



Mass General Brigham
Mass General Cancer Center

Patient and family guide



Welcome

Our teams of compassionate professionals have specialized expertise in your type of cancer. We are committed to rapidly advancing knowledge and best practices and research into exceptional, personalized cancer care.

We understand that cancer can affect your mind, spirit and soul, as well as your body. This guide will help you learn more about your care and the wide range of resources the Mass General Cancer Center offers to assist you and your family. We believe that learning about your cancer and ways to manage symptoms and stress can help you feel less overwhelmed.

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For additional information on any of the topics in this guide, please visit [MassGeneral.org/cancer](https://www.massgeneral.org/cancer) or call 617-724-4000, option 1.

Your care team

As a patient of the Cancer Center, a team of cancer specialists will focus on your type of cancer and create a personalized treatment plan for you. Because the Cancer Center is part of a larger Mass General Hospital, you may also benefit from the coordination of care from specialists in other disease areas should other medical issues arise.

Members of your multidisciplinary care team will include doctors, nurses, nurse practitioners, physician assistants and social workers.

Together, your care team will discuss your case and recommend a treatment plan for your specific needs. They will also speak with you on a regular basis throughout your treatment. Even if you are admitted to the hospital, your care team will still be with you.

“My care team has always done their best to keep me in good health and, after 20 years, they feel like family now.”

— Steve, patient

Our role

As dedicated partners in your cancer care, we will:

- Keep you informed about how your treatment is working
- Help relieve your pain and address any side effects of treatment
- Treat you with care and dignity, including respecting your personal wishes and beliefs
- Encourage you and your loved ones to ask questions
- Provide information about educational resources and support services for you, your family and friends

What is cancer?

Cancer is a disease that causes some of the body's abnormal cells to grow and divide uncontrollably.

What does cancer care involve?

Understanding your specific diagnosis and tracking your treatment progress is an essential part of your cancer care. Throughout your treatment, your team may request additional tests be completed. Any added tests will be explained to you.

Tests may include

Imaging tests

MRIs, CT scans, X-rays, PET scans, etc.

Laboratory tests

To monitor how your treatment is affecting your body, your team will have labs done regularly. If you are scheduled for treatment, you may be asked to arrive at least one hour early to have these labs done through a blood test.

Biopsies

Your care team will discuss the best option for your diagnosis.

Cancer risk assessment and genetic counseling

MassGeneral.org/ctcra

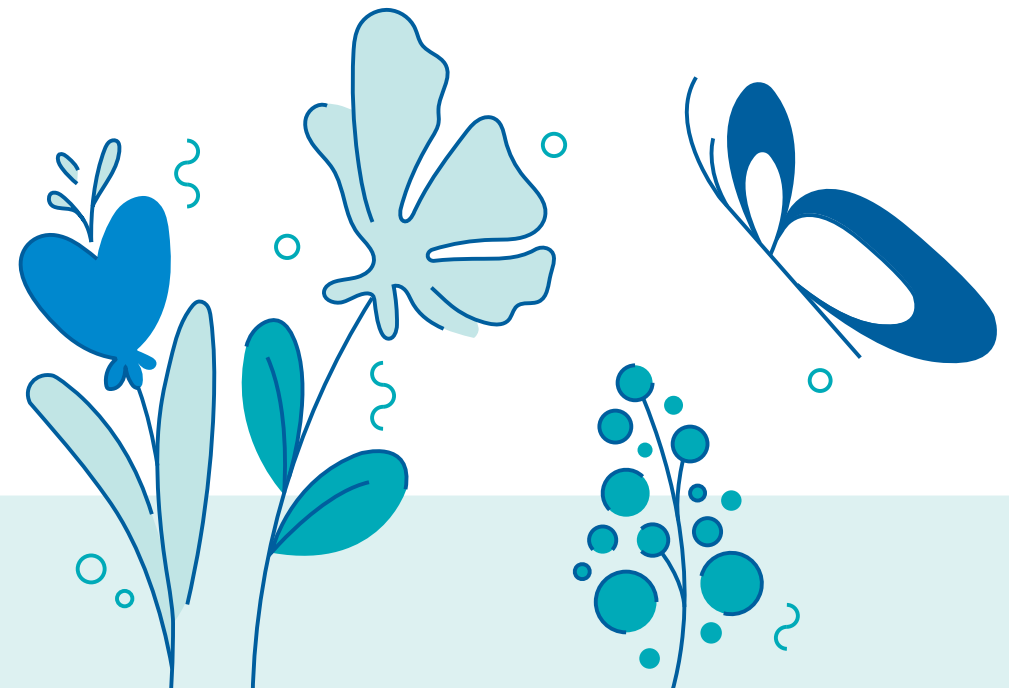
Based on their personal and/or family history, some patients may have an increased risk of developing cancer. Genetic testing helps to better understand your cancer risk.

