

Patient Handbook



Welcome to the Sutter Cancer Center, Sacramento

The number of people living with a diagnosis of cancer is rising each year. With that increase the demand for support services has also grown. This handbook provides you with the support and resources currently available at the Sutter Cancer Center in Sacramento, California.

As a cancer patient, you or your family members/caregivers will have many questions about your disease, its treatment and the availability of community resources.

Each person affected by cancer is unique, with different concerns and questions. We understand that a diagnosis of cancer places mental and emotional burdens on patients and families. We know that treating cancer is a highly individualized process of helping each person meet those challenges while providing excellent medical care.

One of the ways we will help you is to replace the mystery of cancer with knowledge by providing thorough, medically sound information. Cancer care at the Sutter Cancer Center involves a team of exceptional specialists providing the latest in detection, diagnosis, treatment, supportive care, education and research. Nursing and support staff are essential to quality patient care and are here to help you.

We have made every attempt to include relevant support and resource information in this handbook, but it is not intended to be comprehensive of all support and resources available. If you would like additional information on the support and resources contained in this handbook or on a topic not addressed, please contact your physician. He/she will be happy to provide you with the additional information you need.

We hope this information will provide some answers to your questions and help make your journey with cancer a little easier.

Cancer Center Support Departments Contact Information

Sutter Cancer Center

Telephone Operator	916-454-6500
Administration	866-827-6164, 916-454-6622
Apheresis	916-454-6575
Apheresis / Infusion Therapy Center	916-454-6585
Breast Cancer Navigator Program	916-454-6861
Blood and Marrow Transplant (BMT)	916-453-5830
BMT Social Worker	916-216-8293
Cancer Risk Program	800-988-0080, 916-454-6660
Children's Art Therapy	916-454-6555
Clinical Research	800-742-2278, 916-454-6595

Counseling

Art Therapy	916-454-6555
Cancer Patient Support Group Information	916-454-6866
Cancer Patients & Family/Caregivers	916-454-6866
Nutrition	916-454-6867
Spiritual Care	916-733-9670
Hospice	916-388-6255
Stress Management	916-691-5982
Sutter Resource Library	916-733-9672
Sutter Writer's Group	916-708-9708
Smoking Cessation	800-972-5547, 1-800-NO-BUTTS

Sutter General Hospital

General Information/Directions	916-454-2222
Inpatient Oncology Unit	916-733-8944
Blood and Marrow Transplant Unit	916-733-8945

Sutter Memorial Hospital

General Information/Directions	916-454-3333
Pediatric Oncology (6th floor)	916-733-1757

Other

The Sharing Place	
Patient & Family Lodging	916-452-4663

Sutter Cancer Center Health Care Team

You will have different types of doctors, nurses and other health care providers taking care of you throughout your course of treatment and afterwards. Your health care team may include a:

Primary Care Physician

This is the physician you see for regular, ongoing medical care. Your primary care physician is important and should continue to be seen.

Surgeon

Once you have been diagnosed, you may see a surgeon who specializes in surgical procedures for cancer.

Pathologist

A pathologist is a physician who specializes in diagnosis and classification of diseases through laboratory tests and works closely with your health care providers.

Medical Oncologist

A doctor who specializes in chemotherapy or hormone therapy to treat cancer. Your oncologist will work with you to create a treatment plan. He/she usually acts as the coordinator of your cancer care.

Radiation Oncologist

A doctor who specializes in radiation to treat cancer.

Oncology Nurse

A nurse specially trained to care for cancer patients.

Oncology Social Worker

A social worker who specializes in providing counseling and other mental health services for cancer patients. They also refer patients to other support services and can provide information about helpful community resources.

Nurse Practitioner/Physician Assistant

Nurse practitioner/physician assistants are health care professionals who take health histories and provide complete physical examinations; diagnose and treat many common acute and chronic problems; interpret laboratory results and X-rays; prescribe and manage medications and other therapies; provide health teaching and supportive counseling with an emphasis on prevention of illness and health maintenance; and refer patients to other health professionals as needed.

