

**HEALING  
BEGINS  
HERE.**

## Patient Guidebook





Four words to remember during a cancer diagnosis:  
**YOU ARE NOT ALONE.**

Nearly one in two men and one in three women will develop cancer in their lifetime. It is a disease that affects all of us in some way.

The good news is that each day the medical community is making strides in the battle against cancer. Now more than ever, it is about treating the individual person. Each cancer type and stage is unique and requires a specific plan of treatment. Each person processes a cancer diagnosis differently and will require a unique level of support.

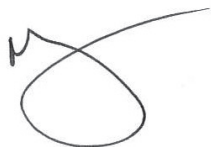
At St. Luke's, you will receive coordinated care – meaning that all of our services and care from our health team will be delivered in a coordinated fashion to provide the best quality and outcomes.

Here at St. Luke's you will be supported throughout your journey – armed with information, resources and experts to deliver the best treatment plan for your particular cancer type and stage.

Here, you will have access to the most advanced technology and therapies, including our Clinical Trials program, our state-of-the-art radiation therapy equipment and leading-edge procedures.

Here, you will receive compassionate care in a welcoming and warm environment.

**Here you are never alone. We are all by your side every step of the way.**



Nick Taylor, MD  
Chairman of Oncology



Rick Boulay, MD  
Director of Cancer Survivorship



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## St. Luke's HopeLine and Nurse Triage

Our goal is to make your treatment as easy and seamless as possible. That's why we've created one phone number for all your needs: **484-503-HOPE (4673)**

The St. Luke's HopeLine is available Monday through Friday, 8 am to 4:30 pm.

***An on-call physician is available after-hours and on holidays and weekends for medical concerns.***

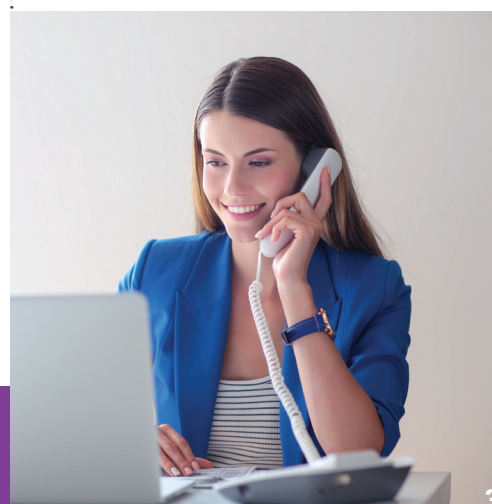
Our specialty trained staff are available to assist you with:

- New patient appointments for our Medical Oncology, Radiation Oncology, and Surgical Oncology Practices.
- Change or cancel an existing appointment.
- General office questions such as; directions to our office, requesting medical records, change of address, or insurance referrals
- Prescription refills
- Financial or billing questions
- Our Triage Oncology Registered Nurses (RN) will be able to answer questions, assist, and direct you for nonlife-threatening health problems.
- If you need medical treatment, the Triage RN may tell you to come to your specialty practice physician to be evaluated or refer you to the nearest emergency room for immediate care.

***See the next page for instructions for emergency and non-emergency medical/health concerns.***

One phone number  
for all your needs:

**484-503-HOPE (4673)**



**Making your treatment as easy  
and seamless as possible.**

## WHAT TO DO IF YOU HAVE THESE SYMPTOMS

### CALL 911 IMMEDIATELY



- ✓ Chest Pain (*tightness, pressure or heavy feeling*)
- ✓ Hard time breathing (*struggling to breathe even when you are resting*)
- ✓ Feeling like you are going to faint or have fainted
- ✓ Bleeding (*uncontrolled*)
- ✓ Signs of shock (*fast pulse; cold, pale or clammy skin; confusion; breathing fast*)
- ✓ Unconsciousness or non-responsive
- ✓ Confusion

### CALL 484-503-4673, ask for Triage Nurse



- ✓ High Fever (*100.4 F or higher*)
- ✓ Nausea, vomiting, diarrhea, or constipation that is not controlled by medications prescribed by your physician
- ✓ Uncontrolled Pain (*not controlled with your prescribed or over the counter medications*)
- ✓ Bleeding (*wound, sputum, urine, or bowel movement*)
- ✓ Problems with your Port or PICC Line (*pain, redness, or swelling*)
- ✓ Fatigue (*preventing you from carrying out your activities of daily living*)
- ✓ Swelling, pain/tenderness, redness in an your upper arm or lower leg
- ✓ Change or color or amount of drainage coming from your incision
- ✓ Sores, redness, or white coating in your mouth or on your tongue
- ✓ Any other non-urgent health problem or something that does not feel normal for you, including a general sense of feeling unwell.

# Locations

For up-to-date locations, please visit us online at [sluhn.org/cancer](http://sluhn.org/cancer). If you have questions regarding your appointment locations, please call the **HopeLine at 484-503-HOPE (4673)**.

## ALLENTOWN

### St. Luke's Cancer Center – Allentown

240 Cetronia Road  
Allentown, PA 18104

- Physician Offices:  
South Building, *Suite 225 S*
- Infusion Center and Radiation Oncology:  
North Building, *Suite 100N*

### St. Luke's Sacred Heart Campus

325 North 5th Street, *Floor 1*  
Allentown, PA 18102

- Physician Offices

### St. Luke's Sacred Heart Campus

421 Chew Street  
Allentown, PA 18102

- Infusion Services

## BETHLEHEM

### St. Luke's Cancer Center – Bethlehem

801 Ostrum Street, *Entrance B*  
Bethlehem, PA 18015

- Infusion Center
- Radiation Oncology

### St. Luke's Doctors' Pavilion

701 Ostrum Street  
Bethlehem, PA 18015

- Physician Offices

## COALDALE

### St. Luke's Miners Campus

360 West Ruddle Street  
Coaldale, PA 18218

- Infusion Center

**COMING SOON!**

**Infusion at St. Luke's Lehighon Campus**

## EASTON

### St. Luke's Cancer Center – Anderson

1600 St. Luke's Boulevard  
Easton, PA 18045

- Physician Offices: *Floor 2*
- Infusion Center: *Floor 3*
- Radiation Oncology: *Ground Floor*

## LEHIGHTON

### St. Luke's Health Center – Lehighon

575 S 9th Street, *Suite 8*  
Lehighon, PA 18235

- Physician Offices

## PHILLIPSBURG

### St. Luke's Warren Campus

185 Roseberry Street  
Phillipsburg, NJ 08865

- Infusion Center

### St. Luke's Hematology Oncology Specialists

123 A Roseberry Street  
Phillipsburg, NJ 08865

- Physician Offices

## QUAKERTOWN

### St. Luke's Quakertown Campus

1021 Park Avenue  
Quakertown, PA 18951

- Infusion Center: *Floor 3*
- Physician Offices: Medical Office Building, *Suite 200*

## STROUDSBURG

### St. Luke's Cancer Center – Monroe

200 St. Luke's Lane  
Stroudsburg, PA 18360

- Physician Offices: *Suite 100*
- Infusion Center: *Suite 300*
- Radiation Oncology: *Suite 101*

# Your Care Team and Oncology Nurse Navigators

At St. Luke's, our goal is to make your health care journey as easy and understandable as possible. Our specially trained Oncology nurse navigators are available to help guide you with understanding your new diagnosis, potential treatment plans and side effects. Your nurse navigator will also comfort and reassure you, empower and assist you throughout your journey – as well as adjusting to life beyond cancer. They work with you and your loved ones, as well as your doctors and care team, throughout the screening, diagnosis, treatment and survivorship process.

