

Knowledge and Compassion

Valley Medical Center is your partner in fighting cancer. Here you will find an emphasis in prevention, medical advances in early detection of cancer, more accurate cancer diagnoses, improved outcomes, reduced side effects and less invasive treatment options.

Building relationships is a priority for us. With the latest advances available in your own backyard, obtaining cancer care doesn't have to involve traveling long distances. And that means you and your loved ones can enjoy more time together.



Our cancer care combines the latest technology and treatment protocols with the warmth of understanding.

A multidisciplinary team of board certified specialists, including surgical, medical and radiation oncologists, pathologists, radiologists and other specialists, as well as certified oncology nurses, social workers, physical therapists and nutritionists, are here to ensure individualized treatment plans and support for each stage of your cancer journey. Representatives of this team gather weekly at a Tumor Board meeting to review and discuss patient cases. Should you need more advanced care for a rare or complex diagnosis, you can be assured of quick and effortless access to renowned care at one of our UW Medicine affiliates.

Designed to enhance the comfort of our patients and assure their dignity, our healing environment incorporates restorative natural elements like sunlight and water. Valley Medical Center is also proud to offer a Healing Garden and Serenity Garden, as well as an Inpatient Family Retreat, to provide peace and respite for patients and loved ones.

Valley Medical Center is proudly accredited With Commendation by the Commission on Cancer as a Community Hospital Comprehensive Cancer Program.

About Valley Medical Center

From the comprehensive wellness check to extraordinary critical care, it is Valley Medical Center's goal to keep you and your family healthy, living pain free, and leading a better life. We are proud to offer convenient, neighborhood clinics and walk-in urgent care 7 days per week. We're also there for the unexpected, with 24-hour trauma and emergency services, experienced surgeons, medical specialists, and state-of-the-art imaging, robotic and diagnostic technologies.

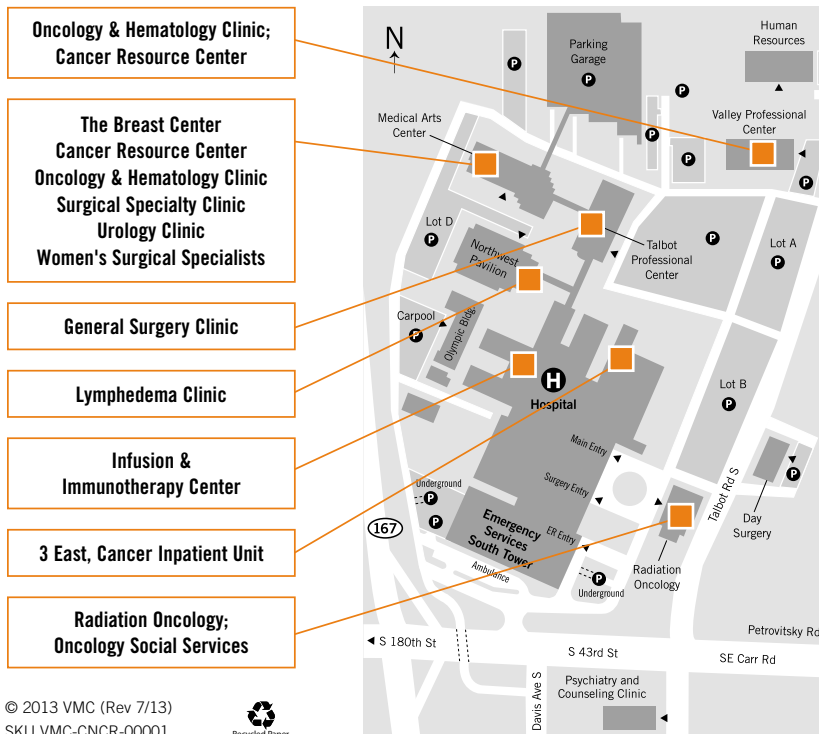
For information about Cancer Services at Valley Medical Center, please call **425.656.4002** or visit valleymed.org/life.

