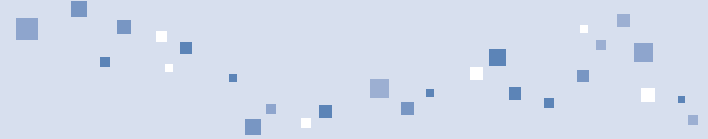


Your guide to radiation therapy



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Legacy Cancer Institute



Legacy Radiation Oncology locations:

Legacy Good Samaritan Medical Center
 1130 N.W. 22nd Ave.
 Portland, OR 97210
 503-413-7135
 1-800-889-2607, press 1, (toll free)

Legacy Mount Hood Medical Center
 24950 S.E. Stark St.
 Gresham, OR 97030
 503-674-1152
 1-800-889-2607, press 3, (toll free)

Legacy Salmon Creek Medical Center
 Medical Office Building A, Suite 100
 2121 N.E. 139th Ave.
 Vancouver, WA 98686
 360-487-1700

To find us: www.legacyhealth.org/maps

Our legacy is yours.

Legacy Health strives to make responsible printing and paper choices that minimize our effect on natural resources.

Legacy Cancer Institute

503-413-8050 or toll-free 1-800-220-4937
www.legacyhealth.org/cancer



The **radiation oncology nurse** is a registered nurse with special training in cancer care related to radiation therapy.

The **radiation physicist** and **medical dosimetrist** work with the physician to create a radiation plan specifically to treat your cancer. They calculate radiation dose and monitor treatment equipment to ensure accurate delivery of your treatment plan.

The **office assistant** assists in insurance billing, department registration and helps in scheduling appointments.

The **oncology social worker** can meet with you and your family to discuss support services and counseling. In addition, the social worker can make referrals for support services.

The support services available include cancer counseling and support groups, stress management specialists, oncology dietitian, physical and occupational therapists, and speech/swallowing specialist.

Department hours:

7 a.m.–12 noon and 1 p.m.–4:30 p.m.

How to reach the doctor after hours

A radiation oncologist is available after hours and weekends or holidays to answer questions or concerns about treatment. To speak with the provider on-call, call the radiation therapy department number where you are receiving treatment.

EMANUEL Medical Center	GOOD SAMARITAN Medical Center	MERIDIAN PARK Medical Center
MOUNT HOOD Medical Center	SALMON CREEK Medical Center	RANDALL CHILDREN'S HOSPITAL Legacy Emanuel
LEGACY MEDICAL GROUP	LEGACY LABORATORY	LEGACY RESEARCH
		LEGACY HOSPICE

Complete care for radiation therapy

We know that you may

feel overwhelmed during the time of your cancer diagnosis and treatment. We assume you have questions and concerns.

Please ask us, because we believe any question you have is important. Our staff is here to help support you and your family throughout your treatment and recovery.

A key weapon

Radiation therapy is a key weapon against many cancers; current technology can target tumor cells with amazing accuracy and promising outcomes. Legacy Cancer Institute, in partnership with Radiation Oncologists, PC, provides state-of-the-art radiation technologies at Legacy Good Samaritan, Legacy Mount Hood and Legacy Salmon Creek medical centers.

We combine advanced techniques and technologies with effective, individualized and compassionate patient care. Our specialized multi-disciplinary team offers a complete program of education, treatment, support and follow-up for patients receiving various radiation therapies.

Experience combined with technology

Legacy Health, which has been offering radiation therapy services to the Portland metropolitan area and Southwest Washington since 1975, offers state-of-the-art radiation technologies. Among them:

- Intensity modulated radiation therapy (IMRT) and image-guided radiotherapy (IGRT) to increase the accuracy and precision of radiotherapy

- Novalis Shaped Beam Surgery
- Novalis Stereotactic Body Radiation Therapy
- Brachytherapy for prostate, breast, gynecologic cancers and soft tissue sarcomas

We offer our patients and their families an entire spectrum of cancer services, including rehabilitation, day treatment infusion, dietitians, and support groups.

Your guide to radiation therapy

Consultation (first appointment)

Your first appointment will be a consultation with the radiation oncologist. Plan approximately one hour for the visit. If a decision is made to proceed with treatment, the next appointment will be for treatment planning.

Treatment planning (simulation)

- Treatment planning is designed to plan and verify the area(s) to receive radiation treatment. This appointment takes about one hour and will involve CT scanning for treatment planning and, in most cases, the placement of small permanent skin marks that outline the treatment area. Sometimes more than one simulation appointment is necessary.
- Wear comfortable clothing that is easy to remove from the area of the body to receive treatment.
- Your daily treatment time will be determined at the completion of treatment planning.

Daily treatment

- Radiation therapy treatments are usually given five days per week, Monday through Friday. The length of treatment can vary from two to eight weeks. The time spent in the radiation oncology department each day is about 20-30 minutes, although the actual radiation treatment is just a couple of minutes.

- The first appointment after simulation will be to take films of the area(s) being treated. Daily treatment will start on the day of your films or within one to three days.
- Radiation treatments are administered by registered radiation therapists.
- Upon arrival in the department you will go to the dressing room and change into a gown as needed. The radiation therapist will escort you to the treatment room.

Weekly treatment evaluation

- The radiation oncology nurse is available every day to answer your questions and evaluate and manage any side effects.
- The doctor will normally see you one time per week during your treatment course. This visit is to monitor your treatment and discuss your progress and side effects. Please remember that if you wish to speak with a doctor, you may do so on any day of the week.

Team of professionals

Treatment with radiation therapy is a team process and involves many specially trained professionals. The members of the radiation oncology team who will participate in planning and administering your treatment include:

The **radiation oncologist** is a physician specializing in treatment of cancer with radiation therapy.

The **radiation therapist** is a specially trained radiologic technologist who administers the daily radiation treatment.