## St. Luke's Oncology Nurse Navigators:

- Assist you while you are actively receiving or preparing to start treatment
- Reinforce education on such topics as: type of cancer, specific treatment, next steps in case, available clinical trials
- Help coordinate visits with multiple disciplines to help streamline your cancer care in a timely manner  
*(medical oncology, surgical oncology, radiation oncology, appointments with other departments)*
- Help promote communication between members of your healthcare team
- Assess your needs and relay important information to your team
- Provide ongoing support to you and your family and be available to answer questions throughout your journey
- Promote the use of all resources: refer to appropriate support groups, community resources, local and national resources *(physical/occupational therapy, dieticians, cancer counselors, financial counselors, palliative care)*
- Ensure necessary testing is done prior to your initial visit *(biopsy, scans, blood work)*
- Advocate for you to help reduce number of preventable inpatient admissions and emergency room visits.



Helping you understand your new diagnosis, potential treatment plans and side effects.

## MY CARE TEAM

**My navigator's name is:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

Medical Oncologist: \_\_\_\_\_ Phone: \_\_\_\_\_

Surgical Oncologist: \_\_\_\_\_ Phone: \_\_\_\_\_

Radiation Oncologist: \_\_\_\_\_ Phone: \_\_\_\_\_

Primary Care Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

Cancer Counselor: \_\_\_\_\_ Phone: \_\_\_\_\_

Additional Providers:

\_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Phone: \_\_\_\_\_

Notes: \_\_\_\_\_

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# Support Services

## COUNSELORS

Our cancer support counselors can help you and your family.

Counselors may help in the following ways:

- Short-term counseling for you and your family members.
- Assistance with preparing for conversations with family, friends and co-workers regarding your diagnosis and coping with the reactions you may receive.
- Guidance in accessing resources for practical needs such as transportation, insurance, financial assistance, disability, medical leave and more.
- Serve as a bridge to the medical care team to assure that you have an understanding of treatment options and assistance with decision making.
- Assistance in adjustment to life after treatment. Many people find that the months after completing cancer treatment are especially difficult as they try to return to a more normal lifestyle.

FOR ADDITIONAL SUPPORT

### **St. Luke's Behavioral Health**

1107 Eaton Avenue  
Bethlehem, PA 18018  
**484-526-2400**

This service is staffed by licensed professionals who provide individual, group, couples, and family therapy. In addition, St. Luke's Psychiatric Associates provides psychiatric evaluation and medication management for adults, adolescents and children.

For Spanish language patients:

### **Hispanic American Organization (HAO)**

462 Walnut Street  
Allentown, PA 18102  
**610-435-5334**



**Providing extra support  
as you need it.**



## CLASSES

*Are you new to chemotherapy or radiation?  
Are you nervous or not sure what to expect?*

### Join us to... Talk About Treatment

- Cancer basics and how chemotherapy and radiation therapy effect your body
- What you can expect on your first treatment day
- How you can manage common side effects at home
- When it is necessary for you to call your doctor
- Virtual tour of the Infusion Center and/or Radiation Oncology

#### ***First Tuesday of each month***

3:30 – 5 pm

St. Luke's Anderson Campus  
Medical Office Building, Conference Room A  
1872 St. Luke's Boulevard  
Easton, PA 18045

#### ***Third Monday of each month***

9 – 10:30 am

St. Luke's Allentown Campus  
Dimmig Education Center  
1736 Hamilton Street  
Allentown, PA 18104



This class is open to all new and existing cancer treatment patients. This includes patients taking oral therapies as well.

We encourage you to bring a family member or friend who will be important to you during your treatment. Light refreshments will be provided.



To register, call St. Luke's InfoLink at  
**1-866-STLUKES (785-8537), option 4.**

## NUTRITION SERVICES

Eating well can improve your quality of life before, during and after cancer treatment. When you have cancer, eating often and well is important to keep up your strength and stay healthy.

Our dietitians can help you manage side effects that can make eating difficult and guide you to long-term healthy eating. Talk to your doctor about a referral to a registered Dietitian (RD).

**Eating well can improve your quality of life before, during and after cancer treatment.**





## Eating Hints: *Before, During, and After Cancer Treatment*

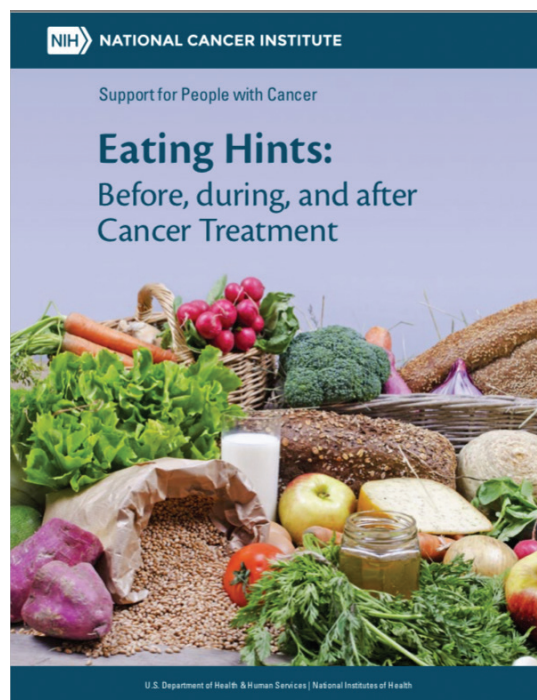
Go to this link for the free, downloadable book from the National Cancer Institute:  
[www.cancer.gov/publications/patient-education/eatinghints.pdf](http://www.cancer.gov/publications/patient-education/eatinghints.pdf)

### **Tips** *(on page 4 of the Eating Hints book)*

During treatment, you may have good days and bad days when it comes to food.

