

OUTSMART CANCER



Intermountain[®]
Cancer Center

*A cancer diagnosis is a life changing moment.
At Intermountain Cancer Center, we're ready for that
moment. Our team of experts creates a plan to give
you more of the moments that matter most.*

Your connection to cancer experts.



Cancer Answers
833.321.3332

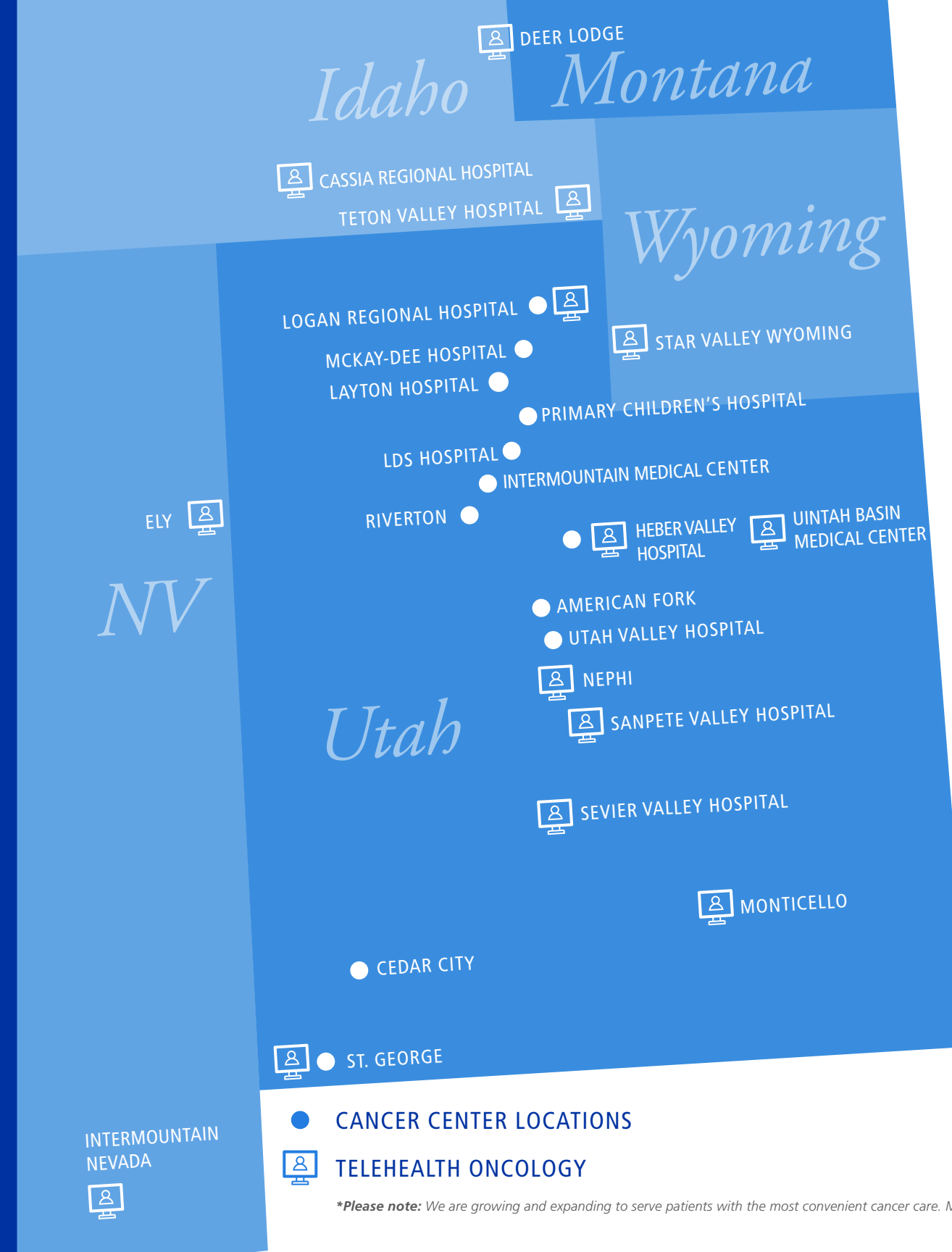


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**Please note: We are growing and expanding to serve patients with the most convenient cancer care. More locations are expected in the future. This map reflects a snapshot of existing locations. 1/2022*

WELCOME



► **COMPREHENSIVE CANCER CARE CENTER**

At Intermountain Cancer Center, we are committed to giving you the best care possible. We know that a cancer diagnosis is frightening and that it's hard to know where to go for treatment. Our experts are ready to help. Together, we will build a treatment plan that is unique to you. This booklet will give you an idea of the range of services offered by Intermountain Cancer Center.

Our goal at Intermountain Healthcare is help people live the healthiest lives possible®. We do this with superior expertise and technology. Our Cancer Center consistently exceeds national averages for quality of cancer care and medical outcomes.¹ We have a wide network of leading cancer specialists at a variety of locations. This brings cancer care closer to home, where it's most convenient for you.

