



YOUR CONNECTION TO CARE SENTARA CANCER NETWORK

sentara.com/cancer
1-888-220-2214



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Welcome,

Thank you for choosing the Sentara Cancer Network where we are committed to improving health every day. Our strength lies in making meaningful connections with you and our healthcare team to create a community of collaboration. We hope you'll value our all-in, all-for-you culture of care at Sentara, where we:

- Encourage strong patient-physician bonds
- Rely on our multi-specialty tumor review boards for treatment recommendations
- Prioritize the multidisciplinary approach to cancer care, partnering with our vast team of experts and embracing our trailblazing technologies
- Strive for seamless, coordinated care from diagnosis to recovery
- Turn to our pioneers in research and integrative therapies to open new doors to wellness

Reviewing all that we do, the American College of Surgeons Commission on Cancer designated us an Integrated Network Cancer Program – the first in Virginia. We're a nearby, complete resource for your physical, mental and emotional needs.

As you go through what can be a stressful and overwhelming time, turn to us -- and these pages. We've designed this guide so you can learn more about your condition and our services. We believe that knowledge empowers you and reduces anxiety. Along with our providers, our cancer navigators, social workers and community resource staff can guide your every step. Together, we build your bridge to hope.

Sincerely,

Meredith Strand, MHA
Director, Oncology Service Line
The Sentara Cancer Network

GETTING STARTED

You and your caregiver are important members of your health care team. These tips can help you get the most out of your appointments.

- Have a family member or friend attend appointments with you to provide support, ask questions and take notes.
- Always feel free to ask questions. Write questions down and bring the list out during your appointments.
- Make sure you have a clear understanding of your diagnosis and chance of recovery.
- Discuss your treatment options including benefits and side effects of each. If you don't understand, feel free to ask for more information or additional explanations.
- Share with your doctor what is most important to you so that your goals can be included in your treatment plan.
- Discuss pros and cons of participating in clinical trials.
- If you wish to have children in the future, discuss fertility options before treatment.
- Bring your photo ID and insurance cards to all appointments.
- Make a list of medications you take and any allergies you have. Update the list often and carry it with you so you can share it with your health care team when needed.
- Get a daily planner to help organize appointments.



HOW TO TELL PEOPLE ABOUT YOUR DIAGNOSIS

You don't need to broadcast your condition to everyone, but you might decide to talk with trusted family and friends. Their support and confidence can benefit you as they provide encouragement and practical assistance during treatment. Loving support is excellent therapy for any illness.

PICK AN OPPORTUNE MOMENT

You will want to pick the most appropriate time and place. Make it private. Reduce distractions. Make sure you feel calm. Not everyone may react the way you expect. Give them time to process on their own after you tell them.

AIM FOR HONESTY

You don't need to share all of the medical details, but be as honest as you can. If someone asks you questions you don't have answers for, it is okay to say you do not know.

USE AGE-APPROPRIATE EXPLANATIONS

Children may only need basic information and assurance that you will be receiving treatment and that you are hopeful for healing. Visit www.cancercare.org for more valuable resources on talking with children.

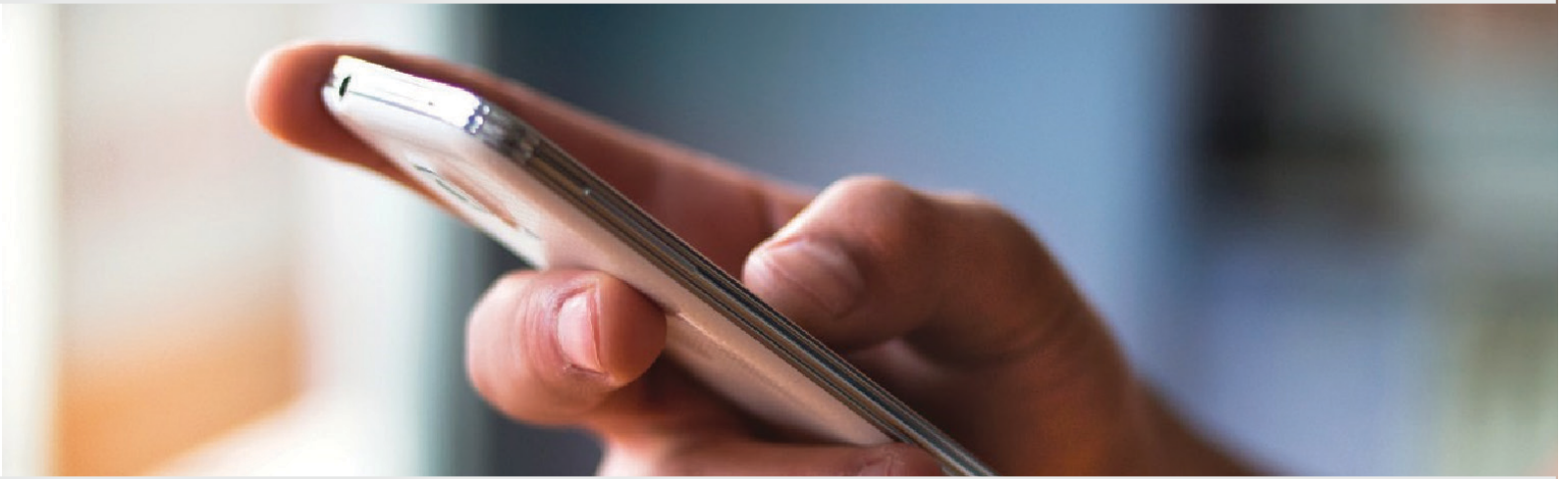
SET BOUNDARIES

If friends and family probe for information, you may become frustrated. You might choose one individual to pass along news, sparing you from repeating it.

CONSIDER DOING ONLINE UPDATES

Consider sharing online updates. You can write a private blog about your progress and choose who can view it. Writing and sharing can be cathartic for you. Websites such as www.mylifeline.org and www.caringbridge.org can help.

SIGN UP FOR MYCHART



WANT SECURE ACCESS TO YOUR MEDICAL INFORMATION?



Scan the code or go to
[www.sentara.com/
mychartnow](http://www.sentara.com/mychartnow)

NEED HELP:



SUBMIT A HELP REQUEST

If you did not receive a code or can't activate, go to: www.sentara.com/mychart-help



LOG IN TO MYCHART

Questions about MyChart?
Log in and select the MyChart User Guide



CALL

Forgot your password or can't log in?
1-833-351-HELP
(1-833-351-4357)
Monday – Friday,
8 a.m. – 6 p.m.

sentara.com/mychart

FINANCIAL ISSUES TO CONSIDER

Serious medical conditions can create legal and financial concerns you've never considered. It's important to think about these concerns early, so you can avoid problems later:

KNOW YOUR INSURANCE POLICY DETAILS

- Contact your insurance company and request a summary of benefits and coverage (SBC). The SBC is a snapshot of a health plan's costs, benefits, covered services and other important features. It will tell your copays for specialist office visits, scans, inpatient and outpatient surgery, chemotherapy and radiation therapy.
- Select providers who are "in-network" to ensure the lowest possible co-pay.
- Ask your insurance provider if they have a case manager -- someone to be your contact for bills.

