

Quick Guide to Ways We Can Help

Services we provide	Who can help	Ways they can help	For more info
Cancer Information	<ul style="list-style-type: none"> • Cancer Information Service Line • Puck Learning Resource Center (Library) 	<ul style="list-style-type: none"> • Answer questions about cancer • Provide books and information on cancer • Perform searches on health topics 	<ul style="list-style-type: none"> • Call or visit the Puck Learning Resource Center* (Library) 216-286-4636 <i>*Located at main campus of UH Seidman Cancer Center – open to all patients</i> • Call the Cancer Information Service Line at 1-800-641-2422
Symptom Management and Supportive Care	<ul style="list-style-type: none"> • Symptom Management and Supportive Care Clinic* <i>* Located on first floor of the main campus of UH Seidman Cancer Center</i> • Inpatient Palliative Care team (for patients in the hospital) 	<ul style="list-style-type: none"> • Talk with you about your values, goals for care and treatment choices • Provide added support to help manage: <ul style="list-style-type: none"> – Pain – Fatigue (feeling tired) – Shortness of breath – Depression – Anxiety (worry) – Loss of appetite – Problems sleeping – Constipation – Nausea/Vomiting 	<ul style="list-style-type: none"> • Speak with your doctor or nurse
Coping and Emotional Support	<ul style="list-style-type: none"> • Mental health clinical nurse specialist (CNS) • Social workers • Symptom Management and Supportive Care team • Psychiatrists • Inpatient Palliative Care team (for patients in the hospital) 	<ul style="list-style-type: none"> • Talk with you and your loved ones about your concerns, worries or upset feelings • Provide the support you need • Address concerns about sexuality, self-image and changes in family roles 	<ul style="list-style-type: none"> • Speak with your doctor or nurse
Help with Day-to-Day Needs	<ul style="list-style-type: none"> • Social workers 	<ul style="list-style-type: none"> • Counseling and talking about your concerns • Referrals to local resources • Support for children dealing with the illness of a parent or grandparent 	<ul style="list-style-type: none"> • Speak with your doctor or nurse

Quick Guide to Ways We Can Help (continued)

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Diet and Nutrition Support	<ul style="list-style-type: none"> • Dietitians 	<ul style="list-style-type: none"> • Answer your diet questions • Help you choose the best food and drinks during and after treatment 	<ul style="list-style-type: none"> • Speak with your doctor or nurse
Billing Questions	<ul style="list-style-type: none"> • Financial counselors 	<ul style="list-style-type: none"> • Answer your billing questions • Discuss our financial aid programs 	<ul style="list-style-type: none"> • Call 216-286-3814 for last names A – M • Call 216-286-3809 for last names N – Z
Discharge Planning	<ul style="list-style-type: none"> • Care coordinators • Case managers • Social workers (inpatient) 	<ul style="list-style-type: none"> • Make plans for extra care and items you will need at home once you leave the hospital • Work with your insurance company during your hospital stay 	<ul style="list-style-type: none"> • Speak with the doctor or nurse caring for you in the hospital
Cancer Rehab	<ul style="list-style-type: none"> • Occupational therapists • Physical therapists • Speech therapists • Physical medicine and rehabilitation doctors 	<ul style="list-style-type: none"> • Use exercise and activity to help you regain your strength and movement • Suggest ways to avoid falls and injuries • Manage the effects of lymphedema 	<ul style="list-style-type: none"> • Speak with your doctor or nurse
Integrative Oncology	<ul style="list-style-type: none"> • Integrative oncology doctor • Nurse practitioner 	<ul style="list-style-type: none"> • Cancer care therapies • Body, mind, spiritual and social aspects of health and well-being 	<ul style="list-style-type: none"> • Speak with your cancer doctor
Art Therapy	<ul style="list-style-type: none"> • Art therapist 	<ul style="list-style-type: none"> • Provide ways to reduce pain and stress, express your feelings and help you cope • Work with you and/or your loved ones 	<ul style="list-style-type: none"> • Call 216-844-1211
Music Therapy	<ul style="list-style-type: none"> • Music therapists 	<ul style="list-style-type: none"> • Provide ways to reduce pain and stress, express your feelings and help you cope 	<ul style="list-style-type: none"> • Call 216-844-5298
Pet Therapy	<ul style="list-style-type: none"> • Pet Pals volunteers 	<ul style="list-style-type: none"> • Provide ways to reduce pain and stress, express your feelings and help you cope 	<ul style="list-style-type: none"> • Call 216-844-1504
Spiritual Care	<ul style="list-style-type: none"> • Spiritual care coordinator • Clergy 	<ul style="list-style-type: none"> • Talk with you about your faith or spirituality • Offer prayer, listening and scripture reading 	<ul style="list-style-type: none"> • Call 216-286-3871 or • Speak with your doctor or nurse
Support After Treatment Is Done	<ul style="list-style-type: none"> • Survivorship office 	<ul style="list-style-type: none"> • Assist with cancer survivor concerns 	<ul style="list-style-type: none"> • Call 216-286-3805