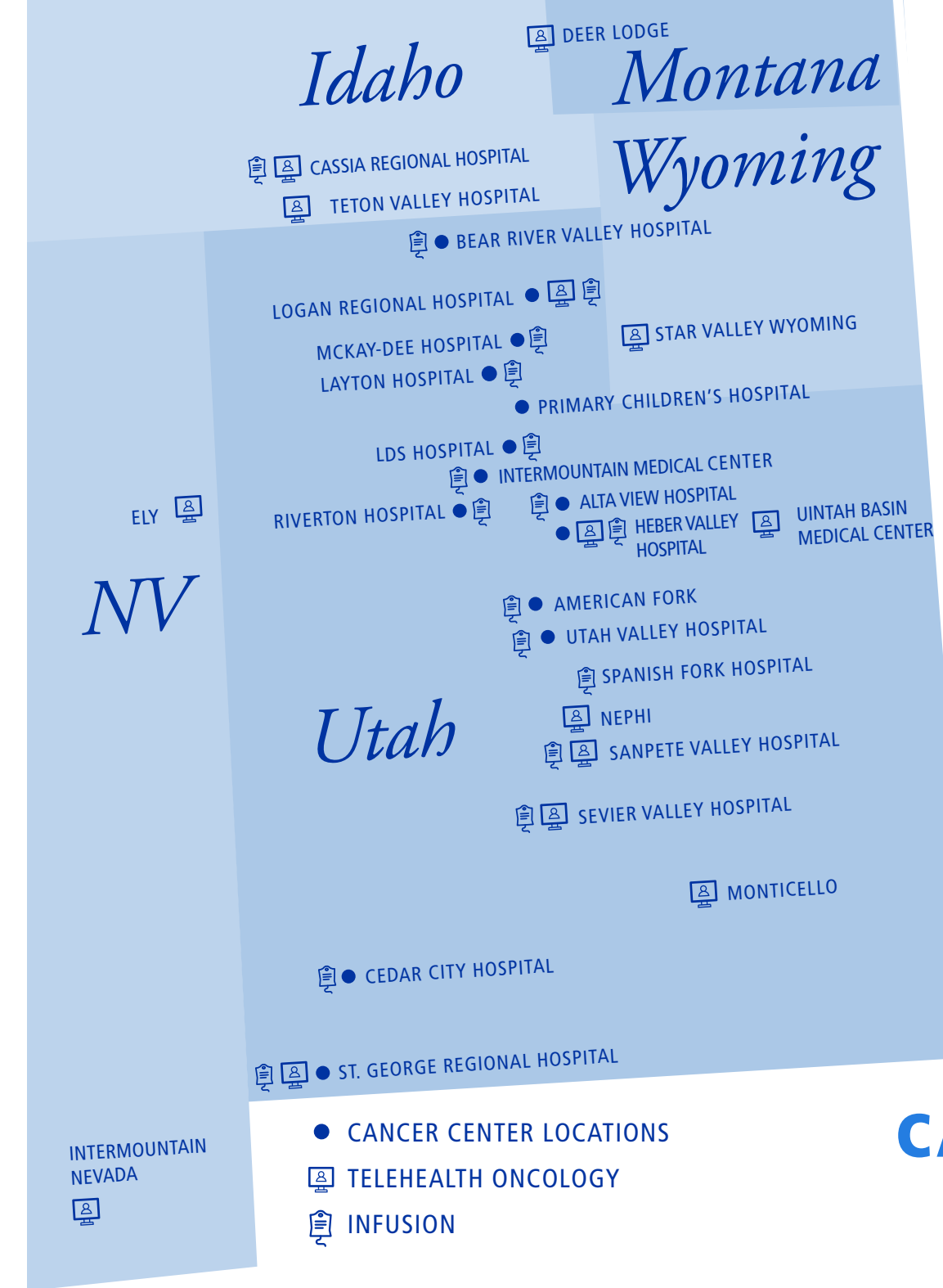
You are the most important part of your Cancer Care Team. We want you to speak up and ask questions. It's important that you understand the care you are receiving. We are ready to help. Again, welcome to Intermountain Cancer Center. We're here to make your cancer care a personal, caring, and healing experience.

¹ According to outcomes measures reported by the Commission on Cancer (CoC).

▶ INTERMOUNTAIN CANCER CENTER LOCATIONS ARE HERE FOR YOU

Cancer is a complex disease. For this reason, cancer treatment requires a well thought out plan and multiple experts to support you and your loved ones. At Intermountain Cancer Center, we work to bring these experts closer to home for you, your loved ones, and your care team. Closer to home, means greater convenience, safety, and peace of mind.

Intermountain Healthcare has Cancer Center locations in Idaho, Utah, and Nevada. This means everyone in our communities has access to cancer care. We are also a proven leader in telehealth technology. This allows us to connect our Cancer Center specialists with doctors and patients in the most rural locations.



▶ INTERMOUNTAIN CANCER CENTER LOCATIONS:

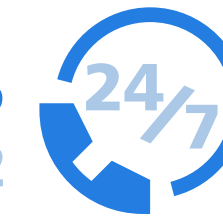
The Hospitals listed here have cancer related services that are connected to Intermountain Cancer Center locations. This truly is "Cancer Care Close to Home."

- Alta View Hospital
- American Fork Hospital
- Bear River Valley Hospital
- Cassia Regional Hospital
- Cedar City Hospital
- Heber Valley Hospital
- Intermountain Medical Center
- Layton Hospital
- LDS Hospital
- Logan Regional Hospital
- McKay Dee Hospital
- Riverton Hospital
- Sanpete Valley Hospital
- Sevier Valley Hospital
- Spanish Fork Hospital
- St. George Regional Hospital
- Utah Valley Hospital

CANCER ANSWERS
 833.321.3332

OUTNUMBER CANCER

CANCER ANSWERS
833.321.3332



► YOUR CANCER TEAM

Your physician will work with additional team members to provide the best possible experience and outcomes, including:

○ ONCOLOGY NURSE NAVIGATOR (ONN)

An Oncology Nurse Navigator (ONN) is a professional RN with oncology-specific clinical knowledge who offers individualized assistance to you and your family. Nurse navigators are highly skilled in helping you overcome healthcare system barriers, by providing education to make informed decisions, as well as resources to facilitate quality health and psychosocial care.

○ MALIGNANT HEMATOLOGY & BONE MARROW TRANSPLANT COORDINATOR

The Malignant Hematology and Bone Marrow Transplant (BMT) Coordinator helps you navigate consultations, treatments, and frequent testing that you will receive in the BMT/Acute Leukemia Program or from referring oncology practices. BMT Coordinators determine the most appropriate strategies to meet the plan of care determined by your attending physician.

○ INFUSION NURSE

An infusion nurse is a professional RN with specialized knowledge about the different drugs used to treat cancer. She or he will take blood samples to check lab values (if the physician orders them) and will also safely administer the intravenous drug therapies in an infusion center. Infusion nurses also educate you about how to manage any side effects the drugs may have.

○ ONCOLOGY CLINICAL SOCIAL WORKER (LCSW, MSW)

The role of the oncology social worker is to help you, your family, and caregivers deal with the experience of facing cancer and assist with psychological, social, emotional, and spiritual issues. Social workers help people with complex needs such as adjusting to an illness, dealing with transitions and decision-making, navigating cultural issues, and communicating with family members, friends, and healthcare providers.

○ FINANCIAL ADVOCATE

Oncology financial advocates help reduce the stress or hardship related to the cost of treatment for cancer. They can also help you understand your out-of-pocket expenses and what your health insurance plans may cover. Financial advocates may also help you set up payment plans, find cost saving methods for treatments, and improve access to healthcare services that you may need.

○ AYA PATIENT CARE COORDINATOR

The Adolescent and Young Adult (AYA) program is designed specifically for teens and young adults between the ages of 15 and 39 years old. The AYA Patient Navigator helps you access a variety of support services related to coping with cancer during this stage of life. Resources include fertility specialists and genetic counseling, as well as health insurance benefit review, financial counseling, dietary and nutritional consultation, and rehabilitation services.

○ DIETICIAN

A Registered Dietician plays a key role in your journey. By providing medical nutrition therapy during all phases of treatment, dietitians help identify the complex nutritional impacts associated with your diagnosis. Our dietitians will provide education, recommend nutrition interventions, and monitor your nutritional status throughout your course.

