

Integrative Oncology Program

**A Personal
Wellness & Survivorship
Guidebook**

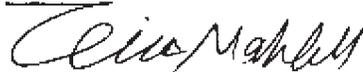


I've had
treatment,
what's next?

Survivorship Services for Patients and Families

My dear friend,

We understand that you have been through a very difficult experience. Being diagnosed with cancer and then undergoing cancer treatment is life changing. But we want you to know that we are here to support you as you transition into the next step in your care. This guide is designed to provide you with helpful resources and information regarding your life now as a cancer survivor. We hope that these resources will be useful as you continue the journey in a life filled with health and abundance. We celebrate your recovery from cancer and eagerly anticipate what the future may hold. We hope to be a vital component of your future health care and to facilitate the achievement of your life goals.



Zeina Nahleh, MD, FACP

Cleveland Clinic Florida Maroone Cancer Center Director





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After-treatment checklist:

- Review this document
- Understand your new care plan, including follow-up visits
- Give yourself time to emotionally and physically heal
- Consider participating in survivorship classes and support services

Please take a moment to look through this piece to learn about all the services that are available to you.

Support Programs: Oncology Social Workers



Oncology social workers available to help address the needs of the patient. Your social worker will meet with you and assess for social and emotional concerns/needs, by providing appropriate information for services that will help the patient, family and friends before, during and after treatment.

The social worker is trained to help reduce social and emotional, psycho-social concerns, by providing services to patients, families and care partners facing the impact of their cancer diagnosis. Social workers are an integral part of the healthcare team. Our clinical social workers are part of your care team and collaborate with the Physicians, Nurses, Dietitian and Support Staff in the development of your treatment plan.

The oncology social worker can:

- Meet with you individually or with your family and discuss ways to help with coping and adjusting to lifestyle changes
- Provide referrals to community and national organizations that can help with patient needs: lodging, transportation, emotional support
- Assistance with governmental agencies and programs that help people with disabilities, including the Social Security Administration and Medicare
- Give referrals to local area support groups and resources
- Provide information on financial assistance programs and referrals to a financial counselor
- Discuss concerns with employment issues
- Provide assistance for help at home, if indicated by your physicians (home care, medical equipment)

Oncology social workers are available to patients and caregivers, Monday–Friday from 8 a.m. to 5 p.m.

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“I’m happy that I’m back to just normal screenings, but I’m nervous, too — like a baby learning how to walk, I’m a little shaky. It’s weird, but a good weird.”

Cancer Survivor

When someone receives a cancer diagnosis it takes over their life in an unexpected way. The family roles and dynamics shift and life becomes consumed with doctors' visits, test results and treatments. The patient is go, go, and go. All while receiving the support of the cancer center at each visit and over the phone. When a patient completes treatment it is common that they then have the delayed emotional and physical effects of their diagnosis. When they move into survivorship, they only attend doctor visits for follow up. They do not have the contact or support of the staff the way they did while undergoing treatment. Their family sometimes thinks that once treatment is complete, the patient will automatically bounce back to their "pre-cancer" self. This is not the case. The survivor is dealing with an array of delayed side effects. They feel pressure to be "OK." Even though the fear of recurrence is strong. They could encounter intimacy issues due to physical changes from surgeries, and/or lack of sexual drive from medications. Fatigue from oral medications, fatigue from delayed depression. Flow of emotions. "Chemo brain." Patient may return to work and find pre-cancer tasks now difficult due to memory issues. So there job may now be affected and difficult for them to do.

Tips for patients in survivorship

Based on the information above, it would be in the best interest of the patient to:

- Follow with a survivorship nurse.
- Join a survivorship support group to speak to peers that may be experiencing the same issues and can relate.
- If marriage is affected, attend couples counseling.
- Start a new hobby to fill the time that would have typically been spent at doctor appointments.
- Speak with your doctor about exercise and, when able, regularly exercise.
- Have an open discussion with your family, be honest and explain that while treatment is over, you are still experiencing side effects. Tell them how they can best help and be supportive.
- If you feel the need to speak with a counselor ask social worker for referral for a local psychologist.



Support Programs: Genetic Counseling/Testing

Hereditary cancer conditions increase the risk of developing cancer and possibly passing it on. A cancer genetics evaluation may be recommended if one or more of the following apply to you or a relative has:

- Breast, colon or another cancer before age 50
- Several family generations with the same or related cancers (such as breast and ovarian cancer, or colon and uterine cancers)
- Multiple cancers in one individual
- Breast or ovarian cancer in women of Ashkenazi (Eastern European) Jewish descent
- Identification of a BRCA1, BRCA2 or other gene mutation

- 10 or more colon polyps
- A rare tumor (such as male breast cancer, paraganglioma or medullary thyroid cancer)

Medical genetics experts review medical and family histories to identify hereditary cancer conditions. They explain health risks, and offer education, guidance and support for the entire family, as well as tailor increased screening and prevention measures.

Ask your provider if a referral to genetic counseling is right for you.



