

Ways We Can Help:

Support for Your Cancer Journey



Dear Patient and Family:

We know that cancer changes your life, which is why we focus on caring for you as a whole person. In order to do our best, we ask you and your loved ones to partner with us in these ways:

Talk to us about your cancer. Tell us your concerns and worries. Ask us questions. Let us know if we are not meeting your needs, or if you have new ones. Knowing what problems you're having and how you're coping helps us to treat you better.

Tell us about your day-to-day issues. You may have day-to-day problems that are caused or made worse by your cancer. You might have trouble getting rides to doctor visits, money issues, or problems with your children or loved ones. We know this stress can affect your health and well-being, so please tell us if you have these types of concerns. Our team will work to find ways to help.

Use this booklet to learn how we can help you and your loved ones. Speak with your doctor or nurse if you'd like any of these services. If you don't see something listed, ask us. If you'd like to talk with someone other than your cancer care team, please call our nurse-staffed Cancer Information Service Line at **216-844-5432** or **1-800-641-2422**.

We're here to support you. Please tell us if there's something you need from us and how we can best take care of you.

Sincerely,

Your UH Seidman Cancer Center Team

Ways We Can Help:

Services at UH Seidman Cancer Center

We offer many ways to help you during your cancer journey. Please speak with your doctor or nurse if you would like any of these services. You may also call any number listed with a service.

Most services are free and some may be covered by your insurance.

Those with a cost or a possible copay are marked with a \$.

Answers to Billing Questions

216-286-3814 – For last names A – M

216-286-3809 – For last names N – Z

Our financial counselors can answer your billing questions and possibly provide details about our financial aid programs.

Art Therapy

216-844-1211

Art Therapy provides creative ways to reduce pain and stress, express thoughts and feelings, and help you cope. Sessions can include painting, drawing and working with photos. This service can be used by you or your loved ones.

Cancer Information

1-800-641-2422 – Cancer Information Service Line

216-286-4636 – Puck Learning Resource Center –
Lobby level, UH Seidman Cancer Center, behind the fireplace

We offer books, pamphlets and handouts on cancer and its treatment. Visit the librarian in the Puck Learning Resource Center or call the nurses who staff our Cancer Information Service Line. They can answer your cancer questions and refer you to resources.

Cancer Rehab – \$

Trained therapists and rehab doctors use exercise and activity to help you regain your strength and movement. They can work with patients in their homes, at outpatient clinics and in the hospital. You will need a doctor's referral for these services.

Types of therapists include:

- Occupational Therapists
 - Help people who are ill or disabled to manage their daily activities
- Physical Therapists
 - Suggest ways to avoid falls and injuries
 - Work with patients who have lymphedema
- Speech Therapists
 - Help with speech and swallowing problems

Coping and Emotional Support

Many of our team members are here to provide emotional support and help you cope. They can talk with you and your loved ones about worries or upset feelings, changes in family roles, and self-image and sexuality concerns. Their goal is to provide the support you need.

Diet and Nutrition Concerns

Ask to speak with a dietitian if you have diet or nutrition concerns. The dietitian can answer your questions and help you choose the best food and drinks during and after your treatment.

Discharge Planning

If you have to stay in the hospital (be admitted), you may meet with staff members about your discharge needs. Their job is to help make plans for any extra care and items you will need after you leave the hospital. If needed, they will also work with your insurance company, answering their questions and keeping them informed of your progress.

Ways We Can Help:

Healing Garden

The Schneider Healing Garden is a pleasant space just a few steps from the entrance to UH Seidman Cancer Center. Use the garden to spend time away from the hospital rooms and treatment areas, in a calm setting that invites you to relax. The Schneider Healing Garden is a place to be alone to think, to rest and renew your inner strength, and to spend time with your loved ones. The space is open to all, from 8 a.m. to dusk each day of the year.

Integrative Oncology Program

Our Integrative Oncology team focuses on wide-ranging cancer care therapies that have been shown to be safe and helpful. We aim to treat the whole person through a focus on body, mind, spirit and social aspects of health and well-being. We work with your cancer team to help create a complete plan of care to treat you and your cancer.

Talk to your cancer doctor if you would like to see a member of the Integrative Oncology team or call **216-844-5884**.

Music Therapy

216-844-5298

Music therapy can help with pain management and coping. It has also been shown to reduce anxiety (worry) and increase hope. You can choose to make music, write or record a song, sing, learn how to use music to relax, or simply listen to the music the therapist creates.

Pet Pals Program

216-844-1504

Our Pet Pals program offers short visits to patients from trained therapy dogs and their owners. Pet Pals have gone through careful screening and work with our volunteer office. Pet therapy can help with coping, pain and self-expression.

Social Work Services

Our social workers can help you deal with the daily challenges of cancer. They can assist you and your loved ones in a number of ways by:

- Talking with you about your cancer
- Dealing with your feelings such as depression, sadness or grief
- Problem solving and coping with stress
- Helping with day-to-day needs
- Referring you to local resources and support groups
- Suggesting ways to help children cope when their parent or grandparent has cancer

Spiritual Care

216-286-3871

There may be times when you would like to talk with someone about your faith or spirituality. Our Spiritual Care staff is here to help. They can listen, offer prayer, or just sit and be present with you in the moment. Their goal is to help you connect to your source of strength, purpose, meaning and hope. Tell us if you would like to speak with our spiritual care coordinator. If you prefer, you may also ask to speak with a clergy member from your faith.