○ GENETIC COUNSELOR

Genetic counselors play a key role in your journey. Genetic counselors can help determine if there is a genetic concern for the occurrence of cancer in a family. In some cases, evaluating the genetic code of a cancer can also help determine the best treatment plan. Genetic counselors will discuss the benefits and limitations of seeking genetic testing.

○ HOME HEALTH NURSE

When appropriate, intravenous drug therapies may be administered in the home by a specially trained RN. She or he will work with your physician to safely provide treatments from the convenience of your own home.

OUTFIGHT CANCER

At Intermountain Cancer Center, we know the moment you're diagnosed with cancer is the beginning of a journey. Our experts will help you develop the best plan to help defeat your cancer. Our experience means a better one for you.



VIRTUAL CANCER CENTER

In addition to physical locations, Intermountain Cancer Center is also a wide reaching **virtual cancer center** available in several states. This means you and your loved ones can get help from Intermountain's cancer experts no matter where you live in the Intermountain Healthcare area.

DISEASE SPECIFIC EXPERTS

All types of cancer are treated at Intermountain Cancer Center locations. We have several **specialty programs** that include teams of physicians, nurses, genetic counselors, dietitians, and other experts. When you are diagnosed with cancer, your case will be presented by your personal physician at a weekly, system-wide, meeting – or tumor conference – with these experts. Together, they will recommend proven, science based treatments to help you beat cancer.

RESEARCH

We believe the best cancer care includes leading-edge treatments made through clinical and translational research. To help us move new treatments into practice at a much faster pace, we have updated and expanded our research capabilities. This will help us bring you the **very best diagnostics and drug therapies**. We aim to make clinical trials available to all our patients in the future.



PERSONAL CANCER NAVIGATION

Cancer care can be complex and scary. **Our Oncology Nurse Navigators** are here to help guide you through your journey. They will be the first to help you find a physician appointment and make sure your appointments run smoothly.

TELEHEALTH FOR CANCER

Intermountain Healthcare is known by many for the great physicians and leading-edge care provided at all our Cancer Center locations. That same quality care can now be delivered to other locations using telehealth technology. This includes rural Utah and the surrounding states. Telehealth allows our oncology specialists to provide real-time evaluation of you and your case. They will collaborate with your local hospital and infusion clinic to consult on treatments and follow-up plans. Telehealth also allows them to coach providers at your location through many specialized procedures. This allows patients like you to stay closer to home and family.

24/7 CANCER ANSWERS

Have a question? We have answers. Call our 24/7 toll free **"Cancer Answers"** number (833.321.3332). This number is connected to nursing staff who will answer your questions, any time of day or night. They will help you connect to the right physician at the right place at the right time.

EXPERTS WORKING TO OUTSMART CANCER

▶ EXPERTISE

Each specialized team includes physicians, nurses, advanced practitioners, nurse navigators, genetic counsellors, and others who support cancer care. These disease-focused teams ensure you have the best and brightest expert physicians and staff taking care of you.

Each person on your care team knows your disease inside and out. They can offer the very best and latest therapies. Their goal is to make sure your experience and care is of the highest possible quality.

▶ BREAST CANCER

Breast cancer is the most common cancer in women. It can also affect men. Fortunately, early detection and improved treatments have significantly increased the number of breast cancers that are cured.

Your breast cancer care team follows leading-edge research in order to provide the highest quality, personalized care. The team includes board-certified radiologists, surgeons, medical and radiation oncologists, plastic surgeons, pathologists, and genetic counselors. They work with nutritionists, physical and occupational therapists, social workers, and other specialists across the Intermountain Healthcare system to provide physical and emotional support. Together, they will help you design a path to recovery.

The breast cancer care team meets with the statewide breast cancer tumor board twice each week to review individual breast cancer cases. Our doctors attend national meetings on breast cancer research and treatment and stay up to date on their education. The breast cancer care team conducts clinical trials to study new treatments and may use molecular and genetic testing to help tailor treatments for your unique cancer.

DO YOU HAVE A GENETIC RISK FOR CANCER?

Women and men at high risk for breast cancer can be seen in our High Risk Breast Clinic. To learn about ways to reduce your risk of developing breast cancer call 833.321.2244.

Our Breast Program Lead



Margret Van Meter, MD



▶ GASTROINTESTINAL (GI) TRACT CANCER

ESOPHAGUS | STOMACH | COLON & RECTAL CANCERS

Intermountain Cancer Center Gastrointestinal (GI) Program experts provide treatment for patients with all forms of gastrointestinal [gas-trow-in-TESS-tin-uhl] cancers. The gastrointestinal tract includes all the body parts you use to eat, break down, and get rid of food. Doctors call it the GI tract for short.

Each patient referred to our program will receive a personalized treatment plan that is decided on by a tumor board. The board is made up of specialists from many different GI treatment areas. Intermountain Cancer Center can provide the most advanced GI therapies, technology, research, and clinical trials. Our GI cancer experts specialize in stomach, esophagus, colon and rectal cancers, as well as liver, gallbladder, bile duct, anal, small intestine, and neuroendocrine [noo-row-EN-doh-krin] tumors. Our surgeons specialize in minimally-invasive surgeries and sphincter-preserving surgeries. These surgeries cause less damage to the body than more traditional "open" surgeries.

Our Gastrointestinal Program Lead



Mark A. Lewis, MD

▶ GENITOURINARY (GU) CANCER

PROSTATE | BLADDER | KIDNEY

At Intermountain Cancer Center, we take a unique approach to treating genitourinary [jen-eh-toe-YUR-in-air-ee] cancers. GU cancers include prostate, bladder, and kidney cancers. Our GU program is made up of medical professionals from many areas who provide leading edge treatments. Our urologists [yur-AWL-uh-jists] take part in research resulting in advances in cancer care. We offer laparoscopic [lap-uh-roe-SKOP-ik], robotic, and other treatments. Molecular and genetic diagnostic testing is also available. These tests help providers predict when a cancer may spread or come back after treatment. Our radiation oncologists serve in national leadership roles in clinical trials and provide state-of-the-art technical services including brachytherapy [bray-kee-THAIR-uh-pee]. Our team is continually measuring our surgical outcomes to improve the care delivered to our patients.

Our Genitourinary Program Lead



David Gill, MD



9 out of **10** people
who have colorectal cancer will live for
more than 5 years if they find it when it is
still in an early stage.

5 MOST COMMON CANCERS IN MEN

1. Prostate
2. Lung
3. Colorectal
4. Bladder
5. Melanoma

Early screening and treatment matters.