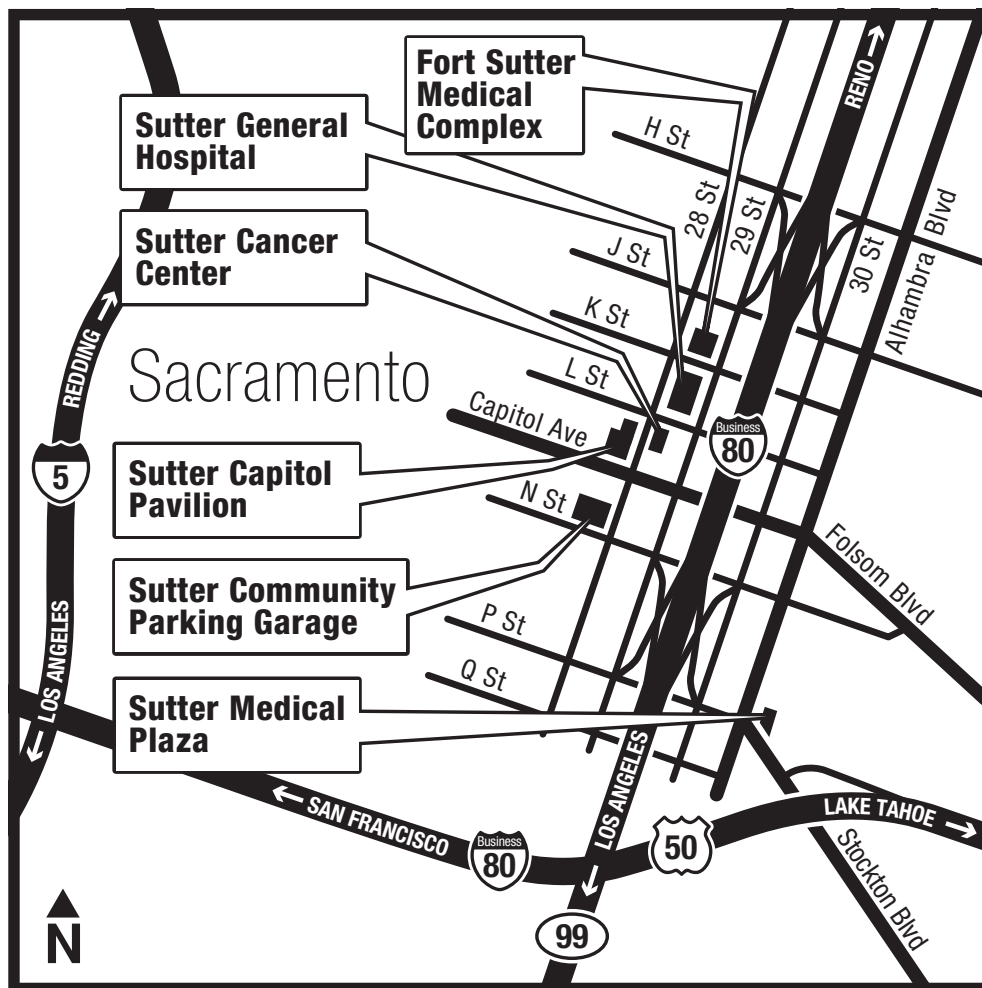
Nutritionist or Registered Dietitian

Cancer and cancer treatment can make eating more challenging. It is important to eat foods that help maintain energy levels. Nutritionists or registered dietitians are health care professionals who can recommend diet changes to help you get the proper nutrition before, during and after your treatment.

Rehabilitation Specialists

People with cancer sometimes need help recovering after treatment. Physical therapists, speech therapists, respiratory therapists and others can be helpful to many patients, depending on the type of cancer and treatment.

Our Location



The main campus of Sutter Cancer Center, Sacramento is:
2800 L St.
Sacramento, CA 95816

Patient Valet Parking

Complimentary valet parking is available for our patients' vehicles at three locations: Fort Sutter Medical Complex at 1020 29th St.; behind the Sutter Capitol Pavilion at 2725 Capitol Ave.; and the Sutter Cancer Center at 2800 L St.

These services are provided to patients while they are at the Sutter Cancer Center offices for treatment, physician appointments or support groups. We provide this service to make things easier for patients so they can conserve their energy for treatment and healing. Parking for family/guests arriving separately from patients is available across the street from Sutter Medical Center, Sacramento (under the freeway), between K and L Streets.

- Available Monday through Friday, 7 a.m. - 6:30 p.m.
- Tips are not accepted (gratitude may be expressed in other ways).
- Enter vehicle drop-off area and wait for an attendant.

- The attendant will give the driver a parking receipt, park the car, and hold on to the keys until you are ready to leave.
- If your appointment will conclude after 6:30 p.m., please alert the attendant when you arrive. The attendant will inform you where your keys can be located and park your car near the entrance to the building.
- Disabled parking is available, provided you have a current disabled placard.

A limited number of wheelchairs are available for use in getting to and from physician appointments. Valet attendants must remain in the valet staging areas. Patients who need assistance to the physician office or treatment area should bring someone who can help them get to their location.

Outpatient Support Programs

Individual Counseling Services

Sutter Cancer Center provides individual and family counseling (free of charge) to assist in reducing the stress of the cancer experience and to enhance skills for coping with the physical and emotional aspects of the illness. Counseling is provided by a licensed clinical social worker who specializes in counseling cancer patients. To schedule an appointment please call (916) 454-6866.

Cancer Patients and Family/Caregivers Support Groups

Our groups provide a safe atmosphere where you can learn positive ways to cope with the personal consequences of your disease. We emphasize informality, openness, confidentiality, respect and humor. New members may join at any time. The groups are facilitated by health care professionals who specialize in counseling cancer patients and family/caregivers.

