

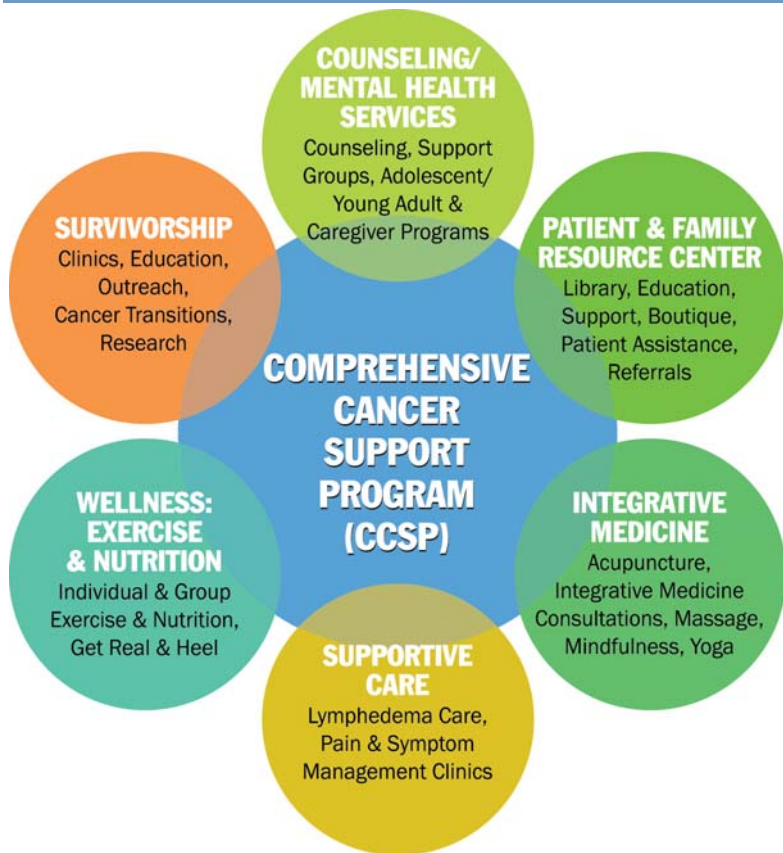
# Comprehensive Cancer Support Program CCSP



Don Rosenstein, MD  
Director, CCSP

**Welcome** to the UNC Lineberger Comprehensive Cancer Support Program (CCSP). Our excellent team of doctors, nurses, counselors, volunteers, clerical and support staff will work with you and your family to help you find what you need during your cancer journey.

The CCSP program is dedicated to helping patients and their caregivers with cancer treatment, recovery and survivorship. We offer a variety of programs and services that can help you both during and after your treatment.\* We look forward to working with you.



Learn more:

Visit [www.unclineberger.org/ccsp](http://www.unclineberger.org/ccsp)

Our location:

Tony Williams Lobby  
Ground Floor  
N.C. Cancer Hospital

For Monthly Updates:

Email [ccsp@med.unc.edu](mailto:ccsp@med.unc.edu) and  
ask to join the CCSP email list

UNC Cancer Care CCSP team



\*Thanks to the generosity of our community of supporters, most CCSP services are provided free of charge.

# The Patient and Family Resource Center

Located on the ground floor of the N.C. Cancer Hospital, the Patient and Family Resource Center (PFRC) is our central location. The PFRC offers education, support and comfort services. The staff offer patient education, support, evaluation for legal and financial assistance and referrals to both local and national organizations. Please call (984) 974-8100 to learn more about the services below.

**The William G. Clark Education Center** offers many resources to help patients and caregivers learn about their disease, including:

- A free lending library of books, pamphlets and audiovisual resources. Browse in our Center or online: [www.librarything.com/catalog/UNCCancerResource](http://www.librarything.com/catalog/UNCCancerResource)
- Internet access, computers, printer, fax and copier
- Knowledgeable staff to connect you with support services specific to your needs



**The Mary Anne Long Brighter Image Boutique:** Our boutique has a variety of head coverings for men and women. Patients are encouraged to call (984) 974-8100 to schedule a 30 minute consultation. Our staff can:

- Fit you with a wig or offer some stylish ideas for scarf wraps and hats
- Refer you to other resources online and closer to your home
- Link you to the American Cancer Society **Look Good...Feel Better Program**®. Trained volunteers lead a step-by-step makeover program with a free makeup kit given to each program participant.