► GYNECOLOGICAL CANCER

UTERINE | OVARY

Gynecologic Cancer is any cancer that starts in a woman's reproductive organs. Cancer is always named for the part of the body where it starts (vulva, vagina, cervix, uterus, ovaries, and fallopian tubes.) Our Intermountain Cancer Center gynecologic [gine-eh-koh-LODGE-ik] oncologists are highly experienced in treating all these cancers.

The treatments recommended by our cancer specialists are grounded on evidence based standards developed by national experts. This means you will receive the same treatment at all major cancer facilities throughout the U.S. However, at Intermountain Cancer Center locations, the treatment is close to home - in your own community.

Our Gynecological Program Lead



Mark Dodson, MD

► HEAD & NECK CANCERS

Head and neck cancers are broadly defined based on the area in which it begins. Most forms of head and neck cancer begin in the mouth, salivary glands, nose, or throat. These areas affect how we look, breathe, talk, smell, see, and swallow. Head and neck cancer specialists at Intermountain Cancer Center are highly experienced in using state-of-the-art treatments for head and neck cancers. They will design a personalized treatment plan for you that may include surgery, radiation, or specific medications. Your treatment may target the cancer directly or help your immune system fight the cancer. Our team of specialists excels in providing outstanding, personalized clinical care for individuals with head and neck cancers.

Our Head & Neck Program Lead



Vilija Avizonis, MD

DID YOU KNOW?

Nearly 8 out of 10 gynecological surgeries done at Intermountain Cancer Center are robotic or microscopic surgeries. These procedures protect a woman's ability to get pregnant and carry a baby after cancer treatment.

PREVENTION & SCREENING:

Although there is no proven way to completely prevent head and neck cancer, you may be able to lower your risk. People who routinely drink alcohol, use tobacco products, or have used tobacco products in the past should get a general health screening examination at least once a year.

Regular dental checkups are important to screen for head and neck cancer.

- **GENDER.** Men are 2 to 3 times more likely than women to develop head and neck cancer. However, the rate of head and neck cancer in women has been rising for the last 20 years.
- **AGE.** People over the age of 40 have a higher risk for head and neck cancer.

▶ HEMATOLOGIC (BLOOD) MALIGNANCY CANCER

LEUKEMIA | LYMPHOMA | MYELOMA

The Intermountain Blood and Marrow Transplant (or stem cell transplant) Program has provided leading-edge care since 1978. It is the first facility in the Intermountain West to offer safe and timely transplants. And, we were the first to use half-matched parents, siblings, and children of patients as stem cell donors.

Our program treats:

- Conditions requiring a bone marrow or stem cell transplant
- Blood cancers requiring immunotherapy
- Diseases including but not limited to:
 - Leukemia*
 - Myelodysplastic syndromes*
 - Myeloproliferative syndromes*
 - Lymphoma*
 - Multiple Myeloma*
 - Amyloidosis*
 - Bone Marrow Failure syndromes*

Our Hematologic Cancer Program Leads



Daanish Hoda, MD

Julie Asch, MD

▶ HEPATO-PANCREATOBILLIARY CANCER

LIVER | PANCREAS | BILE DUCT | GALLBLADDER

Intermountain's Cancer Center, has an extensive group of medical experts to treat liver, pancreas, bile duct, and gallbladder cancers. We have every means of modern medical technology to treat these conditions. This allows us to optimize a treatment program for each patient depending on their unique medical situation.

The team includes board certified experts in liver and transplant surgery, liver diseases and conditions, digestive diseases and conditions, medical and radiation oncology, and interventional radiology. They meet regularly to coordinate ideal treatment plans for our patients.

Treatment options include:

- Surgical resection
- Liver transplantation
- Transarterial radio-embolization (Theraspheres)
- Genomic tumor sequencing
- Microwave ablation
- Chemotherapy or immunotherapy
- Radiation therapy

Our Hepatobiliary Program Lead



Ramya Thota, MD

DID YOU KNOW?

Intermountain Cancer Center Blood and Marrow Transplant program offers state-of-the-art CAR T-cell therapies and related clinical trials.

WHAT IS CAR T-CELL THERAPY?

Chimeric Antigen Receptor T-cells (as known as CAR T-cells) are immune cells taken from the patient and changed so that they attack the cancer cells directly. The cells are then put back into the patient to fight the cancer.

There are two main types of pancreatic tumors: exocrine and endocrine. The type of tumor depends on which type of cells are involved. Exocrine cells make digestive juices. Endocrine cells make insulin. Most people with pancreatic cancer have exocrine tumors, which grow faster than endocrine tumors.

► MELANOMA (SKIN) CANCER

Intermountain Cancer Center provides specialized treatment for melanoma and other skin cancers. This includes advanced basal cell and squamous cell carcinomas, Merkel cell carcinoma, and other rare tumors of the skin. We strive to provide outstanding care to skin cancer patients throughout the state of Utah and surrounding areas. We use telehealth to treat and consult on advanced cancers in rural areas, allowing patients to stay closer to home. Our experts include surgical, medical, and radiation oncologists and dermatopathologists [dur-muh-toe-path-AWL-oh-jists] (doctors who study skin samples under a microscope). We have a robust clinical trials program that meets weekly to plan a coordinated approach to patient care. Our surgical oncologists have expertise in removing primary tumors occurring anywhere on the skin. They also perform sentinel lymph node biopsies and lymph node dissections (cutting them apart to look for disease). We work closely with our plastic surgery colleagues when reconstruction is needed.

Our Melanoma Program Lead



Tawnya Bowles, MD

► NEUROLOGIC (BRAIN) CANCER

At Intermountain Cancer Center, we combine the most recent advances in brain tumor treatment with a treatment plan that is specific for each patient. This helps to promote the best possible outcome. Our physicians are board certified and specialize in the treatment of brain tumors. They collaborate with colleagues in other specialties and use national guidelines and clinical trial results to provide patients with the best options for treatment.

Brain tumor treatment options we offer include:

- Surgery
- Molecular diagnostics with appropriate treatment
- Chemotherapy
- Radiation therapy
- Gamma knife
- Sterotactic Radiosurgery (SRS)

Our Brain Cancer Program Lead



Grant Hunter, MD

DID YOU KNOW?

MELANOMA CAN BE HIDING IN PLAIN SIGHT

A doctor can see what you can't. Consider scheduling a total body skin exam today.

Utah has the highest number of melanoma cases in the U.S. Early-stage melanomas are often found by Intermountain dermatologists in smaller clinics. Our oncologists work closely with dermatologists to promote screening and prevention.

