Welcome to Smilow
ABOUT SMILLOW CANCER HOSPITAL AND OUR CARE CENTERS
Smilow Cancer Hospital provides the very best patient-centered cancer care available, both on our main campus and in our Care Centers, bringing together some of the nation’s best minds to develop new methods to prevent, diagnose, and treat cancer.

Smilow Cancer Hospital continues to build on the rich scientific tradition of Yale Cancer Center, one of only 51 Comprehensive Cancer Centers in the country designated by the National Cancer Institute. National Cancer Institute Cancer Centers are national leaders in cancer research, prevention, detection, and treatment. This provides patients at Smilow Cancer Hospital and our Care Centers with access to novel treatment options and expert care.

Our healthcare providers work hard to help patients and their families navigate through their diagnosis and subsequent treatment plans. As a result, a multidisciplinary approach is used to evaluate and treat all patients. Physicians meet to discuss every patient’s care, related diagnostic and treatment strategies, and develop a unique and comprehensive treatment plan for each patient that can include surgery, chemotherapy, radiation, a combination of treatments, investigational drugs through clinical trials, or conservative monitoring. Our physicians, nurses, and caregivers partner with you in your care to meet your needs and expectations by offering you a comprehensive diagnosis, treatment plan, psychosocial and spiritual support, supportive care, and long-term follow-up care.

Some of Smilow Cancer Hospital’s special features include a rooftop healing garden on the seventh floor—a rooftop garden, complete with trees, shrubs, plants, a small stream, benches, and lovely views of New Haven. Smilow has a magnificent two-story glass lobby with a terrazzo floor, a granite waterwall, terracotta walls, and maple woodwork. A special boutique helps patients look and feel better, despite their illness. The building is named after Yale alumnus Joel E. Smilow (Yale College, ’54), former chair, chief executive officer, and president of Playtex Products, Inc. He and his wife, Joan, gave a major gift to support the cancer hospital.

Clinical Trials
In cancer research, a clinical trial is a study conducted with cancer patients, usually to evaluate a new treatment. Each study is designed to answer scientific questions and to find new and better ways to help cancer patients. Yale Cancer Center has numerous clinical trials available at Smilow Cancer Hospital and our Care Centers for patients who are seeking the most advanced treatments available. Patients can feel confident that they will receive the highest level of clinical care from our physicians, nurses, and staff, and have access to some of the most innovative cancer treatments available anywhere.

Your Healthcare Team
The diagnosis and treatment of cancer requires a team of healthcare providers from a variety of specialties. Through expert oncologists and state-of-the-art technology at Smilow Cancer Hospital and our Care Centers, each patient receives a personalized treatment plan based on their individual cancer diagnosis.

In addition to skilled physicians, your team consists of highly trained nurses, patient care coordinators, research nurses, dietitians, social workers, physical therapists, clergy, and a host of support staff.
Preparing for Your Visit

In order for us to provide the best treatment plan for your medical history and the treatment you may have had to date. A nurse coordinator and/or intake specialist will contact you by phone to assist in gathering the necessary information prior to your first visit and to let you know what to expect when you arrive for your first appointment.

It is important to gather the following items prior to your first appointment:

**MEDICAL RECORDS & WRITTEN REPORTS**

A list of current medications. This includes all prescription medications, over-the-counter medications, alternative medications, and supplements. If you prefer, you can bring the original medication containers with you to your visit. In addition, please bring the name and contact information for your preferred pharmacy.

Laboratory and Radiology

This includes X-rays, CT scans, MRI scans, PET scans, ultrasounds, and current mammography. It is important that our physicians review the actual films or electronic copies in addition to the written reports. Our intake specialists will help to facilitate the transfer of records before your appointment. Laboratory or radiology tests/procedures can be performed at any YNHH facility.

Pathology Slides and Reports

If you have been diagnosed with cancer, then a pathologist has already made a diagnosis by reviewing a biopsy or tumor specimen. It is beneficial to you that we confirm this diagnosis by reviewing your slides. Our intake specialist will facilitate the transfer of the slides to us.

Insurance ID Card

Please notify your insurance company prior to your visit. They may require a formal referral from your referring physician, and they may give you a formal referral authorization to assure that the cost of your visit is covered. A patient registrar will contact you prior to your visit to obtain all contact and insurance information. Your co-pay will be collected at the time of your appointment.

Interpreter Services

Interpreter services are available at no charge, but need to be coordinated prior to your appointment. Please advise the intake specialist if you would benefit from this service. We prefer to have an interpreter available to you in addition to the support of your family members.