READ YOUR AND YOUR FAMILIES' EMPLOYEE BENEFITS

- Ask your employer about paid and unpaid leave, continuation of health insurance, the Family Medical Leave Act and disability benefits. Working family members should also ask about leave eligibility to have time to help you if needed.

APPLY FOR SOCIAL SECURITY DISABILITY BENEFITS EARLY

- If your ability to work will be limited for 12 months, apply for social security benefits. Applying and appealing can take a long time, so file as early as possible.

HOPE FOR THE BEST, PREPARE FOR THE WORST

- Ensure that you have a power of attorney for financial and health care decisions and an advanced medical directive.
- Create a will that reflects your wishes.
- Check that your beneficiaries are correct on your will, life insurance policies and retirement plans.
- Make a list for the person who has your power of attorney. Include account numbers and contact information for financial accounts, pension accounts, insurance policies, credit cards, household bills, tax returns for the last three years, existing loans and real estate.
- Consider adding a trusted family member to your bank accounts so he or she can pay bills if you can't. Discuss with an attorney the best way to title property such as your house and car.

DISCUSS YOUR SITUATION WITH CREDITORS

- It may be possible to suspend or reduce payments such as your mortgage or car payment. Contact the loan holder and ask if this is an option for you.

CREATE AN ADVANCE CARE PLAN

It's not always easy to talk about what kind of medical treatment you would want if you were too ill to speak. Yet, it's so important for your doctor, family and others close to you to understand your wishes. You can communicate your choices in an advance care plan, a document detailing what medical professionals should and shouldn't do.

Before writing your advance care plan, you might want to think about the following:

- Have you read news stories about families disagreeing about medical options? What did you think was right for you?
- What things give you pleasure? If you could not experience them, how would that influence your healthcare wishes?
- How does your spirituality influence your medical choices? Would talking with a spiritual advisor help you?
- Do you have a medical condition that could worsen, so much so that others might have to make decisions for you? What do you want them to know?

Keep the acronym TALK in mind as you consider the above questions and write an advance care plan:

T – Take time to have a conversation with your physician and your family.

A – Always be open and honest.

L – Leave no doubt about your values and preferences.

K – Keep your documents up to date and available.

We want to know your wishes, so we can honor them. Here are resources to help you create an advance care plan:

- Visit www.sentara.com/advancedirectives.
- Call the Sentara Center for Healthcare Ethics at (757) 252-9550 or 1-800-Sentara (736-8272).
- Contact the Sentara hospital closest to you.
- Ask your physician or other healthcare provider.

MY ADVANCE CARE PLANNING GUIDE

for Virginia



Let's TALK!

Tell us your values and beliefs about your healthcare.

Take time to have the conversation with your physician and your family.

Always be open and honest.

Lease no doubt about your values and preferences.

Kee your documents up to date and available.

We want to know your wishes so we can honor them.

To complete an Advance Care Plan:

- Go to www.sentara.com/advancedirectives
- Call the Sentara Center for Healthcare Ethics for assistance at (757) 252-9550 or 1-800-Sentara (736-8272)
- Or contact the Sentara Hospital closest to you
- Ask your physician or healthcare provider



YOUR HEALTH CARE TEAM

From your first appointment, our specialists will work with you as a team to evaluate and treat your cancer. Your team can include:

SURGEON - A physician who performs any surgical procedures that are recommended.

MEDICAL ONCOLOGIST - A physician who treats cancer using chemotherapy, immunotherapy, hormone therapy or other drugs.

ONCOLOGY NURSE NAVIGATOR - A registered nurse with knowledge and skills to support you and your loved ones through the entire cancer journey. They provide education through all phases of cancer treatment, continuously assess for needs and identify barriers to care, and make referrals to needed resources.

RADIATION ONCOLOGIST - A physician who treats cancer using radiation therapy.

PRIMARY CARE PROVIDER - A physician who attends to your general healthcare needs, before, during and after your cancer treatment.

RADIOLOGIST - A physician who reads scans: MRI, CT, x-rays, etc. Some radiologists conduct biopsies to collect a tissue sample needed for diagnosis.

PATHOLOGIST - A physician who examines your biopsy and surgical specimens and determines what type of cancer you have.

ONCOLOGY NURSE - A registered nurse who administers chemotherapy if needed and helps you manage side effects.

ONCOLOGY SOCIAL WORKER - Oncology licensed clinical social workers (LCSW) support you and your loved ones psychosocial needs through the cancer journey. They provide supportive counseling to develop coping strategies to manage fear and anxiety, help with financial and transportation issues, provide referrals to community resources and assist with advanced care planning.

ONCOLOGY RESOURCE SPECIALIST - Oncology Resource Specialists are community health workers, who provide information and coordinates referrals to providers and community resources (such as transportation to cancer treatment, financial, emotional and other resources) to overcome barriers to care.

SUPPORTIVE CARE TEAM - This is a medical specialty, outpatient program, that focuses on improving quality of life for patients experiencing a serious illness. They can help with physical symptoms such as pain, shortness of breath and fatigue as well as provide emotional support to patients and caregivers.

SENTARA ONCOLOGY NURSE NAVIGATORS

Working your way through a complex medical system can be overwhelming for most patients. The Oncology Nurse Navigator program at Sentara offers a single point of contact who are able to assist patients throughout the many stages and obstacles of a cancer diagnosis.

These dedicated professionals are registered nurses, certified and trained in oncology. From screening and diagnosis through treatment and recovery, they offer education about the disease and treatments, promote informed decision making, coordinate doctor's visits, identify and address barriers to care, and connect to needed resources. With compassion and knowledge of a patient's unique cancer, our Oncology Nurse Navigators serve as an anchor for support and information.

An Oncology Nurse Navigator may connect with a patient immediately upon diagnosis or any time along the journey. There is no fee for navigation services provided.

Sentara offers a comprehensive network of cancer centers, hospitals and imaging centers working together to ensure the highest level of cancer care to patients throughout Virginia and North Carolina. To search for specific cancer therapies in the Sentara Cancer Network visit www.sentaracancerdata.com/services. Learn more about the Sentara Cancer Network at www.sentaracancer.com.

