

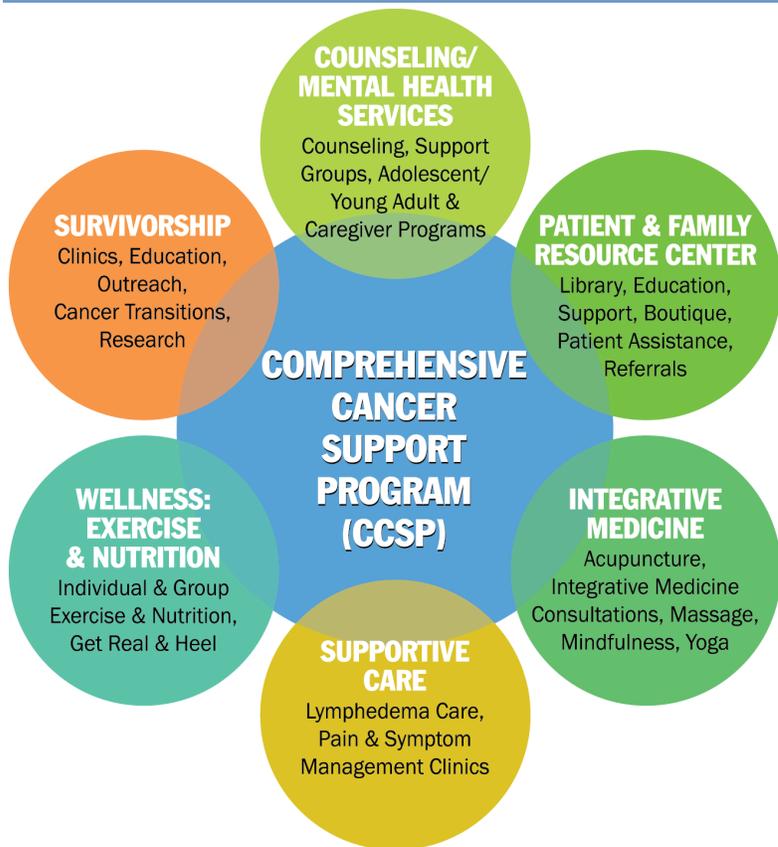
Comprehensive Cancer Support Program CCSP



Don Rosenstein, MD
Director, CCSP

Welcome to the UNC Lineberger Comprehensive Cancer Support Program (CCSP). The CCSP program is dedicated to helping patients and their families through cancer treatment, recovery and survivorship. We offer a variety of programs and services that can help you both during and after your treatment.

Our excellent team of support staff, doctors, nurses, counselors, dietitians and volunteers will help you and your family find what you need during your journey. Thanks to the generosity of our community of supporters, most CCSP services are provided free of charge. We look forward to working with you.



Learn more:

Visit www.unclineberger.org/ccsp



Visit us:

N.C. Cancer Hospital, Ground Floor
Tony Williams Lobby
(984) 974-8100



Join the CCSP mailing list:

Email ccsp@med.unc.edu



The Mary Anne Long Patient and Family Resource Center

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The Patient and Family Resource Center (PFRC) is located on the ground floor of the N.C. Cancer Hospital. The PFRC offers education, support and comfort services. We connect you to resources for legal and financial assistance and refer you to resources inside and outside UNC. Please call (984) 974-8100 to learn more about the services below.

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

- A lending library of books, pamphlets and audiovisual resources. Browse in our Center or go online: www.librarything.com/catalog/UNCCancerResource
- Internet access, computers, printer, fax and copier
- Knowledgeable staff to connect you with support services specific to your needs
- A Nurse Navigator to provide one-on-one help



The Mary Anne Long Brighter Image Boutique: Our boutique has a variety of head coverings for those receiving chemotherapy at N.C. Cancer Hospital. Patients are encouraged to call (984) 974-8100 to schedule a 30 minute appointment.

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



Relaxation and Rest: Navigating your cancer journey can be confusing and exhausting. Services for you include:

- Quiet seating areas with recliners for resting or watching a movie or TV
- Relaxation Therapy Room with massage chairs
- 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 Breakfast 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.

- We 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:

- Mental health support and 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. A complete list of our support groups, classes and workshops is available in the UNC Cancer Support Calendar. Ask for a copy at your next appointment or visit www.unclineberger.org/ccsp

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 years. To learn more, call our Program Director, Lauren Lux at (984) 974-8686 or email Lauren_Lux@med.unc.edu You can also visit www.unclineberger.org/aya

Services provided include:

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



The Cancer Pro Bono Legal Clinic is a free service 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) by appointment. For details or an appointment, please call (984) 974-8112.