During our group sessions we:

- Exchange information, provide support, discover and express our feelings.
- Learn valuable skills including meditation, deep relaxation, pain control, stress management and assertiveness.
- Appreciate the effect our cancer has on our families and learn how to ease everyone's path.
- Examine our life patterns and changing unhelpful ones.

Please call us at (916) 454-6866 for additional information.

Smoking Cessation

Maybe you have already taken your last puff or are ready to quit today. Maybe you want to plan ahead before you quit. It's okay if you aren't ready now, but you may want to quit at some point.

Quitting is hard because your body is addicted to the nicotine in tobacco. Giving it up is more than just kicking a bad habit. Your body has to stop craving the nicotine. You have to change your habits. You may not even think about smoking. You just do it. You may smoke when you are stressed. Or maybe you have a cigarette with coffee.

Before you quit, consider seeking the help of Sutter Express Care at 1-800-972-5547 and press 6, or 1-800-NO-BUTTS or (<http://www.californiasmokershelpline.org>).

Nutrition Counseling

Sutter Cancer Center provides one-on-one nutrition counseling (free of charge) to cancer patients who may experience difficulty eating and/or maintaining their appetite/weight. Counseling is provided by a registered dietitian who specializes in counseling cancer patients. To schedule an appointment, call (916) 454-6867.

During your visit, you will have the opportunity to:

- Learn tips on controlling side effects of treatment therapy.
- Improve nutritional intake for healing and replenishment.
- Become aware of available nutritional supplements.



Outpatient Programs

Breast Cancer Navigator

Patients facing a diagnosis of breast cancer often experience many different emotions — anger, fear, anxiety and even sadness. It can be overwhelming to consider various treatment options, grasp new medical terms and find support programs. To help women and men newly diagnosed with breast cancer, Sutter Cancer Center offers the Breast Cancer Navigator Program. This program includes the Breast Cancer Navigator, a specialized oncology nurse trained in breast cancer treatment and support. The Navigator provides information regarding diagnoses, treatment and recovery. Contact is initiated by the Navigator both before and after surgery. These visits help to alleviate anxiety regarding surgery and prepares the patient for their recovery at home. In addition, information on the many support programs available through the Sutter Cancer Center and in the community is provided. For women with limited financial resources, information about cancer screening resources and how to register for government programs is provided.

The Breast Cancer Navigator is accessible to patients receiving care at the Sutter Cancer Center, Sacramento. Available in person and by telephone, the Navigator offers support while also trying to answer some of the more commonly asked questions. For more information please call the Breast Cancer Navigator at (916) 454-6861.

Expressive Therapy

Expressive therapy focuses on healing through a creative lens. Based on the inter-relationship of body, mind and emotion, it uses movement, art, writing and music to further the emotional, physical and spiritual integration of the individual. This 12-week program will use the expressive arts and guided imagery as a means to enhance the healing process and build a safe and supportive healing community.

Participants can expect to:

- Awaken to their own body in relationship to their health and personal awareness not just to a disease.
- Improve feelings about their body image while working on self esteem and cancer's effects on their life.
- Improve physical well-being while addressing fatigue and improving energy levels.
- Facilitate communication while gathering tools for creative expression.

- Rediscover sensuality and increase sex life.
- Deal with a part of the body that has been maimed or shunned and identify with it positively.
- Integrate self for personal growth and inner harmony.

There is no charge for these classes. For more information or to register, please call Nandi Szabo, M.A., ADTR, (Registered Dance Movement Therapist) at (916) 529-1079.

Children's Art Therapy Support (CATS)

Children's Art Therapy Support (CATS) helps children learn to cope with and accept a cancer diagnosis through education, peer support and creative art expression.

The goals of the group sessions are to:

- Create a safe, non-threatening space where children can openly express their feelings through both art making and verbal sharing.
- Provide art activities that help a child move through the emotions associated with a cancer illness.
- Reduce common behavioral responses in children who are experiencing a family illness (e.g., sleep disturbance, decreased concentration, regressive behaviors, and changes in school performance).

Closed group tracks of six to eight sessions are offered throughout the year. Children are selected from the most widely represented age group. The art sessions meet on Tuesdays at the Sutter Cancer Center from 6 - 7:30 p.m. There is no charge for participation. For more information and to register, please call the group facilitator, Peggy Gulshen, ATR-BC, LMFT, at (916) 454-6555. A closed parent group is also offered as a companion to the CATS group.

Children's Bereavement Art Group

This peer support group, facilitated by trained art therapists and volunteers, assists *grieving* children (ages 4 through 17) in expressing emotions over the recent death of a loved one by utilizing art and other creative outlets.

The goals of the group are to:

- Create safe, sacred space where children and teens can gather with peers to experience validation.
- Provide a variety of art media so that participants may healthily and constructively express their own, unique loss experience.