SENTARA ALBEMARLE MEDICAL CENTER

1144 N. Road Street
Elizabeth City, NC 27909
Main: 252-335-0531
Oncology Nurse Navigator: 252-384-4155

SENTARA CAREPLEX HOSPITAL

3000 Coliseum Drive
Hampton, VA 23666
Main: 757-736-1000
Oncology Nurse Navigator: 757-827-2206

SENTARA BELLEHARBOUR

3920 A Bridge Road
Suffolk, VA 23435
Main: 757-983-0000
Oncology Nurse Navigator: 757-934-4331

SENTARA GLOUCESTER MEDICAL ARTS

5659 Parkway Drive
Gloucester, VA 23061
Main: 804-210-1070
Oncology Nurse Navigator: 757-345-4016

SENTARA BROCK CANCER CENTER

6251 E. Virginia Beach Blvd.
Norfolk, VA 23502
Main: 888-220-2214
Oncology Nurse Navigator: 757-624-0193

SENTARA GREENBRIER HEALTHPLEX

725 Volvo Parkway
Chesapeake, VA 23320
Imaging Center: 757-282-4025
Oncology Nurse Navigator: 757-624-0193

SENTARA ONCOLOGY NURSE NAVIGATORS

SENTARA INDEPENDENCE

800 Independence Blvd.
Virginia Beach, VA 23455
Main: 757-363-6100
Oncology Nurse Navigator: 757-395-8684

SENTARA LEIGH HOSPITAL

830 Kempsville Road
Norfolk, VA 23502
Main: 757-261-6000
Oncology Nurse Navigator: 757-624-0193

SENTARA NORFOLK GENERAL HOSPITAL

600 Gresham Drive
Norfolk, VA 23507
Main: 757-388-3000
Oncology Nurse Navigator: 757-388-0221

SENTARA OBICI HOSPITAL

2800 Godwin Blvd
Suffolk, VA 23434
Main: 757-934-4000
Oncology Nurse Navigator: 757-934-4331

SENTARA PORT WARWICK

11803 Jefferson Avenue
Newport News, VA 23606
Oncology Nurse Navigator: 757-594-1939

SENTARA PRINCESS ANNE HOSPITAL

2025 Glenn Mitchell Drive
Virginia Beach, VA 23456
Main: 757-507-1000
Oncology Nurse Navigator: 757-507-0667

SENTARA ST. LUKE'S

20209 Sentara Way
Carrollton, VA 23314
Main: 757-542-1000
Oncology Nurse Navigator: 757-594-1939

SENTARA VIRGINIA BEACH GENERAL HOSPITAL

1060 First Colonial Road
Virginia Beach, VA 23454
Main: 757-395-8000
Oncology Nurse Navigator: 757-395-8684

SENTARA WILLIAMSBURG REGIONAL MEDICAL CENTER

100 Sentara Circle
Williamsburg, VA 23188
Main: 757-984-6000
Oncology Nurse Navigator: 757-345-4016

YOUR CANCER TREATMENT

Part of the power of Sentara's approach to cancer treatment is multidisciplinary care. Cancer is a complex disease. That's why we bring together a multidisciplinary team of experts for a comprehensive review of each patient's condition and current results to create a personalized treatment plan. This allows us to provide our patients with the highest quality of care and most advanced treatment options.

Your care may include:

CANCER STAGING - When we make a diagnosis of cancer, we'll also determine its "stage." Staging determines how much cancer is in the body and where it is located. This helps your doctors determine your prognosis and develop a treatment plan for your individual cancer.

SURGERY - This involves taking out the cancerous tissue or organ and often nearby lymph nodes in an operation. Surgeries may be outpatient or require overnight stays of one or more nights in the hospital.

ANTI-CANCER MEDICATIONS - We use these medications to treat cancer, reduce the risk that it will return and relieve symptoms. You may receive the medications through your veins, in a pill or an injection.

Types Include:

Chemotherapy - interferes with DNA structure or cell division.

Targeted or immunotherapies - only attacks cancer cells or aids the body's own immune system in destroying cancer cells

Hormonal therapy - medicines that either stop the production of a hormone in the body, or changes the way hormones act in the body.

RADIATION THERAPY - This uses high-energy X-rays to kill cancer cells or stop them from dividing. There are different types of radiation therapy, ranging from external (given to the outside of the body), internal (radiation source is placed inside the body) or systemic (given by mouth or into a vein).

CLINICAL TRIALS

A clinical trial is a research study that finds new ways to prevent, diagnose or treat disease. Most cancer research is done through clinical trials that explore new medical discoveries or new ways to use existing treatments to improve outcomes. With the help of patients like you, we hope to find answers to the questions we still have about cancer care. Sentara Clinical Trials and Research provides information about clinical trials within the Sentara Cancer Network. www.sentara.com/cancerresearch • 1-888-220-2214

TESTS YOUR PROVIDER MAY ORDER

MRI (MAGNETIC RESONANCE IMAGING)

An MRI uses magnetic waves and computers to make pictures of the inside of the body. It can make 2-dimensional and 3-dimensional pictures. MRIs do not use radiation. If you have claustrophobia or a device such as a pacemaker, discuss with your provider.

CT (COMPUTED TOMOGRAPHY SCAN; COMPUTED AXIAL TOMOGRAPHY; CAT SCAN)

A CT scan uses X-ray technology to take multiple views of the inside of the body. Compared to regular X-rays, a CT scan can take clearer and more detailed images of organs, bone, soft tissue, blood vessels, and other parts of the body.

BONE SCAN

A bone scan is a test that detects areas of increased or decreased bone activity. These may indicate bone injury or disease. Radioactive isotopes and tracer chemicals are used to highlight problem areas.

PET SCAN (POSITRON EMISSION TOMOGRAPHY)

The scan uses a mildly radioactive drug to show up in areas of your body where cells are more active than normal. It's used to help diagnose some conditions including cancer. It can also help to find out where and whether cancer has spread.

GENETIC TESTING

Sentara Cancer Network is pleased to provide genetic counseling/testing services to give people the information they need when it comes to their risk of cancer. This service can provide you with a comprehensive analysis of your individual and your family's medical history. Through a detailed family history and genetic testing (if appropriate and desired), you will be empowered with information about your genetics and your providers will be better able to help you manage or prevent potential future health problems. The Sentara Cancer Network has Certified Genetic Counselors and other specially trained health care professionals who will review your personal and family history to help determine if genetic testing is right for you.

MOLECULAR TESTING

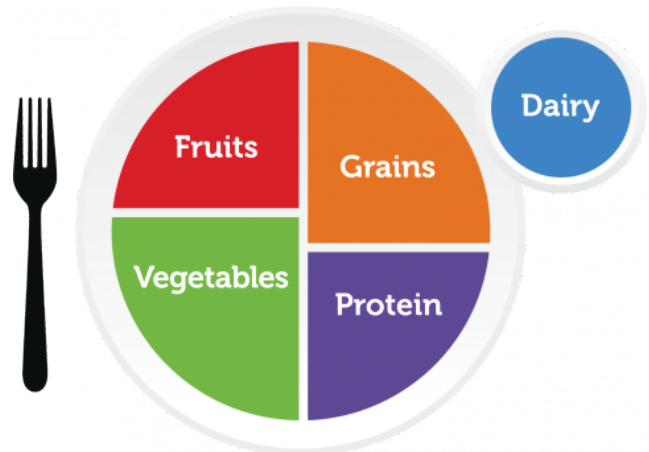
Molecular testing identifies the molecular and genetic makeup of a tumor to help determine specific mutations and characteristics. This information is used to identify any genetic alterations that may be targetable by a specific therapy and help guide treatment decisions. Sentara has an in-house molecular laboratory, staffed by a board-certified molecular genetic pathologist, which allows critical test results to be made available quickly.

