

# INTEGRATIVE ONCOLOGY PROGRAM



**SCULLY WELSH CANCER CENTER**  
A PERSONAL WELLNESS & SURVIVORSHIP GUIDEBOOK

# I've had cancer treatment What's Next?

**Eleni Anastasia  
Tousimis, MD,  
FACS, MBA**



“ Our team is here for you to preserve and embrace your quality of life every step of the way, from time of diagnosis to life after cancer treatment “

- Dr. Tousimis-

## **Survivorship Services for Patients and Families**

My Dear Patient ,

We understand that facing cancer is a difficult experience. Being diagnosed with cancer and then undergoing treatments is life changing. But we want you to know that we are here to support you as you transition into the next steps in your care .This guide is 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 your Journey in a life filled with health and healing. We celebrate your recovery from cancer and eagerly anticipate what the future may hold. We hope to be a vital part of your future health care and help facilitate your life goals.

*"Navigators Light the way for cancer Patients" -TCpalm.*

THE ONCOLOGY SOCIAL WORKER CAN:

- Meet with you individually or with your family and discuss ways to help with coping and adjusting to life style changes
- Provides 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 referral's to a financial counselor
- Discuss concerns with employment issues
- Provide assistance for help at home if indicated by your physician's (home care, medical equipment, rehab services )

SUPPORT PROGRAMS

ONCOLOGY SOCIAL WORKERS



Oncology social workers are available to address the needs of the patient helping you gain the access to the social and emotional concerns/needs, by providing services to patient ,family and friends before ,during and after treatment

NURSE NAVIGATOR

**Sandra Webster**  
RN



NURSE NAVIGATOR

**Laura Ball**  
RN



## MUSIC & ART THERAPY

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

## BENEFITS OF ART & MUSIC THERAPY

- 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

Clinical trial

For more information and or to schedule music and art therapy session please contact Shanna Bowen

772-226-4929



Music and Art therapy is engaging the creation and self-expression of art, in therapeutic relationship with the ability to assist in mental and emotional, physical and relational healing and growth.

Services :

- Art cart
- Art classes
- Art exhibits
- Music therapy
- Light therapy
- Oshibori



**Program Director of Art and Medicine Program Indian River –  
Dr. Andrew Salzberg MD plastic surgeon –Scully Welsh Cancer  
Center**





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 Management
- Prevent Malnutrition
- Help increase immune function
- Assist in preventing fatigue

## **-GOOD NUTRITION**

**CAN GIVE YOU A SENSE OF WELL-BEING AND PROMOTES HEALING**

Complimentary appointments available on site at Scully Welsh Cancer Center on Tuesday and Thursday's by appointment only

### Nutritional services provide to patients

- Post Treatment Nutritional counseling

Learn and Practice proper food safety techniques

FOR MORE INFORMATION AND/OR TO SCHEDULE AN APPOINTMENT,  
PLEASE CONTACT JANA HUNTER AT 772-563-4606

SUPPORT SERVICES: ACCUPUNCTURE

**BENEFITS OF ACUPUNCTURE:**

- Better sleep
- Pain relief
- Improved circulation of blood and fluids



**CAN HELP WITH THE FOLLOWING SYMPTOMS:**

- Nausea and Vomiting
- Dry mouth, Night sweats and Hot flashes
- Stress, anxiety and fatigue
- Pain management
- Increasing white blood count

**ACUPUNCTURE GIVES RESTORATIVE BENEFITS:**

- Boosts Immune System
- Helps recovery of energy sources
- Helps with emotional and Physical Well being
- Restores movement and increases range of motion
- Treats pain and muscle joints
- Stimulates lymphatic drainage

*This Program will soon be offered On Site at the  
Scully Welsh  
Cancer Center*

## 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.

### **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.



## CLINICAL CANCER SCREENING

*For more information contact our  
Specialty Offices*

*Vero Radiology -772562-0163*

*Urology-772-794-9771*

*Colon and rectal surgery -772-  
770-0323*

### **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

### **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



**Cleveland Clinic**

Indian River Hospital



**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.**





**Recommended Resources**

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**CLEAVLAND CLINIC FLORIDA**

**[My.clevelandclinic.org/Florida/departments/cancer](https://my.clevelandclinic.org/Florida/departments/cancer)**

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**AMERICAN CANCER SOCIETY**

**[Cancer.net/survivorship](https://cancer.net/survivorship)**

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**NATIONAL CANCER SURVIVOR DAY FOUNDATION**

**[Ncdf.org](https://ncdf.org)**

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**NATIONAL CANCER INSTITUTE OFFICE OF CANCER SURVIVORSHIP**

**[Canceradvocacy.org](https://canceradvocacy.org)**

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**NATIONAL COMPHRENSIVE CANCER NETWEORK NCCN**

**[Nccn.org/patient](https://nccn.org/patient)**

**If you experience any challenges please contact our office at 772-567-4673**

**To schedule a visit with your Oncology Social Worker.**