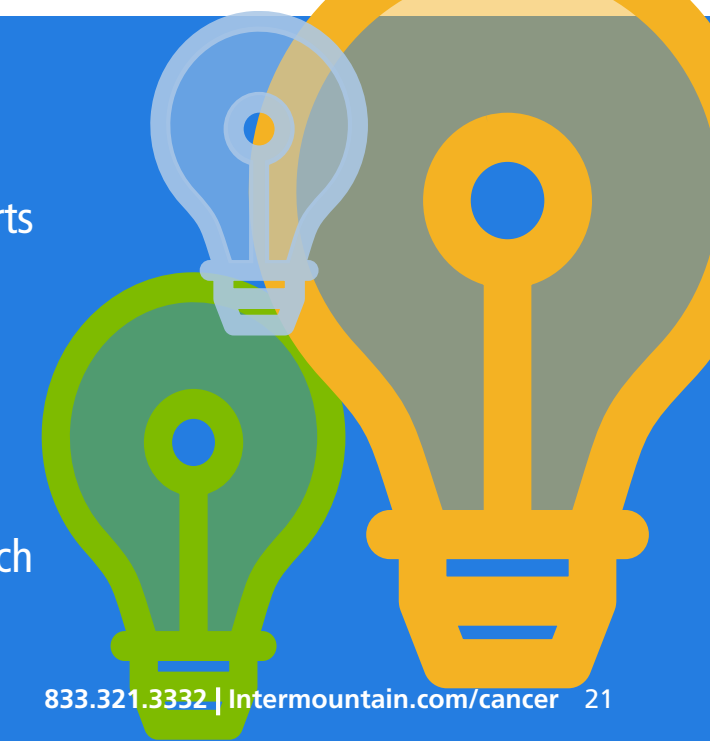


PRIMARY BRAIN TUMORS

Often described as "low grade" or "high grade," a primary brain tumor is a tumor that starts in the brain. A low-grade tumor generally grows slowly but can turn into a high-grade tumor. A high-grade tumor is likely to grow faster.

SECONDARY BRAIN TUMORS

A secondary brain tumor is a cancerous tumor that started in another part of the body, such as the breast, lung, or colon, and then spread to the brain. A secondary brain tumor may also be called metastatic cancer or brain metastasis.



▶ THORACIC (LUNG) CANCER

At Intermountain Cancer Center locations, we use a team of experts to treat lung cancer. We offer patients many options for diagnosis, support and treatment.

These treatment options include:

- Surgery
- Chemotherapy
- Radiation Therapy
- Targeted Therapy
- Immunotherapy

We offer a Low Dose CT Lung Cancer Screening Program for patients who meet certain criteria. Intermountain's lung cancer experts are board certified. They collaborate with colleagues in other specialties and use national guidelines and clinical trial results to provide patients with the best options for treatment.

Our Thoracic Cancer Program Lead



Clarke Low, MD

▶ SARCOMA (SOFT TISSUE & BONE) CANCER

Intermountain's Cancer Center Orthopedic Oncology Program is highly specialized in treating tumors and tumor-like conditions of the bones, muscle, fat, and connective tissue (tendons, ligaments, etc.) in children and adults. Some of these tumors are benign (not cancer) and some are malignant (cancer). Some tumors start in bone or soft tissues. Other tumors start growing elsewhere and then spread (metastasize) to the bones, muscles, or other tissues.

At Intermountain Cancer Center, we work with medical oncologists, radiation oncologists, other surgeons, and primary care doctors to provide the best care for patients with cancer. We perform surgery when needed to remove tumors or stabilize a bone affected by a tumor. We also provide other treatment options for tumors that do not need surgery.

Our Sarcoma Cancer Program Lead



Jodie Miles, MD

DID YOU KNOW?

30% of people diagnosed with lung cancer in the state of Utah are non smokers.

ENVIRONMENTAL FACTORS:

- According to EPA estimates, radon is the number one cause of lung cancer among non-smokers.
- Radon is the second leading cause of lung cancer.
- Radon comes from the natural breakdown of uranium that is in the soil.
- Your home may trap radon inside, and it can build up.
- Around 1/3 of homes in Utah have high radon levels.

The most common types of sarcomas we treat are osteosarcoma [oss-tee-oh-sar-KOH-ma], Ewings [YOU-wings] sarcoma, chondrosarcoma [kon-drow-sar-KOH-ma], and soft tissue sarcomas. These are cancers that are found in the bones and cartilage. We also treat non-cancerous conditions, such as cysts and lipomas, that can cause pain and affect a person's range of motion.

BLOOD/MARROW TRANSPLANT & ACUTE HEMATOLOGY MALIGNANCY PROGRAM



▶ LEADING-EDGE STEM CELL TECHNOLOGY

Intermountain's Blood and Marrow Transplant and Acute Hematology Malignancy Program treats advanced and complicated blood and bone marrow cancers.

Our leading-edge bone marrow transplant (BMT) cellular therapies include the new half-match (haploidentical) stem cell transplant technology.

With half-match technology, a transplant donor can be a family member (such as a child, parent, cousin, niece, or nephew). Historically, a successful transplant required a perfectly matched donor, typically a brother or sister. You and your transplant physician will decide which type of transplant is the best treatment option for you.

TYPES OF TRANSPLANTS

AUTOLOGUS: "Auto" means "self." This means your own cells are used for the transplant.

ALLOGENIC: "Allo" means "other." This means stem cells from a separate donor are used for the transplant. The genes in the transplanted material usually has to match to some degree, so it's common for donors to be family members.

○ **Haploidentical** means "half-match". This new form of stem cell transplant greatly expands the potential donor pool. It makes more patients eligible for a transplant because the donor can be a child, parent, cousin, niece, or nephew. Instead of a near-total match, donors for a haploidentical [hap-low-eye-DEN-teh-ki] transplant only need to be a 50 percent match to the patient.

CANCER TREATMENTS



▶ ADVANCED METHODS

In treating cancer, one of our first priorities is to stop cancerous cells from spreading. Cancer cells are cells that have mutated and no longer behave normally and often divide and grow at an accelerated rate. Treatments may involve surgery to remove cancer cells, radiation therapy to destroy cells, and medications to stop the cells from dividing or growing. A number of other approaches are used to help your body better heal itself and protect against illness.

At Intermountain Cancer Center locations, our world-class physicians and caregivers apply a variety of advanced methods and therapies to reduce and remove cancer cells. Care plans involve individualized treatments based on your cancer type, stage, location of the cancer, and other considerations.

TARGETED THERAPY

Genomic (gene) testing looks at changes, or mutations, present in the DNA of a tumor and interprets the results. With help from Intermountain's Precision Genomics team, we may be able to find out what treatments will best target your specific cancer, improving results and reducing costs. This way, you can spend less time worrying about treatment and enjoy an improved quality of life.



