

A healthcare professional, a woman with brown hair, is smiling and pushing a white medical cart through a hospital hallway. She is wearing dark blue scrubs over a light blue long-sleeved shirt and teal pants. The cart is loaded with medical supplies, including a laptop displaying a software interface, a box of Moxie gloves, and other equipment. In the background, a patient is seated at a table, and the hallway has a modern, curved ceiling design.

 **PRESBYTERIAN**  
Cancer Care

# Presbyterian Cancer Care

Presbyterian Cancer Care is committed to providing a wide range of diagnostic, treatment and supportive services for our patients. We recognize that a cancer diagnosis can be a difficult and frightening one. Our team of providers, from your primary care providers to our specialty oncologists and nurse navigators, are here to help guide you through every step of your care from diagnosis to treatment.

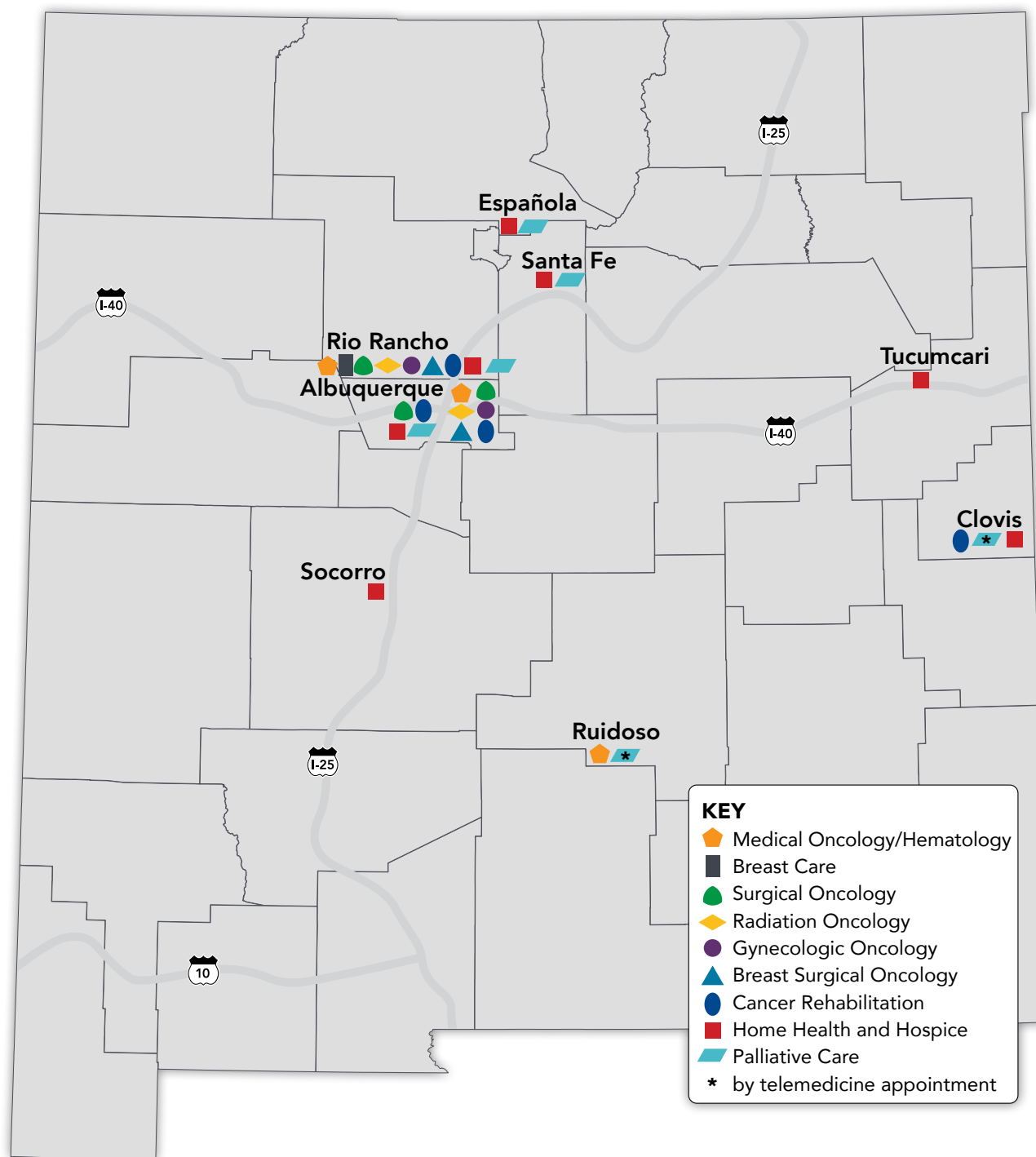
We offer a team approach that includes the most important member of the team – YOU. We are here to answer your questions, assist with coordinating care, help you understand your options for treatment and provide support for you during this journey. This guide will help you learn where you can receive treatment, what types of treatments we offer and how to connect with our team whether you need a screening or diagnostic test or have been referred for treatment.