Here are some ways to manage:

- **Eat plenty of protein and calories when you can.**  
This helps you keep up your strength and helps rebuild tissues harmed by cancer treatment.
- **Eat when you have the biggest appetite.**  
For many people, this is in the morning. You might want to eat a bigger meal early in the day and drink liquid meal replacements later on.
- **It's okay if you feel like you can't eat a lot of different foods.**  
Eat the foods that sound good until you are able to eat more, even if it's the same thing again and again. You might also drink liquid meal replacements for extra nutrition.
- **Do not worry if you cannot eat at all some days.**  
Spend this time finding other ways to feel better and start eating when you can. Tell your doctor if you cannot eat for more than 2 days.
- **Drink plenty of liquids.**  
It is even more important to get plenty to drink on days when you cannot eat. Drinking a lot helps your body get the liquid it needs. Most adults should drink 8 to 12 cups of liquid a day. You may find this easier to do if you keep a water bottle nearby.



This free, downloadable book from the National Cancer Institute can be found at:

[www.cancer.gov/publications/patient-education/eatinghints.pdf](http://www.cancer.gov/publications/patient-education/eatinghints.pdf)

## Using Food, Vitamins and Other Supplements to Fight Cancer

Many people want to know how they can fight cancer by eating certain foods or taking vitamins or supplements. But, there are no studies that prove that any special diet, food, vitamin, mineral, dietary supplement, herb, or combination of these can slow cancer, cure it, or keep it from coming back. In fact, some of these products can cause other problems by changing how your cancer treatment works.

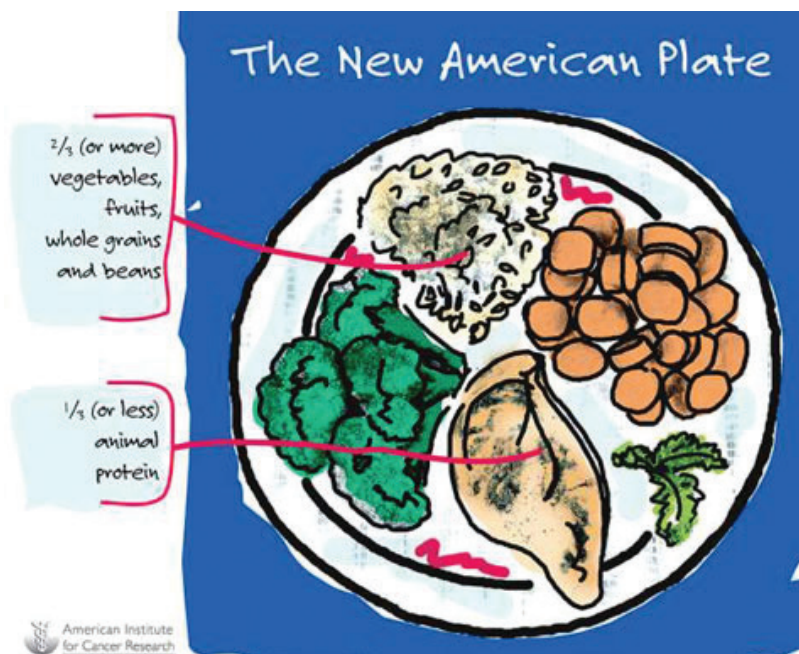
Tell your doctor, nurse, or dietitian about any vitamin, mineral, dietary supplements, or herbs you are already taking or plan to take. Also, talk with them before going on a special diet.

For more information about complementary and alternative therapies, see:

### **Thinking About Complementary & Alternative Medicine: A Guide for People with Cancer**

This free, downloadable booklet from the National Cancer Institute can be found at:

[www.cancer.gov/publications/patient-education/thinking-about-cam](http://www.cancer.gov/publications/patient-education/thinking-about-cam)



## Oncology Nutrition Classes

We offer nutrition classes for all affected by cancer.  
For dates, times, locations and to register:

St. Luke's Event Calendar:

[go.activecalendar.com/sluhn](http://go.activecalendar.com/sluhn)

OR

Call InfoLink:

**1-866-STLUKES (785-8537), option 4**

*Registration is required. Classes are free!*

### CLASS TOPIC EXAMPLES:

- Eating Well For Life –  
Nutrition for cancer prevention and a guide  
through your cancer journey
- Managing Symptoms during Treatment with Nutrition
- The Power of Protein
- Tips for Staying Hydrated

### Links for Healthy Recipes:

[aicr.org/healthyrecipes](http://aicr.org/healthyrecipes)

[oncolink.org/support/  
nutrition-and-cancer/recipes](http://oncolink.org/support/nutrition-and-cancer/recipes)

### Other Suggested Resources:

[oncologynutrition.org](http://oncologynutrition.org)

[cancerdietitian.com](http://cancerdietitian.com)

[oncolink.org/support/  
nutrition-and-cancer](http://oncolink.org/support/nutrition-and-cancer)



## SUPPORT GROUPS

### **Journey of Hope – For All Cancer Types**

***Second Monday of each month***

7 – 8:30 pm

St. Luke's Quakertown Campus

Taylor A Conference Room

*Enter main lobby, go to ground floor*

A monthly support group designed for those living with cancer. From initial diagnosis to treatment & care, it can be an emotional roller coaster for patients and their loved ones. We will talk about what coping methods may help and how to get through difficult days. Survivors who attend can share helpful advice about how they managed their journeys. This group allows people to offer and receive support, learn from one another, and to recognize they aren't alone.

### **St. Luke's Breast Cancer Support Group**

***First Thursday of each month***

7 – 9 pm

St. Luke's Cancer Center – Anderson Campus

Second Floor – Hope & Healing Room

### **St. Luke's Prostate Support Group**

***First Tuesday of each month***

7 – 8:30 pm

St. Luke's Cancer Center – Bethlehem Campus

Radiation Oncology Waiting Room



For more information or  
to register for St. Luke's  
Support Groups, call

**1-866-STLUKES (785-8537), option 4.**



## HEALING ARTS

Art serves as a connection between the mind, the emotions, and the body, and by integrating art into your care, we hope to improve your ability to heal on every level. Our Artist-in-Residence works with our oncology patients in one-on-one sessions, providing a nurturing and inspirational creative experience.

Studies show that art activities aid in physical, mental and emotional recovery on many levels, particularly by relieving anxiety and decreasing pain. By reducing stress and loneliness and providing opportunities for self-expression, the healing arts can be a healing tool to improve a hospital environment. At a time when you may be fearful and uncertain about your health or undergoing medical interventions, the gentle, personal attention given by practitioners of the healing arts can be especially beneficial.

