

CANCER TREATMENT Services

*Battling Cancer
Close to Home*

Upland Hills[®]
Health

Healthcare excellence in YOUR community.

“Big City” Services, Personalized Home Town Care.

Journeying through cancer, while frightening and intimidating, can be made more manageable when you tap into knowledgeable experts and state-of-the-art resources. At Upland Hills Health, we offer all the high-tech services of a big city hospital, with the plus of personalized hometown care. The last thing cancer patients need is the added stress of having to travel long distances for treatment. Our one-stop cancer care facility means Upland Hills Health has the resources to treat our patients from diagnosis all the way through treatment and rehabilitation.



Weekly Oncology Clinic.

Our weekly clinic—the only oncology clinic at a rural hospital in this part of the state—offers diagnostics, treatment, and rehabilitation. This unique option for specialized cancer care, follow-up and outpatient treatment is a tremendous resource for southwestern Wisconsin patients and their families.

Highly Skilled Physicians.

The cornerstone of Upland Hills Health's cancer services is a dedicated team of active physicians with years of oncology experience. Our weekly oncology clinic is held by Dr. Yamil Arbaje, a board-certified oncologist and hematologist with Dean Health System. His expertise combined with the family practice physicians' experience in cancer diagnosis and advanced cancer therapies ensures effective treatment. Plus our team of accomplished surgeons—Dr. Adam Dachman, Dr. Young Kim, Dr. Everett Lindsey, Dr. Pamela Rice, and Dr. Michael McGauley—are trained and experienced in cancer surgeries.

Early Detection & Diagnosis.



Utilizing cutting edge technology that diagnoses many types of cancer quickly and accurately gives patients a head start in the battle ahead. Advanced radiology and diagnostic services at Upland Hills Health include CT scans, PET scans, nuclear medicine, mammography, ultrasound and bone marrow biopsies.

An Atmosphere of Healing.



Our Chemotherapy Infusion Center is designed to maximize comfort—with large windows that let in lots of soothing light and chairs that you can sit in comfortably for hours. In each of the six semi-private infusion bays, there's a TV/VCR and an extra chair for a friend or family member.



Continuous Care.

In addition to our exceptional range of treatment services, Upland Hills Health also provides coordination, information transfer, appointment scheduling, patient reminders and follow-up calls with other hospitals. This personalized service ensures

continuous coordinated care. We focus on organizing a patient's care so the patient can concentrate on healing.

At Upland Hills Health the continuum of care is complete with Home Care and Hospice services. Pain control for Hospice patients is a top priority for Dr. Arbaje and the entire staff. Superior satisfaction rankings earned by Upland Hills Home Care and Hospice are a testament to the quality of service and level of compassion provided.

Guidelines for Cancer Screening

Here are a few quick checkpoints on when to schedule cancer screenings. Catching cancer early and getting timely treatment is a key factor in successful outcomes.

General Check-Ups

Men and women ages 20-39 should be examined every 3 years. After 40, you should be checked annually.

Pap Smear & Pelvic Exam

Women over 18 should be examined every 1-3 years, or more often if you are at risk.

Self-Breast Exam and Doctor-Administered Breast Exam

Women over 18 should perform a self-exam every month—ideally 7 days after your period starts. A doctor-administered breast exam should be performed at the same interval as a pap smear (every 1-3 years).

Mammogram

Women 40-49 should consult their doctor about the necessity of a mammogram. Women over 50 should be examined every 1-2 years.

Testicular Cancer

Men over 20 should perform a self-exam every month.

Colon Cancer

Men and women over 50 should have their stool tested for blood every year. After 50, you should schedule a sigmoidoscopy every 3-5 years and a colonoscopy every 10 years.

Prostate Cancer

At 50, men should talk with their doctor about blood testing and digital rectal exams of the prostate gland.

After Diagnosis, What's Next?

Make Informed Decisions.

The time right after diagnosis can be particularly overwhelming, but through all of the emotional and physical stress we encourage patients to focus on healing.

One of the best ways to help yourself is by researching your particular kind of cancer and deciding if you'd like to get a second opinion about your diagnosis or treatment options.

There are many different resources you can turn to—doctors and nurses may be the first experts you talk with. Other options for additional information:

American Cancer Society:

8317 Elderberry Rd

Madison, WI 53717

(608) 833-4555

Fax: (608) 833-1195

www.cancer.org

Lance Armstrong's LIVESTRONG® Campaign

Featuring survivor stories and healing support.

www.livestrong.org

Support Network.

Help and support are critical during the vulnerable time after diagnosis. When talking to family and friends, be sure to communicate the kind of support needed in the months and years ahead—including transportation, home care, visiting and economic changes. Chances are, they'll be more than willing to lend emotional support—and may even have practical resources to share.

In addition to family and friends, there's a wide range of support services available—everything from support groups that focus on the physical and emotional side effects of cancer to information about practical day-to-day living issues—such as insurance, employment and long-term planning.

Upland Hills Health sponsors a "Reach to Recovery" program organized by the American Cancer Society with local volunteers providing one-on-one support to victims of breast cancer. All of the volunteers are cancer survivors. Contact Maureen Teubert at 935-7353 for more information.

Find Resources for Healthy Living.

In addition to your medical treatment, healthy lifestyle changes can make a big difference in your day-to-day comfort, healing process and outlook on life.

1. Eat healthy.
2. Exercise (even just a little goes a long way).
3. If you smoke, quit now.