Cancer Services

UW Medicine

VALLEY
MEDICAL CENTER

425.656.4002
valleymed.org/life



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VALLEY
MEDICAL CENTER

Remarkable things happen here.™



What is Cancer?

Cancer is a group of diseases characterized by uncontrolled growth of abnormal cells. Cancer develops by influence from both external (chemicals, radiation and viruses) and internal (hormones, immune conditions and inherited mutations) factors. These factors may act together to initiate or promote the abnormal growth of cells. Cancer is treated with a variety of options, such as surgery, radiation therapy, chemotherapy, hormones and immunotherapy.

Wellness Testing & Screening

Early detection is key to improving survival for patients diagnosed with cancer. The earlier cancer is found, the easier it is to treat and cure. We are proud to offer many options that help detect cancer and save lives:

- Digital mammography
- Pelvic exam and pap test
- General diagnostic radiology
- Diagnostic imaging (MRI, CT, PET Scan, Nuclear Medicine)
- Ultrasound
- Laboratory testing
- Biopsy & needle localization
- Endoscopy & colonoscopy
- Surgical assessment & staging

Patient & Support Services

Valley Medical Center offers patients and their families vital support, guidance and information:

- Cancer Lifeline provides patients, survivors, family members and caregivers free support groups, exercise programs such as Gentle Yoga and the Lebed Method, and classes in artistic expression, stress management, nutrition and more; Cancer Lifeline also provides a free 24 hour, seven day a week Lifeline at 800.255.5505 to help those touched by cancer with resources and emotional support
- The Cancer Resource Center, managed by the American Cancer Society, provides important programs and services free of charge, such as: Wig, Hat and Turban Bank; Look Good, Feel Better; Reach to Recovery; Road to Recovery; literature; and a free 24-hour, seven day a week Resource Hotline at 800.227.2345, option 1
- An Oncology Social Worker and Financial Counselors assist with providing valuable support and answering important questions
- Valley Medical Center houses a Lymphedema Clinic, as well as a fully-equipped Fitness Center



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Medical Oncology

Within the Infusion and Immunotherapy Center, medical oncology and hematology specialists and staff provide:

- Chemotherapy
- Immunotherapy
- Access to investigational protocols
- Hormone therapy
- Biotherapy

Surgical Oncology

VMC's DaVinci® Surgical System provides a less invasive cancer surgery alternative with faster recovery times and fewer side effects.

Radiation Oncology

A team, including radiation oncologists, oncology nurses, radiation therapists, dosimetrists, a medical physicist, a dietician and an oncology social worker, provides the care needed to treat a variety of cancers, from skin lesions to deep tumors, and offers state-of-the-art options such as:

- Intensity Modulated Radiation Therapy
- Volumetric Modulated Arc Therapy
- Image Guided Radiation Therapy
- Brainlab Stereotactic Radiosurgery System
- PET-CT Image Fusion for detection of abnormal cells
- Customized treatment plans using 3-D Monaco Arc and Brainlab Stereotactic Planning Systems

Important Contact Numbers

- Breast Center 425.656.5588
- Cancer Lifeline 800.255.5505 or cancerlifeline.org
- The Cancer Resource Center 425.656.4002
- Financial Counseling 425.656.5599
- Free Physician Referral 425.656.4636
- General Surgery Clinic 425.656.5430
- Imaging Central Scheduling 425.251.5255 x5194
- Infusion and Immunotherapy Center 425.656.4037
- Oncology and Hematology Clinic 425.656.5570
- Radiation Oncology 425.251.5121
- Social Work Services 425.228.3440 x5949
- Surgical Specialty Clinic 425.228.6076
- Urology Clinic 425.656.5365
- Valley Women's Healthcare Clinic 253.939.9654
- Women's Surgical Specialists 425.656.4110