Individuals receiving these services often report higher satisfaction with their overall medical care, emphasizing the expansion of treatment options, caring interactions with providers, increased self-care skills, and an enhanced sense of empowerment. Studies also indicate that healing arts and integrative therapies can fill gaps in treatment effectiveness, particularly for individuals with complex, chronic health conditions and those seeking health promotion and disease prevention.



**Whether creating a simple drawing or collage, looking at art or talking about it, the arts can help you:**

- Express thoughts and emotions that can be hard to put into words
- Lower stress and anxiety
- Relax and feel calmer and happier
- Find meaning in life experiences
- Connect with your deeper self, no matter what you are going through
- Form new connections with others
- Create something unique that gives you a sense of pleasure and accomplishment

## STAR TRANSPORT

STAR Transport is a patient service team that takes pride in transporting our oncology patients to their physician appointments and outpatient therapies. Our mission is to provide patient transportation, to and from appointments, for those who have a defined need for transportation assistance. STAR Transport provides service to patients residing in Lehigh, Northampton, Carbon, Schuylkill, Monroe and Warren counties.

The need for transportation will be determined by the patient's lack of access to public transportation, lack of valid driver's license, access to a vehicle, family and/or other support and medical restrictions from driving.

### **Types and Ages of Patients Served**

This service is intended for adult ambulatory patients. Patient's with exceptional needs require approval from St. Luke's Emergency and Transport Management. Transportation of children in a STAR Transport vehicle is prohibited.

### **Hours of Operation**

#### **Monday through Friday: 7:30 am to 3 pm**

*The last appointment of the day is taken at 2 pm.*

Start and end schedule times may vary dependent on patient needs.

Please speak to an employee if you are interested in applying for transportation services.

**Service to patients residing in Lehigh, Northampton, Carbon, Schuylkill, Monroe and Warren counties.**

## COMMUNITY RESOURCES

We offer a number of support services here at St. Luke's; in addition, we also recommend many national resources and local community partners.

### **American Cancer Society**

1-800-227-2345 • [cancer.org](http://cancer.org)

### **CancerCare®**

[cancercare.org](http://cancercare.org)

### **Cancer.net**

[cancer.net](http://cancer.net)

### **Cancer Support Community of the Greater Lehigh Valley**

610-861-7555 • [cancersupportglv.org](http://cancersupportglv.org)

### **Leukemia & Lymphoma Society**

1-800-955-4572 • [lls.org](http://lls.org)

### **LIVESTRONG™ Foundation**

1-855-220-7777 • [livestrong.org](http://livestrong.org)

### **The National Cancer Institute (NCI)**

1-800-4-CANCER • [cancer.gov](http://cancer.gov)

### **The National Comprehensive Cancer Network (NCCN)**

[nccn.org](http://nccn.org)

### **Employment Assistance**

Cancer and Careers:

Provides expert advice, interactive tools and education events to help individuals with cancer thrive in their workplace.

[cancerandcareers.org](http://cancerandcareers.org)

### **Caregiving**

National Cancer Institute:

Caregivers, Family & Friends

1-800-4-CANCER

[cancer.gov/cancertopics/coping/familyfriends](http://cancer.gov/cancertopics/coping/familyfriends)

National Family Caregivers Association  
(NFCA)

1-800-896-3650

[caregiveraction.org](http://caregiveraction.org)

### **Other**

Area Agencies on Aging

[aging.pa.gov](http://aging.pa.gov)

[aging.nj.gov](http://aging.nj.gov)



# Palliative Care

Palliative care providers (*Nurses, Advanced Practitioners and Physicians*) specialize in providing patients of any age with relief from symptoms, pain and stress of their medical condition. Palliative and supportive care can be provided at any stage of illness.

We provide symptom management based on your needs. Because of this, you may need fewer office visits, hospitalizations, and emergency department visits. The goal of the palliative providers is to improve the quality of your life.

## **Inpatient services:**

Allentown, Bethlehem, Easton, Stroudsburg

## **Outpatient services:**

Bethlehem, Easton, Stroudsburg

## **Home visit services:**

This service is provided by our Advanced Practitioner's and nurses and is available throughout the St. Luke's coverage area.

## **Hospice House:**

Together with the Director of Hospice we render support for hospice patients



Providing patients of any age with relief from symptoms, pain and stress of their medical condition.



# Insurance and Financial Counseling

Treatment for cancer can bring about many financial changes and concerns. Treatment and medications are expensive – even with insurance. That is why the finance team is an important part of your care here at St. Luke’s Cancer Center.

The same day your appointment is scheduled with our doctors, we are calling your insurance company to make sure that your care at the Cancer Center will be covered. You will be paired with an Oncology Financial Counselor who will financially guide you throughout the entire course of your care.

St. Luke’s Oncology Financial Counselors can support you in the following ways:

- Assist you in enrolling in appropriate insurance plans if needed.
- Help you to better understand your health benefits, provide assistance with questions about billing policies and statements, as well as explaining any personal balance you may currently owe.
- Help you and your family to better understand what financial responsibilities you may have towards your treatment such as up-to-date deductible and co-pay information.
- They will assist you in finding additional funds such as co-payment cards, foundation money to help lower the amount of money you may be responsible for paying.
- Your financial counselor also works closely with the team that calls your insurance company to get the authorizations for your treatment.

## Online Resources

Association of  
Community Cancer Centers

NeedyMeds  
[needymeds.org](http://needymeds.org)

The Patient Access  
Network Foundation (PAN)  
[panfoundation.org](http://panfoundation.org)

Patient Advocate Foundation  
[patientadvocate.org](http://patientadvocate.org)

*Patient Assistance &  
Reimbursement Guide*  
[acc-cancer.org/home/learn/  
publications/  
patient-assistance-and-reimbursement-guide](http://acc-cancer.org/home/learn/publications/patient-assistance-and-reimbursement-guide)

## Medical Oncology

A medical oncologist, also known as a hematologist/oncologist, is a board-certified physician with special training in diagnosing and treating cancer in adults using chemotherapy, hormonal therapy, biological therapy, and targeted therapy. In most cases, your medical oncologist will be your main health care provider during your cancer journey. Your medical oncologist will determine your individualized treatment plan based on your unique cancer diagnosis and staging. They also will determine a plan of care and next steps. Medical oncologists arrange supportive care and coordinate treatment given by other specialists such as surgical oncology or radiation oncology.