THE IMPORTANCE OF GOOD NUTRITION

NUTRITION TIPS/RECOMMENDATIONS

Good nutrition will help get your body ready for surgery, heal better after surgery and fight infection, too. Eating a well-balanced diet with enough calories, protein, vitamins and minerals will help speed your recovery. Here are some healthy tips:

- Eat foods high in protein with each meal. Examples are lean meats, fish, poultry, beans, eggs, nuts, tofu, soy products, and low-fat or fat-free milk, cheese, and Greek yogurt.
- Limit your intake of red meats (this includes beef and pork), processed meats (sausage, hot dogs, bologna), and alcohol. Foods high in fat contribute more calories and are linked to colorectal cancer.
- Whole grains provide more fiber and nutrients than refined grains and help control blood sugar levels. Sources of whole grains include brown rice, oats, quinoa, whole wheat pastas, breads, crackers, cereal, and popcorn. The ingredients list on the nutrition label of a product will have “whole wheat” or “whole grain” listed as the first ingredient if it is truly 100% whole grain.
- Eating at least 3 meals per day is recommended as part of a healthy diet. Snacks are suggested if going more than 5 hours between meals.
- Good snack choices include peanut butter or hummus with fruit, veggies, or whole grain crackers, hard boiled eggs, and non-fat Greek yogurt with granola or nuts. Examples of healthy snack bar brands include LÄRABAR®, Belvita® and KIND® bars.
- Add whole grains, fruits, vegetables & low-fat/fat-free dairy products.
- Olive oil, fish, avocado, chia and flax seeds, hemp hearts, nuts, and seeds contain heart healthy fats that should be included in your diet.
- Use the image below as a guide for planning all of your meals. More resources include:
 - www.choosemyplate.gov
 - www.eatright.org
 - www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition.html



THE IMPORTANCE OF GOOD NUTRITION

WOULD YOU BENEFIT FROM NUTRITION COUNSELING?

Nutrition counseling can benefit cancer patients before during and after treatment. The Sentara Cancer Network has certified oncology dietitians available in many facilities to help patients with a variety of needs. Talk with your provider about a consult.



ADDITIONAL RESOURCES:

Sentara and Optima Health also offers the free Eating For Life Program that you can access online at www.wellnessforme.com.

American Cancer Society. Nutrition for the Person with Cancer during Treatment. Available at: www.cancer.org/content/dam/cancer-org/cancer-control/en/bookletsflyers/nutrition-for-the-patient-with-cancer-during-treatment.pdf

Heal Well. A Cancer Nutrition Guide. Available at: www.livestrong.org/content/meals-heal-well-nutrition-guide

National Cancer Institute (NCI). Eating Hints for Cancer Patients: Before, During and After Treatment. Printable version available at: www.cancer.gov/publications/patient-education/eatinghints.pdf

"As a newly diagnosed cancer patient, it is hard to know what to do next. The Sentara cancer program provided me with support from initial diagnosis to coming through the other side into survivorship. I felt heard, supported and that my cancer treatment was tailored to me".

- Krista, Breast cancer survivor

HELP WITH LIMITING SMOKING AND ALCOHOL

RESOURCES TO STOP SMOKING

Quitting smoking after a cancer diagnosis has many benefits for patients. Studies have shown that patients with cancer and survivors who smoke have poorer cancer outcomes, worse response to treatment and lower survival rates than patients who stop smoking after their diagnosis. Even those with end stages of cancer can see improvement in quality of life after stopping smoking. And continuing to smoke increases the risk of developing a second cancer.

We realize that quitting can be easier said than done, but we are here to help. Talk with your healthcare team about your desire to quit. Sentara Cancer Network offers a variety of resources.

Sentara and Optima Health designed a free tobacco cessation program called “Get Off Your Butt: Stay Smokeless for Life”. It is a self-paced program created to help tobacco and electronic cigarette users quit. It teaches about the nature of nicotine addiction and effective ways to control dependency and addiction. You can access the free video library and toolkit at www.wellnessforme.com.

1-800-QUIT-NOW (CDC): How to Quit Smoking | Quit Smoking | Tips From Former Smokers | CDC www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html

VDH brochure on 1-800-QUIT NOW VIRGINIA: www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia/

American Cancer Society: www.cancer.org/cancer/cancer-causes/tobacco-and-cancer.html; Quit Tobacco | How To Quit Smoking or Smokeless Tobacco (cancer.org) www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html

HOW ALCOHOL IMPACTS CANCER

Alcohol has been associated with an increased risk for certain types of cancers, such as head & neck, esophageal, liver, breast and colon. It has also shown to increase the risk of cancer returning for some patients. For example, studies with breast cancer survivors who drank more than three to four drinks per week were at a higher risk for recurrence. Excess drinking is also associated with weight gain, which is another known risk factor for cancer. So, limiting alcohol consumption or not drinking at all can be an important strategy for reducing long-term cancer risk and recurrence. Talk with your provider if you'd like help limiting or eliminating alcohol.

STAYING ACTIVE AFTER A CANCER DIAGNOSIS

HOW EXERCISE HELPS

Staying active during and after cancer treatment can have significant impact on recovery. Many research studies support the idea that exercising during cancer treatment helps you feel better. Some of the documented benefits include:

- Increased energy and strength
- Improved quality of life and self esteem
- Reduced pain
- Reduced depression and anxiety
- Lowered risk of osteoporosis

Of course, it's important to talk with your doctor before you start any type of exercise. But once you have the green light, start moving. If you are feeling fatigue from treatments, modify the time and intensity of your activities. Figure out which type of exercise is best for you and stay within your comfort level.

TIPS FOR BEING PHYSICALLY ACTIVE

Being physically active doesn't mean you have to have a gym membership. Activities such as taking stairs, dancing, and gardening are great ways to add movement to your days. You might also enjoy these exercises:

- Swimming and water aerobics - This is the lowest impact form of strength building and cardiovascular exercise. Avoid swimming during radiation therapy treatments.
- Walking - Walking is a gentle exercise to start off with. Begin with 5-10 minute walks and increase your time and speed at your own pace and ability.
- Yoga - There are several forms of yoga, some strenuous and some that focus more on meditation and breath work. Benefits of yoga include relaxation, increase in flexibility, and stimulation of the nervous system.

Our suggestions to keep you exercising:

- Buddy up with friends or family.
- Start small
- Set goals
- Track your progress.
- Reward yourself for reaching your goals.



STAYING ACTIVE AFTER A CANCER DIAGNOSIS

WHEN TO AVOID CERTAIN TYPES OF EXERCISE

If you have a certain type of cancer or are receiving certain treatments, you might need to avoid some types of exercise. You might also need to take extra care in some situations. Please talk with your medical team, and follow these guidelines as you choose your exercise routine:

- ✓ Cancer affecting your bones. If you have cancer affecting your bones, you might be more at risk of a break or fracture. You must avoid putting too much strain on the affected bones. You could try swimming or exercising in water. Gentle hatha yoga generally appears safe for everyone.
- ✓ Low immunity. People with low immunity due to treatment should try to avoid exercising in public gyms. Ask your medical team when it is safe to start exercising in the gym with other people.
- ✓ Peripheral neuropathy. Some people have a loss of sensation, or feelings of pins and needles, in their hands and feet. This can be due to cancer treatments and is called peripheral neuropathy. If you have this, it might be better to use a stationary bike than to do other types of weight-bearing exercise.
- ✓ After certain types of surgery, you might need to wait before resuming your regular exercise. Talk to your doctor for advice on when and what types of exercise you can and cannot do.

