Smilow Cancer Hospital in Fairfield County
Fairfield and Trumbull Care Centers
Smilow Cancer Hospital provides the very best cancer care available, bringing together some of the nation’s best minds to develop new methods to prevent, diagnose and treat cancer.

The individualized, innovative cancer services provided by Smilow Cancer Hospital physicians, nurses and other caregivers are now conveniently available at the new Park Avenue Medical Center in Trumbull and at our care center on Beach Road in Fairfield.
How We Care For You

Caregivers at Smilow Cancer Hospital and our Care Centers in Trumbull and Fairfield work hard to help patients and their families navigate through their cancer diagnosis and subsequent treatment plans. A multidisciplinary approach is used to evaluate and treat all patients. Physicians meet to discuss every patient’s care and related diagnostic and treatment strategies, resulting in the development of 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 are committed to meeting the needs and expectations of our patients by offering comprehensive diagnosis, treatment, psychosocial and spiritual support, supportive care and long-term, follow-up care.

Patients and providers have direct access to subspecialists and leaders in the field of cancer research as care requires. This personalized, coordinated care comes from a team that includes:
- Physicians all board-certified in their oncology specialty
- Oncology nurses with experience in chemotherapy and radiation therapy
- Oncology nurse practitioners (APRN)
- Clinical research nurses
- Radiation therapists, dosimetrists and physicists
- Blood management specialists
- Dietitians
- Patient navigators to guide patients through the healthcare process
- Oncology social workers
- Integrative medicine practitioners
- Spiritual support
- Interpreter services

Park Avenue Medical Center in Trumbull opened in the Spring of 2016. In addition to Smilow Cancer Care and the Norma Pfriem Breast Center, the medical center offers patients one beautiful, convenient location for a wide variety of services including outpatient surgery, pediatric specialty services, radiology, gastroenterology, rheumatology, urology, laboratory services, integrative medicine and rehabilitation.
Clinical Programs for Diagnosis and Treatment

We have extensive experience in many areas of cancer prevention, diagnosis and treatment. Our providers work directly with multidisciplinary clinical and research teams at Smilow Cancer Hospital’s main campus in New Haven that include nationally-recognized experts who specialize in unique cancer types, ensuring patients are offered the most current treatment options possible:

- Brain Tumors
- Breast Cancer
- Endocrine Cancers
- Gastrointestinal Cancers
- Gynecologic Oncology
- Head and Neck Cancers
- Hematology
- Melanoma
- Pediatric Hematology & Oncology
- Prostate and Urologic Cancers
- Sarcoma
- Thoracic Oncology
**Medical Oncology** – Medical oncologists are specialists in diagnosing and treating cancer using chemotherapy, hormonal therapy, biological therapy and targeted therapy. A medical oncologist also gives supportive care and may coordinate treatment given by other specialists. Outpatient medical oncology services are available in both Trumbull and Fairfield. The infusion bays at the new Park Avenue Medical Center have direct access to the Norma Pfriem Healing Garden, a peaceful and meditative space strictly dedicated to our patients.

**Surgical Oncology** – Surgery can play an integral role in the diagnosis and treatment of cancer – from surgical biopsies to confirm the disease to complex surgical procedures to remove a tumor. Surgeons are involved at all levels of the cancer care process, including diagnosis, staging, treatment and restoration. At Park Avenue Medical Center, surgeons from the Breast Cancer, Gastrointestinal Cancers, Head and Neck Cancers, Melanoma, Prostate and Urologic, and Thoracic Oncology programs are available for consultation and appointments. Breast surgeons also see patients at the Norma Pfriem Breast Center in Fairfield and at Bridgeport Hospital.

Patients receive personalized medicine through access to cutting edge tumor profiling technology.
Radiation Oncology – Patients receive radiation treatments at Park Avenue Medical Center in Trumbull. Our Yale Cancer Center physicians and an expert radiation oncology team work collaboratively to develop comprehensive treatment plans, tailored to meet each individual patient’s needs.

Comprehensive and advanced radiation oncology services are available:
- External Beam Radiation Therapy
- Intensity-Modulated Radiation Therapy (IMRT)
- High Dose Rate (HDR) Radiation Therapy for gynecological and partial breast treatments
- Image-Guided Radiation Therapy (IGRT)
- Prone Breast Treatments
- Stereotactic Radiosurgery (SRS)
- Stereotactic Body Radiation Therapy (SBRT)
Norma Pfriem Breast Center

Smilow Cancer Hospital is dedicated to providing comprehensive breast health and wellness services. The Norma Pfriem Breast Center offers a spectrum of breast health services with dignity, privacy and warmth, in a serene, comfortable and professional setting.