Support Programs: Art Therapy

Art therapy is engaging in the creation of art, in therapeutic relationship with an art therapist, to assist in mental, emotional, physical and relational healing and growth. In practice, art therapy provides integrative opportunity to circumvent the limitations of language by affording alternative modes of communication (AATA, 2018). Supportingly, master's level art therapists work with individuals, couples, families, and groups, in a wide variety of practice areas, to facilitate personalized treatment goals. Honoring an individuals' values, beliefs and strengths, the art therapist will discuss your interests and aims for the session, then suggest art therapy directives geared toward goal attainment. Therapeutic directives may include painting, sculpting, drawing, collage and/or craft work in process.

Art therapy benefits:

- Decrease anxiety
- Increase mood
- Decrease pain
- Promote relaxation
- Provide opportunity for self-expression
- Provide opportunity for self-reflection and insight
- Enhance self-esteem
- Improve coping skills
- Provide a sense of choice and control
- Improve focusing capacity and attention span
- Assist with overall rehabilitation efforts

**For more information and/or to schedule an art therapy session, please contact:
Rachel Upton-Rice, MPS, ATR-BC, LCAT,
Art Therapist at 954.487.2367.**

“The aim of art is to represent not the outward appearance of things, but rather their inward significance”

Aristotle



Support Programs:

Art Therapy

Art Therapy Sessions

Individual, Couples and Family
Monday–Friday | 9 a.m. to 4 p.m.
Infusion Suites and Art Therapy Studio
Maroone Cancer Center | Floor 3

Scheduled art therapy sessions with an art therapist geared to address individual, couples and/or family needs in safe, therapeutic environment. No prior art experience required.

Art Therapy Groups and Workshops

Monthly Offerings
Support Services Calendar
Art Therapy Studio
Maroone Cancer Center | Floor 3

Monthly groups and workshops offered to address meaning-based themes, creative expression and reflection in supportive environment. No prior art experience required.

Art Therapy Open Studio

Tuesdays and Thursdays | 11 a.m. to Noon
Art Therapy Studio
Maroone Cancer Center | Floor 3

Art therapist-facilitated open studio for creative expression, reflection and self-discovery; patients and caregivers can select from a wide-variety of materials for creative engagement and learning. No prior art experience required.

Art Cart

Monday–Friday | 9 a.m. to 4 p.m.
Infusion Suites
Maroone Cancer Center | Floor 3

Art therapist-manned mobile art cart; patients and caregivers can select from a wide-variety of materials for creative engagement while participating in infusion-based treatment sessions.

Art Gallery

Monday–Friday | 9 a.m. to 4 p.m.
Art Therapy Studio
Maroone Cancer Center | Floor 3

Patient and caregiver art expressions, created either at Maroone Cancer Center and/or at home, to be showcased/displayed, on a rotating basis, in the Art Therapy Studio, Maroone Cancer Center, Floor 3.



Mind: Positive mindset/perspective/outlook

- Our thoughts affect the way we feel and subsequently, how we act in life. Honor your mind, feelings and actions with the daily release of negativity and fulfillment of positivity! Envision the release of negative thoughts, feelings and experience; and, once open, the fulfillment of positive thoughts, feelings and experience.
- Know you are more than a diagnosis. You are multi-faceted human being with great mental, physical, emotional, spiritual and relational needs and capacities. Identify and call upon all your unique aspects and personal resources to address personal needs in/throughout your survivorship phase. What are the unique and positive aspects you possess and can call upon to assist you in/through this new survivorship phase?
- Your transition from cancer patient to cancer survivor offers an opportunity to create a new, strengths-based, 'normal' for yourself. How would you like to envision/script your 'new survivorship normal'?

Body: Positive capacity and action

- You are a cancer survivor. A cancer survivor is someone who's prevailed against an invader — you are courageous, resilient and strong. Champion all you can do! How could you activate and utilize your heightened capacities in new, health-oriented ways?

Emotion: Positive emotion

- Honor your emotional experience — positive or negative — and share with your trusted support team: family, friends, caregivers and/or professionals; there is no wrong in your feeling(s), only opportunity for exploration and understanding. What are you feeling? What's the reason you are feeling this way? Is your feeling true? And, is what your feeling helping or harming you?

Spirit: Positive purpose

- Establishing and maintaining a sense of purpose, meaning and hope, despite doubt or question, in, through and beyond cancer, is critical for cancer survivorship. What gives you a sense of purpose, meaning and hope for the future? How has your cancer experience informed your sense of purpose, meaning and hope?

Social/Relational: Positive support

- Value relationships and accept support from your trusted others; it's important to create a holding, nurturing and championing support team for on-going cancer survivorship needs. Who or what are the positive others — persons, places and things in life — that support and encourage you unconditionally, without judgment? How could each of these positive others encourage, empower and support your survivorship efforts?