**Relaxation and Respite:** Navigating your cancer journey can be confusing and exhausting. Respite services available for your relaxation include:

- Quiet seating areas with recliners for resting or watching a movie or TV
- Use of our kitchen for patients and their caregivers
- A mobile art cart and expressive arts materials are available to patients and families
- Friday Family Coffee every Friday from 9:00 -11:00 AM



**Cancer Patient Assistance:** Coping with the high cost of cancer can be a stressful part of the cancer journey.

- The CCSP Patient Assistance Coordinator and N.C. Cancer Hospital social workers can help you find resources that may help lessen the burden.
- Possible resources include federal, state, and local government benefits and services, and private foundation support.



# Counseling and Mental Health Services

Our group of psychiatrists, psychologists, physician assistants, counselors and social workers provide compassionate support and symptom management for the challenges that often come with a cancer diagnosis. If you or your loved one is interested in speaking with a member of our counseling team, call (919) 966-3494 to make an appointment.

Some of the services we offer include:

- Psychosocial support and psychiatric consultation
- Individual, couples, family and/or group therapy
- Coping with transitions in treatment
- Support for children with cancer and healthy children whose parents have cancer
- Management of depression, anxiety, mental changes, sleep problems and other symptoms caused by cancer and its treatment



**Support groups** for patients and caregivers are available, as well as peer support programs. Caregiver support and resources are listed online at [caregivers.web.unc.edu](http://caregivers.web.unc.edu). A complete list of our support groups, classes and workshops is available in our UNC Cancer Support Calendar. Ask for a copy at your next appointment or visit [www.unclineberger.org/support-calendar](http://www.unclineberger.org/support-calendar)

## Adolescent and Young Adult Cancer Support Program

Teenagers and young adults have different needs than other cancer patients. Your cancer treatment affects your education, relationships, career, independence, fertility, and more. The Adolescent and Young Adult (AYA) cancer support program works with patients ages 13-30. To learn more, call our Program Director, Lauren Lux at (984) 974-8686 or email [Lauren.Lux@med.unc.edu](mailto:Lauren.Lux@med.unc.edu). You can also visit [www.unclineberger.org/aya](http://www.unclineberger.org/aya).

Services provided include:

- One-on-one support
- Programs and events for AYA patients
- AYA specific financial and emotional resources
- Connections to peer support



**The Cancer Pro Bono Legal Clinic** is a free service by appointment that helps cancer patients and their caregivers to prepare legal documents that are important to future health care planning. We offer help preparing General Powers of Attorney, Health Care Powers of Attorney and Advance Directives (Living Wills). For more, please call (984) 974-8112.

# Supportive Care & Symptom Management

The CCSP offers **Supportive Care** services to any UNC Cancer Care patient. Supportive care is available to help patients manage the side effects of cancer and its treatment. Supportive Care focuses on maintaining quality of life and managing symptoms. For more information or to make an appointment, talk with a member of your UNC Cancer Team. The Supportive Care and Consult Team offers clinics for common cancer related problems and side effects, such as:

- Depression
- Anxiety
- Pain
- Nerve Changes
- Appetite changes
- Nausea or vomiting
- Medicine Side Effects
- Fatigue (Feeling very tired)
- Emotional or spiritual suffering
- Concerns about medical decisions

## Lymphedema Care

**Lymphedema** is a buildup of fluid in the skin of an arm or leg or in your chest, breast, head or neck. The lymphedema team helps patients and families learn to recognize the signs of lymphedema and manage them. Lymphedema happens when damage occurs to this lymphatic system and lymph cannot move through the body. This may happen after cancer treatments, including surgery and radiation. Lymphedema may happen in the first few months of cancer treatments or it may happen months to years later. The affected area may have the following symptoms:

- Swelling
- Heaviness, aching or pain
- Less flexibility
- Weakness
- Tightness of the skin
- Clothes or jewelry may feel tight

If you are having signs of lymphedema, let your UNC Cancer Team know right away. Your lymphedema treatment will vary dependent on how much swelling you have. Ask your doctor for a referral to the Lymphedema Clinic or call (984) 974-9700.