Outpatient Programs *continued*

- Assist the whole family with the grief process through role modeling, normalization and education.

There are 10 sessions, held every other week over a five month period, 6:30 - 8 pm.

For more information and to register a child, contact Peggy Gulshen, ATR-BC, LMFT, program coordinator at (916) 454-6555.

Healing Images: Art Therapy Support Group for Adult Cancer Patients:

This group offers creative ways for adults to deal with the many changes that illness may bring to their lives. The goals of the group are to:

- Promote the creative process, offering a variety of art media to channel personal experiences into a visible and a manageable form.
- Gather patients together as “artmakers” experiencing the healing and integrative power of the non-verbal.
- Foster sacred, ritual space where artmaking restores and nurtures the whole person.

This group is held from 4:30 - 6 p.m. on the first and third Thursday of the month.

For more information and to register, please call the group facilitator Peggy Gulshen, ATR-BC, LMFT at (916) 454-6555.

Stress Management Classes

A series of classes are offered to patients who are interested to learn how stress can affect health and how to manage it.

Topics include:

- Physical and psychological effects of chronic stress.
- The effects of stress on mood and emotions.
- Understanding how we cope and adapt to stress.
- Building skills to manage stress and improve the mind/body health.
- Stress and maintaining healthy relationships.
- Taking action and making changes to manage stress.

Classes are held on Monday afternoons. For additional information on dates, times and enrollment, please call Cindy Reynolds, MFT, at (916) 691-5982.

Journey into Healing

Five-week group medical appointment offered to our patients with cancer and their loved ones who wish to learn more about healthy nutrition for cancer recovery, appropriate supplements, mind-body interventions, and spiritual approaches to assist with healing. Most insurances are accepted. For additional information call (916) 454-7080.

Integrative Oncology

Integrative Oncology combines the best of traditional, Western cancer treatment with evidence-based complementary therapies, such as nutritional approaches, botanical (herbal) medicine and mind-body-spirit interventions like meditation and guided imagery. It may also incorporate other systems of healing, such as traditional Chinese Medicine and Aryurvedic Medicine, even while patients are going through chemotherapy and radiation.

Integrative Oncology seeks to add research based, data driven, non-traditional/non-allopathic approaches to the patient's traditional treatment plan so that the patient can achieve the best cancer outcomes while maintaining or enhancing their quality of life. For more information, please call your oncology physician office.

Inpatient Support Programs

Music Therapy

Music therapy is a systematic process of intervention wherein the music therapist uses musical experiences and activities, and the relationships that develop through them as a dynamic force for change, support and healing for patients. Music therapists use a variety of strategies, techniques, activities, instruments and media to engage patients in achieving a wide range of measurable and documented outcomes. Listening to live or recorded music, song composition, instrument play or music and imagery may be used to assist patients in:

- Pain management and diversion
- Developmental progress and life transitions
- Relaxation response and solace
- Verbal and nonverbal communication
- Emotional expression
- Family communication and sustenance
- Spiritual explorations

For more information, please call your oncology physician office (Inpatients only).

Chaplain and Spiritual Care Services

The Spiritual Care Department assists patients, their family members and friends with their spiritual concerns and supports them in the healing of spirit, mind and body. While Sutter Chaplains maintain their own faith traditions, they are trained to support the spiritual traditions of all patients. Please call a chaplain when a patient or their family members/friends would be helped by:

- A listening/supportive conversation.
- Religious or spiritual resources: prayer, meditation, anointing and blessings.
- Grief support.
- An exploration of beliefs and values as these relate to medical decision-making.

For additional information, or to make an appointment with a chaplain, please call (916) 733-9670 and leave your name, phone number, location and religious faith preference. The Spiritual Care Department's office hours are Monday through Friday, 8:30 a.m. to 5 p.m. For after-hour assistance, dial the hospital operator and request a chaplain's assistance.



Cancer Center Programs

CaringBridge - Create Your Own Free Webpage

CaringBridge is a nonprofit organization that offers free, personalized websites allowing people to stay in touch with family and friends during a health event, treatment and recovery. You can invite friends and family from anywhere in the world to view your pages.

Go to www.caringbridge.org

Blood and Marrow Transplant

Blood and Marrow Transplantation is used to treat certain cancers and blood diseases. It is an ever-changing field that has seen a great deal of innovation over the last few years.

The Blood and Marrow Transplant Program has been a part of Sutter Cancer Center since 1993. The program shares Sutter Cancer Center's commitment to quality in medical and nursing care, laboratory services, rehabilitative therapy, social services and clinical research.

The Blood and Marrow Transplant Program is a member of the National Marrow Donor Program, the Center for International Blood and Marrow Transplantation Research (CIBMTR), and is accredited by Foundation for the Accreditation of Cellular Therapy (FACT).