CHEMOTHERAPY & BIOTHERAPY

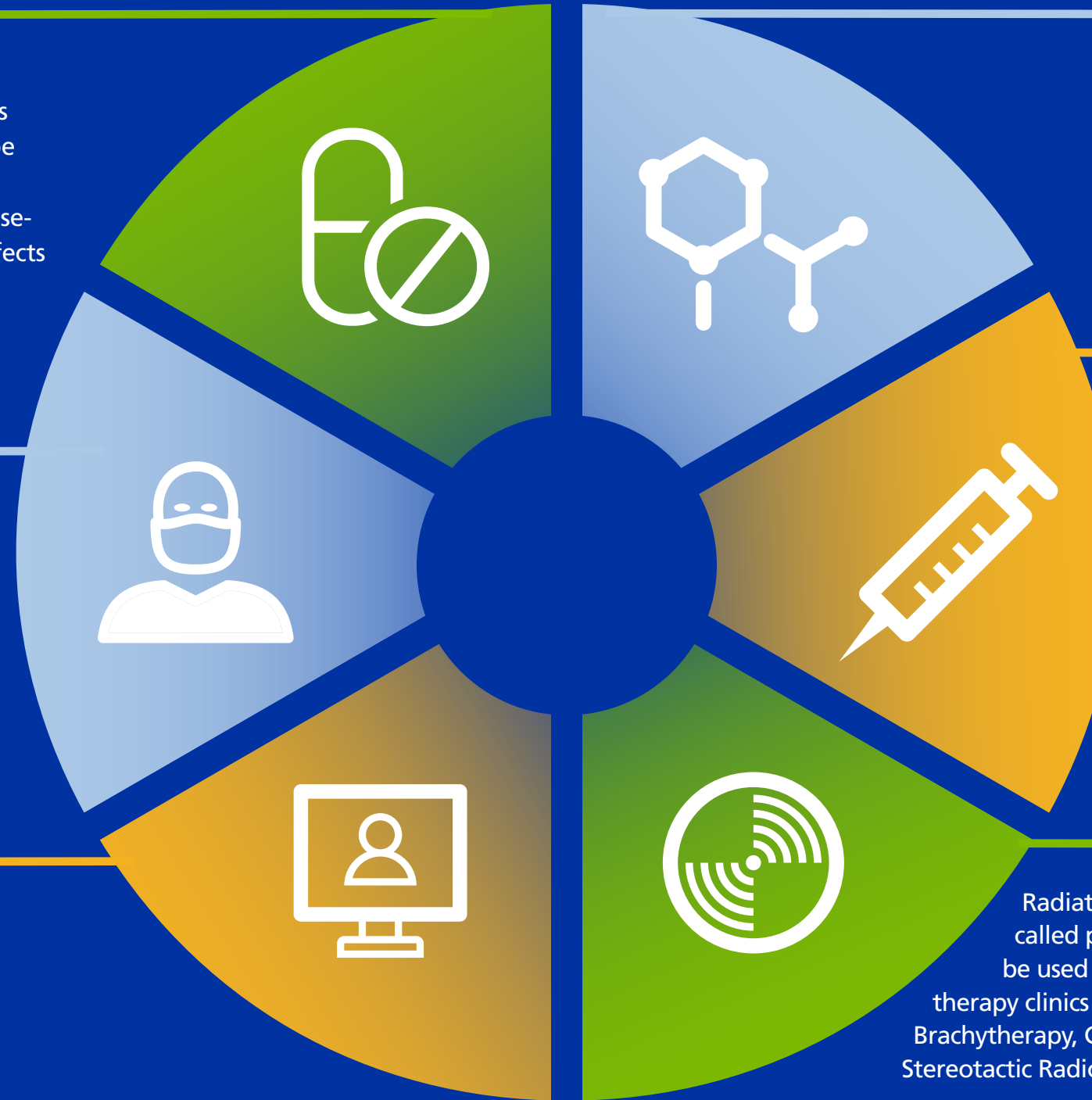
Your personalized treatment plan may include chemotherapy and biotherapy. Chemotherapy is using chemical substances and medicines to stop cancer cells from dividing or growing. These are sometimes called “anti-cancer drugs.” Chemotherapy may be used as the main treatment for cancer. It can also be used to help shrink a tumor before surgery or radiation treatment, or to destroy any small groups of cells that may remain after surgery. Biotherapy uses targeted medicines that help your immune (disease-fighting) system fight cancer and infection. Biotherapy medicines can also reduce some of the side effects of cancer and help make chemotherapy treatments more effective.

SURGERY

Cancer surgery is called “surgical oncology.” It is often the first step in treating cancer. Intermountain’s board-certified surgical oncologists work together to treat primary and metastatic tumors. They are trained in removing specific tumor types and skilled in a wide range of minimally invasive and robot-assisted techniques. They take a supportive, team-based approach to cancer treatment that is based on clinical evidence. This ensures efficient, effective, and individualized care during every step of your journey.

TELEHEALTH

The Medical Oncology TeleHealth Program provides specialty care, including infusion therapy, for patients with cancer and blood disorders. Typical chemotherapy regimens require multiple doses each month. Receiving these can be difficult for patients if their primary treatment facility is far away. The Medical Oncology TeleHealth Program helps patients and their families reduce travel time and expenses through real-time visits, care planning, and follow-up exams provided in facilities closer to them, by some of the best oncologists in the nation.



CELLULAR THERAPY

Intermountain Cancer Center Blood and Marrow Transplant (BMT) program now offers state of the art CAR T-cell therapies and related clinical trials. CAR T-cells (or chimeric antigen receptor T-cells) are immune cells taken from the patient and modified in a laboratory. The changes tell the cells to attack cancer cells directly. These new cells are then put back into the patient through an infusion. As more cellular therapies are developed, Intermountain’s experts are ready to offer these treatments.

CANCER IMMUNOTHERAPY

Cancer immunotherapy, or immuno-oncology, is a treatment that changes how your immune system responds to cancer cells. Simply put, this type of treatment can either take the brakes off the immune system or teach the immune system how to fight. Immunotherapy treatments provided at Intermountain Cancer Center include “checkpoint inhibitors,” which prevent cancer cells from hiding from the immune system, allowing healthy cells to attack the cancer. Oncolytic viruses are genetically modified viruses. They may also be used to directly kill cancer cells and help the immune system to attack the cancer. In addition to providing these proven immunotherapies, the Cancer Immunotherapy Program at Intermountain Cancer Center participates in research and offers clinical trials to discover future immunotherapy solutions and effective cancer treatments.

