA Patient Navigation Program provides three ways to access the information contained in this book:

- Contact your primary care physician.
- Go online at www.wcahospital.org/cancer.
- Call the WCA Hospital Patient Navigator at (716) 664-8677.
Patient Navigation Program
WCA Hospital
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Jamestown, NY 14702-0840
(716) 664-8677