The Sutter Blood and Marrow Transplant Program's team works with patients, their families and referring physicians to help successfully complete each step of this journey. Along the way, the team provides the highest quality care and attentive service.

For more information, please call Linda Lambert at (916) 454-6512.

Cancer Risk / Genetic Counseling Program

The Cancer Risk / Genetic Counseling Program is a part of Sutter Cancer Center. The board-certified genetic counselor partners with patients to identify and counsel people at risk for familial or hereditary cancer syndromes. The goals of the program are to:

- Determine the likelihood that the cancers in a family are inherited.
- Discuss options for early identification of cancer and risk reduction.
- Provide information about the benefits, risks and limitations of genetic testing.
- Coordinate genetic testing and to provide accurate interpretations of the results.
- Make referrals to appropriate research studies.

For more information or to schedule an appointment, please call (916) 454-6660 or (800) 988-0080.

Apheresis

Apheresis is the process of removing a specific component of the blood and then returning the remaining components. Sutter Infusion Apheresis Services perform therapeutic apheresis procedures such as plasma exchange, as well as performing stem cell collections for the Blood and Marrow Transplantation program. Care is provided by experienced, specially trained apheresis nurses. The apheresis nurse works closely with the patient's physician to ensure quality of care. The center is designed to provide our patients with a comfortable surrounding; each patient care area is equipped with a recliner and television set. Lunch is provided to patients receiving a treatment during the lunch hour. Services are provided by physician referral and appointment only.

The Apheresis Clinic is located within the Infusion Center at Sutter Cancer Center

2800 L St., Suite 215

Open 7 days a week, 8 a.m. - 6:30 p.m.

(916) 454-6585

Infusion Services

Infusion Centers provide outpatient services for patients in need of chemotherapy, blood transfusions, injections, central line care, hydration, antibiotics and other infusions. Our infusion centers are designed for patient comfort and personalized care that puts the patient's health and wellbeing first. Our experienced infusion staff works with patients and their doctors to develop a treatment plan and stay in close communication every step of the way. The infusion centers also serve as a resource for patient caregivers, providing education, training and support to further ensure patients receive quality, comprehensive care. Lunch is provided for patients receiving treatments during the lunch hour. Snacks and beverages are available throughout the patient's treatment. The patient care areas are equipped with recliners and television sets. The four Infusion Centers are located at:

Fort Sutter Infusion Center – Specialty: Blood and Marrow Transplant Program/Hematology

1020 29th St., Suite 680

Open Monday – Friday 7 a.m. - 5:30 p.m.

Closed weekends and holidays

Sutter Cancer Center Infusion Center – Specialty: Non-Oncology

2800 L St., Suite 215

Open 7 days a week 8 a.m. - 6:30 p.m.

Sutter Cancer Center Infusion Center – Specialty: Oncology

2800 L St., Suite 320

Open Monday – Friday 8 a.m. - 6:30 p.m.

Weekends 7 a.m. - 6:30 p.m.

All three Infusion Centers can be reached at these numbers:

Phone: (916) 454-6585 or ext. 46585/84055

Fax: (916) 733-8769

Sutter Davis Infusion Center

2020 Sutter Pl., Suite 105

Davis, CA 95616

(530) 757-5124

Open Monday - Friday 8 a.m. - 6 p.m.



Free Wifi

Free wifi is available to our patients and their families on the Sutter Medical Center, Sacramento Campus.

Cancer Support Groups

Our support groups provide a safe atmosphere where you can learn positive ways to cope with the personal consequences of a cancer diagnosis. We emphasize informality, openness, confidentiality, respect and humor. The support groups are ongoing and free of charge; patients from other hospital systems are welcome. These support groups are facilitated by Sutter Cancer Center health care professionals who specialize in counseling cancer patients as well as their caregivers, family members and friends.

The following are some of the topics discussed in the group sessions:

- Exchange of information, support, discovery of and expression of feelings.
- Learning valuable coping skills including meditation, deep relaxation, pain control, stress management and assertiveness.
- Appreciating the effect cancer has on our families and learning how to ease everyone's path.
- Examine our life patterns and changing unhelpful ones.

Name	Meeting Location	Day and Time	Phone Number
Cancer Patients	Call for details	Tuesdays (Call for details)	(916) 454-6866
Family/Caregivers	Call for details	Tuesdays (Call for details)	(916) 454-6866
Adult Bereavement	Cancer Center	Call for details	(916) 388-6215
Child Art Therapy*(CATS)	4th Floor, CBAG Room	Tuesdays, 6 - 7:30 p.m.	(916) 454-6555
Children's Bereavement Art Group (CBAG)	4th Floor/CBAG Room	Mon, Wed, Thurs, 6:30 - 8 p.m. Sessions vary, please call for information	(916) 454-6555
Adult Art Therapy	4th Floor, CBAG Room	Sessions vary, please call for information	(916) 454-6555
Lymphedema Education	Cancer Center	3rd Thursday, every other month, 9:30 - 11:30 a.m.	(916) 454-6861
SOS Breast Cancer	Cancer Center	1st & 3rd Thursday, every month with Cass Brown-Cappel	(916) 787-8787

The American Cancer Society office can provide a list of additional support groups that meet in Sacramento and the surrounding areas. Please call the American Cancer Society at (800) 227-2345 to request a current listing.