# Wellness: Nutrition and Exercise

Good **nutrition** is very important for people with cancer. Nutrition is the food we eat that keeps our bodies healthy. Eating the right foods during treatment can help you feel better. The N.C. Cancer Hospital has outpatient dietitians who specialize in nutrition and cancer care. Your dietitian can help you with many things, including:



- Foods to eat during cancer treatment
- Vitamins, minerals and herbal supplements
- Healthy eating tips
- Special diets
- Managing side effects that affect your eating like sore mouth, taste changes or nausea
- Increasing your energy level
- Weight loss or weight gain

To learn more or schedule an appointment, call (984) 974-8364.

Stay up to date on a variety of nutrition topics by visiting [www.unclineberger.org/nutrition](http://www.unclineberger.org/nutrition)

The CCSP offers many different ways for cancer patients to **exercise** and be physically active, whether you are regaining strength or starting a new exercise program. We want to help you adopt or return safely to a healthy lifestyle.

**Get REAL & HEEL** is a free exercise and wellness program designed to help cancer patients who have recently completed treatment. The program runs for 16 weeks and is located at the Get REAL & HEEL center in Chapel Hill, NC. To learn more about this program, call (919) 962-1222 or visit [www.getrealandheel.unc.edu](http://www.getrealandheel.unc.edu).



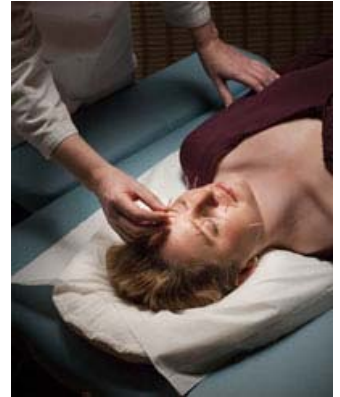
**Cancer Transitions** is a free, 2 1/2 hour, 4-week program to help cancer survivors and their caregivers make the transition from active treatment to post-treatment care. Some topics include: Get Back to Wellness, Healthy Eating, Medical Care and Surveillance, Physical Activity and Emotional Health and Well-being. To learn more and register, call (984) 974-8100. For more wellness options visit us online at [www.unclineberger.org/ccsp](http://www.unclineberger.org/ccsp)

# Integrative Medicine

Many people going through cancer find that complementary therapies can relieve symptoms or side effects, ease pain, and enhance their lives during treatment. Our program works together with standard cancer care and includes: acupuncture, massage therapy, yoga and visits with an integrative medicine physician.

## Acupuncture

Acupuncture involves stimulating different points on your body. There are a few different ways this can be done, such as sound waves, tiny electrical charges and very thin needles. Acupuncture is used to help relieve your pain, fatigue, hot flashes, nausea and dry mouth. For an appointment and information on fees, call UNC Family Medicine at (984) 974-0210 and ask for an acupuncture appointment with Dr. Chen.



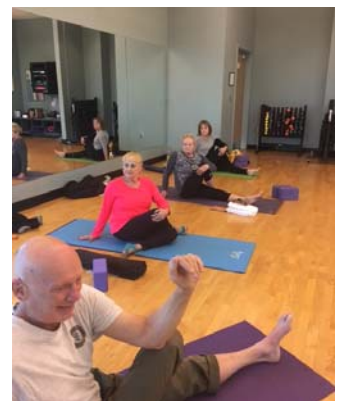
## Massage Therapy

Massage can decrease your pain, stress, and fatigue. This involves the use of gentle pressure on your body. It can be safely used with your regular cancer treatment if provided by a licensed massage therapist with special training. Check with your medical team before you begin. To learn more call (984) 974-8100.



## Yoga

Yoga can help you sleep better and reduce stress and fatigue. Classes are held on Mondays and Wednesdays at UNC Wellness at Meadowmont from 2:00 PM—3:30 PM. On Fridays, classes are at the Wholistic Health Studio, 1000 Hackberry Lane, Durham from 10:00 AM—11:30 AM. Cost is \$5 per session and some scholarships are available. If you're new to these classes, arrive 15 minutes early. Please call (984) 974-8100 to learn more.



## Integrative Medicine Visits

The Integrative Medicine Service can help you learn about different complementary therapies and decide which ones are right for you. During your visit, you can talk about any health concerns. We will talk about ways that integrative medicine can help manage your symptoms or side effects. We may also review any vitamins or diet supplements you take. Then we check for any problems between those supplements and your medicines. Integrative medicine does not replace your regular oncology treatment. We may refer you for other integrative therapies. For more information or to make an appointment, call (919) 966-3494.