Depending on the type and stage of cancer you have, your care team may recommend surgery, chemotherapy, radiation, clinical trials, targeted therapy, immunotherapy or a combination of these treatments. A member of your care team will explain your treatments to you in detail.

How to protect yourself from infection

- Wash your hands well and often with soap and water. If soap and water are unavailable, use alcohol-based hand sanitizers. Always clean your hands before eating and after using the restroom.
- Avoid contact with anyone with a fever, flu-like symptoms or other infections. Let your care team know if you have been around someone who looks sick or recently had a positive COVID-19 test, even if they do not show symptoms.
- Talk to your care team before going places with large crowds. If you must be in a crowd, it is a good idea to wear a mask.

Always talk to your care team about ways to protect yourself specific to your diagnoses.



Medical therapy treatments



Chemotherapy

A special medication that kills cancer cells. It can be given orally (by mouth) or intravenously (IV) into a vein.



Targeted therapies

TargetedCancerCare.org

Attacks specific mutations in tumors to stop the growth of cancer cells while leaving normal cells unharmed. Can be given orally (by mouth) or intravenously (IV) into a vein.



Immunotherapy

MassGeneral.org/cancer-center/clinical-trials-and-research/immunotherapy

Uses your body's own immune system to help fight cancer.



Radiation therapy

MassGeneral.org/radiationoncology

The radiation may come from a source placed inside of your body or from a source outside the body, such as standard radiation or proton therapy, with beams aimed at the cancer.



Surgery

MassGeneral.org/surgicaloncology

Used in many ways, including diagnosing cancer, determining the stage of cancer, removing the primary tumor and relieving symptoms.



Clinical trials

MassGeneral.org/cancer/trials

Research studies that test new cancer treatments that are not yet available as standard treatments.