# Multiple Locations Throughout New Mexico to Serve Your Needs

Presbyterian has multiple locations throughout the state to provide screening and treatment. We offer in-person visits at our hospitals and clinics serving the Albuquerque metro area, as well as the areas surrounding Santa Fe, Española, Tucumcari and Clovis with a combination of in-person and telemedicine (video) visits. Additionally, we have supporting services statewide including nurse navigators, rehabilitation, infusion services, nutrition, home health, hospice and palliative care. We also offer breast care services for diagnosis and treatment of breast tumors (both malignant and benign) all located conveniently at Rust Medical Center in Rio Rancho. There, patients with a new cancer diagnosis may be able to schedule a same-day consultation with a breast radiologist, breast surgeon, medical oncologist and/or radiation oncologist, depending on their clinical needs.



## Your Cancer Care Team



For many patients, diagnosis often starts with their primary care provider. Having screenings appropriate for your age and risk factors are an important step in finding cancers early, when they are easier to treat. Your provider will be able to recommend screening tests that are right for you, but following are some general guidelines.

To schedule a visit with your primary care provider, existing patients can [log into MyChart](#) or new patients can use our [provider directory](#) to find a provider and schedule an appointment.

Your provider can help you decide which types of screening are right for you, based on your health history, family history and lifestyle.

## What Screenings are Recommended for Me?

### AGES 21-39

- Cervical cancer (women)

### AGES 40-49

- Breast cancer (women)
- Cervical cancer (women)
- Colon cancer (women and men)

### AGES 50-65

- Breast cancer (women)
- Cervical cancer (women)
- Colon cancer (women and men)
- Lung cancer (women and men, as needed)
- Prostate cancer (men)

### AGES 65 AND OLDER

- Breast cancer (women)
- Cervical cancer (women, as needed)
- Colon cancer (women and men)
- Lung cancer (women and men, as needed)
- Prostate cancer (men)

### ● Breast cancer

Mammograms are the best way to find breast cancer early. For women with no other risk factors, a mammogram should be done every year beginning at age 40. Women with a family history of breast cancer should talk to their provider about having screening mammograms at an earlier age.

### ● Cervical cancer

Women aged 21 and older should have a Pap test to check for precancerous or cancerous cells on the cervix. If results are normal, a repeat test every three years is usually recommended.

### ● Colorectal cancer

All adults, ages 50 to 75, should be screened for colorectal cancer. There are several different screening tests available including colonoscopies, stool tests or flexible sigmoidoscopies. If you are an adult with other risk factors, such as a family history of colon cancer or colon polyps, or a personal history of Crohn's disease or ulcerative colitis, your provider may recommend screening before age 50.

### ● Lung cancer

Adults with a history of smoking tobacco or other risk factors (such as asbestos exposure) should consider a low-dose CT scan for yearly screening.