- Screening and diagnostic mammograms
- Rapid diagnosis of breast lumps
- Chemotherapy, hormone therapy
- Rehabilitation
- Support groups
- Integrative therapies (including nutritional counseling, massage therapy, and more)

Norma Pfriem Breast Center, one of only 500 sites nationwide accredited by the National Accreditation Program for Breast Centers (NAPBC), is located at Park Avenue Medical Center in Trumbull, Fairfield and at Bridgeport Hospital.
Genetic Counseling

The goals of the Smilow Cancer Genetics and Prevention Program are to provide a multidisciplinary, comprehensive approach to the care of patients at increased risk of cancer, to make new research advances and to improve awareness about cancer risk and prevention through education and community outreach. Our team of cancer genetics experts includes licensed, certified genetic counselors, physicians from multiple disciplines, a nurse practitioner and scientists.

Our aims are:

- **Clinical**: Provide patient-centered care and teamwork between healthcare providers.
- **Research**: Advance the field of cancer genetics and prevention.
- **Education**: Provide educational experiences for genetic counseling students, medical students and other providers.
- **Community Outreach**: Promote awareness of hereditary cancer risk and education about cancer prevention options.

A cancer genetics consultation can help individuals understand their risk for developing cancer or additional cancers and cancer risks for family members. This process typically involves an initial consultation and follow-up by phone and/or in-person and includes:

- A detailed review of family and personal medical history
- An assessment of the chance that the cancers in a family are hereditary
- A discussion of the available genetic testing options and their risks, benefits and limitations
- Coordination of testing and interpretation of test results
- An individualized plan for cancer screening, prevention and recommendations for family members

Appointments are available at Fairfield, Trumbull and New Haven locations and can be scheduled by calling 203-200-4362.
Advanced Clinical Trials

Smilow Cancer Hospital continues to build on the rich scientific tradition of Yale Cancer Center, one of 47 Comprehensive Cancer Centers in the country designated as comprehensive by the National Cancer Institute. The significance of this designation has profound implications for those who choose Smilow Cancer Hospital or our Care Centers for their care and receive treatment for their cancer. National Cancer Institute cancer centers are national leaders in cancer research, prevention, detection and treatment. This provides patients at Smilow Cancer Hospital with novel treatment options and expert care. Patients who qualify have access to Phase I, II, and phase III clinical trials and research focusing on the latest treatment protocols and medications.

Many of the clinical trials are available at our Trumbull and Fairfield locations. Some clinical trials are available only at a handful of research centers across the country, including at Smilow Cancer Hospital’s campus in New Haven. Our local physicians will help refer eligible patients to New Haven and ensure a smooth enrollment process.
Cancer Outpatient Rehabilitation

Cancer rehabilitation therapy addresses pain, weakness, fatigue, scarring and other conditions that may result from cancer treatment. Outpatient cancer rehabilitation therapy is offered in Trumbull and Fairfield. A rehabilitation plan is tailored for each patient’s specific needs to:

- Build strength and flexibility
- Improve range of motion
- Reduce pain
- Optimize nutrition
- Increase energy
- Enhance balance and endurance
- Improve speech, swallowing
- Manage lymphedema (swelling)
- Reduce scarring
- Relieve incontinence and pelvic pain
- Improve balance to prevent falls associated with peripheral neuropathy, weakness and decreased mobility
- Increase peace of mind
In Trumbull and Fairfield, Smilow Cancer Hospital provides a wide range of services to support the physical, emotional and spiritual needs of our patients, their family members and caregivers.

**Patient Navigators** – Through this distinguished service, Patient Navigators are matched with patients and families to provide guidance through the journey of cancer care. Patient Navigators can:

- Guide patients through the healthcare system, explaining policies and procedures
- Help patients find appropriate ways to pay for healthcare services, such as transportation, prescriptions, nutrition and social work
- Help schedule tests, treatments and appointments
- Serve as a communication bridge between patients and the healthcare team
- Speak with physicians, nurses and therapists when there are language or cultural barriers

**Licensed Clinical Social Workers** – Available to any oncology patient pre- or post-treatment:

- Bilingual social worker can assist with Spanish-speaking patients
- Psychosocial evaluation
- Counseling
- Resource referral services
- Special programs for caregivers and children

**Additional support services include:**

- Nutritional consultations
- Individual counseling and support groups
- Naturopathy
- Acupuncture
- Reiki and Meditation
- Music therapy
- Yoga and Pilates
- Wigs and surgical undergarments
- Survivorship programs
- Seminars and workshops
- Home healthcare referrals
- Information about community resources and hospice care
- Wellness evenings and more
Smilow Cancer Hospital Care Center – Trumbull
Park Avenue Medical Center
5520 Park Avenue
Trumbull, CT 06611
203-261-7262

Smilow Cancer Hospital Care Center – Fairfield
111 Beach Road
Fairfield, CT 06824
203-255-2766

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