Support Programs: Oncology Certified Registered Dietitian

The role of a registered dietitian nutritionist is to ensure patients are adequately meeting their nutritional needs before, during, and after treatment. Maintaining adequate nutritional intake during treatment can help ensure:

- Weight maintenance
- Prevent malnutrition
- Help increase immune function
- Assist in preventing fatigue

Nutritional services provided to patients

- Post treatment nutritional counseling
- Monthly nutrition class and cooking demonstration is also available to patients and family members

Practice proper food safety techniques

- Keep your hands, counters, dishes, cutting boards and utensils clean.
- Change sponges and dishtowels often.
- Wash fruits and vegetables thoroughly using anti-microbial agent.
- Use separate dishes, cutting boards and utensils for preparing raw meat, fish or poultry.
- Thaw frozen items in the microwave or refrigerator, not on the kitchen counter.
- Use a food thermometer to make sure that meat is fully cooked.
- Read the expiration dates on food products and look for signs of food spoilage. If in doubt, throw it out.

Schedule of services

- Appointments available Monday–Friday, 8 a.m. to 3:30 p.m.
- Initial Assessments require a 60 minute appointment
- Follow-up Assessments require a 30 minutes appointment

For more information and/or to schedule an appointment, please contact: Amanda Stephenson at 954.487.2253 or amigoa@ccf.org.



Good nutrition
can give you
a sense
of well-being.

Limit red meat and processed meats

- Red meat (beef, pork, lamb)
- Less than 18 ounces of red meat per week for men and less than 11 ounces of red meat per week for women
- Studies indicate that red meat promotes inflammation in human tissue
 - This inflammation is believed to stimulate the growth of cancerous tumors
- Very little, if any to be processed
 - If choosing processed meats, look for “uncured” or “nitrate-free”
- Choose lean proteins:
 - Stick to fish, poultry, and tofu
- Keep dairy low fat: Select skim milk, low-fat yogurt, and reduced-fat cheeses

Limit alcoholic beverages

- Limit alcoholic drinks
 - No more than two drinks a day for men and one drink a day for women
- The link between alcohol intake and risk of some primary cancers has been established, including cancers of the mouth, pharynx, larynx, esophagus, liver, and breast and, for some forms of alcohol beverages, colon cancer

Avoid processed sugars

- High sugar intake has not been shown to increase the risk or progression of cancer
- However, sugars (including honey, raw sugar, brown sugar, high-fructose corn syrup, and molasses) and beverages that are major sources of these sugars (such as soft drinks and many fruit-flavored drinks) add substantial amounts of calories to the diet and thus can promote weight gain
- Most foods that are high in added sugar do not contribute many nutrients to the diet and often replace more nutritious food choices
- Consume energy-dense foods sparingly (high calories for amount and few nutrients)
- Avoid sugary drinks
- Consume “fast-foods” sparingly, if at all

Eat foods mostly of plant origin

- Eat at least five portions/servings of a variety of non-starchy vegetables and fruits every day
- Examples of a serving: 1 cup raw or cooked vegetables, 1 medium apple, ½ cup of other colorful fruits
- Eat whole grains and/or legumes (beans and lentils) with every meal
- Opt for high-fiber breads and cereals, including brown rice, barley, bulgur, and oats
- Avoid refined foods, such as donuts and white bread, and those high in sugar
- Use plant-based seasonings like parsley and turmeric

Maintain a healthy weight

- There is evidence that being overweight, which is a risk factor for numerous types of cancer, also increases the chance of recurrence and lowers odds for survival
- Research has shown that women who gain more than 13 pounds during treatment for early-stage breast cancer are 1.5 times more likely to experience a cancer recurrence
- Studies show that for men who have had prostate cancer, being overweight or obese raises the chances that their cancer will recur, spread, or lead to death
- Achieve and maintain a healthy weight:
 - If overweight or obese, limit consumption of high-calorie foods and beverages and increase physical activity to promote weight loss
 - Maintain body weight range within the normal BMI range, starting from the age of 21

Engage in regular physical activity

- Avoid inactivity and return to normal daily activities as soon as possible following diagnosis
- Aim to exercise at least 150 minutes per week
 - Examples of moderate intensity cardiovascular activity include brisk walking, leisurely bicycling, dancing, and golfing
 - Include strength training exercises at least twp days per week



Support Programs: Psycho-Oncology/Psychotherapy

What is it?

A field at the intersection of the physical, psychological, behavioral, and social aspects of the cancer experience for both patients and family members. Psycho-Oncology focuses on addressing psychological reactions, preventative health behavior changes, social factors, communication techniques, and coping strategies, with providers and loved ones in their experience of cancer.

How does it help?

Cancer has been known to cause common psychological reactions in the form of depression and anxiety. As a threat to life, cancer can create uncertainty regarding prognosis and treatment outcome, increased preoccupation about the toxicity of treatments, and negative thoughts about functional impairment as a result of treatment. Physical symptoms including fatigue, pain, nausea, hair loss, neuropathy, and chemobrain can affect overall quality of life. With a Psycho-Oncologist, these difficulties are addressed in psychotherapy. The goal in treatment is to develop techniques and strategies to help manage and cope with the substantial stress and cancer-related threats to health.

Who is the clinic's Psycho-Oncologist?