Support After Treatment Is Done

216-286-3805

Our Survivorship office can help if you have questions or concerns after your treatment ends. They offer support, resources and information about issues facing cancer survivors.

Ways We Can Help:

Symptom Management and Supportive Care – \$

If you have symptoms that are hard to manage or control, then you may be seen in our Symptom Management and Supportive Care Clinic. A doctor and nurse practitioner lead this special clinic on the first floor of UH Seidman Cancer Center. They partner with you and your cancer care team to provide the added support you need. Their goal is to focus on the big picture of your care and see that everyone is on the same page. They ask about your values, goals for care and treatment choices, and they share them with your cancer care team. Your cancer doctor may refer you to this clinic. Symptoms they can help you manage include:

- Pain
- Fatigue (feeling tired)
- Shortness of breath
- Loss of appetite
- Constipation
- Problems with sleep
- Nausea and/or vomiting
- Severe weight loss
- Depression
- Anxiety (worry)

Other UH Resources

These are extra services within the University Hospitals system that may be helpful. Most services are free and some may be covered by your insurance.

Those with a cost or a possible copay are marked with a \$.

Please call the numbers listed for more info.

Complementary Therapies

Connor Integrative Health Network – \$

216-285-4070 or visit UHConnorIntegrativeHealth.org

Services:

- Acupuncture
- Integrative psychiatry
- Massage therapy
- Meditation and mindfulness training
- Myofascial release
- Naturopathic doctor
- Osteopathic manipulation therapy
- Stress management
- Therapeutic yoga

Other UH Resources

UH Landerbrook Women’s Health Center – \$

216-831-8311, press 5

Programs:

- Strong Women, Strong Bones program
- Medical Massage Therapy
- Nutrition Services

Ethics Concerns

UH Ethics Office

216-844-1000 – ask for pager 33298

Fertility Concerns

UH Fertility Center – \$

216-285-5028

Genetic Counseling

UH Center for Human Genetics – \$

216-844-3936

Home Care Services

UH Home Care Services – \$

216-844-4663 or 1-800-552-8442

Hospice Services

UH Hospice – \$

216-844-4663 or 1-800-552-8442

Inpatient Palliative Care Team

UH Palliative Care Consult Service

216-983-5678

Other UH Resources

Quitting Smoking

UH Harrington Heart & Vascular Institute Smoking Cessation Program – \$

216-983-4901 or 216-844-2568

Substance Abuse Help

UH Addiction Recovery Services – \$

216-983-3066

Resources Outside of University Hospitals

These are free local and national resources that may be helpful. Please call or visit their websites for more info.

Local Resources

The **Gathering Place** is a local cancer support center for you and your loved ones. All of their programs and services are free. They include:

- Support groups
- Counseling
- A lending library
- Children and family programs
- Exercise classes
- Hands-on cooking classes
- Gentle movement
- Regina Brett Wig Salon

The **Gathering Place** has offices in Beachwood and Westlake. For more info, call **216-595-9546** or visit **www.touchedbycancer.org**.

Stewart's Caring Place is a cancer wellness center. They provide free support services to individuals and families touched by cancer. Their programs and services include:

- Lectures and workshops
- Nutrition and physical therapy consults
- Massage therapy and exercise classes
- Community referrals
- A resource center
- Counseling and support groups
- Meditative garden
- Wigs
- Legal consults for wills, trusts, estate planning, Social Security and disability

Resources Outside of University Hospitals

Stewart's Caring Place serves Summit, Medina, Stark, Portage and Wayne counties. For more info, call **330-836-1772** or visit **www.stewartscaringplace.org**.

Yellow Brick Place supports and educates cancer patients and those closest to them by providing individual and group services in the tri-county area of Mahoning, Trumbull and Columbiana. All services are free of charge and nonmedical. For more info, call **234-228-9550** or **234-228-9898** or visit **www.yellowbrickplace.org**.

Other Resources

American Cancer Society: 1-800-227-2345 or www.cancer.org

Komen for the Cure (Breast Cancer): 1-877-465-6636 or www.komen.org

LIVESTRONG: 1-855-220-7777 or www.livestrong.org

Leukemia and Lymphoma Society: 1-800-955-4572 or www.lls.org

The United Way: 216-436-2100 or 2-1-1 or www.211.org

Fertility Concerns

LIVESTRONG Fertility – provides reproductive information, support and hope to cancer patients and survivors

1-855-844-7777 or **www.livestrong.org/we-can-help/livestrong-fertility**

Hospice and Palliative Care Information

Caring Info – provides people with information and support when they are planning ahead, caring for a loved one or living with an illness. A free service of the National Hospice and Palliative Care Organization (NHPCO).

1-800-658-8898 or **www.caringinfo.org**

Quitting Smoking

Ohio Tobacco Quit Line

1-800-QUIT-NOW or **1-800-784-8669** or **www.ohioquitlogix.org**