Clinical Research

The research program at Sutter Cancer Center offers access to new cancer therapies under investigation, and also provides the opportunity to participate in cancer prevention studies. Since 1983, more than 1,700 people have participated in treatment and prevention studies here at Sutter Cancer Center. We participate in National Cancer Institute (NCI) sponsored trials as well as a number of studies sponsored by private pharmaceutical companies.

What is a Clinical Trial?

A clinical trial, commonly referred to as a clinical study or research study, is designed to determine if a new drug or treatment will be effective in treating a disease or will potentially be of benefit to patients. In cancer research, clinical trials are studies of new treatments for cancer patients. Clinical trials allow doctors and researchers to gain information on the benefits, side effects, and possible uses of new drugs. They also study different combinations, doses and new uses of existing drugs. Through clinical trials, the medical community may be able to determine new ways to detect, diagnose, treat, and even prevent cancer. Most standard treatments used today were first shown to be effective in previous clinical trials.

Prior to opening a clinical trial at Sutter Cancer Center, each new drug or treatment has undergone thorough evaluations in the laboratory and in animal and human studies to identify any harmful side effects, and it must have shown potential for improving cancer treatment.

Is participation right for me?

Patients who take part may be helped by the investigational treatment they receive. Clinical trial participants receive either the standard of care (*what physicians and researchers consider the most effective known treatment available*) or the new drug or procedure being studied. Clinical trial participants have access to new investigational treatments before they are widely available and therefore may have the first chance to benefit from them. In addition to the high-quality care provided by their oncologists, clinical trial participants are carefully monitored by clinical trials staff. Many trial participants also express an interest in helping future cancer patients through the knowledge gained from a clinical trial.

To learn more about clinical trials, please call the Cancer Research Program at:

Local: (916) 454-6595

Toll Free: 1-800-742-2278

A listing of our clinical trials is on our website at www.checksutterfirst.org/research.

Education Resources

suttercancer.org

The Sutter Cancer Center's website is designed to provide information to patients, health professionals and the community at large interested in Sutter Cancer Center, upcoming events and linkages to valuable oncology resources.

Website pages include: patient support programs, research & clinical trials, outside links, MEDLINE searches, physician-referral services, a map with directions to Sutter Cancer Center, new programs/events and more.

If you do not have Internet access, the website can be accessed from the Sutter Resource Library. Library staff members are happy to assist.

Sutter Resource Library

The Sutter Resource Library has information on cancer and related topics available to the community. Patients and their families may visit the library at Fort Sutter Medical Office Building, 2801 K Street, Suite 115, in 2013. Please call (916) 733-9672 for more information.

The Sutter Resource Library is a community service project of Sutter Medical Center Foundation. The library is your resource to the latest medical information from reliable sources. We provide this information through books, journals, DVDs, CDs and an extensive clipping file. In addition to information on disease management, we have a wealth of resources on wellness and relaxation techniques such as guided imagery, yoga, and meditation. (Some titles in Spanish language.)

Hope Corner: Cancer books and information are available in this quiet section of the library. Patients and family members will find comfortable seating and a calming place to discuss treatment issues and to conduct research.

Librarians and volunteers are happy to help guests find the information they need. The library is open Monday – Thursday, 11 a.m. to 5 p.m. (closed Fridays). For more information, or help with an information search, please call (916) 733-9672.

Audio/DVD/Video Libraries

The following are available to all Sutter General Hospital oncology inpatients. Please discuss with your nurse:

- Use of VCR and access to video library.
- Bring in or rent your own favorite movies.
- Access to audio library containing inspirational and gospel audio tapes.
- Use of tape player (you can bring in your own audio tapes).

Free Wifi

Free wifi is available to our patients and their families on the Sutter Medical Center, Sacramento Campus.

Reading Material

Everyone's Guide to Cancer Supportive Care: A Comprehensive Handbook for Patients and their Families

by Ernest Rosenbaum, M.D., & Isadora Rosenbaum (2005)

Through more than 50 chapters, cancer care specialists and medical experts answer every conceivable question concerning a patient's physical, psychological, and spiritual needs.

Becky and the Worry Cup *by Wendy S. Harpham, M.D.*

This book is an illustrated children's book that tells a story of a 7-year-old girl's experiences with her mother's cancer.

When a Parent Has Cancer — A Guide to Caring for Your Children *by Wendy S. Harpham, M.D.*

This is a book for families written from the heart of experience. A mother, physician and cancer survivor, Dr. Wendy Harpham offers clear, direct and sympathetic advice for parents challenged with the task of raising normal, healthy children while they struggle with a potentially life-threatening disease.