Sentara Physical Therapy Centers offer a cancer rehabilitation program to improve quality of life and day to day function. Our therapists have specialized training in Cancer Rehab to ensure the highest level of quality care and safety. Contact the Sentara outpatient therapy scheduling office for a free screening at 855-852-9066.

Healing
your mind,
body and
spirit

Check out the Wellness Beyond Cancer program offered through the Sentara Brock Cancer Center. This is a six-week therapeutic fitness, yoga and wellness for healing program offered in collaboration with Better Beach Bodies and Yoga from the Heart. Learn to harness the restorative power of mindful meditation and the practice of yoga to combat fatigue and improve strength and mental health. Visit www.sentara.com/events to register.

ANXIETY, FEAR, AND EMOTIONAL DISTRESS

Anxiety, fear, anger and sadness are common feelings when facing cancer. A cancer diagnosis is filled with uncertainty, and the unknown can feel scary.

Some patients mourn the changes in their bodies, and the loss of the healthy future they expected. Fears concerning loss of independence, changes in relationships with loved ones and becoming a burden may overwhelm the patient.

Family members may have these feelings, too, because the future is uncertain. They may feel guilt and frustration at not being able to help enough. Or they may feel overwhelmed by everything they must do now.

Patients and their loved ones should watch for the concerns listed below, and use the chart on page 21 to evaluate the intensity of their feelings. Seek help from a medical professional if necessary.

SIGNS OF EMOTIONAL DISTRESS

- An uneasy sense that something bad is going to happen
- Being agitated, irritable or restless
- Being cranky or angry with others
- Concern about “losing control”
- Feeling anxious and overwhelmed to the point of panic
- Feeling or looking tense
- Feeling unable to cope with tiredness, pain, nausea and other symptoms
- Headaches
- Trembling and shaking
- Trouble sleeping or restless sleep
- Trouble thinking, solving problems or making decisions (even about little things)

Please note that some of these signs can be symptoms or side effects from your treatment. If you experience them, please notify your physician.

ANXIETY, FEAR, AND EMOTIONAL DISTRESS

WHAT PATIENTS CAN DO

- Ask your doctor or nurse for a referral to a mental health professional.
- Attend in-person or online support groups.
- Cut down on caffeine. It can worsen anxiety symptoms.
- Decide with your loved one what you can do to support each other.
- Do not blame anyone when you feel anxious. Instead, look at your thoughts, concerns and beliefs related to what has been going on in your life.
- Talk about your and your family's feelings and fears.
- Talk with your doctor about anxiety medicine.
- Try deep-breathing and relaxation exercises several times a day.
- Use prayer, meditation or other types of spiritual support.

WHAT CAREGIVERS CAN DO

- Avoid forcing the patient to talk.
- Gently invite the patient to talk about his or her concerns.
- Join a support group or attend one-on-one counseling.
- Listen without judgment.
- Talk about how you can support each other.
- Talk with a doctor if you notice the patient experiencing severe anxiety, instead of trying to reason with him or her.
- Reduce your own stress by trying the suggestions from the patient list above or other techniques that have worked for you in the past.

"We would like to extend our heartfelt thanks and gratitude to the Sentara team for being there for us during this journey. Your compassion made it much more bearable, and we appreciate you more than you will ever know"

- Danny and wife Victoria, Larynx cancer survivor and caregiver

DISTRESS TOOL

Cancer can cause significant “distress” to you and your family. Distress refers to the unpleasant feelings that may present challenges in coping with your situation. At the Sentara Cancer Network, we work to connect our patients and their families with the resources that may serve to ease their distress.

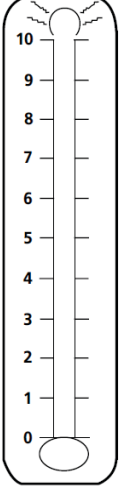
The Distress Thermometer is a tool you can use to help identify what is causing your feelings. You will likely see it in our offices as you receive treatments. It has a scale on which you mark your level of distress. It also asks about different areas of concern. The Distress Thermometer has been tested in many studies and found to work well. Feel free to take a look at it now, and to also check in with yourself throughout your treatment. If your distress level is a 4 or higher, please notify your care team.



Name: _____
Date of Birth: ____/____/____
Medical Record Number: _____

Distress Thermometer

I am: The Patient Relative/Caregiver (please specify) _____ Date of Service: ____/____/____
 My Diagnosis is: _____ Reviewed by: _____

