

CANCER SERVICES

The San is renowned for excellence in cancer services offering a range of treatments, care options and support services for patients and carers. The types of cancer specialties we treat include:

- Bladder Cancer
- Breast Cancer
- Cervical Cancer
- Colorectal Cancer
- Gall Bladder & Bile Duct Cancer
- Gastric (Stomach) Cancer
- Gynaecological Cancers
- Haematological Cancers
- Hodgkin's Disease
- Kidney Cancer
- Leukaemia
- Lung Cancer
- Lymphoma
- Melanoma
- Ovarian Cancer
- Pancreatic Cancer
- Prostate Cancer
- Sarcoma
- Skin Cancer
- Soft Tissue Sarcoma
- Testicular Cancer
- Thyroid Cancer

We offer a comprehensive range of services to patients:

Awareness, Prevention & Wellness

The San offers a range of awareness, preventative and wellness services including:

- Information - website, brochures, cancer support centre information
- Health education sessions for the public
- GP Conferences
- Executive Health Checks - provided at Fox Valley Medical and Dental Centre
- Nutrition consultations
- Physiotherapy and hydrotherapy exercise program

Screening

- Breast screening - provided at Fox Valley Medical and Dental Centre through Breast Screen NSW
- GIT screening – including Colonoscopy & Endoscopy

- Genetic consulting
- Radiology – diagnostic imaging
- Pathology (operated by Douglass Hanly Moir)

Diagnosis

Diagnostic imaging - performed by San Radiology

- Digital X-Ray
- Ultrasound
- Digital Mammography
- High-field (3T) MRI (including advanced technology and for imaging the liver, breast, cervix and prostate)
- High-Resolution, Ultra-Low dose CT (including Radiotherapy Planning, Perfusion Assessment and Dual Energy)
- Stereotactic Biopsies / Hookwire Localisations (Breast)
- Fine Needle Aspiration or Core Biopsy of Superficial and Deep Organs – predominantly under Ultrasound or CT guidance

San Pathology (operated by Douglass Hanly Moir)

Offers a comprehensive range of pathology services on-site

Nuclear Medicine

- PET scans - for a range of oncological applications
- Bone scans
- Lymphoscintigraphy and sentinel lymph node localisation for breast cancer and melanoma
- Lung scans
- Bone densitometry measurements

San Ultrasound for Women

- Tertiary level pelvic ultrasounds and sonohysterograms used to plan treatment

Surgical & Procedural Diagnosis

Multi-disciplinary Cancer Teams

For SAH accredited specialists contact Medical Administration on 02 9487 9400 or find a San specialist at www.sah.org.au/find-a-specialist

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SYDNEY
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Treatment

The San offers a range of surgical and medical treatment options including:

Multi-disciplinary Cancer Teams (MDTs)

- The San strives to remain at the forefront of innovative care solutions for patients and has implemented MDTs to best address the needs associated with caring for, and treating, cancer patients
- MDT members include diagnostic specialists, medical and radiation oncologists, surgeons, specialist nurses and relevant allied health supports
- MDTs are currently in place for Breast Cancer, Urological Cancer, Gastro Intestinal Cancer, Lung Cancer and Gynaecological Cancer
- MDT members meet to agree on the diagnosis and staging of the disease using evidence-based guidelines, and to determine the best treatment options for the patient, taking the patient's preferences into account. Options are then presented to each patient for consideration
- Treatment plans are developed to optimally manage each patient's care

Medical & Surgical Oncology

- Comprehensive surgical services including reconstructive surgery and surgical oncological care
- Medical oncology care

Robotics

- Da Vinci Surgical Robot – enables surgeons to perform traditional open procedures via a minimally invasive route and allows for high surgical precision by manipulating, scaling and translating their hand movements to the robotic arms operating on the patient.