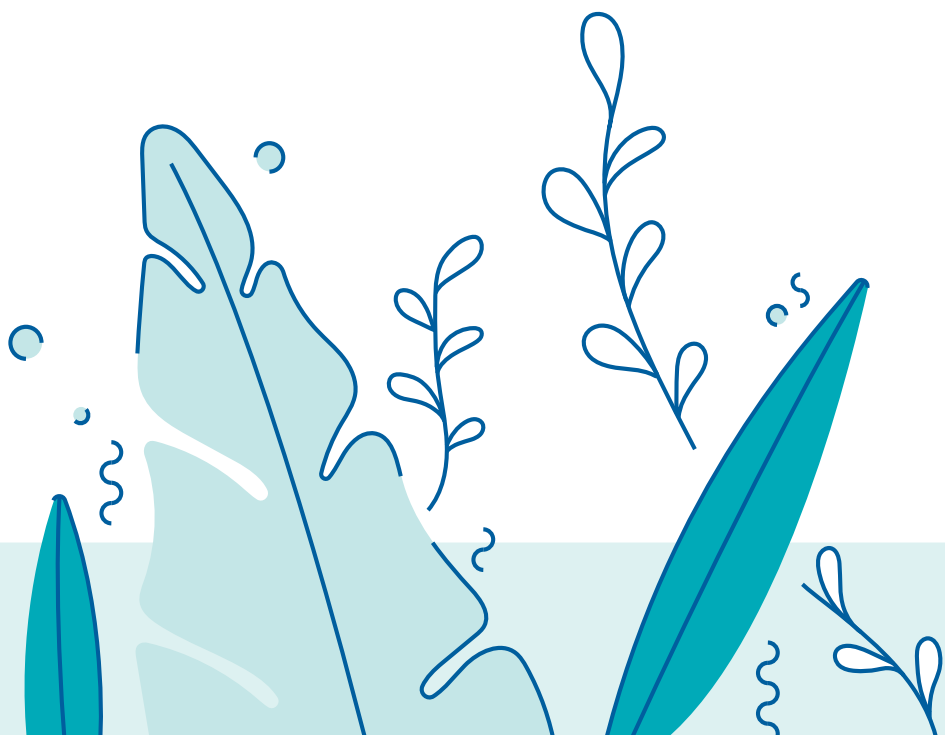
Cellular Therapy Program

A cutting-edge, FDA-approved cancer program that uses CAR T-cell immunotherapy as part of cancer care. The Cancer Center is approved to use CAR T-cell therapies to treat adult patients with lymphoma and for adult patients with multiple myeloma.



Learn more here

[MassGeneral.org/cancer-center/treatments-and-services](https://www.massgeneral.org/cancer-center/treatments-and-services)



Supportive care services

The Mass General Cancer Center is dedicated to treating the whole person. During your treatment, you may meet with other clinical specialists related to your specific needs. These clinical services can be incorporated into your care plan and are important to your well-being during cancer care.

We offer a wide variety of education and support resources to help patients and their families cope with the challenges of a cancer diagnosis.

Speak with your care team to learn more and visit our website for additional resources.

For a complete listing of our upcoming program offerings, please see our wellness and support calendar at [MassGeneral.org/cancer/supportservices](https://www.massgeneral.org/cancer/supportservices).



Adolescent and Young Adult (AYA) Cancer Program

(617) 643-9434

[MassGeneral.org/cancer/aya](https://www.massgeneral.org/cancer/aya)

Available virtually

Cancer survivorship

[MassGeneral.org/cancer/survivorship](https://www.massgeneral.org/cancer/survivorship)

Cardio-oncology Program

(866) 644-8910

[MassGeneral.org/heart-center/treatments-and-services/cardiooncology-program](https://www.massgeneral.org/heart-center/treatments-and-services/cardiooncology-program)

Spiritual care

(617) 726-2220

[MassGeneral.org/spiritual-care](https://www.massgeneral.org/spiritual-care)

Support is available for persons of all faith

Fertility

Boston, Danvers and Waltham

(617) 726-8868

[MassGeneral.org/obgyn/fertility/treatments-and-services/clinic-for-reproductive-health-and-cancer](https://www.massgeneral.org/obgyn/fertility/treatments-and-services/clinic-for-reproductive-health-and-cancer)

Healing gardens

Boston, MA

The Howard Ulfelder, MD,

Healing Garden

at Mass General Cancer Center

Danvers, MA

The Healing Garden at Mass General/ North Shore Center for Outpatient Care

Harvard, MA

The Virginia Thurston Healing Garden

Images Boutique

[MassGeneral.org/cancer/images-boutique](https://www.massgeneral.org/cancer/images-boutique)

Boston

(617) 726-321

Danvers

(978) 882-6365

Integrative Therapies Program

Limited availability. Speak with your care team for more information or for local resources.

Boston

Katherine A. Gallagher Program

(617) 724-6737

[MassGeneral.org/cancer/integrative-therapies](https://www.massgeneral.org/cancer/integrative-therapies)

Newton-Wellesley and virtually

(617) 831-7430

“My family and I were always given as much time as we needed to have all our questions answered.”