RADIATION THERAPY

Radiation therapy is called “radiation oncology.” It is an advanced cancer treatment that uses high-energy particles called photons to kill cancer cells. Targeted radiation therapy may be the main treatment for your cancer. It can also be used in combination with surgery or other treatments. The compassionate caregivers at Intermountain’s radiation therapy clinics use state-of-the-art radiation equipment to treat a variety of cancer types. Some of these treatments include Brachytherapy, Gamma Knife®, Image-Guided Radiation Therapy (IGRT), Intensity-Modulated Radiation Therapy (IMRT), and Stereotactic Radiosurgery. The specially trained, board-certified radiation therapy teams at Intermountain’s Cancer Center rely on these standard treatments, as well as emerging treatments, to achieve positive outcomes.

CARDIO-ONCOLOGY



► PREVENTING CARDIOVASCULAR DISEASE

Certain cancer treatments may increase the risk for heart disease. Some heart complications can occur during cancer therapy, while others may develop decades after treatment. The Cardio-Oncology program at Intermountain Medical Center strives to help people who receive cancer treatment live the healthiest lives possible. The Cardio-Oncology program includes a multidisciplinary team that specializes in providing state-of-the-art care of cancer patients with (or at increased risk for developing) cardiovascular disease.

Our Team

Our team includes cardiologists, oncologists, and radiation oncologists. These specialists work together to provide comprehensive, coordinated heart care for people with cancer. They are dedicated to caring for people in any phase of cancer treatment who are at risk for developing heart disease or who have existing heart disease.

Our Services

- Consultation before cancer treatment begins to help assess risk for heart complications, especially for people who have a history of heart disease or certain risk factors for the disease. Our cardiologists can make recommendations to your oncologist to minimize any possible heart problems from cancer treatments.
- Provide a plan for monitoring your heart function during and after certain types of cancer treatment.
- Evaluate heart symptoms that come up during or after cancer treatment.
- Monitor and manage heart complications that may come up during or after cancer treatment.
- Provide preventive heart care for cancer survivors who have received radiation to the chest or treatment with certain chemotherapy agents.
- Arrange for and interpret the results of advanced heart imaging.

PARTICIPATE IN CLINICAL TRIALS



► DISCOVERY & INVOLVEMENT

Many active clinical trials addressing various cancer types, stages, and areas of research are open to Intermountain Healthcare patients. We specialize in offering our patients access to nationally sponsored clinical trials close to home. Each of our clinical trials has a specific objective and aim—including treatment, prevention, screening, diagnosis, and quality-of-life or supportive care.

While participation in clinical trials is always voluntary, we encourage you to take part in a trial if you qualify. Trials allow you to play a more active role in your own healthcare, gain access to new treatments before they are widely available, and help other patients by contributing to medical research. Some side effects and unknown health risks are possible in a clinical trial. If you choose to participate in a trial, you will be closely monitored and may be seen more frequently by your care team. If you would like to be considered for participation in a clinical trial, we encourage you to talk with your physician or care team.



- Phase I trials try to understand the drug's safety, the best dose to administer, and what side effects may occur.
- Phase II trials study how well a new treatment works on a certain type of cancer based on the dose found in Phase I.
- Phase III trials test the new therapy against standard treatment for comparative data.
- Phase IV trials further evaluate the long-term safety and effectiveness of a treatment.

TYPES OF RESEARCH



PATIENT-ORIENTED RESEARCH:

- Studies that help explain how people get diseases and what the disease does
- Studies on new treatments or ways to prevent disease
- Studies on new medications
- Studies on how genes and gene therapy can treat or prevent disease



EPIDEMIOLOGICAL AND BEHAVIORAL STUDIES:

- Studies among cancer patients and healthy people that don't provide any therapy or change the status of someone's disease. Instead, these studies look at all the things about the person and the disease to see if anything in the environment or their behavior could be related to the cause or advancement of the disease.



HEALTH SERVICES RESEARCH:

- Studies designed to evaluate the delivery, processes, management, organization, and financing of healthcare, including quality improvement and cancer care delivery research.

PRECISION GENOMICS



► PERSONALIZED CANCER TREATMENT

Intermountain Cancer Center locations use proven and innovative cancer treatment techniques and technologies to provide our patients with the most advanced care. Our Precision Genomics program is a robust part of these innovative approaches, providing promise for advanced-stage cancer patients.

Working at the forefront of medical science, Intermountain Precision Genomics uses state-of-the-art genomic technology to understand and fight different types of cancer through a test called TheraMap. TheraMap analyzes and interprets what changes, or gene mutations are present in a patient's tumor DNA. With the results, Intermountain Precision Genomics can then help discover what treatment might best target a patient's cancer, improving results and reducing costs. This way, patients can spend less time worrying about treatment and enjoy an improved quality of life.

For more information about TheraMap, contact your oncologist, or reach out to our genomics navigation team at 435.251.5780.



CUSTOMIZED TESTING WITHOUT THE TRAVEL

Intermountain Precision Genomics provides services to any oncologist, regardless of where the practice is located or where the patient resides.

SUPPORTIVE CARE



► PHYSICAL, EMOTIONAL, & SPIRITUAL SUPPORT

Managing cancer can be physically, emotionally, and spiritually challenging for you and your loved ones. Intermountain Cancer Center locations offer many supportive therapies and services to provide comfort and care from the moment your cancer is diagnosed throughout treatment and into survivorship.

- **SUPPORTIVE CARE CLINICS:** Intermountain Cancer Center locations have Supportive Care Clinics throughout our service areas. Supportive Care Clinics focus on improving your quality of life with intensive management of symptoms related to cancer or your cancer treatments. We provide same day visits for new problems as well as ongoing symptom management to help you live the healthiest life possible. Our team can also help if you need to make difficult healthcare choices. We focus on you as a whole person, keeping you and your family's values in mind as we help guide your treatment decisions. Our services are provided in full coordination with your primary oncologist.
- **GENETIC COUNSELING:** If cancer seems to run in your family, you may have an increased risk of cancer. Genetic counselors can help determine if there is a genetic reason for cancer in a family and talk with you about the benefits and limitations of getting genetic testing.
- **PALLIATIVE CARE:** Palliative care is simply supportive treatments that help you manage the symptoms, pain, or stress that come with the diagnosis and treatment of cancer. Therapies may include both medicines and other services, such as Occupational Therapy, Physical Therapy, and Speech Therapy.
- **LYMPHEDEMA TREATMENT:** The body's lymphatic system activates disease-fighting cells to fight infection. Lymphedema is swelling in the arms or legs caused by damage or blockage due to cancer or cancer treatment. It can cause pain and other symptoms. Lymphedema treatments performed by Intermountain plastic surgeons, occupational therapists, and physical therapists can ease symptoms and enhance quality of life.
- **NUTRITION COUNSELING:** Cancer treatment can greatly affect your desire and ability to eat and drink. Our nutritional counselors can provide recommendations to help you meet your nutritional needs and ease any treatment side effects.
- **RECONSTRUCTIVE SURGERY:** Surgically removing tumors and any surrounding healthy tissue can change a person's physical appearance. This is especially common with lumpectomy or mastectomy for breast cancer. In these cases, an Intermountain reconstructive (plastic) surgeon can restore the natural look of a patient's anatomy during or after the treatment surgery, as appropriate.
- **SPIRITUAL SUPPORT:** Our hospitals work with local spiritual leaders to help meet your needs. We can help connect you or to clergy of any faith, as requested.

