



Advanced Personalized Cancer Care, Right In Your Community

When you seek cancer treatment at a single Sentara facility, you are actually tapping into a comprehensive network of cancer care. Within the network, you'll benefit from highly skilled physician leaders who are committed to your comfort and recovery. And you'll be able to get that care close to home and family.

Meet our physicians and patient navigators at sentara.com/cancer

This Video Library also shares local patients' personal stories of cancer diagnosis and treatment.



Recent Advances Brought To Our Community

TransOral Robotic Surgery (TORS)

Specially trained head and neck surgeons are removing **head and neck cancers** through the mouth using the da Vinci robot. By using the natural opening of the mouth, patients avoid a large surgical incision that stretches from the ear to the lip with the traditional approach.



CyberKnife

It sounds like surgery but it's actually an incisionless radiosurgical treatment for selected **cancers of the head, neck, brain, lung, liver, prostate, bone, pancreas and renal system**. This extremely precise, high-dose radiation delivered directly to the cancer is a new option for patients who are unable to have surgery due to frail health or tumor location or whose radiation therapy has been exhausted.

Electromagnetic Navigational Bronchoscopy (ENB)

ENB allows for less invasive diagnosis and earlier treatment of mediastinal lymph nodes and small lesions deep in the **lungs** where traditional bronchoscopy cannot reach. With ENB, placement markers can be positioned on these areas in preparation for CyberKnife incisionless radiosurgical treatments.



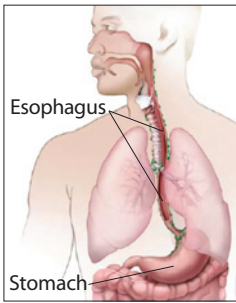
Transanal Endoscopic Microsurgery (TEM)

Fellowship-trained and board-certified colorectal surgeons are using specially designed surgical instruments to remove **cancerous tumors from the middle and upper rectum** through the natural opening of the anus. This is offering patients a quicker recovery with no external surgical incisions and fewer complications.



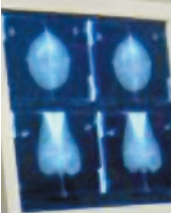
Esophagectomy

This minimally invasive technique removes **cancer from the throat** using a thin tube-like instrument to reach the esophagus through a small chest incision, avoiding a large surgical incision to open up the chest. A laparoscope is used in the abdomen to prepare the stomach as a replacement path for the **cancerous esophagus** that is removed.



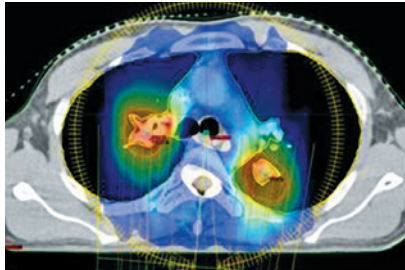
Digital Mammography

Digital technology provides quicker images with higher clarity that can be electronically sent to patients' physicians for easier and timelier diagnosis. It's been proven a better screening tool for **breast cancer** and is available at all Sentara mammography sites.



RapidArc Radiotherapy

RapidArc radiotherapy technology is a major advance that improves dose conformity while delivering treatments two-to-eight times faster than our current treatments. Significantly shortened treatment times are combined with increased precision.



Sentara Cancer Network Outstanding Achievement Award American College of Surgeons Commission on Cancer

Only achieved by 18 percent of 432 programs surveyed.

As Virginia's only nationally accredited cancer network, this means we are held to the highest standards in delivering cancer care to our community.

**Answers to Your Cancer Questions
Are One Call Away**

Call Toll Free: **888-220-2214** to speak to a cancer expert to provide the answers and resources for cancer prevention, diagnosis, treatment and support.

In The Fight Against Cancer, Prevention And Early Detection Can Be Your Best Defense

- Colon and Rectal Cancer**
Colonoscopy: Age 50+, every 10 years
- Cervical Cancer (women)**
Pap Smear: Age 18+ yearly or as directed by a physician
- Breast Cancer (women)**
Mammogram: Age 40+, yearly

What's A Cancer Registry?

The Cancer Registry is a database that houses over 40,000 patients that have been diagnosed and/or treated within our network. This database includes cancer type, stage, treatment results and lifelong patient follow-up. The collection, analysis, and dissemination of this data helps assess patterns of care and outcomes, ultimately leading to improvements in the quality of care.

A vast network of physicians, nurses and other clinical team members care for more than **6,000 cancer patients each year**.

Join Us On Facebook

Get **Pink** with Sentara

Schedule Your Mammogram Today



PINK DAY
At McDonald Garden Center



Fight Against Breast Cancer

With a variety of pink plants and Sentara staff to answer questions about breast cancer

Saturday, April 30, 8 am - Noon

McDonald Garden Center Locations:
3925 Portsmouth Blvd., Chesapeake
1144 Independence Blvd., Virginia Beach
1139 W. Pembroke Ave., Hampton
4501 News Road, Williamsburg
3565 Bridge Road, Suffolk

HEALTHY HAPPENINGS

Just a sampling of the many community events, seminars, prevention and treatments and support groups focused on your quality of life.

Skin Cancer Is The Most Common Type Of Cancer Attend A Free Skin Cancer Screening

Tuesday, May 17, 5:30 - 7 pm
Sentara Norfolk General Hospital

Tuesday, May 24, 5:30 - 7 pm
Sentara Bayside Hospital

Tuesday, May 31, 5:30 - 7:30 pm
Sentara Virginia Beach General Hospital

More information and registration at 1-800-SENTARA

Ongoing Support Groups

Breast Cancer Support Group

Monthly at Sentara CarePlex Hospital, Sentara Leigh Comprehensive Breast Center, Sentara Norfolk General Hospital, Sentara Obici Hospital, and Sentara Virginia Beach General Hospital

Colorectal Cancer Support Group

Monthly at Sentara CarePlex Hospital

Esophageal Cancer Survivors Support Group

Monthly at Sentara Leigh Hospital

Look Good... Feel Better

An American Cancer Society program for women in cancer treatment
Monthly at Sentara CarePlex Hospital, Sentara Leigh Comprehensive Breast Center, Sentara Norfolk General Hospital, Sentara Obici Hospital, Sentara Virginia Beach General Hospital and Sentara Williamsburg Regional Medical Center

Man-To-Man Prostate Cancer

Monthly at Sentara CarePlex Hospital, Sentara Gloucester Medical Arts, Sentara Obici Hospital and Sentara Virginia Beach General Hospital

For complete details and additional programs available, call toll-free 1-888-220-2214 or visit sentara.com/cancer.