

Services Available From the American Cancer Society

Call **800-227-2345** for information on all these programs.

Reach to Recovery helps women and men with breast cancer cope with the diagnosis through face to face meetings or telephone conversations.

I Can Cope is a free educational program for adults facing cancer, as a patient or caregiver. Available in some locations as a community class in addition to the online classes available everywhere.

Look Good..Feel Better holds workshops to teach beauty techniques to women with cancer to help them combat appearance related side effects of cancer treatment. Special programs for teens and men also available.

Road to Recovery provides free rides to and from treatments who may have no other way to get to treatment.

Tender Loving Care offers a wide selection of wigs, hats, turbans, mastectomy bras, pocketed bathing suits, post radiation camis.

The **Confident Woman** at 160 Homer Ave in Cortland is a local boutique that women can go to get post-mastectomy surgery products such as prosthetics, camisoles, caps, and skin care products. For more information please call 753-6432.

Physician Directory

Biswarup Syam, M.D. Gastroenterology
Bodgan Vatra, M.D. Gastroenterology
Anna Marie Garcia, M.D. Gynecology
David Mayo, M.D. Gynecology
In Whan Oh, M.D. Gynecology
Sam Benjamin, M.D. Medical Oncology
Haider Khadim, M.B.B.S. Medical Oncology
Dorothy Pan, M.D. Medical Oncology
Michael Poiesz, M.D. Medical Oncology
Roger Tinsley, M.D. Medical Oncology
Manoj Kumar, M.D. Otolaryngology
William Shang, M.D. Pathology
Jun Wang, M.D. Pathology
Michael Fallon, M.D. Radiation Oncology
Surjett Pohar, M.D. Radiation Oncology
Kirwin Gibbs, M.D. Radiology
Kye Bang, M.D. Surgery
Wayne Cotie, M.D. Surgery
Ho Woon Lee, M.D. Surgery
Christopher Moheimani, M.D. Surgery

For more information about our providers, visit the Physician Directory at www.cortlandregional.org

Kelly Hirsch, Cancer Nurse Navigator
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E-mail: khirsch@cortlandregional.org


Cortland Regional
MEDICAL CENTER
The Center of Your Care

134 Homer Avenue
Cortland, NY 13045
(607) 756-3500
www.cortlandregional.org

Cancer Care Network

Capable, Caring, Committed,
Connected, Current



Tel: 607-428-5500
**One number for all
your cancer needs**


Cortland Regional
MEDICAL CENTER

Community Resources

Are you uninsured or under-insured?

Contact Cancer Services Program of Cortland and Tompkins County for assistance with screening at 758-5523

The local **Man to Man** cancer support group meets monthly at CRMC, on the last Wednesday of the month from 5:30-6:30 p.m. The group is open to all cancer patients, survivors and caretakers and it is no longer just for men. Call 753-7845 for more information.

Visit the Cancer Resource Center of the Finger Lakes at www.crcfl.net for more information on support groups.

Imaging

Services provided by Cortland Regional Medical Center's **Imaging Department** for the diagnosis and treatment of cancer:

- Digital X-Rays
- Digital Mammography
- MRI
- CT Scan
- Nuclear Medicine
- Bone Density Scans
- Ultrasound

These services are available on either the Homer Ave campus or our Outpatient Service Center on West Road. Ask your doctor to schedule your testing with us today.

756-3794 (Main Campus)
758-7620 (Outpatient Service Center)



**Meet Kelly Hirsch,
RN, PNP-BC, FNP, MSN
Cancer Nurse Navigator**

Kelly has been an active member of the CRMC's nursing staff since 2006. She holds post graduate degrees in nursing education and is both a Family and Pediatric Nurse Practitioner. Kelly has taken a leadership role in our facility's cancer awareness events.

The Cancer Nurse Navigator guides patients and families through the cancer continuum of care while working in partnership with a multidisciplinary team. The Cancer Nurse Navigator also serves as the community's champion for timely screening, diagnosis, treatment and support services by helping patients remove barriers to health care.

As part of the cancer care team, the Cancer Nurse Navigator serves as an:

- Advocate for the patient
- Interpreter and educator for cancer patients and their families
- Liaison between patients, their caregivers, and service providers



Dr. Michael Fallon - Radiation Oncology Services of Cortland

Therapy

Are you receiving cancer treatment and need rehabilitation services? Cortland Regional Medical Center's **Physical Rehabilitation Services** can provide you with the latest treatments for many of the side effects cancer treatment causes.

Physical Therapy to help you regain strength and function of your muscles that may become weak from treatment or lack of use. They also have some of the few professionals in Central New York specially trained to treat lymphedema.

Occupational Therapy to help you become able to care for yourself again after treatment.

Speech Therapy to help you learn to speak and swallow again, along with many other services to help manage conditions that result from cancer treatments.

They also have some innovative treatment options such as a functional living apartment and Hydro Track underwater treadmill - all to help you return to your life after cancer treatment.

756-3606 (Main Campus)
753-6000 (Outpatient Service Center)

Blood Work

Do you need to have blood drawn? Do you need to have blood counts monitored because of your treatment? Cortland Regional Medical Center's **Laboratory Services** can help you with three convenient locations: 134 Homer Ave (at the hospital), 6 Euclid Ave or 1104 Commons Ave in Regional Medical Practice-Orthopedics. No appointment necessary. Your provider can receive same day results on most tests.