



WHAT'S A **NURSE NAVIGATOR?**

Meet the compassionate guide who will help you navigate your cancer journey.

When you learn you have cancer, you may feel a range of emotions. You may have many questions, and our team is here to help.

At Beaufort Memorial, our patients are assigned a Nurse Navigator along with a wrap-around, supportive care team that is ready to assist you with your cancer journey.

CUSTOM NAVIGATION SERVICES

Soon after a cancer diagnosis, we connect you with a Beaufort Memorial Nurse Navigator. These experts help manage your continuum of care. Throughout treatment and beyond, our nurse navigators gently guide you through your journey.

Beaufort Memorial Cancer Care Navigators serve you in the following ways:

- Answer questions regarding your care (including many questions you wouldn't know to ask)
- Connect you to support groups and other resources and services to improve your overall well-being
- Develop a survivorship plan to help you transition back to life after cancer
- Help manage and schedule appointments with your multidisciplinary care team, ensuring a seamless and efficient experience
- Offer emotional support to you and your family
- Provide expert information about your diagnosis, treatment options and what to expect along the way

Visit BeaufortMemorial.org/CancerCare to learn more about cancer care navigators and other support staff.



Beaufort Memorial

CANCER CARE WITH COMPASSION

At Beaufort Memorial,
quality cancer care is
right here.

Cancer treatment takes time. It often requires regular appointments, week after week. Traveling out of town for that care is exhausting.

Fortunately for residents of the Lowcountry, Beaufort Memorial provides state-of-the-art cancer treatment. So you can get advanced cancer care close to home, without the long drive.

CANCERS WE TREAT

At Beaufort Memorial, we treat a variety of cancers, including:

- Breast
- Colorectal
- Kidney
- Lung
- Prostate
- Skin
- And many other types of common and uncommon cancers

YOUR CANCER CARE TEAM

Overcoming cancer takes a strong, multidisciplinary team. This team must work well together, communicating openly and often to get the best possible results.

When you turn to Beaufort Memorial for your care, you'll be surrounded by a compassionate team of experts from many disciplines that may include:

- Medical Oncologists
- Radiation Oncologists
- Surgeons
- Radiologists
- Pathologists
- Nurse Navigators
- Specially trained Nurses
- Radiation Therapists
- Social Workers
- Nutritionists and Dietitians
- And others specially trained to support your care

KNOW YOUR OPTIONS

Our care team experts work together to provide you with the latest treatment options. Depending on your specific case, you may benefit from one or more of the following treatments:

- **Infusion therapy** — This treatment delivers medication directly into the bloodstream for effective targeting of cancer cells. It includes chemotherapy to destroy cancer cells and immunotherapy to boost the immune response against cancer. Targeted therapies may also be used to attack cancer cells while sparing healthy tissue.
- **Radiation therapy** — Focused, high-energy radiation precisely eliminates cancerous cells.
- **Surgery** — Cancerous areas are removed surgically, in some cases, using the da Vinci® Surgical System, which allows surgeons to operate through smaller incisions that lead to less pain and faster recovery.



HOW WE TREAT YOU

Cancer care goes beyond treatment; it's about you and your choices. We prioritize shared decision-making and empower you to be an active participant in your care. Each member of your multidisciplinary team is dedicated to helping you understand your choices, the mechanics of each treatment and what to expect along the way.

Your health and well-being are our top priorities, and together we'll navigate your journey to ensure it aligns with your preferences and values.

Learn more about cancer treatments and therapies at Beaufort Memorial by visiting BeaufortMemorial.org/CancerCare or by calling 843-522-5619.

YOUR HOME FOR CLINICAL TRIALS

At Beaufort Memorial, clinical trials give us the ability to offer new therapies that could change cancer care for you — and many others. In partnership with the Medical University of South Carolina, we participate in leading-edge clinical trials that give you access to investigational treatments. Some therapies help fight cancer, while others manage treatment side effects. All are pushing cancer care forward for a brighter future.



CANCER TREATMENTS AT KEYSERLING CANCER CENTER AND NEW RIVER CANCER CENTER

There is no one-size-fits-all treatment for any type of cancer. That's why Beaufort Memorial provides individualized care by board-certified oncologists at two locations: Keyserling Cancer Center in Beaufort and New River Cancer Center in Okatie.

MEDICAL ONCOLOGY

Medical oncology treats cancers with medications, most often via infusion therapy and intravenous (IV) therapies. If your cancer treatment plan calls for chemotherapy, immunotherapy, or other types of IV treatments, our infusion center is designed for your comfort. With reclining chairs and other amenities, we do our best to provide a calming and healing environment.

