Supportive Cancer Care
Services for the mind, body and spirit

Community partnerships

Swedish has partnered with several organizations to offer an array of support services, classes and emotional support to cancer patients and their families. These include:

**Cancer Pathways** – Offers support and networking groups, lectures, workshops and social events. Call 206-709-1400 or go to www.cancerpathways.org.

**CancerLifeline** – Features a 24-hour telephone counseling service that provides emotional support, information, community referrals and classes. Call 1-800-255-5505 or go to www.cancerlifeline.org.

**American Cancer Society** – Offers services in this region, including a wig bank, transportation and lodging. Call 1-800-ACS-2345 or go to www.cancer.org.

**Harmony Hill** – Provides support for those affected by a cancer diagnosis, including caregivers and health professionals. Harmony Hill offers several programs, including classes and retreats. Call 360-898-2363 or visit www.harmonyhill.org.

**Northwest Hope & Healing** – Supports newly diagnosed breast cancer patients in the Puget Sound area. This nonprofit organization provides financial assistance to women in need who are battling breast and gynecological cancers. The funds provide assistance for everyday living expenses such as child care, groceries, transportation and emergency rent. Northwest Hope & Healing also assembles and delivers Healing Baskets to the Swedish Cancer Institute for newly diagnosed patients. To learn more about qualifying for assistance or receiving a Healing Basket, please call 206-386-3228 or visit www.nwhopeandhealing.org.

**Team Survivor Northwest** – Helps women who have or have had cancer rebuild their physical and emotional strength through exercise. Fitness groups and events are offered throughout the year at no cost to Team Survivor Northwest members. Visit www.teamsurvivornw.org.

We do not discriminate on the basis of race, color, national origin, sex, age or disability in their health programs and activities.

www.swedish.org/cancer

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There are several supportive care services available to you at Swedish. Please talk to your care team or call the listed phone numbers for more information.

Acupuncture
Meet with a physician who practices acupuncture to help devise and carry out a treatment plan that emphasizes safe, effective and sustainable approaches to minimizing unwanted symptoms and enhancing overall wellness proactively and preventatively. For more information and scheduling at First Hill, please call 206-386-2013.

American Cancer Society's cancer patient navigator
Our ACS Patient Navigator links Swedish cancer patients and their loved ones with appropriate resources in the community. They can provide information on coping with illness and treatment, and can refer you to support groups and classes. They also provide easy access to ACS programs including transportation, hotel partners, wigs, education and support services. The Patient Navigator is available to all patients; their office is located at First Hill. For information, please call 206-215-6557.

Art therapy
Art therapy helps patients express emotions, reduce side effects and enhance relaxation through the use of painting, drawing, sculpting and other visual media. No previous artistic training or experience is necessary. Please call our art therapist at 206-215-6178 for more information. For information about scheduling an appointment at First Hill, Edmonds and Issaquah, please call 206-215-6333.

The Hereditary Cancer Clinic
This clinic offers genetic testing and counseling to patients and families at risk for hereditary cancers, including breast, ovarian and colon. The genetic counselor will meet with you to review medical and family histories and determine which tests are appropriate for you. Testing requires a blood draw, from which results come back in about four weeks. For more information and scheduling, please call 206-215-4377 for First Hill, Edmonds and Ballard; for Issaquah please, call 425-313-4200.

Cancer Education Center
The unique resource center provides patient education materials as part of your total care package. Here you'll find a variety of brochures, videos, and audiotapes about cancer, along with a computer database that you can use to search for specific cancer types or clinical trials. Cancer Education Centers are located at all of our network sites. For more information, please call 206-386-3200 for First Hill and Ballard, 425-673-8319 for Edmonds or 425-313-4485 for Issaquah.

Cancer rehabilitation
The goal of cancer rehabilitation is to minimize the effects of cancer and its treatment on your physical and emotional health. Our team of expert cancer rehabilitation professionals, including cancer rehabilitation physicians and physical, occupational and speech language therapists, can help you:
- Learn how to reduce fatigue, pain and emotional distress
- Better tolerate the rigors of treatment
- Engage as fully as possible in everyday life
- Enhance your sense of well-being while living with cancer
Please call 206-215-6333 for information and scheduling at First Hill.

Counseling and support: Cancer psychology and oncology social work
Cancer can present challenges to patients' social, emotional, physical and spiritual well-being. Our staff psychologists and oncology social workers focus on helping patients and families maintain the emotional well-being needed to cope with the stress of a cancer diagnosis, treatment and survivorship.

These clinicians offer:
- Emotional support for coping with distress, anxiety and depression
- Assessment and care coordination in the areas of insurance, financial and legal concerns; assistance with practical concerns such as housing, employment, child care and transportation; and help with long-term care planning, ranging from home care to hospice care
- Support groups for patients and caregivers that focus on a variety of topics, including breast cancer, gynecological cancers and advanced cancers

Nutrition counseling
The Nutrition Care Clinic offers individualized nutritional counseling by registered dietitians to help patients make the best dietary decisions during their cancer treatment. No referral is needed for this service. Available on site at First Hill, Issaquah and Ballard and by phone to our satellite sites at Highline and Bellevue. To schedule an appointment or phone consultation, please call 206-215-6213 for First Hill and Ballard, 425-313-4200 for Issaquah, and 425-640-4329 for Edmonds.

Palliative Care/Symptom Management Clinic
The palliative care team improves care for all people with serious or life-threatening diseases. The goal is to prevent or treat symptoms of the disease and any side effects of treatment. Palliative care helps patients manage physical, emotional, practical and spiritual issues throughout the entire experience with cancer, starting even at the time of diagnosis. For more information, please call 206-386-2126 at First Hill.

Survivorship Clinic
After active cancer treatment is completed, the survivorship program is available to help with concerns that may arise when making the transition back to "normal" life. The clinic is open to cancer survivors, defined as anyone who has been diagnosed with cancer, or anyone else that the diagnosis may have affected, including family, friends or caregivers. As part of the survivorship care plan, specialty services may be identified to help you transition to your "new normal." Before receiving services, you must have a referral from your oncologist. For more information, please call 206-320-8286 for First Hill and Issaquah, and 425-673-8300 for Edmonds.