Selin Santos, PsyD is a Clinical Psychologist specializing in overall health and the cancer experience. Previously, he focused his practice in Palliative and Hospice Care settings assisting patients and families at the end of life's journey. Foundationally, Dr. Santos is a patient-centered therapist who uses a humanistic and existential theoretical approach to treatment. He maintains an individual approach to guide individuals in their own unique journey to fulfill their own life's purpose. Overall, Dr. Santos has made a lifelong commitment to highlight the importance of psychological health across health care settings. His goal is to provide patients with holistic care to promote individual growth and overall well-being at each phase of life.



“Free to be me.

Free to
spend my time
as I wish.

Free to think
of my future.

Free to make
decisions
on my own.

Free to breathe.”

Cancer Survivor

Support Programs: Psycho-Oncology/Psychotherapy

What does psychotherapy benefit?

- Depression and Anxiety
- Fears and Phobias
- Sleep Hygiene and Insomnia
- Substance Use Issues
- Chronic Pain
- Grief/Bereavement
- Body Image Concerns
- Coping Difficulties
- Cognitive Impairment

What services are provided?

- Cognitive Behavioral Therapy
- Acceptance and Commitment Therapy
- Mindfulness Based Stress Reduction
- Mindfulness Meditation
- Brief Solution Focused Therapy
- Meaning Centered Therapy
- Narrative Therapy
- Grief Therapy
- Behavioral Therapy
- Supportive Therapy
- Caregiver Support
- Family Therapy
- Couples Counseling

For more information and/or to schedule a therapy session, let your physician or caregiver know or you can also contact: Selin Santos, PsyD at 954.659.5840.



- **Be engaged.** Multidimensional self-rehabilitation is critical to staying engaged! Cancer and its treatment impact patients on several dimensions including physical, psychological, social, and spiritual functioning. Therefore, it can be helpful to focus on physical and psychological well-being, regaining physical strength, improving self-management, working on sleep hygiene, regaining self-confidence, becoming independent, managing side-effects, having a balanced diet, managing a healthy sex life, reducing number of hospitalizations.
- **Make a plan.** Returning to a “normal life” after cancer diagnosis and treatment can be a challenge as survivors may experience a shift in priorities, patterns, and goals. It can be helpful to create a plan that balances the shift in priorities beginning with establishing short and long-term goals. Many survivors also benefit from moving towards a value based system and tending to what they find meaningful in their life. Some find meaning through practicing their values in spending time and reconnecting with family, maintaining their independence, going back to work, learning new hobbies, listening to music, painting, traveling, meeting new people, experiencing new cultures, and engaging with their faith.
- **Practice patience.** Give yourself some breathing room! Patience, as a form of wisdom, is often a practice in allowing things to unfold in their own time. Social challenges like financial, education, career, and marital difficulties are usually put on hold during cancer diagnosis and treatment. It may be helpful to remind yourself to be patient during periods of agitation and irritability when revisiting these social challenges. Being patient allows for a person to be present-focused and address issues with care.
- **Find support.** It can be helpful to join a support group. Support groups can provide comfort to survivors in sharing their concerns and hearing from other survivors that have firsthand experience. Support groups can vary from the type of help and support survivors receive. There are peer-led or self-help groups, professionally-led groups by a Psychologist or social worker, and informational support groups where survivors are provided cancer-related education. In recent years, support groups can also be found online through chat, list servers, discussion groups, and e-mail.
- **Take care of family.** Cancer diagnosis and treatment often triggers a strong emotional response for survivors as well as family members. Family members of survivors often face similar to increased levels of stress when compared to survivors. As family plays a crucial role in survivorship, it is important for family members to find psychological support as well. Survivors can advocate for family members to address, manage, and reduce the emotional impact of providing continued care to a survivor who went through a life-threatening disease and its demanding treatment.
- **Focus on prevention.** Stress is a part of life as it allows us to stay on task and make our appointments on time, however, high levels of stress can affect quality of life. Ways to reduce stress include: learning to deal with unhelpful thoughts, engaging in relaxation strategies such as meditation through deep breathing and guided imagery, practicing yoga, performing hobbies, dieting, exercising, taking time off from usual, practicing sleep hygiene, and seeking support from friends and family.
- **Stay in touch!** Health care professionals are often seen by patients as an honorary family members due to their role throughout cancer diagnosis and treatment. Establishing themselves as “part of the family,” their role does not conclude with the end of treatment. Professionals are available to continue to address residual physical or psychological symptoms and provide advice about detection and management of tumor-related symptoms. Also, professionals can help organize and optimize the survivorship experience. Keep in contact!

We are here if you need us!

Support Programs: Oncology Trained Esthetician



“Thank you for making
me feel normal.”

Cancer Survivor

What are oncology trained estheticians?

They are licensed professionals that have invested time and additional training to learn how to safely and compassionately help clients that have cancer and are undergoing cancer therapies.