The medical oncology team at St. Luke's is comprised of board-certified physicians as well as physician assistants (PA) and nurse practitioners (NP). The physicians see all newly diagnosed cancer patients for their first visit in the office or in the hospital setting. The following visits will be rotated between physician visits and PA/NP visits. Each physician also has a registered nurse and medical assistant as part of the team. The registered nurse is the point person for all the teaching and follow-up care. You will receive information for your individualized treatment from the nursing staff after teaching is complete.



“

I love my job and the patients I meet. We are all here to help guide you.

**Jen Castillo, RN**

## TEMPLE/ST. LUKE'S BONE MARROW TRANSPLANT PROGRAM

St. Luke's has partnered with the Fox-Chase-Temple University Hospital Bone Marrow Transplant Program (BMT) to provide blood cancer patients with easier access to services in our community.

Patients are able to be seen in the Lehigh Valley by both Fox Chase and St. Luke's specialists. Pre- and post-transplant testing and appointments may be scheduled locally as well. Patients requiring surgical bone marrow transplants will receive treatment in Philadelphia and then may return to St. Luke's for most of their post-transplant care.

For more information, call  
St. Luke's HopeLine at  
**484-503-HOPE (4673)**



# Surgical Oncology

Surgical oncologists are physicians whose focus is on the surgical management of tumors, especially cancerous tumors. They will decide on your treatment plan based on your specific cancer diagnosis and staging. All of your care will be coordinated for you by your team. Your physician and their advanced practitioner (*Physician Assistants, Nurse Practitioners*) will assist you before, during and after treatment.

The types of surgeries that are done for cancers depend on the stage and location of the tumor and your overall physical condition. Your surgeon will discuss with you the surgery that is appropriate for your situation and the risks and benefits of the procedure.

The goal of the surgical oncologist is to remove the cancer and an area of healthy tissue surrounding the tumor known as obtaining a “clear margin.” This is done in order to prevent the cancer from recurring in that area. Sometimes it is not possible to remove the whole tumor, and a surgery may be done to remove as much of the tumor as possible in order to relieve symptoms such as pain.



**The goal of the surgical oncologist is to remove the cancer and an area of healthy tissue surrounding the tumor known as obtaining a “clear margin.”**

The surgical oncologist is part of a multidisciplinary care team, they provide expert opinion about biopsy techniques, optimal image guidance, the likelihood of achieving clear margins and what role there is for surgical management of more advanced disease. They will decide on the best plan of action for your unique situation.

Based on cancer diagnosis and cancer staging the surgical oncologist will recommend the best treatment plan. Our doctors will provide you with access to cancer treatments that may include: surgery, radiation therapy, chemotherapy, hormonal therapy and a variety of investigational protocols, including clinical trials. All of your care will be coordinated for you by your team. Your physician and their advanced practitioner (*Physician Assistants, Nurse Practitioners*) will assist you before, during and after treatment.

### **What to expect / What do I need with me at my appointment?**

1. Bring a significant other to serve as extra pair of ears.
2. List of medications – including dose (*specific amount you take and how often each day*).
3. Insurance card (*bring to every appointment*).
4. Expect a physical exam.

“

I was a mess of emotions during my first visit with Dr. Kelly. But now, during my check-ups, it's like going to see an old friend to catch up.

**Sarah, Breast Cancer Survivor**





# Thoracic Surgery

St. Luke's Thoracic Surgical Associates brings together a team of highly skilled cancer experts to ensure people with lung as well as esophageal cancer, and other cancers of the chest receive the best course of treatment, hope, reassurance, and confidence needed to fight the disease to the fullest. We take a multidisciplinary approach to care, which means our team of specialists work together with all of your doctors to develop the most appropriate and comprehensive treatment plans for you.

Our surgeons are board-certified cardiothoracic surgeons who practice purely thoracic surgery. They are specially trained doctors who perform surgery and management of patients with diseases in the chest. The "thoracic cavity" lies between the neck and the diaphragm, and contains the heart and lungs (*cardiopulmonary system*), the esophagus, trachea, pleura, mediastinum, chest wall, and diaphragm. The thoracic surgeons assess or repair lungs affected by cancer, trauma, or pulmonary disease.

State-of-the-art surgical techniques and cancer therapies are provided by our surgeons. They focus on early disease diagnosis, cancer staging, and screening for recurrent disease in the chest (*lung, mediastinum, and esophagus*).

“

My doctor reminded me of a fighter pilot: he set my mind at ease, let me know exactly where we were going and how we were going to get there, and then he took me there safely, never letting me down.

**Pat, Lung Cancer Survivor**



**State-of-the-art surgical techniques and cancer therapies are provided by our surgeons.**

Below are some of the procedures performed by our thoracic surgeons on patients for lung and esophageal cancer:

- Bronchoscopy
- Navigational Bronchoscopy
- Endobronchial Ultrasound (EBUS) & Transbronchial Needle Aspiration (TBNA)
- Lobectomy – Minimally invasive
- Esophagectomy – Minimally invasive
- Robot-Assisted Surgery

Along with providing excellent care for our malignant processes we also see patients for benign disorders. Some of the procedures we perform for benign disorders include but are not limited to paraesophageal/diaphragmatic hernia repair, reflux surgery, Heller myotomy, fundoplication, diaphragm plication, thymectomy, and pleurodesis.

**Lung Cancer Screening is available at St. Luke's University Health Network.**

Based on data from the National Lung Screening Trial, patients who are between 55 and 74 years of age and have smoked a pack a day for 30 years are eligible for the low-dose CT screening for lung cancer.

The screening is designed to pick up early-stage cancers before they have had time to spread.

# Gynecologic Oncology

Gynecologic Oncologists are specialists who are trained specifically in the treatment of cancers that affect the female reproductive system and provide the surgical and medical management of these cancers. There are several types of gynecologic cancers that these physicians treat: cervical cancer, ovarian cancer, uterine cancer, vaginal cancer, vulvar cancer and primary peritoneal cancer.

Gynecologic Oncologists are board-certified in Obstetrics and Gynecology as well as Gynecologic Oncology. They will decide on your treatment plan based on cancer diagnosis and staging.

Our doctors will provide you with access to cancer treatments that may include: robotic assisted surgery, radiation therapy, chemotherapies, hormonal therapies and a variety of investigational protocols. All of your care will be coordinated for you by your team. Your physician and their advanced practitioner (*Physician Assistants, Nurse Practitioners*) will assist you before, during and after treatment.

## What to expect / What do I need with me at my appointment?

1. Bring a significant other or friend to serve as extra pair of ears.
2. List of medications – including dose (*specific amount you take and how often each day*).
3. Insurance card (*bring to every appointment*).
4. Expect a physical exam.
5. Expect to have a gynecologic exam. A pelvic exam is an important part of your assessment and provides the practitioner with information to plan your care.