The Human Side of Cancer *by Jimmie C. Holland, M.D. & Sheldon Lewis*

This book explores the broad range of emotions people with cancer and their loved ones experience from the moment of diagnosis through the treatment and its aftermath. It is a book that inspires hope – through stories of the simple courage of ordinary people confronting cancer. Visit their website www.humansideofcancer.com

The Anatomy of Hope: How People Prevail in the Face of Illness *by Jerome Groopman*

The author explores the extent to which hope features in the experience of patients with chronic and terminal illnesses; the importance of hope in enabling patients, families, friends and physicians to meet the challenges of serious illness; the various forms that hope can take; and the role of the physician in fostering or at least not extinguishing hope.

Picking Up the Pieces: Moving Forward After Surviving Cancer *by Sherri Magee, Ph.D & Kathy Scalzo, MSOD*

This book addresses the difficulties that many patients face after treatment is complete. Now what? How do you pick up the pieces of your life and put them back together? There are no guidelines where to go and how to get there. This book will support you along your recovery journey.

My (So-Called) Normal Life *by Erin Zammett*

Erin Zammett is a cancer patient who was diagnosed with chronic myeloid leukemia when she was 23. This book deals with all the funny, scary, happy and sad moments that occur after you hear the words, "You have cancer." An excellent book, especially for young adults dealing with cancer because this book is written by a young adult and it discusses young adult issues such as fertility, intimacy and relationships.

Climb Back from Cancer: A Survivor and Caregiver's Inspirational Journey *by Alan Hobson & Cecilia Hobson*

This story offers not only a living example of how to climb back from cancer, but demonstrates how to transform adversity into opportunity. A must-read for every patient, survivor and caregiver. Visit their website at www.climbback.com

We have all the titles listed and many more. If you do not see what you are looking for, let us help you find it. People can check out three items at a time for two weeks, at no charge.

For more information, please call the Sutter Resource Library at (916) 733-9672.

Lodging

The Sharing Place

The Sharing Place is a hospitality house providing lodging for out-of-town pediatric and adult cancer patients and their families, as well as other families whose loved ones are receiving medical treatment at any Sacramento-area hospital. Outpatients must be able to independently perform daily activities and are encouraged to have a support person with them if possible. Patients and/or families who reside approximately 50 miles outside of Sacramento may make reservations through their doctor's office, the hospital social work department, or other hospital staff. The Sharing Place charges a minimal fee per night for a room. If guests are not able to afford these charges, optional payment arrangements may be available. Reservations are not accepted without a referral from your physician or social services.

The home has 15 bedrooms with private baths and telephones. Community rooms include a living room with fireplace, family room with TV/VCR, kitchen, dining room, laundry room and well-stocked playroom. A quiet courtyard, playground, and four RV spaces are also available. Guests prepare their own meals and maintain their bedrooms during their stay. The atmosphere is supportive and restful.

The Sharing Place is located at 5105 F Street (on the Sutter Memorial Hospital campus), in Sacramento. For more information, please call (916) 452-HOME (4663).

Hours:

Seven days a week, 8 a.m. to 4 p.m.
Office closes between noon and 1 p.m.

Hotels

Many local hotels have special rates for our patients, so make sure to ask when you call. Visit Joe's House, a Lodging Guide for Cancer Patients at www.joeshouse.org for web links to many local hotels offering discounts. If proof of hospitalization or treatment is required, your doctor's office or social worker can help with paperwork.

Marriott Residence Inn

(916) 920-9111
1530 Howe Ave.

Clarion Inn

(916) 922-8041
1401 Arden Way

Comfort Inn

(916) 379-0400
21 Howe Ave.

Courtyard Marriott

(916) 455-6800
4422 Y St.

Doubletree

(916) 929-8855
2001 Point West Way

Dumont Inn

(916) 454-4400
1319 30th St.

Goodnight Inn

(916) 386-8408
25 Howe Ave.

Larkspur Landing

(916) 646-1212
555 Howe Ave.

Motel 6

(916) 457-0777
1415 30th St.

Motel 16

(916) 929-5600
2030 Arden Way

TownePlace Suites by Marriott

(916) 920-5400
1784 Tribute Rd.

Extended Stay Housing Options

Many hotels and locations offer discounts for longer stays. In addition to the above hotel accommodations, some locations offer furnished apartments or cottages at monthly rates.

Extended Stay Hotels

1-800-804-3724

www.extendedstayhotels.com

Arden Acres

(916) 648-1839

2421 Clay St.

www.ardenacres.net

Residence Inn

(916) 443-0500

1121 15th Street

Extended Stay America

(916) 921-9942

Several Locations in the Sacramento Area

For non-furnished apartments, rental options are available at the following:

Sacramento Self Help Housing

(916) 341-0593

www.sacsselfhelp.org

Rental.com

www.apartments.rentals.com



Transportation

Sutter Shuttle

The Sutter Shuttle is available to staff, patients and families free of charge. The shuttle offers rides between the Sutter General and Sutter Memorial campuses, as well as to local Light Rail Stations. A detailed schedule can be provided by your social worker or at the transportation kiosk near Human Resources in the hospital.