What they know:

- The basic of cancer, cancer treatments and side effects
- Contraindications related to spa and salon treatments (including Lymphedema, DVT risk and allergic reactions)
- How to safely help the skin heal
- The importance of listening and compassion
- Safe, properly and affordable ingredient/product choices
- How to help the client with eyelash, eyebrow and hair loss
- Hands-on training with survivors in various scenarios to prepare them to customize safe treatments for each individual
- When to refer the client to their medical team

There are many side effects on the skin as a result of cancer treatments. Some of the most common conditions the skin can experience during treatment are red irritated, fragile, itchy or very dry skin. We offers calming/hydrating facials to help alleviate these conditions.

The Esthetician also educates patients on products and ingredients that might be used to hydrate affected areas before, during and after treatment.

Personal Image Support is another area where the esthetician can help. Guidance on how to choose the right head piece, how to recreate eyebrows and eyelashes and how to apply camouflage makeup is another service available for you.

**Services are available Tuesday and Wednesday
from 8 a.m. to 4 p.m.**

**To make an appointment for any of these treatments,
please contact: Tatiana Morales, Certified Esthetician
at 954.659.5840.**

Stay hydrated

- It is important to drink water. Also to use the right products for your skin. Natural oils are the most affordable item and they do a great job. Jojoba oil, calendula oil, coconut oil are just to name a few.

Don't do anything aggressive

- Your body already has natural exfoliation. There is no need to use anything aggressive on skin. Just focus on hydration.

Use sun block

- It is super important to use it and avoid sun burns and hyperpigmentation. One of the side effects of chemotherapy are dark spots on the face. So avoid unprotected sun exposure. Remember, sun screen is not just for the beach.

Don't shave your head

- Use a #1 blade with trimmer but make sure not to shave to the skin. By doing that (shaving) the scalp can get irritated and get some unwanted bumps. It is always better to use a trimmer.

Take care of your nails

- No acrylic, gel or any type of artificial nails nursing chemotherapy. Nails become weak and brittle during chemotherapy and will take time to recover. Since they become weak, use lotion or oils to hydrate the cuticles and the nails. Use gloves when doing chores around the house.



Support Programs: Caring Touch Therapies and Yoga

Caring Touch Therapies

Several body work therapies are offered to assure that the needs of our patients can be addressed on an individual basis to help support and encourage whole body wellness. Not only do these services help to alleviate stress and anxiety, they help relieve physical pain, fatigue, depression and much more. All Caring Touch Therapies are provided by a licensed massage therapist certified in oncology massage.

Services that are offered:

- Reiki
- Reflexology
- CranioSacral Therapy
- Gentle Therapeutic Massage
- Aromatherapy

Yoga

Our yoga program is designed to assist patients in regaining their strength, flexibility, and balance in a safe, gradual way.

Classes alternate between chair yoga and gentle floor yoga so there is something for every level of capability. Both oncology patients and their caregivers are welcome to attend. No experience is necessary and yoga mats and props are provided.

Classes are held every Thursday from 4 to 5 p.m. Egil and Pauline Braathen Center, Feinberg Conference Room, 2nd floor. Please RSVP at 954.487.2131.

For more information, please contact:

Linda White, LMT, RMT, RYT, Licensed Massage Therapist, Certified in Oncology Massage, Reiki Master Teacher, Registered Yoga Teacher at WhiteL7@ccf.org.

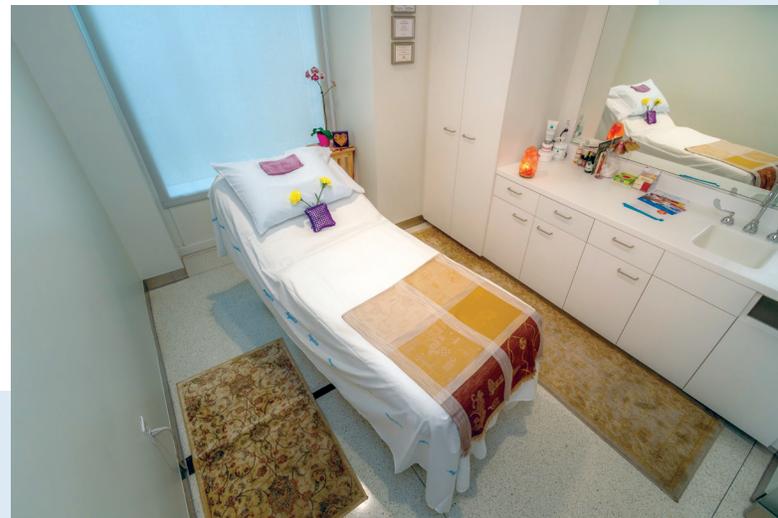
For appointments, please call 954.659.5840.



“It’s a big help to know that the Maroon Cancer Center is the best. People come from all over the world. It’s amazing that it’s in our own backyard.”

