

Community Resources Available

Canadian Cancer Society

Support & Transportation:

705-742-3823 www.cancer.ca

Hospice Peterborough: Offers individual and family support to those affected by life-threatening illness and grief.

705-742-4042

www.hospicepeterborough.org

Look Good, Feel Better Program:

Occurs on the first Tuesday every month between 2 to 4 pm. Contact 705-740-8326 for information.

Central East Community Care Access Centre - Health Line Services

705-743-2212 <http://>

www.centraleasthealthline.ca/index.aspx?region=Peterborough

Peterborough County-City Health Unit:

Health prevention and screening information.

705-743-1000 www.pcchu.ca

Cancer Care Ontario

www.cancercare.on.ca

Durham Regional Cancer Centre – Patient Portal

<https://yourportal.lakeridgehealth.on.ca/>

Location

PRHC's Cancer Services are located on the 4th floor of Peterborough Regional Health Centre (near the Main Entrance). West Wing – Room W4950.

Peterborough Regional Health Centre
1 Hospital Drive
Peterborough, ON K9J 7C6

Hours of Operation

The clinic is open Mondays to Fridays,
8:30 am to 4:30 pm
Closed on statutory holidays

Parking

Parking is available on the north side of the hospital. There is a fee payable at the time of exit. If you are returning on a regular basis you may wish to purchase a monthly parking pass from the Parking office located on the 4th floor by the information desk.

PETERBOROUGH REGIONAL HEALTH CENTRE

One Hospital Drive
Peterborough, Ontario K9J 7C6

Phone: 705-740-8326

Web: www.prhc.on.ca

PRHC
Peterborough Regional
Health Centre

PETERBOROUGH REGIONAL HEALTH CENTRE

PATIENT EDUCATION

Welcome to Cancer Services



Peterborough Regional Health Centre

 central east regional
cancer program
in partnership with
cancer care ontario

PRHC
Peterborough Regional
Health Centre

Patient Education - Welcome to PRHC's Cancer Services

PRHC's Cancer Care team provides an inter-professional approach to the assessment, treatment, follow up and support of cancer patients and their families. As part of the Central East Regional Cancer Program, PRHC's Cancer Services work in partnership with the Durham Regional Cancer Program (based at Lakeridge Health Oshawa) to provide cancer care closer to home.

Services Available

Our Cancer Care program provides:

- Treatment to patients in the Peterborough, Haliburton, and Kawartha Pine Ridge areas.
- Cancer assessment, counseling, and follow up.
- Chemotherapy treatment
- Radiation and Medical Oncology services provided three times per week by Oncologists from Durham Regional Cancer Centre Supportive care through telephone contact for patients and their families.
- Information and education regarding cancer prevention, screening, early detection, cancer treatment/management of side effects and available cancer care services.
- Social Work and Nutritional assessment and support.
- Beginning summer 2013, PRHC will offer radiation treatment for breast and prostate cancer and palliative radiation care.

Your First Visit and What to Expect?

After you check in for your appointment, you may be called in for blood work (if ordered by your physician) or not completed prior to your first visit. You will then be called by a member of our healthcare team for your appointment.

In most cases, your initial visit will be to discuss treatment options only and will not include treatment, unless you have been advised otherwise. Ask questions if you do not understand anything. *Please note that PRHC is a "Scent-Free" environment – please do not wear cologne or perfume during your appointments.*

We're here to help you

PRHC's Cancer Services offers a patient resource centre located in the clinic's waiting room. These educational materials are available for patients and their families. Members of our inter-professional team include physicians, nurses, pharmacists, social workers, dietitians, clerical staff and volunteers. Our team will help you:

- Talk about your different emotions and how you are feeling
- Talk about your diagnosis with you and your family/friend.
- Provide you with information about diagnosis, treatment and possible side effects
- Coordinate support services as required.

What Items do I bring with me?

Please ensure you bring the following items with you to your first appointment:

- All your medications in original packaging or a list of medication (include name of medication, dose, frequency). This includes any non-prescription medications such as Tylenol, Aspirin, Vitamins and Herbal Supplements.
- A supply of the medications that you are scheduled to take during the time of your appointment.
- A list of your medical history (including dates of surgeries, ongoing medical conditions, etc)
- Your Ontario Health Insurance Card
- Snack or drink (PRHC has a cafeteria and Tim Horton's where you can purchase a light meal, or snack)
- A friend or family member - Pen and paper to keep notes
- A list of questions or concerns you have for your nurse or doctor.
- Bring x-rays or CT scans (film or CD) only if you have been instructed to do so.
- If you are on oxygen, ensure you have enough for 2-3 hours.