Sacramento Regional Transit

www.sacrt.com

Bus and light rail schedules and fares can be located at the transportation kiosk near Human Resources in the hospital or on the website.

Greyhound

www.greyhound.com

The closest Greyhound Station to Sutter General Hospital is located at 420 Richards Blvd. in Sacramento. Bus tickets can be purchased by credit card online or by calling 1-800-231-2222. They can also be purchased at the box office which is open 24 hours a day at the Sacramento station.

Amtrak

www.amtrak.com

The Amtrak Train Station is located at 401 I St. in Sacramento. The ticketing office is open from 4:15 a.m. until 11:45 p.m. daily. Tickets can also be purchased by phone at 1-800-872-7245, through a travel agent or online.

Yellow Cab Company of Sacramento

Call (916) 444-2222 or visit their website at: yellowcabsacramento.com

Sacramento International Airport

Sacramento International Airport is the closest major airport services the Sacramento region. Airlines that service SMF include: Delta, Hawaiian, Southwest, U.S. Airways, Alaska, American, Continental, Frontier, Horizon, JetBlue, United and United Express. There are several smaller airports in the region for smaller aircraft or needs.

For a list of alternate transportation options including taxi, wheelchair van, gurney van or ambulance, please contact your social worker.

Super Shuttle

The SuperShuttle will pick you up from your home, office or hotel and take you to and from Sacramento International Airport. Reservations can be made phone by at: (888) 888-6025.

RV Accommodations

Sutter Memorial Campus

A total of seven RV spaces are available on the Sutter Memorial Campus, three at The Sharing Place and four in Parking Lot B. Longer RV's will be accommodated in the Parking Lot B spaces due to accessibility issues at The Sharing Place.

Spaces at The Sharing Place are \$10 a night and include electricity and water hook-ups and access to their public bathroom, which has a toilet and sink. Reservations are required through your doctor's office or social worker.

Spaces in Parking Lot B are arranged with the parking lot attendants and are \$8 a night; they include an electricity and water hook-up. Spaces are first come, first serve.

Cal Expo RV Park

(916) 263-3187

1600 Exposition Blvd., Sacramento

KOA

(916) 371-6771

3951 Lake Rd., West Sacramento

Sewage Services

ABC Sanitation

(916) 786-7510 \$40

Johnson's Mobile Solutions

(916) 348-1502 \$55

J.R.'s Portable Sanitation

1(800) 651-6751 \$65

RV Travel World

(916) 392-1872 No charge

5650 66th Ave.
Sacramento, CA 95823

Community Resources

Local & National Support Agencies

American Cancer Society – Sacramento Chapter

“Freewheelers”

(non-emergency patient transportation services)

National Information Hotline 1-800-227-2345

www.cancer.org

Leukemia & Lymphoma Society of Sacramento

1-800-955-4572

www.lls.org

Cancer Care

1-800-813-4673

www.cancercare.org

National Cancer Institute

1-800-4-CANCER

ParaTransit

(916) 429-2009 or (916) 429-2744

Patient Advocate Foundation

1-800-532-5274

www.patientadvocate.org

Legal Service of Northern California

(916) 551-2150

Wig Boutiques, Prosthetic Services and Appearance Consultants

Some of the following businesses offer discounts to Sutter Cancer Center patients – please inquire.

WIGS

Ultimate Image Studio

4870 Granite Ave., Rocklin

(916) 624-0154

Wigs R You

Rocky Ridge Town Center

1700 Rocky Ridge Dr.,

Suite #120, Roseville

(916) 784-1222

Kathy's Wigs

7741 Fair Oaks Blvd.

Carmichael

(916) 483-2233

Sandy's Hair Connection

25-D Quinta Ct., Sacramento

(916) 689-4471

The Wig Shoppe

2641 Cottage Way, Suite 3,

Sacramento

(916) 481-8387

TLC by American Cancer Society Catalog only

1-800-850-9445

PROSTHETICS

Enhance-by Linda Reib

4811 Chippendale Dr., Suite

208, Sacramento

(916) 638-2508

Nordstrom (Lingerie Dept.)

Arden Fair Mall

Sacramento

(916) 646-2400

Women's Health Care Image

5282 Elvas Ave., Sacramento

(916) 451-6000

Appointments Preferred

APPEARANCE CONSULTATIONS

(Call for information/ appointment)

Nordstrom (Accessories Dept.)

Arden Fair Mall

Sacramento

(916) 646-2400

Look Good, Feel Better

American Cancer Society

1-800-227-2345