Cancer Survivor

- Treat yourself to a full body massage or foot massage. Getting body work is an important aspect of self-care and nurturing. The power of touch and its healing potential is well documented. Not only will a massage improve circulation, release muscle tension, ease pain, and improve sleep patterns, it will also help revitalize the spirit.
- Keep moving! Whether it is taking long walks or slowly beginning an exercise program, it's important to move the body. The longer you wait to incorporate exercise into your routine, the harder it becomes.
- Practice breath control to calm the mind, especially during times of stress and anxiety. Try taking a deep inhale through the nose, filling up the body from the belly to the chest to a count of four. Then slowly exhale through the nose to a count of four totally emptying the breath from your body. Keep the inhales and exhales deep and even.
- Treat yourself to some aromatherapy. Plant-based, therapeutic grade essential oils can help such things as insomnia, respiratory issues, inflammation and headaches.
- Give yourself permission to put yourself first. Many of us are so used to taking care of others that we often forget how important it is to truly take care of ourselves. You have made tremendous strides in your recovery and transition to survivorship and perhaps your perspective on life has shifted. You know more deeply than ever how precious and vulnerable life is. Make sure you try to enjoy every moment!



Support Programs: Music Therapy

Music therapy is an established healthcare profession that uses music to accomplish non-musical goals. It combines music and the therapeutic relationship to address the physical, cognitive, emotional, social, and spiritual needs of patients and their family members. Board-certified music therapists provide patient-preferred live music to engage recipients in active music making, songwriting, discussion, and relaxation exercises in order to support their specific needs.



Music therapy benefits:

- Decrease anxiety
- Assist in pain management
- Provide psychosocial support
- Alleviate nausea
- Manage stress and promote relaxation
- Promote positive coping skills
- Provide opportunity for self-expression
- Improve quality of life
- Provide spiritual comfort

Available to patients and caregivers.

For more information and
appointments, please contact:

Angie Burdine, MT-BC, Board-Certified Music Therapist
at 954.487.2261 or ortegaa3@ccf.org.

Support Programs: Survivorship Program

- All patients with cancer who complete any form of treatment (surgery, radiation, chemotherapy, and/or endocrine therapy) are encouraged to be referred by their surgeons and/or medical/radiation oncologists when appropriate to the survivorship clinic, staffed by oncology trained Advanced Practice Practitioners.
- Patients will receive treatment summaries and survivorship care plans, evaluation of post-treatment side effect and education about long term follow-up and care after cancer.
- Screening programs for cancer recurrence are provided through continued follow-up with surgeons, medical oncologists, radiation oncologists, or
- Recommendations for screenings for new cancers are provided at time of survivorship visit. (Examples: Follow-up with GI for colonoscopy starting at age 45 for colon cancer screening, Follow-up with GYN for pap smear for cervical cancer screening based on GYN guidelines for pap smear, Non-contrast CT chest for lung cancer screening in patient's that meet criteria with heavy smoking history)
- Referrals to rehabilitation services when appropriate (Lymphedema, deconditioning, musculoskeletal pain, etc.), massage therapy and aesthetician as appropriate.
- All cancer survivors are referred for nutritional services at the time of the survivorship clinic visit.
- Based on distress thermometer and patient health questionnaire (PHQ) scores at the time of the survivorship visit, patients are referred for psychological support and/or psychiatric services through our oncology psychologist, art/music therapists, and social work referrals for psychiatry as indicated.
- Patients are provided a list of CCF patient support services at the time of the survivorship visit including cancer support groups and events.
- Based on review of treatment history and signs and symptoms at the time of the survivorship visit, formalized referrals to appropriate specialists (cardio-oncology, pulmonology, vascular medicine, and gynecology) are recommended.

- **Recognize that having some negative feelings is NORMAL.** It doesn't mean that you are weak or pessimistic. Don't avoid these feelings or criticize yourself, instead, find a way to express them.
- **Confide in a loved one or a friend:** Survivors are often reluctant to talk to loved ones about their worries because they don't want to be a burden. However, research has shown that open communication is beneficial for both.
- **Accept help:** When you allow others to help, you provide them with a valuable gift. So try to relax and enjoy the generosity of others.
- **Take a break from cancer:** Think about the little things that give you pleasure and schedule some activities daily. This will have a powerful positive effect on your mood. For example, walking your dog, playing with your grandchild, watching a good movie, listening to music, or simply enjoying a cup of coffee on your porch. Try not to make cancer or medical appointments the only focus and center of your life.
- **Keep your healthcare providers in the loop:** They can provide valuable support and resources.



Screening and Prevention

As a cancer survivor, it is important to be aware of screenings that you will need to discuss with your provider. The right plan for your care may differ from these guidelines based on your medical history, family history, personal preferences and lifestyle.

You and your provider should work together to develop a customized preventive health screening plan that will work best for you.

