

Tools for Daily Living

Post-Cancer Treatment Makeovers for Women
(415) 600-0500

Women, Cancer & Wellness Needs, Boutique
(415) 600-0500

Look Good...Feel Better Program
(415) 600-0500

A Lady's Touch Boutique (temporary hair loss products and post-surgical breast needs)
(415) 454-6058

Locations of Resources

Breast Health Center
(415) 600-6474
3698 California Street, 2nd Floor

California Pacific Medical Center
Hospital Operator: (415) 600-6000
www.cpmc.org

**California Pacific Medical Center
Clinical Trials/Research**
(415) 600-3027 or (415) 600-1432
www.cpmc.org/professionals/research/trials

Cancer Supportive Care Services
www.cpmc.org/cancer

Center for Patient and Community Education
(415) 600-4748
www.cpmc.org/learning

Child Development Center
(415) 600-6200
3700 California Street

Community Health Resource Center
(415) 923-3155
2100 Webster Street, Suite 100

Health & Healing Center
(415) 600-HEAL (4325)
2300 California Street

Health & Healing Library (a Planetree affiliate)
(415) 600-3681
2040 Webster Street

Outpatient Mental Health Clinic
(415) 600-3297
2323 Sacramento Street

Radiation Oncology
(415) 600-3600
2333 Buchanan Street, Level B

Women's Health Resource Center
(415) 600-0500
3698 California Street, Lobby Level

Complementary & Integrative Care

Holistic Nurse Consultation
(415) 600-3939 (Inpatient)
(415) 600-4325 (Outpatient)

Health & Healing Center
(415) 600-4325
www.myhealthandhealing.org

- Acupuncture/ Acupressure
- Therapeutic Massage
- Preparation for Surgery
- Counseling Services
- Lifestyle Change Consultation
- Integrative Medicine
- Guided Imagery
- Spiritual Counseling
- Yoga
- Tai'Chi/ Chi Kung
- Expressive Arts
- Nutrition
- Ayurveda

Integrative Yoga Therapy for Women Living with Cancer
(415) 600-4325

Massage Therapy at the Women's Health Resource Center
(415) 600-0500

- Acupressure/Jin shin Jyutsu
- Cranio Sacral Therapy
- Deep Tissue
- Swedish/ Esalen
- Shiatsu/Jin Shin Do
- Thai Massage

Radiation Oncology
(415) 600-4325

- Massage/ Skilled Touch
- Guided Imagery

Walking Chi Kung for Cancer Patients
(415) 600-4325

Women and Cancer: A 12-week Healing Program
(415) 600-4325

Created by the Center for Patient and Community Education
cpce@sutterhealth.org

Date: 05/05



*California Pacific
Medical Center*

A Sutter Health Affiliate

Community Based, Not For Profit

Cancer

*A Comprehensive Guide to
Patient Education at
California Pacific Medical Center*

Learning About your Health

www.cpmc.org/learning

Support Groups

Breast Cancer Support Group

(415) 600-6281 or (415) 600-2717

Children and Families Facing Life Threatening/Chronic Illness

(415) 600-4325

Gynecological Cancer Support Group

(415) 600-0500

Lymphedema Education & Resource Group

(415) 600-6281

Oncology Support Groups

(415) 923-3155

Partners of Women with Gynecological Cancer

(415) 600-0500

Women & Cancer: A Healing Program

(415) 600-4325

Libraries & Educational Collections

Online Searchable Database of Patient and Family Education

1. Go to www.cpmc.org
2. Click on "Learning About Your Health"
3. Click on "Patient Education" and search

Patients' Frequently Asked Questions

- A list of frequently asked questions on a variety of health topics answered by California Pacific physicians
- Go to www.cpmc.org/learning/pfaq.cfm

Health & Healing Library (a Planetree affiliate)

(415) 600-3681

Inpatient Video Education

www.cpmc.org/learning/documents/videolisting.html

Personalized Health Research

(415) 600-3681

Community Health Resource Center

(415) 923-3155

- Internet available for public use.