# Survivorship

A cancer survivor is anyone who has cancer from the time of diagnosis through the rest of his or her life. Survivorship describes the experience of moving beyond the cancer diagnosis and its treatment towards wellness. When you come to the end of your treatment, you may feel unsure about what happens next. It is common to have many questions, such as:

- What do I do now?
- How can I stay healthy?
- Will my cancer come back?
- What about the side effects of treatment?

The UNC Survivorship program can help you answer these questions. Ask your doctor or nurse for your survivorship care plan at your next visit if you haven't received one yet.



To learn more about survivorship or ask for a survivorship clinic visit, call (984) 974-0000.

**Survivorship care plans** and **clinic visits** can help you transition to life after cancer by:

- Addressing any physical and emotional concerns you have after your cancer treatment
- Helping you understand the treatment you received and side effects you have from your treatment
- Making recommendations for follow-up care, called surveillance, such as check ups with your doctor
- Developing a personalized action plan for healthy living and ways to improve your quality of life
- Helping you transition back to your community health care provider by providing a summary of your cancer treatment and a survivorship care plan

## Patient and Family Advisory Council

Are you interested in getting involved at the N.C. Cancer Hospital?

The Patient and Family Advisory Council (PFAC) is a team of patients, caregivers and staff who work together to ensure that UNC Cancer Care patients receive the highest level of health care. Council members are involved by:

- Playing a vital role on various hospital committees
- Reviewing education and support programs as well as teaching students and staff
- Developing new programs and initiatives
- Promoting patient and family centered care

If you are interested in becoming a patient advisor please contact Loretta Muss at (984) 974-8107.

If you are interested in other volunteer opportunities, contact the Volunteer Office at (984) 974-4793.

## Other UNC and Local Resources

Name of Support Service	Description	Contact Information
Cancer Genetics Program	Provides counseling and care for patients and families who may be at increased risk for cancer.	(919) 843-8724
Care Pages	CarePages website is a free patient service that connects friends and family during a life changing health event.	<a href="http://www.carepages.com/unhealthcare">www.carepages.com/ unhealthcare</a>
Caregiver Website	Support and resources for family and friend caregivers of patients at the N.C. Cancer Hospital.	<a href="http://caregivers.web.unc.edu">caregivers.web.unc.edu</a>
Cornucopia Cancer Support Center	Local center that provides free support and resources to anyone touched by cancer.	<a href="http://www.cancersupport4u.org">www.cancersupport4u.org</a> (919) 401-9333
Fertility Preservation Program	Provides treatment for reproductive age women and men who are starting treatments that threaten future fertility.	(877) 338-4693
Financial Assistance	If you do not have insurance or are concerned about paying your medical bills, call our Financial Assistance Counselors. All services are private.	(919) 966-3425
Health Sciences Library	Librarians from the UNC Health Sciences Library can help you find the health information you need.	<a href="http://asklib.hsl.unc.edu">asklib.hsl.unc.edu</a> (919) 962-0800
Lotsa Helping Hands	Website that helps families and communities support a loved one during times of illness.	<a href="http://www.lotsahelpinghands.com">www.lotsahelpinghands.com</a>
Nicotine Dependence Program	For patients and their family members who use tobacco and are interested in talking to someone about quitting.	<a href="http://www.ndp.unc.edu">www.ndp.unc.edu</a> (984) 974-8453
Pastoral Care	Chaplains are available at UNC all day, every day. Sacred space is available in our chapel and meditation room.	(984) 974-4021
Pharmacy Assistance Program	For patients who are worried about paying for medicines during treatment. All discussions are private.	(919) 966-7690
SECU Family House	Low cost lodging for adult patients at UNC Hospitals, their family members and caregivers. To stay at SECU, you must be referred by a UNC Cancer Care team member.	<a href="http://www.secufamilyhouse.org">www.secufamilyhouse.org</a> (919) 932-8000
Social Work	UNC Social Work services can help you cope with your disease and its treatment, find support near your home and help you manage the cost of your care.	Patients who are: Adults: (984) 974-5194 Kids: (984) 974-5157

Find a full listing of our cancer support groups and services online at: [www.unclineberger.org/ccsp](http://www.unclineberger.org/ccsp)