Breast Cancer Screening

Physician Breast Exam

For women ages 40 and over = annually

Mammography

For women ages 40 and over = annually

Discuss risk factors and family history with your doctor

Cervical Cancer Screening

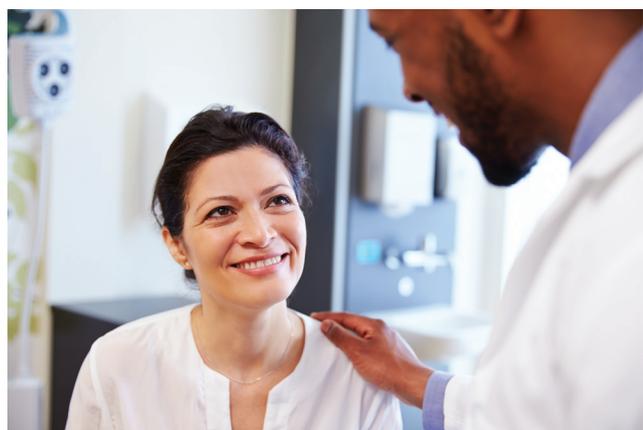
Pap Smear/Human Papilloma Virus (HPV) Testing

The new U.S. Preventive Services Task Force recommendations are as follows:

Women ages 21-29: Pap test every 3 years

Women ages 30-65: Pap test every 3 years
OR PAP test plus HPV testing every 5 years

Cervical cancer screening not routinely recommended for women younger than 21, older than 65, or those who have had a hysterectomy with removal of the cervix and have no history of cervical cancer or high-grade pre-cancer.



Colorectal Cancer Screening

Screening Colonoscopy

Every 10 years (preferred)

High Sensitivity Stool Occult Blood Testing

Annual Screening

Flexible Sigmoidoscopy

Every 5 years, with high sensitivity stool occult blood testing every 3 years

Lung Cancer Screening

Low-Dose CT Lung Screening

For men and women ages 55-74 who have smoked at least one pack a day for 30 years or more or two packs a day for 15 years. This applies if they have quit smoking less than 15 years ago. One-time screening

Prostate Cancer Screening

Discuss with your physician

Osteoporosis Screening

DXA (bone-density testing)

For women ages 65 and over, or starting at menopause if additional risk factors exist

Baseline testing, with follow up interval based on test results

Cholesterol Screening

Lipid Panel, including LDL

For all men and women starting at age 20, or earlier if cardiac risk profile reveals high risk

Every 5 years or more frequently, based on results and risk profile

Provider Follow-up Visits

For follow-up visits, call:
Weston – 954.659.5840
West Palm Beach –
561.804.0200

Here are some ideas that helped others with their follow-up care.

Before you go:

- Bring paper, so you can take notes, or ask if you can tape-record the answers.
- Ask someone to come with you to your doctor visits. A friend or family member can help you think about and understand what was said. He or she also may think of new questions to ask.
- Make a list of questions ahead of time and bring it with you.

At your visit:

- Ask to talk with the doctor or nurse in a private room with the door closed.
- Ask your most important questions first, in case the doctor runs out of time.
- Express yourself clearly.
- Describe your problem or concern briefly.
- Tell the doctor how your problem or concern makes you feel.
- Ask for what you want or need, for example, “I am tired most of the time each day. I’ve tried napping, but it doesn’t help. My fatigue gets in the way of my daily life. What can be done to help me with this problem?”
- Ask the doctor to explain what he or she said in terms you understand.
- Repeat back in your own words what you think the doctor meant.
- Tell your doctor if you need more information.

Before you leave:

- Ask your doctor or pharmacist about the best way to take your medicine and about possible side effects.
- Don’t be afraid to ask for more time when you make your next appointment. Or ask the doctor to suggest a time when you could call and get answers to your questions.
- Ask if there are any survivor support groups in the area.
- Ask for booklets or other materials to read at home.
- Keep your own set of records about any follow-up care you have.

Source: The National Cancer Institute Facing Forward Guide

For a complete copy, visit cancer.gov/cancertopics/coping/life-after-treatment.pdf.

Ongoing Support Services

Cleveland Clinic Florida offers many services for patients and families who have undergone cancer treatment across our various cancer centers:

Education and Resources

Including brochures, internet access, access to local, national resources and related events

Egil and Pauline Braathen Center: Lobby

Pastoral or Spiritual Counseling

Resources are available upon request.

Please ask your social worker for details.

Support Groups

As you move through the survivorship experience it is extremely important to know that you are not alone. Family, friends and community resources can be useful to help you cope with physical, emotional and psychological issues, which may arise as you transition into normal life again. Yet, many survivors find it helpful and comforting to share their concerns and to talk with people who know what they are going through from first-hand experience.

Please visit the resource center for an updated list of support groups.

The following links are also useful for finding more support groups in your area or online:

- <https://www.cancer.org/treatment/support-programs-and-services.html>
 - cancer.net/coping-with-ca%20ncer/finding-support-and-information/support-groups
 - cancercare.org/tagged/support_groups
-

Rehabilitation Program

Physical, occupational and speech therapists help improve physical function and post-treatment difficulties with fatigue, neuropathy, self-care, lymphedema, cognitive abilities.

Please ask your social worker for details.

Kline Family Studio and Wig Boutique

1st floor of Egil and Pauline Braathen Center

4th Angel Mentoring Program

Open to all Cancer Patients and their Caregivers

Please contact a 4th Angel coordinator at 866.520.3197 or email 4thangel@ccf.org.

High Tea

Open to all current and past cancer patients and their families and caregivers.

Every first and third Wednesday from 2 to 3:30 p.m. in the lobby of the Egil and Pauline Braathen Center.