Releasing of Information Form

Enclosed in the back of this booklet is a Release of Information Form. This is required to assist our nurse coordinator and intake specialist in obtaining the necessary background information and materials for your first visit. Please complete the form and bring it with you to your appointment.

**Release of Information Form**

This includes X-rays, CT scans, MRI scans, PET scans, ultrasounds, and current mammography. It is important that our physicians review the actual films or electronic copies in addition to the written reports. Our intake specialists will help to facilitate the transfer of records before your appointment. Laboratory or radiology tests/procedures can be performed at any YNHH facility.

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What to Expect on Your First Visit

The following specialties can provide assistance during your diagnosis, treatment, and recovery at Smilow Cancer Hospital.

- **Boutique** (203) 200-2273
- **Brain Tumor Center** (203) 200-1438
- **Breast Center** (203) 200-2230
- **Cardio-Oncology Program** (203) 785-7867
- **Clinical Trials** (203) 755-3702
- **Diagnostic Radiology** (203) 688-2433
- **Endocrine Cancers Program** (203) 200-3616
- **Gastrointestinal Cancers Program** (203) 200-4422
- **Genetics & Prevention Program** (203) 200-4362
- **Gynecologic Oncology Program** (203) 200-4176
- **Head and Neck Cancers Program** (203) 200-4622
- **Hematology Program** (203) 200-5903
- **Integrative Medicine Program** (203) 200-6529
- **Interventional Oncology Program** (203) 200-4474
- **Liver Cancer Program** (203) 200-5487
- **Melanoma Program** (203) 200-4622
- **Ocular Oncology Program** (203) 200-3937
- **Onco-Dermatology Program** (203) 200-4622
- **Pain Program** (203) 200-4673
- **Palliative Care** (203) 200-2725
- **Patient and Family Resource Center** (203) 200-4616
- **Patient Relations Office** (203) 688-3430
- **Pediatric Hematology & Oncology Program** (203) 785-5460
- **Prostate and Urologic Cancers Program** (203) 200-4822
- **Psychological Support** (203) 688-6573
- **Radiation Oncology** (203) 200-2000
- **Religious Ministries** (203) 688-2751
- **Sarcoma Program** (203) 185-2152
- **Screening & Prevention Program** (203) 200-3000
- **Social Work** (203) 688-2199
- **Survivorship Clinic** (203) 185-2273
- **Thoracic Oncology Program** (203) 200-5864
- **Tobacco Treatment** (203) 688-1278

**Smillow Cancer Hospital Care Centers:**

- **Derby** (203) 734-1644
- **Fairfield** (203) 202-2766
- **Glasbonton** (860) 714-9170
- **Greenwich** (203) 863-3370
- **Guilford** (203) 453-9992
- **Hamden** (203) 647-5222
- **Hamford/Saint Francis** (860) 714-6480
- **North Haven** (203) 407-0002
- **Old Saybrook** (203) 453-9992
- **Orange** (203) 795-1664
- **Torrington** (860) 482-3884
- **Trumbull** (203) 502-4000
- **Waterbury** (203) 755-6311
- **Waterford** (860) 444-3744

Please arrive 20 minutes before your scheduled appointment to allow sufficient time for new patient registration.

Please allow plenty of time for your first appointment, as your visit may involve consultations with several specialists and the need for additional laboratory or diagnostic testing. After registering, a medical assistant will escort you to an exam room and obtain your height, weight, blood pressure, and temperature. To better understand and meet your emotional needs, you will also be asked about your emotional well-being or level of distress using a tool called a “Distress Thermometer” so we can best respond to both your physical and emotional needs during your care.

You will be interviewed and examined by a team of physicians dedicated to the treatment of your cancer. Following your exam, your oncology team will meet with you to discuss the current information, exam findings, and potential treatment options. It may be necessary to obtain additional laboratory, diagnostic, or specialty testing to formulate an appropriate plan of care. These recommendations and your plan of care will be outlined for you at the conclusion of your visit.

You may obtain more information about the patient resources and clinical research at Smilow Cancer Hospital and Yale Cancer Center at: smilow.org AND yalecancercenter.org

Visitors

To ensure a safe environment for you and your guests, children under 12 are generally not permitted in the outpatient oncology centers; your health care team may consider an exception only when discussed prior to child’s arrival at the center. Please make arrangements for child care for children under the age of 12 before your next visit. Also, please note that Smilow Cancer Hospital and its Care Centers are weapon-free facilities.