Oncology Palliative Care

Palliative Care is specialized medical care for people living with cancer. Palliative care focuses on providing relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family. Palliative care is provided by a team of specially trained doctors, nurses and other specialists who combine their services with a patient's cancer care team to provide an extra layer of support. If you think palliative care may be helpful, talk to your UNC Cancer Care team about a referral.

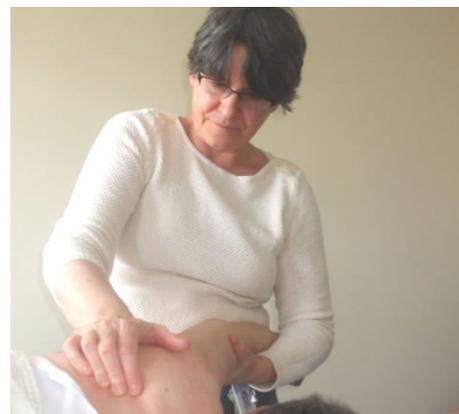
- Pain
- Fatigue (Feeling very tired)
- Nausea or vomiting
- Appetite changes
- Healthcare decisions
- Emotional or spiritual needs
- Depression
- Anxiety

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 the lymphatic system and lymph cannot move through the body. This may happen after cancer treatments, such as 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. 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. 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 help you with many things, including:



- Foods to eat during cancer treatment
- 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) 974-8100

Stay up to date on nutrition by visiting 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 for 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) 445-4255 or visit www.getrealandheel.unc.edu



Cancer Transitions is a free 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

Integrative Medicine

Many people going through cancer find that complementary therapies, those treatments that work together with standard care, can help with symptoms and side effects such as pain and fatigue. These therapies may also improve your overall wellbeing during treatment.

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 Fridays from 10:00 AM—11:30 AM and Wednesdays 2:00 PM—3:30 PM. All classes are at the Wholistic Health Studio, 1000 Hackberry Lane, Durham. 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



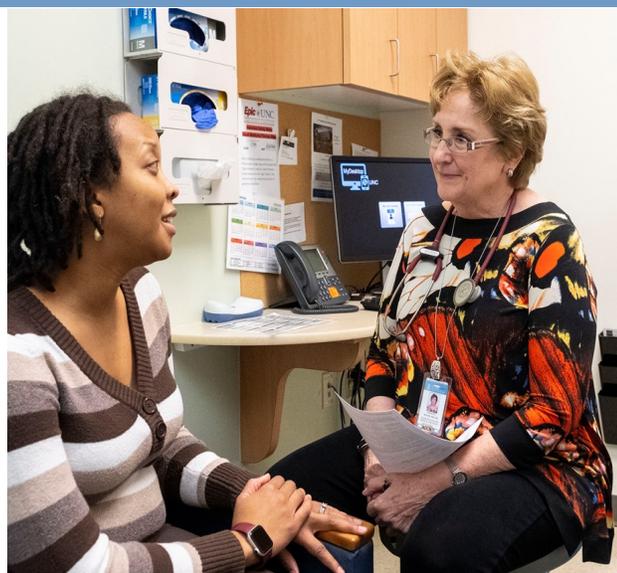
The Integrative Medicine Service can help you learn about different complementary therapies and decide which ones are right for you. During your visit, we will talk about ways that integrative medicine can help manage your symptoms or side effects. You can talk also about any health concerns.

We often review any vitamins, herbs 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. For details or 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's 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 and more. 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 active treatment 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 personal 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 Cancer Hospital has one of the largest and most active advisory councils at UNC Health Care. Our Council is made up of patients, caregivers and staff who work together toward the common goal of *better together*. And you can help. Our advisors:

- Participate in committees such as Patient Safety, Quality Improvement and Design Planning
- Review patient education materials
- Teach to medical and nursing students
- Develop new programs

Interested in becoming a patient advisor? Contact Loretta Muss at (984) 974-8107 or loretta_muss@med.unc.edu

Other UNC and Local Resources

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
Caregiver Website	Support and resources for family and friend caregivers of patients at the N.C. Cancer Hospital.	caregivers.web.unc.edu
Cornucopia Cancer Support Center	Local center that provides free support and resources to anyone touched by cancer.	www.cancersupport4u.org (919) 401-9333
Fertility Preservation Program	Provides treatment for reproductive age women and men who are starting treatments that interfere with the ability to have children.	(919) 908-0000
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.	asklib.hsl.unc.edu (919) 962-0800
Lotsa Helping Hands	Website that helps families and communities support a loved one during times of illness.	www.lotsahelpinghands.com
Tobacco Treatment Counseling	For patients and their family members who use tobacco and are interested in talking to someone about quitting.	www.ndp.unc.edu (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.	www.secufamilyhouse.org (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