Our medical oncology team includes a pharmacist who can answer questions about medications and side effects related to infusion therapy.

RADIATION ONCOLOGY

Many people diagnosed with cancer will receive radiation therapy. At Beaufort Memorial, we use advanced radiation technology to shrink tumors and prevent cancer recurrence.

Radiation may be used in conjunction with chemotherapy or surgery, or it may be the sole treatment, depending on the type of cancer. Benefits of radiation include:

- The ability to keep working during treatment
- Limited side effects
- Minimal damage to surrounding tissue in most cases
- No need for invasive procedures
- Quick recovery

While radiation is not used to treat every type of cancer, it is a great option for many patients. Treatments may require just 15 minutes so you can get back to your daily life. Medically fragile patients who are at high risk of developing complications after surgery or whose tumors are inoperable may also find success with radiation therapy.

Beaufort Memorial offers external beam radiation therapy, which uses a machine to precisely target tumors with pinpoint accuracy in just a few minutes (over a period of weeks).

SUPPORT BEYOND TREATMENT

In addition to your medical care, you'll have support every step of the way from a dedicated social worker who can help you navigate emotional and practical challenges, including transportation, and a financial navigator who can connect you with resources for household expenses and medical bills.

YOUR CANCER CARE JOURNEY STARTS HERE

At Beaufort Memorial, we support you at our two cancer centers in the Lowcountry, providing compassionate care throughout treatment and beyond, featuring:

- Comprehensive cancer services all in one place, tailored to your needs
- A collaborative team of specialists working together
- Nurturing environments designed to promote your comfort and well-being

Keyserling Cancer Center

On the Beaufort Memorial Campus
989 Ribaut Road
Beaufort, SC 29902

New River Cancer Center

In the Okatie Medical Pavilion
122 Okatie Center Blvd. North, Suite 130
Okatie, SC 29909

Whatever your oncology needs, Beaufort Memorial is here for you and your family. Visit BeaufortMemorial.org/CancerCare to learn more.

TIPS TO MANAGE CANCER TREATMENT SIDE EFFECTS

It may not be possible to avoid side effects from chemotherapy or radiation. However, you can take steps to help manage them.

It's normal to have side effects during or after cancer treatment. The good news is that your cancer care team is here to treat cancer while keeping side effects minimal. Cancer nurse navigators are trained to help you cope with any aftereffects. You can also follow these tips to help reduce common side effects:

APPETITE LOSS

Try: Six small meals a day instead of three larger meals. Choose healthy foods that are high in protein and calories. Taking a short walk every day may also increase your appetite.



CHEMO BRAIN (DIFFICULTY WITH MEMORY OR CONCENTRATION DURING CHEMOTHERAPY)

Try: Allowing yourself to get extra sleep. It can also help to plan activities that require the most concentration at times you feel the best.



DRY MOUTH

Try: Keeping a large container of water nearby to sip on throughout the day. Stick to soft, moist foods. Your provider may also recommend artificial saliva to help dry mouth.



FATIGUE

Try: Regular exercise, which can help ease fatigue. Ask your provider about which exercises are safe for you during treatment.



HAIR LOSS

Try: Self-care for your scalp before, during and after cancer treatment. Avoid overbrushing or using heat-producing styling tools. Wash your hair less often. Use lotions or conditioners to help with an itchy, tender scalp. You may also be eligible to use the **DigniCap® Scalp Cooling System**, a proven approach to reducing chemotherapy-induced hair loss available at both cancer centers.



NAUSEA AND VOMITING

Try: Avoiding greasy, fried, sweet, spicy or strong-smelling foods that make you feel sick. Ask your care team about anti-nausea medication.



SKIN AND NAIL CHANGES

Try: Creams or lotions to prevent dry skin. Avoid products with alcohol or fragrance.



LONG-TERM SIDE EFFECTS

Some people see symptoms resolve after finishing cancer treatment. Others may experience long-term effects, including heart and nerve damage or fertility issues. Your provider will make sure to alert you of any risk of long-term effects of treatment, help you weigh the benefits and risks of treatment, and guide you through any serious problems.



YOUR CANCER NURSE NAVIGATOR IS HERE TO HELP

Our cancer nurse navigators are available to guide you through every step of cancer treatment and survivorship, including helping with any uncomfortable side effects. They can:

- Answer questions about new memory and concentration problems
- Coach you on how to manage fatigue
- Find out what's causing nausea and vomiting and how to prevent it
- Help manage pain
- Provide advice for gaining back your appetite
- Share strategies and support for dealing with hair loss

To reach the Keyserling Cancer Center in Beaufort or the New River Cancer Center in Okatie, call [843-522-5619](tel:843-522-5619).