Day Infusion Centre

- The spacious, new Poon Day Infusion Centre opened in November 2014 and has capacity for 30 chairs and 4 private areas
- Treatments provided include chemotherapy regimens administered by specialist oncology nurses, blood transfusions, and other specialist drug infusions for different disorders and diseases
- Chemotherapy treatment is often given as an in-patient day-only procedure
- If overnight stay or weekend treatment is required, patients may be admitted to our Poon Oncology Ward

Radiation Oncology Institute (ROI)

- Specialist radiation therapy service on the grounds of the hospital – NSW's largest private radiotherapy treatment centre with new facilities opened in November 2014
- Committed to a multi-disciplinary cancer care approach
- Local radiation oncologists, radiation therapists, cancer registered nurses, medical physicists, psychologist, IT and administrative teams are involved in the care of all patients
- New expanded facilities incorporate 4 bunkers with state-of-the-art technology:
 - 'TomoTherapyEdge' machine; the first in Australia and the most advanced radiation treatment machine available in the world today. TomoEdge reduces treatment times, provides daily localisation and assessment of tumour position and size ensuring precise treatment delivery, greatly minimises side effects, treats multiple tumours at the same time and can retreat patients who otherwise could not have further radiation treatment on standard equipment
 - Includes 2 Varian Silhouettes providing Stereotactic, VMAT and IMRT treatments
 - Brachytherapy - High Dose Rate (HDR) and Low Dose Rate (LDR) Brachytherapy for both inpatients and outpatients via a dedicated bunker
 - Stereotactic treatments are offered on both the Varian linacs and TomoTherapyEdge units. This treatment delivery allows high dose xrays to be delivered in a more precise method to small tumours
 - The only Raystation planning system in Australia providing the most accurate and current platform for radiotherapy planning. This system fuses images from multiple sources to enable precise localisation of tumours and normal surrounding tissues

Interventional Radiology

- Imaging guided biopsies and aspirations
- Vascular access: portacath insertion and removal, PICC line, Hickman Catheter
- Transarterial Chemoembolisation (TACE)
- Selective Internal Radiation Therapy (SIRT)
- Radiofrequency /Microwave Thermal Ablation
- Palliative drainages: pleural and ascites, Pleurx catheter, Peritoneal ports

A reference for GPs

- Pain management: vertebroplasty and cementoplasty
- Biliary and ureteric stenting
- Preoperative embolisation; palliative bleeding control
- Inferior Vena Cava (IVC) Filter insertion (management of thrombotic disease)

Hospital in the Home

- Provides appropriate patients with the choice of receiving hospital quality medical treatment in their own home (or nursing home) as an alternative to acute hospital admission.

Emergency Care

- 24 x 7 days per week with specialists on call

Complementary therapies

- SAH cancer patients have access to massage, art and music therapy, acupuncture, medical Qi Jong, meditation, yoga, reflexology, and herbal/Chinese medicine

Support & Survivorship

Case Managers, Patient Navigators & Social Workers

- Case managers will collaborate with medical and nursing staff, and other members of the health care team to coordinate and deliver high quality inpatient care services, as well as assistance and advice for discharge planning
- The San has dedicated Breast Cancer Patient Navigators to assist patients through their cancer journey
- Social workers are available to provide support, counselling, education and information to patients and their families. They are qualified to liaise with patients and their family/carer on issues surrounding the diagnosis and the impact of illness and hospitalisation, loss and grief issues, transition into aged care accommodation and provide advocacy
- Social workers have a vast knowledge of community resources and can refer to services and organisations where appropriate
- Patients may self-refer to social workers or case managers, be referred by a family/carer or by the medical and multi-disciplinary care team

Cancer Support

- Provides a wide range of services including support groups, education, counselling, extensive resources and information, and massage and reflexology services

- There is no charge for most cancer support services
- Support provided regardless of where treatment has been provided

Jacaranda Lodge

- Provides low cost accommodation for country outpatients and for families of Hospital patients who live a distance from the San

