



WELCOME TO THE

# Carl and Dorothy Bennett Cancer Center



Thank you for choosing Stamford Health  
and trusting us with your care.



# WELCOME

Welcome to Stamford Health and thank you for trusting us with your care. We believe every patient deserves thoughtful, compassionate care backed by an extraordinary team of professionals – and that’s what you can expect at the **Bennett Cancer Center**.

We offer patients a superior level of clinical care with access to world-class physicians, skilled nurses, and the latest in treatment options and supportive services. All of these resources are accessible and convenient, allowing patients the comfort of being treated closer to home.

# About Stamford Health's Collaboration with Dana-Farber Brigham Cancer Center

Dana-Farber Brigham Cancer Center, New England's #1 cancer center as ranked by U.S. News & World Report, has experts who specialize in all types of cancer, from the most common to the most rare and complex. Our expanded relationship with Dana-Farber Brigham Cancer Center ensures that our patients will receive world-class, clinical expertise in a convenient, intimate, and healing environment, closer to home. Through this collaborative, Stamford Health patients will have access to:



- **Enhanced medical and radiation oncology care guided by Dana-Farber Brigham Cancer Center clinical care protocols.**
- **Second opinions from Dana-Farber Brigham Cancer Center physicians, facilitated by Stamford Health staff.**
- **Access to new clinical research trials.**
- **New and expanded high-risk and screening programs for lung, colorectal, and breast care, facilitated by Bennett Cancer Center clinicians.**
- **Bennett Cancer Center patient navigators to assist with every step of the treatment process.**

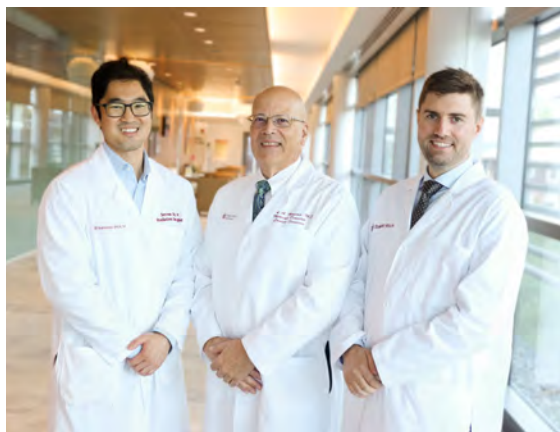
*\*\*Dana-Farber Brigham Cancer Center is ranked the best in New England." NewsWise. Accessed 3 March 2022.*



## Your Clinical Care Team

### Medical Oncology

Our board-certified medical oncologists work in conjunction with Dana-Farber Brigham Cancer Center clinicians to find the best possible treatment for every patient, balanced with his or her own goals and wishes. Patients have access to all standard chemotherapies, as well as ground-breaking immunotherapy and targeted therapy. Immunotherapy is an FDA-approved approach that harnesses the body's own cancer-fighting mechanisms. Targeted therapies are directed against specific biologic pathways that promote cancer growth.



### Radiation Oncology

Our radiation oncologists are board certified and work as part of a multidisciplinary team, partnering closely with Dana-Farber Brigham Cancer Center clinicians. The Bennett Cancer Center is equipped with the latest technology for radiation treatment and offers patients the most precise treatment for their specific disease including high dose-rate brachytherapy and stereotactic body radiotherapy, a specialized type of external beam radiation that allows precision delivery of high doses of radiation.

### Surgical Oncology & Pathology

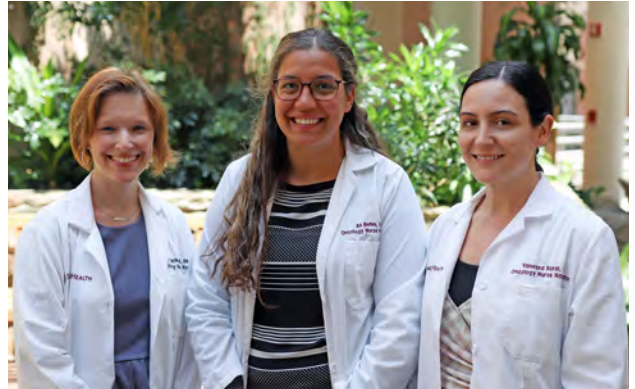
Our expert surgeons offer expansive capabilities, ranging from the routine to the most complex surgical oncology procedures. Our surgeons use minimally-invasive surgical techniques whenever appropriate, which can result in a shorter hospital stay, quicker recovery, and faster return to normal activities for patients.