Women's Health Resource Center Library

(415) 600-0500

- Internet available for public use; free Internet tutoring

Specialized Cancer Programs

Women and Cancer: A 12-week Healing Program

(415) 600-4325

- Stress reduction yoga
- Support group
- Art Therapy
- Healthy Lifestyle Class

Breast Cancer Recovery Program (no charge)

Nurse Practitioner (415) 600-6281

- Preparing for surgery, chemotherapy & radiation therapy
- Lymphedema education
- Menopause/ sexuality education

Counselor (415) 600-2717

- Breast Cancer Support Group
- Patient navigation
- Insurance/disability information

Peer Support (415) 600-2717

Gynecological Cancer Recovery Program

(415) 600-0500

- Education on Chemotherapy/Radiation symptom management
- Support group for women
- Support group for partners of women with GYN cancer
- Prepare for surgery and treatments
- Body image/sexuality support
- Temporary hair loss needs (wigs, scarves & hats)
- Lymphedema education
- Massage therapy
- Make-up & skin care
- Yoga
- Guided imagery
- Nutrition

Educational Consults

Cancer Nutrition Consultation with a Registered Dietitian

Outpatient: (415) 923-3155

Inpatient: (415) 923-3222

Mental Health Consultations: Radiation Oncology

(415) 600-3600

Patient & Family Education Handouts

Cancer-Related Handouts Written by California Pacific Physicians and Staff

To access these resources:

1. Go to www.cpmc.org
2. Click on "Learning About Your Health"
3. Click on "Patient Education" and search

BREAST CANCER

- Caring for Yourself at Home Following a Needle Localization Biopsy
- Having a Needle Localization Breast Biopsy
- Having a Stereotactic Breast Biopsy
- Having an Ultrasound-Guided Breast Cyst Aspiration
- Having an Ultrasound-Guided Core Breast Biopsy
- Having Radiation Therapy for Breast Cancer (English, Chinese, Russian & Spanish)

CANCER

- Chemotherapy: Having Chemotherapy (English, Chinese, Russian & Spanish)
- Having a CT Scan (Computed Tomography), Welcome Sheet
- Integrative Medicine
- Department of Radiation Oncology: The Interdisciplinary Team (English, Chinese, Russian & Spanish)
- Having Radiation Therapy (English, Chinese, Russian & Spanish)

CANCER: Patients' Frequently Asked Questions

- Why don't we screen every woman for ovarian cancer?
- What is meant by the 'the stage' of ovarian cancer?
- What is the usual treatment for ovarian cancer?
- What is ovarian cancer? Are there different types of ovarian cancer?
- How does ovarian cancer spread?
- What is the cause of ovarian cancer?
- What is Radiation Therapy?
- What is Radiation Oncology?
- What is a Department of Radiation Oncology?
- What is the role of medical physicists in the Radiation Oncology Department?
- What is the role of medical dosimetrists in a Radiation Oncology Department?
- What is the role of radiation therapists in a Radiation Oncology Department?
- What is the competence of the treatment staff in the Department of Radiation Oncology?
- What happens to me if I come to the Department of Radiation Oncology to be considered for treatment?
- What is simulation?

PAIN

- Pain Management Brochure

Oncology Social Work Consult

(415) 923-3155

Outpatient Mental Health Clinic

(415) 600-3297

Smoking Cessation

(415) 923-3155

Women's Health Education Consult

(415) 600-0500

Breast Exam Instruction

(415) 600-6281

African American Breast Health

For Community Outreach and Education call
(415) 600-2720

Gynecological Cancer Consult

(415) 600-0500

SURGERY

- Pre-Registration for Surgery, Tests and Procedures: Pacific Campus
- Pre-Registration for Surgery: California Campus
- Pre-Registration for Surgery: Davies Campus

TEST EXAMS & PROCEDURES

- MRI, Magnetic Resonance Imaging, Welcome Sheet
- Having a PICC Line Insertion
- Pediatric Peripherally Inserted Central Catheter (PICC) Line Insertion

TEST EXAMS & PROCEDURES: Patients' Frequently Asked Questions

- What is a CT scan?
- How is the CT study performed?
- What will I experience during the CT scan?
- Who interprets the CT test results and how do I get them?
- Why was so much blood taken in so many tubes when I got my blood tested?
- What is a CBC?
- What is an ultrasound?
- How is an abdominal ultrasound performed?
- What will I experience during the procedure?
- How do I prepare for an ultrasound?
- How is a pelvic ultrasound performed?
- What are the limitations of ultrasound?
- Who interprets the ultrasound test and how do I get them?
- What is a mammogram?
- How often should I have a mammogram?
- How much radiation do I get from a mammogram study?
- What should I expect during a mammogram?
- How should I prepare for a mammogram?
- What is an Interventional Radiologist?
- My father is having a biopsy, what can we really expect?