Physiotherapy

- **Post cancer surgery management and treatment**
 - Post-surgical care in hospital
 - Early exercise programs and tailored exercise progression
 - Laser therapy to assist in tissue healing post-operatively and post radiation therapy
 - Scar and pain management
- **Lymphoedema**
 - Education and early detection of the signs and symptoms for those at risk
 - Bio-Impedance monitoring (L-Dex) for pre and post-surgical patients
 - Lymphatic drainage for trunk and limb oedema
 - Compression therapy – bandaging and compression garments
- **Strength and fitness**
 - Land and water-based classes tailored specifically for post breast surgery patients
 - Land and water-based classes for general fitness
 - Pool exercise sessions tailored to a client's individual needs and independent pool programmes
- **Assessment and management**
 - Musculoskeletal assessment and treatment including joint range of motion, posture correction and pain management, for both new and pre-existing conditions
 - Personal management plans for all clients

Nutrition

- Offers individual dietary counselling and support, providing dietary strategies to assist patients to better understand the role of dietary management during cancer therapy with the aim to improve dietary intake, clinical outcomes, nutritional status and body weight

- Provides patients and carers with practical dietary ideas to manage body weight, and as necessary, are able to prescribe patients appropriate oral nutritional supplementation and manage enterally fed patients as required

Counselling

- The Cancer Support Centre offers personal and family support and counselling at diagnosis, during treatment, or at any other stage support is needed
- Bereavement support is available for families of those who have lost a loved one to cancer
- Our chaplains department includes pastors and counsellors, and there is a psychologist on staff

Chaplains

Professionally trained chaplains and trained spiritual care volunteers available to:

- Support all patients, visitors, staff and volunteers
- Engage in conversation relevant to spiritual needs
- Offer grief, crisis and bereavement support
- Assist in contacting faith representatives
- Provide access to books and resources from our library

Palliative Care

Sydney Adventist Hospital can provide cancer patients with active medical care that reduces the unpleasant effects of the cancer. It endeavours to provide relief from pain and other distressing symptoms.

Multi-disciplinary care is provided by a network of medical, nursing and allied health professionals. Where possible, care is provided in the patient's home, but sometimes admission to hospital is required to stabilize unpleasant symptoms, or administer interventions such as blood transfusions, fluids and treatments by intravenous drip. These are aimed at optimising the patient's comfort.

The Poon Oncology and Palliative Care Ward is for patients who are admitted for either short-term symptom management or terminal care (care during the dying phase) under the patient's usual specialist and/or a palliative care specialist.

The San also provides an outpatient palliative care service by a Nurse Practitioner.

Research

San Clinical Trials Unit

- Provides all oncology patients treated at the San with the best possible treatment outcomes by offering them the opportunity and ability to participate in the most current treatment options available in the field of medical oncology
- Trial management is performed by a collaborative group of doctors, nurses, pharmacy, pathology and radiology staff and is coordinated by experienced clinical trial coordinators
- Treatments are either delivered in the Day Infusion Centre or as outpatient treatments

Australasian Research Institute (ARI)

- The Australasian Research Institute (ARI) was established at Sydney Adventist Hospital in 2004 to conduct innovative research that aims to improve our understanding of how specific lifestyle choices drive the human biochemistry toward either health or disease

San Integrated Cancer Centre

The San Integrated Cancer Centre is a state-of-the-art Centre of Excellence which builds on the San's existing expertise, experience and world-class reputation providing a integrated treatment centre for patients with cancer and other chronic diseases.

Made possible through the generosity of supportive donors - the centre is opening progressively as funds become available, starting with Stage 1 open from 14 November 2014.

The Centre will incorporate consulting suites, radiology & pathology, day infusion, radiation oncology, clinical trials, cancer information and support services. The centre will also link to Jacaranda Lodge for accommodation, complementary therapies, support and wellness programs.

This major new development has been purpose built to provide the gold-standard in cancer diagnosis, treatment, management and care through a world-recognised, coordinated and supportive multidisciplinary care model.

Please visit www.sah.org.au for further information on our services.

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