<p>Distress Thermometer</p> <p>Distress is an unpleasant experience that may affect one’s thoughts, feelings, behaviors, social life, and spiritual beliefs. Distress may make it harder to cope with having a cancer diagnosis, the need for treatment, and its side effects. We are here to help and offer guidance throughout your treatment.</p> <p>Please circle the number below (0-10) that best describes how much distress you have been experiencing over the past week.</p> <div style="display: flex; align-items: center; justify-content: center;"> <div style="text-align: center; margin-right: 20px;"> <p>Extreme Distress</p>  </div> </div> <div style="text-align: center; margin-top: 20px;"> <p>No Distress</p> </div>	<p>Concerns Checklist</p> <p>Please check off any items listed below causing you concern over the past week.</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; width: 50%;"> <p><u>Physical Concerns</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Pain <input type="checkbox"/> Breathing <input type="checkbox"/> Sleep <input type="checkbox"/> Fatigue <input type="checkbox"/> Tobacco use <input type="checkbox"/> Substance use <input type="checkbox"/> Memory or concentration <input type="checkbox"/> Sexual health <input type="checkbox"/> Changes in eating <input type="checkbox"/> Changes in bowel habits (constipation/diarrhea) <input type="checkbox"/> Loss or change of physical abilities <p><u>Emotional Concerns</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Worry or anxiety <input type="checkbox"/> Sadness or depression <input type="checkbox"/> Loss of interest or enjoyment <input type="checkbox"/> Grief or loss <input type="checkbox"/> Fear <input type="checkbox"/> Loneliness <input type="checkbox"/> Anger <input type="checkbox"/> Changes in appearance <input type="checkbox"/> Feelings of worthlessness or being a burden <p><u>Social Concerns</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Relationship with spouse or partner <input type="checkbox"/> Relationship with children <input type="checkbox"/> Relationship with family members <input type="checkbox"/> Relationship with friends or coworkers <input type="checkbox"/> Communication with health care team <input type="checkbox"/> Ability to have children </td> <td style="vertical-align: top; width: 50%;"> <p><u>Practical Concerns</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Taking care of myself <input type="checkbox"/> Taking care of others <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Housing <input type="checkbox"/> Finances <input type="checkbox"/> Insurance <input type="checkbox"/> Transportation <input type="checkbox"/> Childcare <input type="checkbox"/> Having enough food <input type="checkbox"/> Access to medicine <input type="checkbox"/> Treatment decisions <p><u>Spiritual or Religious Concerns</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sense of meaning or purpose <input type="checkbox"/> Changes in faith or beliefs <input type="checkbox"/> Death, dying or afterlife <input type="checkbox"/> Conflict between beliefs and cancer treatments <input type="checkbox"/> Relationship with the sacred <input type="checkbox"/> Ritual or dietary needs <p><u>Other Concerns:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> </td> </tr> </table>	<p><u>Physical Concerns</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Pain <input type="checkbox"/> Breathing <input type="checkbox"/> Sleep <input type="checkbox"/> Fatigue <input type="checkbox"/> Tobacco use <input type="checkbox"/> Substance use <input type="checkbox"/> Memory or concentration <input type="checkbox"/> Sexual health <input type="checkbox"/> Changes in eating <input type="checkbox"/> Changes in bowel habits (constipation/diarrhea) <input type="checkbox"/> Loss or change of physical abilities <p><u>Emotional Concerns</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Worry or anxiety <input type="checkbox"/> Sadness or depression <input type="checkbox"/> Loss of interest or enjoyment <input type="checkbox"/> Grief or loss <input type="checkbox"/> Fear <input type="checkbox"/> Loneliness <input type="checkbox"/> Anger <input type="checkbox"/> Changes in appearance <input type="checkbox"/> Feelings of worthlessness or being a burden <p><u>Social Concerns</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Relationship with spouse or partner <input type="checkbox"/> Relationship with children <input type="checkbox"/> Relationship with family members <input type="checkbox"/> Relationship with friends or coworkers <input type="checkbox"/> Communication with health care team <input type="checkbox"/> Ability to have children 	<p><u>Practical Concerns</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Taking care of myself <input type="checkbox"/> Taking care of others <input type="checkbox"/> Work <input type="checkbox"/> School <input type="checkbox"/> Housing <input type="checkbox"/> Finances <input type="checkbox"/> Insurance <input type="checkbox"/> Transportation <input type="checkbox"/> Childcare <input type="checkbox"/> Having enough food <input type="checkbox"/> Access to medicine <input type="checkbox"/> Treatment decisions <p><u>Spiritual or Religious Concerns</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sense of meaning or purpose <input type="checkbox"/> Changes in faith or beliefs <input type="checkbox"/> Death, dying or afterlife <input type="checkbox"/> Conflict between beliefs and cancer treatments <input type="checkbox"/> Relationship with the sacred <input type="checkbox"/> Ritual or dietary needs <p><u>Other Concerns:</u></p> <p>_____</p> <p>_____</p> <p>_____</p>
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I decline to complete this form

Referred for Follow-up: Internal: Social Worker Nurse Navigator Dietitian Chaplain Financial Counselor Other _____
 External: _____

INTIMACY DURING CANCER TREATMENT

CAN YOU HAVE SEX DURING TREATMENT?

Yes! Sexual activity is fine during treatment. You may feel that you are not up to sexual intimacy as much as you normally would be. Your interest, energy and comfort levels will vary. Hugging, holding hands and massages may feel good and be comforting. Talk with your provider, he or she can share any necessary precautions.

TIPS FOR HEALTHY AND SAFE SEXUAL ACTIVITY

- **Be sure to use a reliable form of birth control to prevent pregnancy** - even if you think your periods have stopped or your fertility has been affected. Some cancer treatments can be damaging to a fetus.
- **If you have a low white blood cell count or low platelet count (concern arises with platelets below 50,000)**, you will need to refrain from any sexual activity that involves vaginal or anal penetration. This is because there is an increased risk of infection or bleeding when your counts are low.
- **Chemotherapy can be excreted in body fluids for 48-72 hours after a treatment.** You should use a condom for oral sex or intercourse during this period to prevent your partner from being exposed to the chemotherapy. (This includes IV and oral chemotherapy).
- **Think outside the box about sexual activity** - it does not have to involve intercourse or oral sex. Use kissing, touching, caressing to satisfy each other.
- **Cancer surgery or radiation may result in a particular position being painful.** Try different positions to find what is best for you and your partner. For example, if lying on your back during penetration is painful, having both partners lying on their sides may be more comfortable.
- **For some, talking with other survivors in a support group can help.** Others may prefer more intensive help from a mental health provider who works with cancer patients.

ISSUES FOR WOMEN

Vaginal dryness, which can cause intercourse/penetration to be painful, is one of the most common problems during and after cancer treatment. Vaginal atrophy is an inflammation, shrinking and thinning of the vaginal tissue. It is most often caused by a lack of estrogen.

- **Use a vaginal moisturizer, such as Replens or K-Y SILK-E.** These should be applied 2-3 times a week, regardless of sexual activity. These are estrogen free and work to help the vaginal tissue regain its natural moisture. They can also be used in conjunction with lubricants.

INTIMACY DURING CANCER TREATMENT

- **Use a vaginal lubricant during sexual activity (such as K-Y Jelly, Astroglide).** Many varieties of lubricants are available; some contain fragrances, flavors or herbal ingredients which may be irritating. Avoid Vaseline or skin lotion as a lubricant. These may cause yeast infections.
- **Apply the lubricant** to your vaginal area and your partner's penis, fingers or any sex toys you may be using for penetration.

ISSUES FOR MEN

Men of all ages can have concerns about sexual activity during and after cancer treatments. Ask your healthcare team what sexual side effects you should expect.

Men with reproductive cancers, such as prostate cancer, may experience side effects related to their sexuality. Your prostate is next to key nerves, blood vessels and muscles that help you have an erection. Surgery and radiation can damage these areas, making it difficult to get an erection or have an orgasm.

Hormone therapy can be a concern as well. Also known as ADT (Androgen Deprivation Therapy), the treatment lowers a male's sex hormone levels, the main fuel for prostate cancer cells. Blocking the hormone may slow cancer growth, but it can also result in these side effects:

Possible side effects of ADT include:

- Breast tissue growth
- Depression
- Erectile dysfunction (inability to have or keep an erection)
- Hot flashes
- Lower sexual desire
- Mood swings
- Weight gain

Ask questions, and speak openly with your doctor. Many concerns can be managed well with medications and healthy lifestyles.



SUPPORTIVE SERVICES

- **LIVING BEYOND CANCER SUPPORT GROUPS:** A cancer diagnosis can be very isolating. Support groups can offer a network of comfort and encouragement for patients and their loved ones. The Sentara Cancer Network offers a variety of in-person and virtual support groups. Visit www.sentara.com/events for more information.
- **PEER SUPPORT PROGRAM:** This free service connects cancer patients with someone who has experienced a similar cancer situation (a mentor). Find help for yourself now and become a mentor when you have completed treatment. Ask your nurse navigator or send an email message to peermentor@sentara.com for more information.
- **SENTARA CANCER REHAB PROGRAM:** We take a comprehensive interdisciplinary approach to providing outpatient rehabilitation for cancer survivors, including help for lymphedema management, fatigue, weakness and more. Our goal is to work collaboratively with you and your provider to create an individualized treatment plan to improve overall quality of life and day-to-day function. You will receive a thorough screening to determine your needs along the continuum of care. Call 855-852-9066 to schedule an appointment.
- **LYMPHEDEMA THERAPY:** Lymphedema is the accumulation of lymph fluid in a body part due to a change to the lymphatic system. It can occur after cancer surgery or radiation therapy. Lymphedema can occur soon after treatment or years later. Treatment involves an evaluation with a certified lymphedema therapist followed by a detailed treatment plan. For more information or to schedule an appointment with a Sentara Outpatient Therapy Center, call 855-852-9066.
- **SENTARA CLINICAL FITNESS PROGRAM AT THE YMCA:** We created and manage a medically supervised fitness program in partnership with the YMCA of South Hampton Roads to help patients recover from stroke, surgery or other medical issues. Available at Hilltop and Mount Trashmore Family YMCAs in Virginia Beach. Call 757-422-3805 (Hilltop) or 757-456-9622 (Mount Trashmore) for more information.

