



Navigating Cancer Care With Support and Guidance

Facing a cancer diagnosis can feel overwhelming — between appointments, treatment options, and the emotional weight of it all, it's a lot to manage. One of the most valuable forms of support available to patients and their families is a Cancer Care Navigator (often called an Oncology Nurse Navigator). These professionals act as guides through every phase of care — helping individuals make informed decisions and feel supported along the way.

What Is a Cancer Care Navigator?

A Cancer Care Navigator is typically a specially trained nurse or care coordinator who provides personalized support from diagnosis through treatment and recovery.

Their role includes:

- Explaining medical terms and treatment options in understandable language
- Helping coordinate appointments and communication between care teams.
- Connecting patients and families with emotional, financial, and social support resources.
- Offering ongoing encouragement and guidance throughout treatment and beyond.

Many local medical centers provide these navigator programs at no cost to patients — offering a consistent, compassionate point of contact during a time that can otherwise feel uncertain.



Local Cancer Care Navigator Programs

Sutter Health (Sacramento Sierra Region)

Sutter offers a comprehensive Oncology Nurse Navigator program where registered nurses provide personalized guidance through every phase of care. Services include diagnosis and treatment explanations, appointment coordination, and access to emotional and financial resources.

Call: (888) 834-1788

Learn more: sutterhealth.org/services/cancer/oncology-nurse-navigators

Dignity Health / Mercy Medical (Sacramento Area)

Dignity Health provides access to nurse navigators who help patients and families manage the physical, emotional, and logistical aspects of cancer care.

Learn more: dignityhealth.org/sacramento/services/cancer-care

UC Davis Comprehensive Cancer Center

UC Davis offers nurse navigator services to guide patients through treatment and survivorship. Navigators help coordinate care, identify barriers to treatment, and connect families with community resources.

Call: (916) 734-5959

Learn more: health.ucdavis.edu/cancer

Marshall Medical Center (Placerville)

Marshall's Cancer Resource Center includes an oncology nurse navigator, dietitian, social worker, and cancer resource specialists — all working together to provide whole-person care.

Call: (530) 672-7050

Learn more: marshallmedical.org/services/cancer-care

If you or someone you know is navigating a new diagnosis, please don't hesitate to reach out. Our team is here to help you understand your coverage, explore your options, and find the right support — so you can focus on your health and healing.

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