## How Your Treatment Plan Is Created

Stamford Health offers an evidence-based multidisciplinary approach to cancer care. As a member of the Dana-Farber Brigham Cancer Center Collaborative, patients gain access to the latest and most effective, evidence-based best oncology practices and standards to treat their specific cancer. Our multidisciplinary team participates in regularly scheduled tumor board conferences where leading experts collaborate on treatment plans. Stamford Health can also facilitate second opinions for patients, bringing world-class, personalized care to them right at home.

## Nurse Navigation

Oncology nurse navigators are an important element of the Stamford Health cancer program. Navigators work as part of a multidisciplinary oncology team to help patients access care and provide individualized support throughout their cancer treatment and survivorship. They can help answer questions, coordinate appointments and services, and offer referrals to additional resources if necessary. Additionally, our navigators work to educate the community about the importance of cancer prevention and screenings.



## Research & Clinical Trials

For patients who are eligible and are interested, we offer National Cancer Institute trials, pharmaceutical studies, and protocols written by our very own researchers. Our participation in the Dana-Farber Brigham Cancer Center Collaborative provides our physicians with greater local access to research and clinical trials associated with these nationally recognized institutions. Our program also provides personalized precision (genomics) medicine with studies that look at prevention and treatment based on the special characteristics of your genes.

## Cancer Genetic Counseling

Our comprehensive Cancer Genetic Counseling program offers patients and their families the most current information about genetics as it relates to oncology. We bring together a multidisciplinary team of specialists, including genetic counselors. This ensures timely delivery of genetic counseling services and seamless interaction with other specialties.

## Financial Support Services

Stamford Health is committed to treating each and every patient – regardless of whether or not they can afford care. Our Financial Services Coordinators investigate and explain insurance coverage and estimated cost of care for treatment. They also work in tandem with our Support Services staff to help patients access the financial assistance they need for personal care and support outside of treatment. Comprehensive support begins at the time of diagnosis and can include payment plans, financial assistance, discounted medications, grants for food or rent, and more.

## Social Support Services for Cancer Patients & Families

Cancer Support Services appreciates that healing can occur on many levels—mind, body, and spirit. Our licensed social workers provide psychosocial counseling and support to patients and their families across the trajectory of care, helping them to address the emotional distress that often occurs as a normal part of dealing with cancer.

Networking support groups are available as well as referrals to community support, group support, and spiritual guidance. Creative therapies such as art and music workshops are also available, as well as patient-orientated educational programs.



(below) Bennett Cancer Center patients are welcome to participate in monthly music therapy classes.





(above) Bennett Cancer Center patients are welcome to participate in monthly art therapy classes.

## **Integrative Medicine Program**

The Integrative Medicine Program provides Bennett Cancer Center patients and their caregivers the opportunity to improve their quality-of-life through bodywork therapy. Evidence supports the efficacy of mind-body techniques in reducing stress, promoting a more positive attitude, minimizing side effects, and improving the overall quality of life. Complimentary modalities offered include:

- **Massage.**
- **Reflexology.**
- **Reiki.**
- **Craniosacral therapy.**
- **Art and music programs for creative expression.**
- **Yoga.**
- **T'ai Chi.**



## Nutritional Counseling

Bennett Cancer Center's registered dietician provides useful tips on developing healthier eating habits. Individual consultation appointments are available to patients.

## Oncology Rehabilitation

Our team works with patients to minimize the adverse effects of cancer treatment by assessing patients before treatment begins. We work together to develop a flexible, individualized care plan that increases strength, manages pain, and improves overall quality of life

## Hope in Motion

Stamford Health's year-long fundraising initiative supports the Bennett Cancer Center by funding many of our support programs and services so these can be offered at no cost to our patients and families. To learn more about our events, please visit [hopeinmotion.org](http://hopeinmotion.org).



(below) Hope in Motion Walk & Run participants pause for a photo during the annual event.









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



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