EMOTIONAL SUPPORT SERVICES

CANCER CARE SUPPORT GROUP



SESSIONS:
Support group held every 1st and 3rd Friday of the month.

SPRING
May 3rd and 17th

SUMMER
June 7th and 21st
July 5th and 19th
August 2nd and 16th

FALL
October 4th and 18th
November 1st and 15th

WINTER
December 6th and 20th

A cancer diagnosis can significantly impact our lives. Cancer directs us down an unanticipated path that influences our sense of self. The physical, mental, emotional, spiritual, social and financial changes can create uncertainty, fear and a lack of control.

The Cancer Treatment Support Group provides a safe setting, with experts in the field, to share concerns and new realities, grow emotionally, and develop coping strategies resulting in a greater sense of acceptance and hope.

You, your family, and your support partners are encouraged to join the conversation. You are welcome to attend at any time, at any stage of your cancer experience.

FACILITATOR: David Rodeback, PhD, LCSW Oncology Social Worker
PLACE: Intermountain Medical Center
Building 3: Cancer Center
Cancer Education Center (1st floor across from radiation)
TIME: Noon to 1pm
FREE
For Additional information, please call David Rodeback @ 801-507-3845 or email David.rodeback@imail.org


Intermountain Cancer Center

24/7 CANCER ANSWERS 833.321.3332

One call connects you with an Intermountain Cancer Center Oncology Nurse Navigator. The number can be used by:


- Patients with a new cancer diagnosis who need assistance accessing a first appointment (or subsequent appointments)
- Family Members or patients with questions about cancer care
- Anyone with cancer related questions

Nurse navigators are highly skilled in helping patients overcome healthcare system barriers.



MY RADIATION THERAPY TEAM

SUPPORT WHEN YOU NEED IT MOST
The Intermountain Cancer Centers are committed to helping patients live the healthiest lives possible. We are committed to maintaining patient comfort while providing exceptional cancer care. The entire team is ready to assist in providing support, kindness, and compassion throughout your cancer journey.
GEORGE RADIATION DEPARTMENT MAIN LINE: 435.688.4175



- RADIATION ONCOLOGIST**
Prescribe how much radiation will be received and treatment will be given. They will closely follow treatment journey and prescribe the care needed to manage side effects.
- MEDICAL ASSISTANT**
A Medical Assistant (MA) will assist in follow-up visits, registration, take vital signs, and escort you to the exam room. They also assist your physician with medical procedures.
- RADIATION PHYSICIST**
Trained to ensure the equipment is working and that the machine delivers the proper amount of radiation. The physicist will work closely with the radiation oncologist to plan your treatment.
- RADIATION NURSE**
They provide care during your radiation therapy by offering instruction and support to help manage side effects.
- DOSIMETRIST**
Works with the radiation oncologist and physicist to calculate the amount of radiation to be delivered to the cancer site.
- REIMBURSEMENT SPECIALIST**
A liaison between you and your insurance company. They ensure that the insurance company gets billed correctly. They pre-authorize any procedures or services done at the radiation clinic.
- OTHER HEALTHCARE PROFESSIONALS**
Social workers, dietitians or physical therapists may be involved in your care.

RADIATION THERAPIST
Specifically trained in radiation therapy. They ensure you are properly positioned for treatment and run the machine. They also ensure proper dosage of radiation prescribed by the radiation oncologist.

NURSE NAVIGATORS
Nurse navigators are essential for the delivery of cancer care. They provide education, coordination of care and help with problem solving. The goal of the navigator is to provide optimal care to patients and their families throughout the cancer journey.

Intermountain Cancer Center

➤ MENTAL HEALTH SUPPORT SERVICES

Social workers can help support you as you deal with the mental, emotional, or social concerns brought on by a cancer diagnosis. You and your loved ones may react to the news in many ways. Know that it is normal to feel worried, sad, angry, isolated, anxious, or even to feel a loss of control over your health and your life. A cancer diagnosis can mean increased distress and concern. When distress becomes extreme, it can impact your health, relationships, and emotional well-being as well as your daily activities. It helps to identify this emotional distress early on so that you get the help and support needed to address concerns. This will improve your mental and emotional health, and your overall quality of life.

Oncology social workers provide support, resources, and community referrals to help patients deal with practical concerns like work arrangements, financial or insurance issues, transportation, communication with family, advanced directives, end-of-life planning, and mourning. They are also trained to provide short-term counseling to help patients and families ease distress, and help manage emotional issues that may arise during cancer treatment, during remission, and into survivorship.

COUNSELING SERVICES MAY INCLUDE:

- Adjustment to diagnosis and treatment
- Coping with life changes and challenges
- Advanced care planning
- Crisis intervention
- Grief, loss, and mourning
- Relaxation and mindfulness
- Short-term counseling for couples and loved ones
- Sexuality and intimacy
- Talking with children and teens of cancer patients
- Support groups

“ My team shared very technical information with me and my wife on a not-so-technical level so that we could understand the process we faced. The team communicated well with one another on all levels so that everyone was aware of my circumstances and needs relative to their responsibilities toward me and my care. I never felt like ‘just another patient.’ The entire team treated me and spoke with me as a human being with concerns and interests other than my disease, and helped me feel comfortable with them as people in the same way. ‘Personable’ doesn’t even cover it. ”

— John P.

► **YOUR INVOLVEMENT IS CRITICAL TO YOUR CARE PLAN**

Intermountain Cancer Center locations provide you with the expertise, resources, tools, and information to help you learn about your treatment options and services. Your physician and care team will discuss your own personalized care plan with you. Remember that your input, preferences, and opinions are critical to the decisions made about your care plan. It's important that you openly communicate with your care team what is most important to you.

Your team will also provide other pieces of information important to you such as treatments you'll receive and what to expect. We have help available to address any side effects, keep track of your appointment dates and times, and manage contact information. Keeping all this information in one place can help you stay informed and keep track of your care plan.

Welcome to Intermountain Cancer Center, where a network of experts is here to fight with you. We are deeply grateful to be here to help you through your cancer journey. Thank you for trusting us with your care.



Helping people live the healthiest lives possible.





Intermountain[®] Cancer Center

Your connection to cancer experts



Cancer Answers
833.321.3332

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