SUPPORTIVE SERVICES

- **LIVESTRONG AT THE YMCA:** This 12-week, no- or low-cost physical activity program is designed to get survivors back on their feet. Certified fitness instructors customize exercise regiments for participants. The instructors are trained in cancer survivorship, post-rehabilitation exercise and supportive cancer care. Survivors and often their families receive a membership at the YMCA for the duration of the program. Check your local YMCA for details or visit www.livestrong.org/what-we-do/program/livestrong-at-the-ymca for a program near you.
- **SUPPORTIVE CARE CLINIC:** This medical specialty focuses on improving quality of life for patients experiencing a serious illness. Speak with a member of your oncology team about a referral for these services. The team can help with symptom management, better understanding of illness, facilitate individual plan of care and treatment decisions, coping with illness, family/caregiver stress, family dynamics, and terminal care planning.
- **VOLUNTEER:** There are volunteer opportunities within the hospital and within the local community such as Lee's Friends or American Cancer Society.
- **PATIENT FAMILY ADVISORY COUNCIL:** The Council consists of patients and family members working together with hospital staff members to provide valuable feedback and personal insights on the patient care experience. To apply for the council, please complete an application available at www.sentara.formstack.com/forms/cancer_care_patient_and_family_advisory_council_application.
- **FERTILITY:** Cancer and treatment affect the body and the reproductive system in different ways. Chemotherapy, radiation and surgery can all be toxic to the ovaries and testicles, making it difficult or impossible for cancer survivors to have children. Talk with your doctor about your fertility concerns before any treatment is started. You will be referred to a fertility specialist to discuss options, such as sperm banking or egg freezing, that can help you start or add to your family when you are ready. Visit www.shadygrovefertility.com for more information.

INTEGRATIVE PROGRAMS

CARRILLO KERN CENTER FOR INTEGRATIVE THERAPIES

The Sentara Cancer Network believes that treating cancer means treating the whole patient – mind, body, and soul. Our new center, located in the Sentara Brock Cancer Center in Norfolk, VA, is for all cancer patients in Hampton Roads.

When you have cancer, you want to do all you can to treat the cancer and feel better. Standard care for cancer involves surgery, chemotherapy, immunotherapy, and radiation. Integrative therapy is complementary care used along with standard care. It combines the best of both types of care and has been shown to minimize discomfort, relieve stress and anxiety, ease side effects and significantly improve long term outcomes for patients.

Therapies offered may include:

- Acupuncture
- Art Therapy
- Massage Therapy
- Garden Therapy
- Integrative Nutrition
- Mindfulness Meditation
- Music Therapy
- Pet Therapy
- Reiki/Healing Touch
- Tai chi
- Wellness Beyond Cancer Program
- Yoga

Some offerings are free of charge and some have a small fee. When possible, program are available virtually for those unable to travel to the Center.

For more information or to register for these classes, please call 1-800-SENTARA (1-800-736-8272) or visit: www.sentara.com/events or www.carillokerncancersupport.com

RESOURCES IN YOUR COMMUNITY

We know that dealing with a cancer diagnosis can be overwhelming. Please take a look at some resources available to you. For information about additional resources, contact your nurse navigator or social worker.

GENERAL INFORMATION

- **Sentara Cancer Network:** Explore all services, resources and offerings from the Sentara Cancer Network.
www.sentara.com/cancer • 1-888-220-2214
- **American Cancer Society:** Provides extensive information about cancer treatments and resources available locally and nationally.
www.cancer.org • 1-800-227-2345
- **Livestrong Foundation:** Provides cancer support and information.
www.livestrong.org • 1-877-236-8820
- **National Comprehensive Cancer Network:** Provides detailed information about standard treatment for each type of cancer.
www.nccn.org/patients • (215) 690-0300

ASSISTANCE IN THE HOME

- **Cleaning for a Reason:** Donated housekeeping services for those undergoing cancer treatments.
www.cleaningforareason.org/ • (877) 337-3348
- **Catholic Charities:** Provides in-home and respite care and companionship for seniors and their caregivers.
www.cceva.org/ • (757) 456-2366
- **Meals on Wheels:** Provides meal delivery for home-bound adults who are unable to prepare food. Multiple organization assist with program.
www.mealsonwheelsamerica.org or call 1-888-998-6325.
- **Senior Services:** Provides a variety in-home services to support seniors and their caregivers.
www.ssseva.org • (757) 461-9481

BEAUTY/WIGS/PROSTHETICS

- **American Cancer Society:** Wigs, hats, and prosthetics through TLC Catalog. Call 1-800-850-9445 for available resources, or go to www.tlcdirect.org.
- **Silhouette Boutique:** Shop carrying mastectomy products and wigs. Locations in Newport News (757) 930-0139 and Sentara Brock Cancer Center (757) 586-3255.
- **The Unique Boutique:** Wigs, hats, and scarves by appointment only. Locations in Virginia Beach at Sentara Virginia Beach General Hospital, (757) 395-8731 or Sentara Princess Anne Hospital, (757) 525-5268, and Williamsburg (757) 345-4439.

RESOURCES IN YOUR COMMUNITY

CAREGIVER SUPPORT

- **American Cancer Society:** Provides an interactive resource guide, supportive videos, as well as information about online support groups.
www.cancer.org/treatment/caregivers • (800) 227-2345
- **Cancer Care:** Provides education, online, and telephonic support groups for caregivers.
www.cancercare.org • (800) 813-HOPE (4673)
- **Cancer Hope Network:** Matches caregivers with a support volunteer.
www.cancerhopenetwork.org/get-support/support/caregiver-support.html
(877) 467-3638
- **Imerman Angels:** Free peer support community for patients and caregivers.
www.imermanangels.org • (866) IMERMAN (866-463-7626)

CLINICAL TRIALS

- **ClinicalTrials.gov:** A database of privately and publicly funded clinical studies conducted around the world. Provided by US National Library of Medicine.
www.clinicaltrials.gov
- **Sentara Clinical Trials and Research:** Provides information about clinical trials within the Sentara Cancer Network.
www.sentara.com/cancerresearch • 1-888-220-2214
- **Lazarex Cancer Foundation:** Works to improve patient's access to clinical trials through outreach and reimbursement programs.
www.lazarex.org • (877) 866-9523
- **National Cancer Institute:** Information about clinical trials.
www.cancer.gov/about-cancer/treatment/clinical-trials • 1-800-4-CANCER (1-800-422-6237)