—Sam, patient

Lifestyle Medicine Clinic

mghccsupportivecare@partners.org

MassGeneral.org/cancer/
lifestylemedicine

Available virtually

Lymphedema Management

Boston

(617) 643-1306

MassGeneral.org/cancer/
lymphedema

Newton

(617) 243-6172

NWH.org/rehabilitation-services/
physical-therapy/lymphedema-
management

Parenting at a Challenging Time (PACT)

Boston

Marjorie E. Korff PACT Program

(617) 724-7272

mghpact@partners.org

MassGeneral.org/cancer/pact

Newton-Wellesley

Pappas PACT Program

(617) 831-7430

nwhpact@partners.org

NWH.org/cancer/pact

Mind Body Program for**Cancer Survivors**

mghsurvivorship@partners.org

MassGeneral.org/cancer/
survivorship

Available virtually

The Network for Patients and Families

(617) 643-1784

Nutrition

Boston, Waltham, Danvers

(617) 724-4000

Newton-Wellesley

(617) 831-7430

MassGeneral.org/cancer/nutrition

Palliative Care Program (outpatient service)

Boston

(617) 724-4000

MassGeneral.org/cancer/
palliativecare

Newton-Wellesley

(617) 243-6573

NWH.org/palliativecare

Peer Mentoring Program

mghccpeersupport@partners.org

MassGeneral.org/cancer/peersupport

Available virtually

Physical therapy

Speak with your care team
for a referral

Psychosocial oncology

(617) 724-4800

MassGeneral.org/cancer/psych-onc

Sexual Health Clinic

Boston and virtually

(617) 724-4800

MassGeneral.org/cancer/
sexual-health

Social work

(617) 724-1822

MassGeneral.org/cancer/socialwork

Smoking cessation

MassGeneral.org/tts/resources

Available virtually

Spiritual care

MassGeneral.org/spiritual-care

Support groups

Available virtually

Boston

(617) 724-1822

MassGeneral.org/cancer/
support-groups

Newton-Wellesley

(617) 219-1230

NWH.org/cancersupport

Other resources for patients and families

The following are some useful resources to help make your journey easier, including emotional and physical support programs, financial counseling, international patient guidance, and other support services.

Financial counseling

MassGeneralBrigham.org/
financial-assistance

(617) 726-3884

International patient care

(866) 932-7117

Medical interpreters

(617) 726-6966

You may request a certified
interpreter when scheduling
your appointments.

Patient advocacy

(617) 726-3370

Oncology resource specialist

Boston and Waltham

(617) 724-0295

“They gave us hope, they made my mother smile, and they gave her strength to fight this disease.”

—Susan, family member

Ways to help

Donate blood or platelets

There are various ways to donate blood products to help cancer patients at Mass General. Each part of the blood plays a special role in helping our cancer patients heal and recover. The Blood Donor Center at Mass General Hospital collects both whole blood and platelets.

For more information on donating, please call (617) 724-9699 or visit [MassGeneral.org/blood-donor](https://www.massgeneral.org/blood-donor).

