

ADVENTIST HEALTH PORTLAND

Coping with cancer

A resource guide for our patients



Commitment to caring



A team of specialists

Our expert providers and staff deliver medical excellence with compassion. We offer a full range of diagnostic and treatment options for all types and stages of cancer. We also collaborate closely with OHSU Knight Cancer Institute, East Portland, which is located on our Adventist Health Portland campus.

You deserve cancer care as unique as you are. You are a whole person — body, mind and spirit. We understand cancer isn't just about your body. It's about your life. That's why our team is here to help you every step of the way.

Our multidisciplinary team of caregivers provide a wide range of services:

Coordinating your care

Cancer care navigator

Your cancer care nurse navigator can help guide you through every step — from diagnosis and treatment through recovery and survivorship. The navigator helps connect you to resources you may need, such as financial planning and answers about your treatment plan.

Cancer conferences

Providers from many areas of medicine meet twice a month to discuss the care of cancer patients. These experts review and coordinate treatment plans for each patient.

Cancer registry

The Adventist Medical Center Cancer Registry collects demographic, cancer identification, treatment and follow-up data on each of our cancer patients. We use this data to evaluate the results of treatment and quality of care — as well as plans for future patient services — to provide the best possible care for all our patients.

Cancer support services

Cancer support services are supported by a licensed clinical social worker. Call us at 503-251-6676.

Support services and wellness

Home health

Our home health team provides skilled care to homebound patients receiving cancer treatments.

Nutritional support

Our registered dietitians provide counseling and education to support healthy eating during cancer therapy. They may advise you to take extra vitamins or follow specific diets to help you recover.

Pain management

Your comfort is our priority. We have medicine that can help with pain, but sometimes that isn't enough. Then we consult a pain specialist. If needed, the pain specialist may give nerve shots or place an infusion pump. We also offer emotional and spiritual support, physical therapy and counseling.

Palliative care and hospice

Palliative care treats the symptoms, pain and stress from illness. Our care team works closely with you, your family and your primary physician to meet your care goals. Our hospice care program provides medical care as well as supportive social, emotional and spiritual services to the terminally ill and their families. You can contact our bereavement coordinator for families at 503-251-6192.

Rehabilitation

Rehabilitation therapy can lessen symptoms and promote quality of life before, during and after cancer therapy. Our specialty rehab team offers specific therapies for cancer and cancer treatment side effects, such as memory skills and muscle weakness. We also have special training to prevent and treat lymphedema after breast surgery.

Social services

Social workers are available to provide support over the phone though one-on-one appointments.

Spiritual care services

The spiritual care team is here to help you in keeping your mental and spiritual health strong and positive during the physical challenges of cancer. Chaplain services are available 24 hours a day.

Stoma care

Some people may get surgery to create a stoma, an opening into the body for feeding, passing urine or other reasons. We teach you and your family how to care for your stoma and equipment.



Adventist Health Portland's cancer care program has been an accredited Community Cancer Program for more than 30 years.

The latest information

ADDITIONAL RESOURCES

American Cancer Society

503-295-6422

cancer.org

Leukemia/Lymphoma Society of America

503-245-9866

leukemia.org

National Cancer Institute

800-422-6237

nci.nih.gov

We provide you and your family access to cancer research, so you make informed decisions about your treatment and care. These resources include:

Cancer clinical trials

Available through OHSU Knight Cancer Institute, East Portland located on the Adventist Health Portland campus.

Educational materials

Brochures, books and videos are available on our nursing units, Radiation Oncology Department and cancer registry.

Medical library

Our medical library has an up-to-date collection of medical journals. We provide internet access for patient care-related research. The library is located on the main floor of the medical center and is open to patients and their families.

Physician Data Query (PDQ):

A database of the National Cancer Institute. Through PDQ, we can provide the most current information about specific cancers, treatments and clinical research programs. This information can be accessed on our nursing unit through "CancerFax."



We're here to help

We know this can be a very anxious time for you and your family. If you have any questions regarding our Cancer Care Program, please call 503-251-6263 or visit AdventistHealth.org/PortlandCancerCare.

Diagnostic Imaging

Medical Center, 10000 SE Main St.
Scheduling: 503-251-6137
Monday–Thursday, 8 a.m. to 5:30 p.m.
Friday, 8 a.m. to 4 p.m.

Speciality Rehabilitation

Medical Center, 10000 SE Main St.
Scheduling: 503-261-6962
Monday–Thursday, 8 a.m. to 5 p.m.
Friday, 8 a.m. to 12 p.m.

Home Care Services/Hospice

5835 NE 122nd Ave, Suite 155
Portland, OR 97230
Tel: 503-251-6301
Fax: 503-261-6080

Multi-Specialty Surgery Clinic

10000 SE Main St., Suite 316
Portland, OR 97216

REFERRALS

Tel: 503-256-1575
Fax: 503-253-9848

Radiation Oncology

Adventist Health Portland
Medical Center Pavilion
10123 SE Market St.
Portland, OR 97216

REFERRALS

Tel: 503-251-6305
Fax: 503-251-6802

**OHSU Knight Cancer Institute,
East Portland**

Adventist Health Portland
Medical Center Pavilion
10000 SE Main St., Suite 350
Portland, OR 97216
Tel: 971-262-9800
Fax: 503-251-6802

Adventist Health Portland

10123 SE Market St.
Portland, OR 97216
Tel: 503-257-2500
AdventistHealth.org/Portland



**Adventist Health
Portland**