**MyChart**

MyChart® gives you direct, secure online access to portions of your electronic medical record (EMR) where your doctor stores your health information. Your lab results, appointment information, medications, immunizations, and more are all securely stored for quick retrieval.

**How Do I Get Access?**

Ask your caregivers for your MyChart® Activation Code, then for login go to mychart.ynhh.org.
Available Resources

All of our resources are available at our main campus. Patients at our Care Centers are encouraged to access all of our resources during their care.

SOCIAL WORK AND SUPPORT GROUPS
A diagnosis of cancer can be stressful to you and your family. Learning to gain a sense of control over your situation can be very helpful. Smilow Cancer Hospital has Licensed Clinical Social Workers who can help you to manage your feelings and provide emotional support throughout your cancer care. He or she will be able to listen, provide emotional support, teach coping strategies, and assist with problem solving to help you and your family maintain the best quality of life. Our social workers can also connect you to appropriate community resources.

Our social workers also facilitate many support groups, both at our main hospital as well as at our Care Centers. Support groups provide the opportunity to receive emotional and educational support and to meet with others who are undergoing similar treatment or who have successfully completed treatment. Information about the support groups is available from your social worker or the Patient and Family Resource Center at Smilow Cancer Hospital or by calling (203) 688-2195.

BOUTIQUE
The Cingari Family Boutique at Smilow Cancer Hospital offers specialized services and support to meet the special needs of our cancer patients.

Products and Services
- Breast prostheses and fittings by a certified fitter
- Bras, camisoles, swimsuits, and other specialized apparel for women who have had a mastectomy
- Products to manage symptoms of lymphedema
- A variety of accessories, inspirational jewelry, and other small gift items
- Hair and wig services by a licensed hair stylist
- Fashion advice, head-wrap and scarf-tying techniques
- Sunscreen, non-metallic deodorant, and specialized skin care products
- Decorative canes
- Billing services for major insurances

Open: Monday through Friday, 9 AM to 5 PM, (203) 200-CARE (2273)

Yale Cancer Answers
Yale Cancer Center is proud to partner with WNPR – Connecticut Public Radio to produce Yale Cancer Answers, a weekly radio show focused on cancer screening, detection, treatment, and prevention to provide the latest information to listeners in Connecticut.

Hosted by Yale Cancer Center’s Dr. Anees Chagpar and Dr. Steven Gore, the show features a guest cancer specialist each week who provides information on the most recent advances in cancer therapy and responds to listeners’ questions.

Tune in Sunday evenings at 7:30 PM on WNPR. Listen to the radio show online anytime at www.yalecancercenter.org/answers or through iTunes.

Integrated Medicine Program
Smilow Cancer Hospital offers an Integrated Medicine Program that includes complementary services for our patients. Therapy sessions are available for anyone receiving treatment at our main campus or Care Centers.

- Integrated Medicine Consultations
- Therapeutic Massage/Reiki
- Guided relaxation/Meditation
- Yoga/Tai Chi/Qigong classes
- Creative Expression activities
- Personal Story Writing workshop
- Meditation Room

To inquire about services or schedule an appointment, please call (203) 200-6129.

Patient Relations
Patients and family members who have questions, concerns, compliments or who require additional assistance regarding their visit may contact YNHH patient relations during normal business hours at (203) 688-3430. After hours and on weekends and holidays, please call the patient assistance line at (203) 688-2333.

Insurance, Billing and Medical Records
YNHH offers financial counseling to patients and families regarding hospital bills; please call (203) 688-2030. Spanish-speaking counselors are also available.

Some services are performed by healthcare providers who work in the hospital but bill separately. After your visit, you may receive more than one bill. For questions about a Yale New Haven Hospital bill, please call (203) 688-2030. For questions about a Yale Medicine bill, please call (203) 785-4216. To request a copy of your medical records please call (203) 444-5555.

Healing Garden
On the seventh floor of Smilow Cancer Hospital is an outdoor healing garden for patients and family members to enjoy. The healing garden is a part of our commitment to patient- and family-centered care and a recognition of nature’s healing qualities. The sights and sounds of our garden can reduce anxiety and stress and have a restorative effect on the physical and mental health of our patients. Our Derby, Torrington, Trumbull, and Waterford Care Centers also have healing gardens for our patients.

Patient and Family Resource Center
The Patient and Family Resource Center at Smilow Cancer Hospital is a place for learning and comfort. Information is available on cancer-related topics as well as hospital and community services, all within a serene, comfortable setting. A lending library and a selection of relaxation/meditation CDs and DVDs are available. Patients and family members from all of our locations are encouraged to visit or call for information.