Volunteer

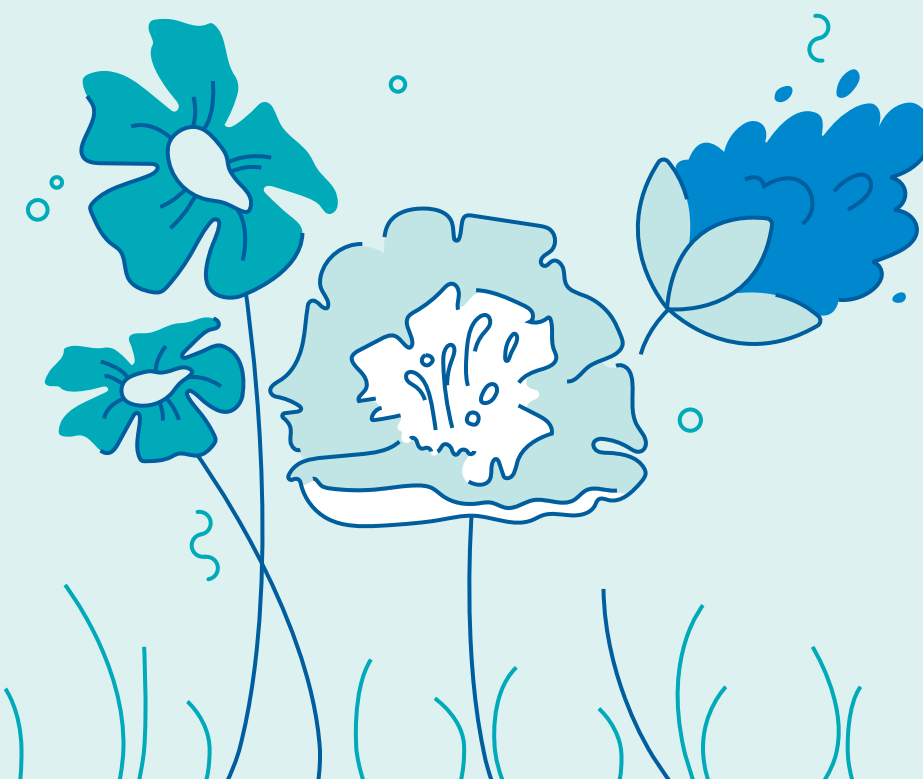
Help make a difference in the lives of our patients by volunteering at the Mass General Cancer Center. Call (617) 643-1784 to learn more about the Network for Patients and Families.

Please refer back to page 10 for more information our volunteering to be a peer mentor.

Make a donation

At the Mass General Cancer Center, we rely on donations to help advance the amazing work our scientists and clinicians are doing every day. From innovative research to better understand and combat cancer to supportive care programs aimed at improving the quality of life of our patients, our work would not be possible without the support of many generous donors.

Learn more about how your gift can make a difference for patients with cancer and their families by calling (617) 726-2200 or visiting [Giving.MassGeneral.org/cancer](https://www.massgeneral.org/cancer). You can also share your story at [fundraise4mgh.org](https://www.fundraise4mgh.org).



Mass General Cancer Center

Through our network of collaborations, patients have access to the latest cancer treatments and targeted therapies, early phase clinical trials, timely referrals for second opinions and improved coordination of care.

Visit [MassGeneral.org/cancer/community](https://www.massgeneral.org/cancer/community) or ask your care team for more information about the services offered at each site.