There were times when some of my procedures were uncomfortable. Those were the times when the staff really shined. They just know how to take care of you.

**Janice, Uterine Cancer Survivor**





# Oncofertility

For patients who are building their families, or planning a family, certain cancer treatments may make it difficult to conceive a pregnancy. If you are planning to become pregnant, or are pregnant, it is important to talk to your care team about your options.

Speak with your oncologist about how treatment could affect reproductive health and fertility before starting any cancer therapy. St. Luke's Cancer Center has partnered with Abington Reproductive Medicine and reproductive endocrinologist Tara Budinetz, DO to offer patients options to help protect their future ability to conceive a pregnancy.

Options for women include:

- Embryo freezing – freezing a fertilized egg for use at a later date
- Egg freezing – freezing eggs to be used at a later date
- Ovarian shielding – shielding the ovaries during radiation treatment to avoid exposure to ovaries
- Ovarian transposition – moving the ovaries out of the radiation field during radiation
- Fertility-sparing surgery – leaving one or more ovaries in place; should not be done without appropriate consultation with oncology

Options for men include:

- Sperm banking – freezing sperm to be used at a later date
- Radiation shielding – shielding the gonads at the time of radiation treatment

## Can I afford this?

Abington Reproductive Medicine provides subsidized rates for cancer patients and works closely with the Fertility Hope Foundation / Sharing Hope Financial Assistance Program.

Abington Reproductive Medicine –  
Bethlehem  
2591 Baglyos Circle, Suite C-46  
Bethlehem, PA 18020  
215-887-2010

## ADDITIONAL RESOURCES

LiveStrong Fertility  
[livestrong.org/we-can-help/  
livestrong-fertility](http://livestrong.org/we-can-help/livestrong-fertility)

Save My Fertility  
[savemyfertility.org/](http://savemyfertility.org/)

**If you are planning to become pregnant,  
or are pregnant, it is important to talk  
to your care team about your options.**

# Radiation Oncology

## WHAT IS RADIATION ONCOLOGY?

Radiation Oncology, or radiation therapy, uses state-of-the-art technology and equipment to safely harness the power of radiation to treat cancer. A constantly changing field, radiation oncologists are physicians who specialize in this type of treatment. Together with other highly-trained dosimetrists and physicists, your care team will develop a treatment plan that will be most effective and safe for your individual type of cancer.

## WHAT IS A LINEAR ACCELERATOR?

A linear accelerator (or “lin-ac”) is the device that accurately delivers your radiation treatment. St. Luke’s is proud to be a Varian showsite, offering the latest and most up-to-date equipment.



**Safely harnessing the power of radiation to treat cancer.**

## WHAT TO EXPECT DURING YOUR VISITS

### STEP 1 – Consultation

Your first visit to radiation oncology is a consultation with your Radiation Oncologist and your care team. You will not receive a radiation treatment at this visit. Plan to be in the clinic for at least one hour or more. This is an important visit to learn about your medical history and treatment needs. For most patients the visit will include a physical examination, review of medical history, review of imaging, and review of current medication.

### STEP 2 – CT Simulation

CT simulation (or SIM) for radiation therapy follows your initial consultation in our Radiation Therapy Department. Treatment planning usually involves positioning your body, making marks on your skin and taking imaging scans. The CT images acquired during your scan will be used to plan your radiation treatment. The planning portion of your radiation therapy ensures that your treatments will target the area of disease. The SIM visit takes about one hour. Some patients will receive IV contrast.

#### Tattoos

Most patients will require very small tattoos (size of a of freckle) as a guide to help the radiation therapist line up the radiation treatment fields the same way each time you receive treatment.

#### Immobilization Treatment Devices

Immobilization devices will help establish and maintain the patient in a fixed, well defined position from treatment to treatment.



### **STEP 3 – Technical Planning Process**

After your SIM planning appointment a team consisting of Radiation Oncologists, radiation therapist, medical physicists and medical dosimetrists plan the appropriate radiotherapy for you. The team works closely with the radiation oncologist to develop the best treatment plan. This process can take up to week to complete.

#### **Set-up/New Start also known as the “Dry Run”**

Just prior to starting radiation therapy, you will participate in a dry run. During this session, all aspects of your prescribed treatment – positioning and dosages – will be checked for accuracy. The dry run usually takes place in the room where you will receive your actual treatment.

### **STEP 4 – Daily Treatments**

The number of treatments prescribed will vary depending on your specific cancer type and its location. Treatments are given Monday thru Friday for the number of visits determined during planning. Typically your treatment is scheduled for the same time each day. A licensed radiation therapist will administer your treatment.

#### **On-Treatment Examination**

Some patients will have repeat x-ray films daily or weekly to re-confirm proper positioning.

#### **On-Treatment Visit**

Your radiation oncologist and nurses will assess and examine you once a week. If needed, the radiation oncologist may adjust your treatment plan.

#### **Follow-up Appointments**

When your course of treatment is complete, your radiation oncologist will need to see you for follow-up visits.



## POSSIBLE SIDE EFFECTS OF RADIATION THERAPY

Skin reactions in the area being treated may include dryness, itching, blistering, or peeling. But these side effects often depend on which part of the body received radiation therapy.

Fatigue is feeling tired or exhausted almost all the time. Your level of fatigue depends on whether you are having other treatments, such as chemotherapy.

To reach our  
Radiation Oncology Team:  
**484-526-4300**

### Frequently Asked Questions

- Can I work during radiation treatment?  
*Most people are able to work during radiation therapy.*
- Can I drive after radiation treatment?  
*Almost all patients are able to drive while receiving treatment.*
- Is radiation therapy painful?  
*Radiation therapy isn't painful, but some of the side effects can cause discomfort.*
- How long does it take for a radiation treatment?  
*Each radiation therapy treatment takes about 10-15 minutes.*



# Infusion / Chemotherapy

Our Infusion Centers treat a wide range of patients including cancer patients and patients with chronic illnesses such as MS and Crohn's Disease. Not all patients in the infusion center have cancer – some may be receiving infusion for another medical condition.

Medical treatments in our infusion centers include, but are not limited to:

- **Chemotherapy:** used in treatment of various cancer diagnoses and non-cancer diagnoses
- **Immunoglobulin Therapy:** used to treat various blood and/or neurological diseases
- **Therapeutic Phlebotomy:** used to treat blood disorders
- **Hydration:** used in instances for when you are unable to keep fluids down or in diseases that require you to maintain certain electrolyte levels such as potassium or magnesium
- **Administration of Blood Products:** red blood cells for low hemoglobin, platelets for low platelet counts
- **Biological Therapies:** new targeted therapy drugs that are out on the market to treat various cancerous and non-cancerous conditions.
- **Plasmapheresis:** used to treat various blood or neurological conditions.