### ● Prostate cancer

Men over the age of 50 should talk to their provider about a PSA (prostate specific antigen) blood test to screen for prostate cancer. Your provider can give you guidelines for whether screening is right for you and how often you should be tested.

## Hematology/Oncology

Hematologists/oncologists diagnose and treat many different types of cancers and blood disorders. They help coordinate chemotherapy medications to treat your cancer, as well as analyze testing results, such as lab work, ultrasounds, CT or MRI scans and biopsy reports. They also can provide symptom management or treatment of side effects with transfusions, fluid replacement and pain management.



## Surgical Oncology

Surgical oncologists focus on surgical options for diagnosis and treatment of your cancer. These options might include removal of a tumor to determine the correct type of treatment, biopsies, or reconstruction if needed. All surgical oncology cases are reviewed weekly by a multidisciplinary tumor board so your team can discuss the best options for your care.



## Radiation Oncology

Radiation oncology is a specialty that focuses on the treatment of cancer using high-energy x-rays or particles to kill cancer cells, get rid of or shrink tumors, and provide relief of cancer-related symptoms. Radiation oncologists prescribe and deliver radiation therapy treatments, work with members of the radiation therapy team to develop treatment plans, and make sure each treatment is administered safely and accurately.



## Gynecologic Oncology

This specialty provides inpatient and outpatient services for gynecological cancers, such as ovarian, uterine, cervical and vulvar cancers. Diagnostic services such as PET and CT scans and MRIs, as well as treatment services including surgery, chemotherapy and radiation therapy are provided by our gynecologic oncologist as part of our team approach.



## Breast Surgical Oncology

Our breast surgical oncologists perform a wide variety of surgeries to treat both malignant and benign breast tumors. These surgeons have fellowship training in minimally invasive techniques, including nipple- and skin-sparing mastectomies. They also perform breast biopsies, lymph node biopsies and lumpectomies.





# Support Team

## Nurse Navigators

Nurse navigators are at the heart of our patient-centered care and are available at all Presbyterian facilities at no additional cost. They help guide you through the entire process, from diagnosis through treatment and beyond. They work closely with our physicians and other Cancer Care team members to meet your needs. Your nurse navigator is your advocate and educator, and they are dedicated to helping you understand your diagnosis and care path.



## **Social Work**

Our nurse navigators work closely with our social work team members. They can help arrange transportation to appointments or lodging close to your treatment site. They can set up an appointment with a financial advocate to help understand payment options and assistance. They also work closely with our dedicated oncology psychologist to assist any patients struggling with depression, anxiety or other mental health concerns.



## **Infusion/Chemotherapy Services**

Our dedicated oncology infusion services team provides different types of treatment for cancer patients. Many patients will receive chemotherapy as part of the treatment plan for their cancer, but Infusion Services also provides side effect and symptom support, including fluids for dehydration, and iron infusions or blood transfusions for anemia. Additionally, they can also perform blood draws for lab tests as ordered by your provider.



## Rehabilitation

Presbyterian's cancer rehabilitation program offers rehabilitation and support for patients in all phases of cancer treatment. Our team will help create an individualized exercise program to fit your physical abilities and limitations, to help you get the most out of life, feel healthier and improve your chances of long-term survival. The programs can help you decrease fatigue associated with your cancer treatments, increase or maintain your independence and ability to do activities of daily living, and increase tolerance of your cancer treatments.



## **Nutrition**

Many cancer patients find choosing the right foods difficult to manage during treatment. Presbyterian Cancer Care has dedicated nutritionists and dietitians to help you understand and follow a customized nutrition plan of foods that meet your needs. We also work with patients who need help using and maintaining G-tubes, J-tubes or TPN devices.





### Home Healthcare

Our home healthcare team can provide a wide range of health services that are managed in the patient's home environment. These can include wound care for chronic wounds or following surgery, injections or intravenous (IV) therapy, as well as monitoring various illnesses and the patient's health status. We also offer a program for patients in the Albuquerque area along with our Albuquerque Ambulance partners to provide hydration, blood draws or other supportive care within your home.