For more information, please call (203) 200-4636.

Patient and Family Advisory Council
The Smilow Patient and Family Advisory Council offers patients and family members a forum for partnering with staff to improve the patient experience and promote patient- and family-centered care. In their monthly meetings, patients, family members, and representatives from Smilow administration review patient satisfaction and performance information — as well as operational and quality measures — all designed to provide feedback about the patient experience.

For more information, please call (203) 688-3299.

Lodging
For patients and families in need of long-term lodging in New Haven, there are several options available. Please contact Patient Relations at (203) 688-3430 for more information.

The Suites at Yale New Haven is a hotel offered by Yale New Haven Hospital at the corner of Dwight Street and North Frontage Road. It includes 24 suites; and daily, weekly, and monthly rates are available.

For more information, please call (203) 654-7500.
In addition to our flagship Smilow Cancer Hospital in New Haven, we have Cancer Care Centers across the state of Connecticut, along with Smilow Cancer Hospital at St. Francis Hospital in Hartford. At all of our locations, Yale Cancer Center faculty physicians offer individualized, innovative cancer care and collaborate with our main campus care teams to bring multidisciplinary cancer expertise into your community.

Each Care Center collaborates closely with the diagnostic radiologists, pathologists, and medical, radiation, and surgical oncologists at Smilow Cancer Hospital, bringing the full expertise of our care teams into your community.
Visitors to Smilow Cancer Hospital may valet park at the entrance to the building or park 24 hours a day in the Air Rights Garage.

Smilow Cancer Hospital, 35 Park Street, New Haven/Air Rights Garage
Patients and visitors to Smilow Cancer Hospital may park 24 hours a day on any level of the Air Rights Garage – but the north side of the 4th floor of the garage is reserved for Smilow patients and visitors only and leads directly to a Smilow Cancer Hospital entrance on the 3rd floor of the 35 Park Street Building (attached to Smilow). Patients and visitors must validate their parking tickets at the location of their visit. This will reduce the fee to $4 (up to 24 hours) when parking at the Air Rights Garage.

Valet Parking
Another option is valet parking available at the 35 Park Street main entrance to Smilow Cancer Hospital at a rate of $7 for the first hour, $2 per additional hour, up to $15 maximum.

NOTE: To locate Smilow Cancer Hospital front entrance/valet when using GPS devices or online mapping programs, input 35 Park Street, New Haven, CT.

I-95 traveling north or south
Exit 47 to Route 34 west connector. Follow North Frontage Rd. (Martin Luther King, Jr. Blvd) and signs to the Air Rights Garage straight ahead. Parking is reserved for Smilow patients and visitors only on the 4th floor of the garage. A Smilow Cancer Hospital entrance is located on the north side of the garage's 4th floor.

I-91 traveling south
Exit 1 to the Route 34 connector. Follow North Frontage Rd. (Martin Luther King, Jr. Blvd) and signs to enter the Air Rights Garage straight ahead. Parking is reserved for Smilow patients and visitors only on the 4th floor of the garage. A Smilow Cancer Hospital entrance is located on the north side of the garage's 4th floor.

Wilbur Cross Parkway (Rte. 15): traveling south
Exit 59 immediately after tunnel. Right at end of ramp. Merge left onto Whalley Ave. at light. Stay on Whalley until you see signs for Yale New Haven at Park Street. Follow hospital signs, then make a left turn onto South Frontage Rd. Enter the Air Rights Garage on your left. Parking is reserved for Smilow patients and visitors only on the 4th floor of the garage. A Smilow Cancer Hospital entrance is located on the north side of the garage's 4th floor.

Merritt Parkway (Rte. 15): traveling north
Exit 57 to Rte. 34 east into New Haven. Right onto Ella T. Grasso Blvd. (Rte. 10) and left onto South Frontage Rd. (Legion Ave.). Enter the Air Rights Garage on your left. Parking is reserved for Smilow patients and visitors only on the 4th floor of the garage. A Smilow Cancer Hospital entrance is located on the north side of the garage's 4th floor.
It is a good idea to bring a list of questions to ask your physician at your appointment. In addition, we encourage patients to bring a family member or significant other to help you take notes and ask questions.
**PATIENT INFORMATION**

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**CURRENT DAILY MEDICATIONS**

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*Thank you!*  
Every dollar raised supports patient care and research at Smilow Cancer Hospital and Yale Cancer Center. We appreciate the riders and volunteers who support our annual Closer to Free Ride and make this day possible!