It is common to experience side effects from treatment.

*See page 4 for common side effects, symptoms, and a chart for when to consult your care team.*



**Our Infusion Centers treat a wide range of patients...**

All of our Infusion Centers are staffed with Registered Nurses (RNs) experienced in the handling and the administration of chemotherapy and the latest drugs used to treat cancer and other conditions.

Putting safety first, you will be frequently asked to provide us with your name and date of birth. Ensuring proper identification enables us to provide safe care at all times. As an additional safety measure, you may be asked to wear name tags at most campuses.

## **WHAT TO DO TO PREPARE AND BRING TO YOUR TREATMENT:**

- Wear comfortable clothes
- Bring things to do: laptop, iPad (chargers), books to read
- TV's are available at each infusion bay for patient enjoyment
- Snacks: a variety of nutritional snacks and hot or cold beverages will be available for you throughout your stay, but you are welcome to bring your own if you choose.
- One guest\* per patient are allowed back in the infusion center.
- Please bring a current copy of your insurance cards with you to your appointment.
- You will also need to bring a current copy of your medications at your first visit. A summary of your visit can be provided to you at the time of your discharge from the infusion center for you to take home and keep for your records.
- Appointments are scheduled according to the treatments given each day. Please arrive at your scheduled time.

*\*The safety of our patients and their visitors is of the utmost importance in the infusion centers. We strongly recommend patients with small children (age 12 and under) to please make child care arrangements. We request that children under the age of 12 refrain from entering the treatment room to provide a safe environment for everyone.*

### **CANCELLATIONS:**

If for any reason your need to cancel your appointment you can call the Infusion Center any time. Please leave a message on the answering machine after hours; we will check our messages the next business day.

### **SICK CALLS:**

If you do not feel well in the evening or day after treatment, it is important that you call your doctor. We are not able to prescribe medicine or give advice over the phone.

# Clinical Trials

## What are Clinical Trials?

Clinical trials are studies in which people volunteer to test new drugs or devices. Doctors use clinical trials to learn whether a new treatment works and is safe for people. These kinds of studies are needed to develop new treatments for serious diseases like cancer. All current prescribed medications and treatments offered to patients today have gone through all of the clinical trial phases, listed in the chart below, for Food and Drug Administration (FDA) approval.

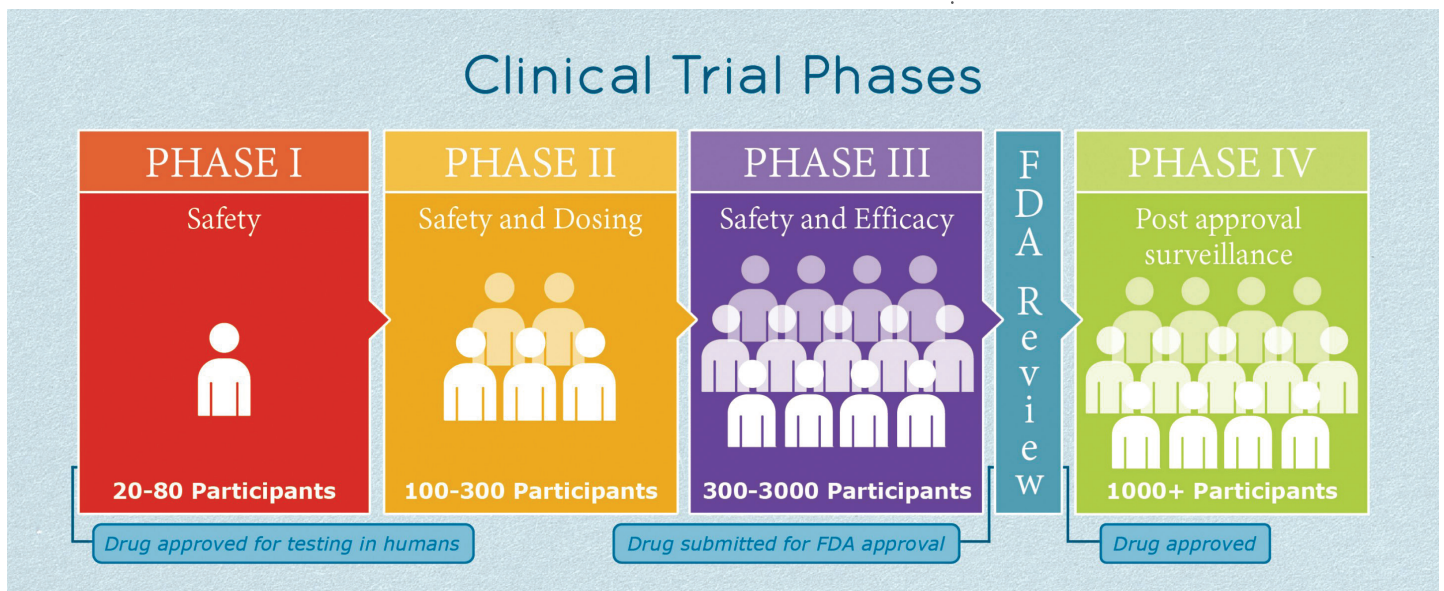
A common misconception patients may feel when offered a clinical trial is “will I be a guinea pig?” The answer is no. Clinical trials are the final step in a long process, often occurring over many years, that begins with research in a lab. Patient safety is a top priority throughout all phases of clinical trials. In fact, some patients have reported feeling as though they had an extra layer of care and attention while participating in a trial due to the added monitoring required for the trial. While there is no way to guarantee that a patient enrolled on a clinical trial is going to obtain benefit from the trial, their participation is invaluable to the advancement of science today and in the future.

WHERE TO FIND  
MORE INFORMATION:

[slhn.org/research/  
clinical-trials](http://slhn.org/research/clinical-trials)

[clinicaltrials.gov](http://clinicaltrials.gov)

[nih.gov](http://nih.gov)





## Who We Are

The St. Luke's Clinical Trials Office (CTO) is comprised of research experts whose responsibilities range from study start-up, regulatory, financial and clinical roles. The clinical team is comprised of nurses, coordinators, and research associates who specialize in specific disease types. We all assume different functions but our sole focus is the same – YOU. Our goal is to provide you with access to advanced treatment options and most importantly, high quality care through clinical trials. We have various open trials for different cancer types that include treatment trials, genetics and biomarker trials, quality of life trials and registry trials.