### Hospice

Our hospice program provides physical, emotional and spiritual support to patients and their families when curative measures are no longer the best option. Hospice care allows for a peaceful and natural transition while giving someone time to do the things they love.



### Palliative Care

Palliative care focuses on helping relieve pain, as well as symptoms and stress of chronic or serious life-limiting illnesses. Patients will receive treatment for pain and other symptoms, in addition to treatment options for their illness. We are available to assess whether you need palliative care and can begin your care during your stay in the hospital. Once you are home from the hospital, we can continue to provide you palliative care in your home as well.



### Spiritual Services

Our team recognizes that having spiritual support is an important part of the treatment process. Our chaplain services are available at all hospitals, and our nurse navigators and social workers can help coordinate a visit or recommend services to meet your spiritual needs.



### Cancer Care Resource Centers

Our Cancer Care Resource Centers (CCRCs) are a community project of the Presbyterian Healthcare Foundation. Through the generosity of donors, we provide services and resources to all cancer patients, and family and friends who support them, at no charge. Staffed by CCRC volunteers, we assist women who have had a mastectomy to schedule special bra and prosthetic fittings. We also offer comfort items such as pillows, blankets and hats. Our volunteers provide helpful and trustworthy information about cancer and community services such as transportation, workshops and support groups.

# Types of Treatments

You have a variety of treatment options available including surgery, radiation and chemotherapy, but there are other types of treatments available as well. Your Cancer Care team can educate you on your options and help you understand the best choices for treatment for your unique needs.

## CHEMOTHERAPY

Many types of cancers respond well to chemotherapy, which uses different medicines to help stop the growth of cancer cells. Chemotherapy can be used by itself or may be recommended along with other types of treatments, such as radiation therapy or surgery.

## BIOOTHERAPY

This type of treatment uses targeted drugs that work with your own immune system to help fight cancer and infection. These drugs can be used in addition to chemotherapy to help make those drugs work better or to decrease some of the side effects of traditional chemotherapy.

## SURGERY

Cancer surgery, or surgical oncology, is often the first step in treating your cancer. Depending on the type of cancer you have, some or all of the cancer may be removed, and your team may recommend additional treatment once surgery has been performed. Presbyterian's surgical oncologists can perform a number of different types of surgery, including less-invasive procedures which take less time to heal.

## IMMUNOTHERAPY

Immunotherapy, or immune-oncology, is a newer type of treatment that changes how your body identifies and responds to cancer cells. It helps your own immune system learn to identify harmful cancer cells and allows it to attack the cancer. It can be used along with other treatment options, as your team recommends.

## CLINICAL TRIALS

Clinical trials are part of clinical research and help find new ways to prevent, detect or treat cancer. Treatments might be new drugs, new combinations of drugs or new ways to use existing treatments. Clinical trials can also look at other parts of care, such as improving the quality of life for people with chronic illnesses. Participation in a clinical trial is a personal decision you make with your Cancer Care team. If you have questions about clinical trials, please ask your providers.

## RADIATION THERAPY

Radiation therapy, or radiation oncology, uses a targeted therapy approach using high-energy particles to destroy cancer cells. There are different types of radiation therapy, including brachytherapy, Gamma knife therapy, and image-guided radiation therapy. Radiation therapy is often used as one of several treatment options or may, in some cases, be used as the main treatment for your cancer.





## Frequently Asked Questions (FAQs)

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### How do I schedule an appointment?

- To find a primary care provider and schedule screening or preventive health visits, existing patients can [log into MyChart](#) or new patients can use our [provider directory](#) to find a provider and schedule an appointment.
- For consultations with our Cancer Care team, your provider can work with you if you need a referral or call us at (505) 559-6100.



### What insurance plans do you accept?

We accept a variety of health insurance products. Check with your insurance plan if you have questions about coverage.



### I'm a current patient and I have a question or need help. How can I contact my Cancer Care team?

Our nurse navigators are available by phone at (505) 559-6100. You can also [contact them online](#).