Lingering and Late Effects from Cancer Treatment

For anyone, going from active treatment to follow-up care can be an adjustment. People may develop late or lingering side effects from treatment and wonder if what they are experiencing is normal. These side effects can vary from person to person, and identifying and treating them is important in your ongoing care. If you are concerned about a particular issue, please talk with your provider to decide on ways to ease your symptoms. For a full list of common effects from treatment, visit: clevelandclinic.org/chemocare.

It is also common for people to experience strong emotional changes. It is healthy to reflect on what you are feeling and share these experiences with people you trust, such as your healthcare team, family or friends.

Recognize that having some negative feelings is normal. It doesn't mean that you are weak or pessimistic. Don't avoid these feelings or criticize yourself, instead, find a way to express them.

Common emotional effects:

- Fear of recurrence
- Financial anxieties
- "Survivor guilt"
- Change in sexual desire or self image

Not all survivors will experience late effects. If you do, they may appear soon after treatment or up to years after treatment ends. In most cases, the earlier these late effects are identified, the easier they are to treat.

Late effects vary from one cancer survivor to the next. Medical experts can't always predict if or when they will occur. Some effects might improve or go away with time. Others might be permanent such as certain types of nerve damage. If late effect of treatment does occur, it doesn't mean that your health care team



“I couldn't remember well and it scared me, but I talked to my doctor and he told me it is a normal side effect.”

Cancer Survivor

Lingering and Late Effects from Cancer Treatment

When to call your doctor:

Don't hesitate to call your doctor with any new concern or question, particularly if your symptoms worsen or have lasted longer than 2 weeks. These may include:

- New concerns/changes to your body (lumps or skin changes)
- Nausea and vomiting
- New or concerning shortness of breath
- Unexplained swelling
- Headaches or double vision
- Localized pain or new pain concerns

did not treat you appropriately. In most cases, the effects could not have been avoided.

Be sure to report any of the following signs or symptoms to your health care team right away. Early medical attention can often reduce problems that can come from late effects.

Here is a list of possible late effects from various cancer treatments. Please remember that you might not develop any of those, but if you do, reach out to your physician for help.

Chemotherapy

- Dental problems
- Early menopause
- Hearing loss
- Heart problems
- Increased risk of other cancers
- Infertility
- Loss of taste
- Lung disease
- Nerve damage
- Osteoporosis
- Reduced lung capacity

Radiation Therapy

- Cavities and tooth decay
- Early menopause
- Heart and vascular problems
- Hypothyroidism
- Increased risk of other cancers
- Increased risk of stroke
- Infertility
- Intestinal problems
- Lung disease

- Lymphedema
- Memory problems
- Osteoporosis

Surgery

- Lymphedema

Hormone Therapy

- Blood clots
- Hot flashes (in men as well as in women)
- Increased risk of other cancers
- Menopausal symptoms
- Osteoporosis
- Sexual side effects (men and women)

Immunotherapy

Late effects unknown at this time

Targeted Therapy

Late effects unknown at this time

Fatigue from treatment

Fatigue or feeling physically exhausted is a very common after effect of cancer and treatment. Fatigue can affect you mentally and emotionally. Yet fatigue can usually be successfully managed medically. The causes of fatigue can include physical problems such as pain, stress, anemia or the side effects of treatment. Sometimes the cause is emotional such as depression. Other times, the cause might not be clear.

Be certain to talk with your health care team if you are fatigued. Your team will try to find out what is causing the fatigue so they can provide the best treatment.

Day-to-day challenges

In the past, treatments for many types of cancer were more severe than today. If you received cancer treatment many years ago, you may already be living with late effects.

Late effects of treatment can affect day-to-day life activities, such as:

- Difficulty working due to physical or emotional issues.
- Changes in relationships with loved ones, friends or coworkers.
- Impact on self-esteem.
- Difficulty getting health or life insurance.
- Difficulty communicating concerns to others.
- Financial stress.

If you experience any of the above mentioned challenges, please contact our office at 954.659.5840 to schedule a visit with the oncology social worker.



10 benefits of laughter:

1. Relieves stress
2. Increases the body's tolerance to pain
3. Boosts your immune system
4. Decreases depression
5. Lowers blood pressure and blood glucose levels
6. Boosts your mood
7. Increases positive emotions
8. Improves relationships
9. Builds confidence
10. It's contagious!

Recommended Resources



Cleveland Clinic recommends the following resources. Many of these organizations also have local branches with services and events specific to your area.

Cleveland Clinic Florida

my.clevelandclinic.org/florida/departments/cancer

American Cancer Society

cancer.org

American Society Of Clinical Oncology

cancer.net/survivorship

National Cancer Survivors Day Foundation

ncsdf.org

National Cancer Institute: Office of Cancer Survivorship

dccps.nci.nih.gov/ocs/office-survivorship.html

National Coalition For Cancer Survivorship

canceradvocacy.org

National Comprehensive Cancer Network NCCN

nccn.org/patients

Scott Hamilton CARES Initiative

scottcares.org