## What is Involved

If there is an available clinical trial that your doctor feels may be a good option for you, you may be approached by one of our staff members at one of your appointments to see if you would be interested in participating. You will be provided with an informed consent form outlining all of the details about the clinical trial, which will be thoroughly explained to you by the research team. Your participation is voluntary and our goal is to ensure you have all of the information you need to make the best informed decision about your care. Each study has specific eligibility criteria which patients must meet in order to participate. If you are eligible, you may be enrolled through a process called randomization. Like a flip of a coin, the treatment assignment is selected randomly, to help compare the investigational treatment to the current approved treatment. Sometimes a placebo, often called a "sugar pill," is used if there is no current approved treatment with which to compare the investigational treatment.

*It is important to know that if at any time during the study you decide you would like to withdraw, you can do so without penalty.*

## HOW TO CONTACT US:

If you would like more information on the trials offered here at St. Luke's or to see if there is a potential clinical trial for you, please speak to your doctor or contact the Manager of Oncology Clinical Trials, 484-503-4151.

>>>

**Clinical trials are studies in which people volunteer to test new drugs or devices.**

## How we can help

Our team is dedicated to providing an extra layer of support throughout your cancer treatment journey. We assist with coordinating your care across all departments needed for the study, as well as serve as a point of contact to ensure all the needs of your care are met before, during and after your treatment. We partner with your study doctor to ensure you have the best experience possible and that you are closely monitored for any side effects. Additionally, our clinical trials services are offered across the entire St. Luke's network to accommodate your care according to your preferred location.

“

I like to think of clinical trials as one more thing patients can add to their 'basket of tricks.' There are only so many treatments available for each type of cancer, so by going on a clinical trial, you potentially add to that basket.

**Robyn Rex, RN, OCN, CCRP**  
*Nurse Navigator*



# Physical Therapy

## Oncology and Lymphedema

For many, physical therapy may be an integral part of cancer treatment. Your physical therapist plays a vital role in helping support you before, during, and after your cancer treatment.

A cancer diagnosis may require a multitude of treatments that can cause physical impairments. Gait, balance, fatigue, limited range of motion and reduced strength as well as a swelling (known as lymphedema) can all occur due to chemotherapy, radiation and surgical lymph node removal. Head and neck cancer and its treatment can also cause changes in both speech and swallowing.

We have several specially trained physical therapists that can tailor a Lymphedema or Oncology rehab program to meet your needs. Then, once your cancer treatment is complete, we can help you return to regular activities as a survivor. We also have Speech-language pathologists for those who experience difficulty with speech and swallowing.

**Call the location nearest you for more information, or to schedule a free consultation.**

>>>



## Lymphedema and Oncology PT Locations

**BETHLEHEM**  
St. Luke's North  
153 Brodhead Road  
484-526-3200

**BRODHEADSVILLE**  
111 Route 715  
272-212-0430

**EASTON**  
St. Luke's Anderson Campus  
Medical Office Building  
1700 St. Luke's Blvd  
484-503-0040

**EMMAUS**  
518 Chestnut Street  
610-967-0770

**MACUNGIE**  
3760 Brookside Rd  
484-426-2055

**PHILLIPSBURG**  
Hillcrest Plaza  
755 Memorial Parkway  
908-847-6756

**QUAKERTOWN**  
1534 Park Avenue  
267-424-8750

## Pelvic Floor Issues and Physical Therapy

For women being treated for gynecologic cancers, chronic pelvic pain and sexual dysfunction may be an adverse effect of some treatments. Surgery and radiation therapies may result in soft tissue pain and dysfunction, including spasms and trigger points of the pelvic floor muscles that result in pain. Bladder and/or bowel dysfunction may also be an undesirable consequence of some treatment.

Fortunately, physical therapy has been shown to be an effective solution for these sensitive quality of life concerns. Pelvic floor physical therapy is performed by specially trained female therapists in discreet, private treatment rooms. We will discuss your concerns and address the soft tissue that comprises the pelvic floor to help reduce pain, improve strength and coordination and help you return to daily and recreational activities with reduced pain and improved quality of life.

**Call the location nearest you for more information.**

## Pelvic Floor Physical Therapy Locations

### ALLENTOWN

1901 Hamilton St  
484-426-2930

### BETHLEHEM

1174 Illick's Mill Rd  
610-419-9755

### CENTER VALLEY

5848 Old Bethlehem Pike  
484-503-7111

### FORKS TOWNSHIP

2003 Sullivan Trail, Suite 3  
484-503-6405

### HELLERTOWN

2301 Cherry Lane  
484-526-5040

### KRESGEVILLE

614 Interchange Rd  
610-681-3637

### LEHIGHTON

575 South 9th St  
570-645-1035

### PALMER TOWNSHIP

3213 Nazareth Rd  
484-526-7115

### PENNSBURG

2793 Geryville Pike  
267-424-8170

## St. Luke's Speech Therapy

Head and neck cancer and its treatment frequently cause changes in both speech and swallowing. Speech-language pathologists (SLP) play an important role in the management of patients with head and neck cancer who experience these difficulties or who have other vocal quality concerns.

SLP therapy may include:

- Education on vocal hygiene
- Use of Visi-Pitch equipment for voice
- Breathing exercises
- Oral motor exercises
- Neuromuscular electrical stimulation for swallowing (*i.e. Vital Stim, if warranted*)
- Recommendations of the safest, least restrictive food/liquid consistencies
- Safe swallow techniques

Speech-language pathologists also have a direct role in the delivery and management of services with Laryngectomy patients (*pre- and post-surgery*). We can provide education on equipment needed post-surgery as well as assist with choosing best communication option.

## St. Luke's Fitness & Sports Performance Centers

[sluhn.org/getfit](http://sluhn.org/getfit)

St. Luke's cancer patients are eligible for a two-week *free trial*. Individualized programs are designed to reflect each member's unique needs. The goal of St. Luke's staff is to help every person achieve the most out of his/her health and fitness program. Community membership is offered for a fee on a monthly or annual basis.

## Speech Therapy Locations

ALLENTOWN  
4136 West Tilghman Street  
610-530-2363

BETHLEHEM  
1417 Eighth Avenue  
484-526-4781

St. Luke's North  
153 Brodhead Road  
484-526-3200

## Survivorship

At the completion of your cancer treatments your nurse or advanced practitioner will provide you with a detailed treatment summary of the cancer care you have received.

You will also receive a care plan which will provide you with useful information such as:

- long and late term potential side-effects of your specific cancer treatments
- recommended time frames for preventative and routine health screenings
- tips and suggestions for mental and physical health and well-being

We will also send a copy to your primary care physician so that they have access to this important information.











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484-503-HOPE (4673) • [sluhn.org/cancer](http://sluhn.org/cancer)