1. Massachusetts General Hospital Cancer Center

55 Fruit Street
Boston, MA 02114
(877) 726-5130

2. Mass General Cancer Center at Emerson Hospital—Bethke

131 ORNAC, John Cuming Building, Suite 200
Concord, MA 01742
(978) 287-3436

3. Mass General/North Shore Cancer Center

102 Endicott Street
Danvers, MA 01923
(978) 882-6060

4. Mass General Radiation and Hematology/Oncology Services at Newton-Wellesley

Vernon Cancer Center
2014 Washington Street
Newton, MA 02462
(617) 219-1230

5. Mass General Cancer Center at Cooley Dickinson Hospital

30 Locust Street
Northampton, MA 01061
(413) 582-2028

6. Mass General Hematology/Oncology Service at Martha's Vineyard Hospital

1 Hospital Road
Oak Bluffs, MA 02557
(508) 693-0410

7. Mass General Hematology/Oncology Service at Nantucket Cottage Hospital

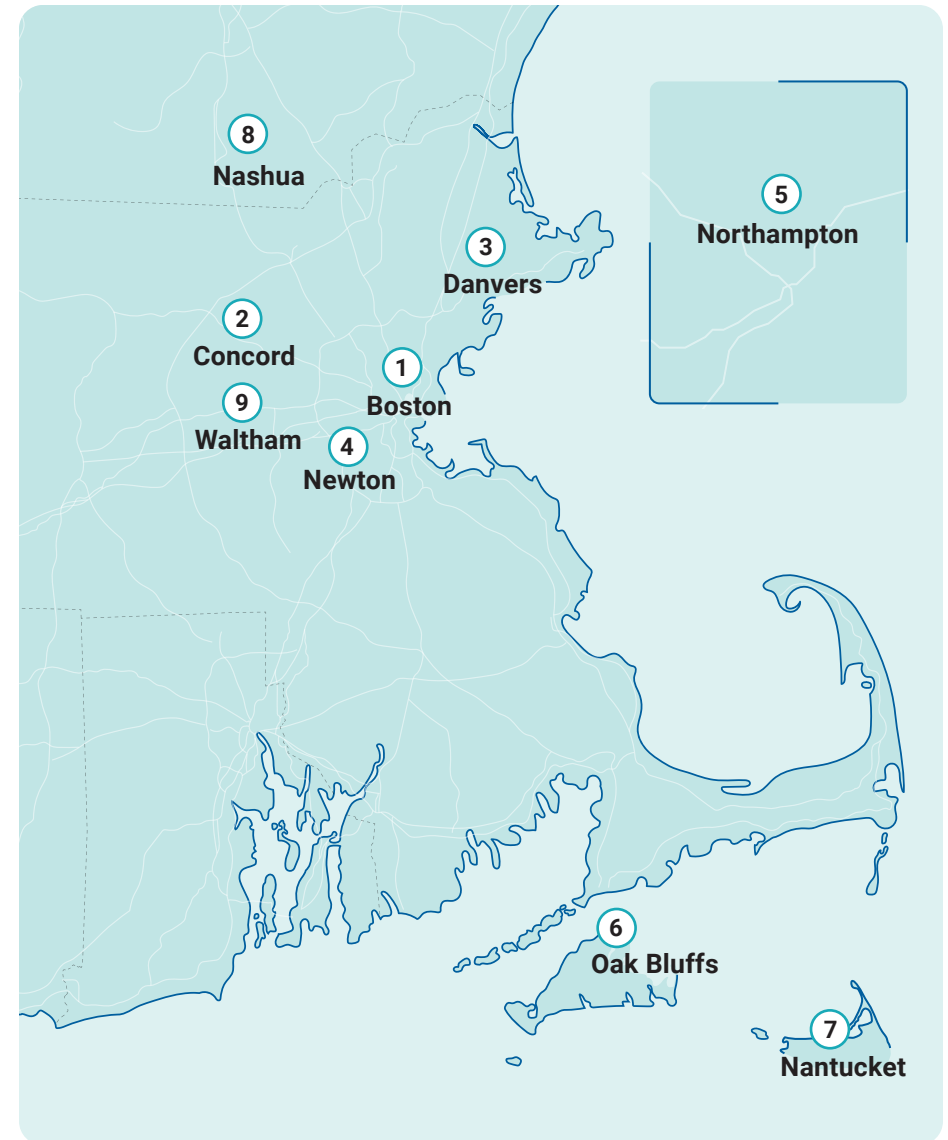
57 Prospect Street
Nantucket, MA 02554
(508) 825-8100

8. Mass General Hematology/Oncology Service at Southern New Hampshire Medical Center

8 Prospect Street
Nashua, NH 03060
(603) 577-3089

9. Mass General Cancer Center at Mass General Waltham

52 Second Avenue
Suite 1110
Waltham, MA 02451
(781) 487-6100



Scan here or visit

[MassGeneral.org/cancer-center/about/community-locations](https://www.massgeneral.org/cancer-center/about/community-locations).

For additional information on any of the topics in this guide, please visit **[MassGeneral.org/cancer](https://www.massgeneral.org/cancer)** or call **617-724-4000**, press option 1.