COMMUNICATING WITH FAMILY AND FRIENDS

- **Caring Bridge:** Free, online resource for patients and caregiver to share their story with loved ones.
www.caringbridge.org • (651) 789-2300
- **Lots a Helping Hands:** Free web-based communities for organizing friends, family, and colleagues during times of need. Easily coordinate activities and manage volunteers with an intuitive group calendar.
www.lotsahelpinghands.com
- **My Life Line:** App and website for patients and caregivers to share their story and connect with others.
www.mylifeline.org • (888) 234-2468

Continued

RESOURCES IN YOUR COMMUNITY

COUNSELING/MENTAL HEALTH SUPPORT

- **Sentara Oncology Clinical Social Workers:** Oncology licensed clinical social workers available to provide counseling to patients and families throughout cancer treatment.
Please contact your nurse navigator for a referral.
- **Community Services Board (CSB):** Provides mental health, substance abuse and crisis services to residents.
 - Norfolk: (757) 756-5600
 - Chesapeake: (757) 547-9334
 - Hampton/Newport News: (757) 788-0300
 - Western Tidewater: (757) 255-7133
 - Virginia Beach: (757) 385-3200
 - Portsmouth: (757) 393-5357
 - Williamsburg: (757) 220-3200
- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **Psychology Today:** Search a variety of psychotherapists, counselors and psychiatrists in your area.
www.psychologytoday.com/us

EQUIPMENT DONATIONS/DONATED SUPPLIES

- **The F.R.E.E. Foundation:** A volunteer-led non-profit that provides mobility rehabilitation equipment to help people regain their mobility and independence.
www.free-foundation.org/
 - South Hampton Roads Chapter - (757) 771-6183
 - Williamsburg Chapter - (757) 707-4741

HOUSING/SHELTER RESOURCES

- **Regional Housing Crisis Hotline:** (757) 587-4202
- **Virginia Housing Authority:** Can assist in locating housing with rent based on income and size of family. Income limits are determined by HUD and the board of commissioners.
(804) 782-1986
- **Virginia Beach Housing Resource Center:** One-stop shop of services for families and individuals experiencing homelessness or a housing crisis.
Location: 104 N. Witchduck Road, Virginia Beach, VA 23462. (757) 385-5167
www.vbgov.com/government/departments/housing-neighborhood-preservation/homelessness/Pages/housing-resource-center.aspx
For additional housing/shelter resources in your region, please contact your nurse navigator or social worker.

Continued

RESOURCES IN YOUR COMMUNITY

HOTEL/LODGING ACCOMMODATIONS

- **Sentara Healthcare Guest Services:** Provide lodging and other amenities to Sentara patients and their families who live outside the Tidewater area of Virginia. Qualifications rest solely on the patients address when admitted to the hospital.
(757) 388-3118
- **American Cancer Society Hotel Partners Program:** Provides free or discounted lodging for cancer patients traveling out of town for cancer related medical appointments.
1-888-227-6333 or 1-800-227-2345
www.cancer.org/treatment/support-programs-and-services/patient-lodging/hotel-partners.html

HEALTH INSURANCE, LEGAL RESOURCES, AND FINANCIAL PLANNING

- **Cancer and Careers:** Provides information about balancing career with cancer diagnosis and treatment.
www.cancerandcareers.org • (646) 929-8032
- **Cancer Legal Resource Center:** Legal resources for patients with cancer.
www.thedlrc.org/cancer • (866) 999-3752
- **CancerLINC:** Connects eligible cancer patients with free legal and financial services.
www.cancerlinc.org • (804) 562-0371 ext 103
- **Family Reach:** Provides financial planning and education to families dealing with cancer.
www.familyreach.org • (973) 394-1411
- **Patient Advocate Foundation (PAF):** Guides through challenging healthcare issues, helps with insurance denials, medication co-pay assistance, and other concerns.
www.patientadvocate.org • (800) 532-5274
- **Triage Cancer:** Provides educational materials surrounding common legal, financial, and insurance questions related to cancer.
www.triagecancer.org • (424) 258-4628

FERTILITY

- **Alliance for Fertility Preservation:** Provides education and financial resources for fertility preservation services for cancer patients.
www.allianceforfertilitypreservation.org • (925) 290-8950
- **Livestrong Fertility:** Provides education and financial resources for becoming a parent after cancer treatment.
www.livestrong.org • (855) 220-7777
- **Shady Grove Fertility:** Clinics provide fertility care to patients in Hampton Roads, Richmond and Northern Virginia areas.
www.shadygrovefertility.com

RESOURCES IN YOUR COMMUNITY

FINANCIAL ASSISTANCE

- **Sentara Hospitals and Sentara Medical Group Financial Assistance:** Apply for assistance with your Sentara hospital medical bills and Sentara Medical Group office bills at 757-233-4600 or 1-877-768-3993.
- **Cancer Care Foundation of Tidewater:** Local to Hampton Roads. Financial assistance grant available. Speak with your nurse navigator and/or social worker to complete an application.
- **Lee's Friends:** Local to Hampton Roads. Financial Assistance grant available. Speak with nurse navigator or social worker to complete application.
- **PAN Foundation-Fund Finder:** Allows patients to search and apply for co-pay assistance programs.
www.fundfinder.panfoundation.org/Home/Index
- **Patient Advocate Foundation:** Provides case management services and financial aid to Americans with chronic, life-threatening and debilitating illness.
www.patientadvocate.org/ • 1-800-532-5274

GOVERNMENT PROGRAMS

- **Medicaid:** Health insurance provided the government that is based on your income and/or assets. Apply at www.commonhelp.virginia.gov, call 1-855-635-4370, or go to your local Department of Social Services.
- **Medicare:** Health insurance provided by the government, based on your age and/or disability. Enroll at www.ssa.gov or www.medicare.gov. You may call 1-800-772-1213. If you are 60 years or older, you may speak with a Medicare Counselor at Senior Services. (757) 222-4524.
- **HealthCare.gov:** Health insurance marketplace. Check eligibility and enroll at www.healthcare.gov or call 1-800-318-2596.
- **Social Security Administration:** Apply for Social Security Disability (SSDI), Supplemental Security Income (SSI), or Retirement.
www.ssa.gov • 1-800-772-1213
- **Virginia Department of Social Services:** Provides services including medical, food, financial assistance, personal care, long-term care. For more information go to www.dss.virginia.gov/. You may also apply for services at www.commonhelp.virginia.gov call 1-855-635-4370, or go to your local Department of Social Services.
- **Vocational Rehabilitation:** Provides job training and support to those whose careers are impacted by a disability.
www.vadars.org/drs/vr • (804) 662-7000
- **Virginia Disability Determination Services:** The Virginia Disability Determination Services (DDS), works in partnership with the Social Security Administration and the Virginia Department of Social Services to make decisions on disability claims for benefits under the Social Security Disability Insurance, Supplemental Security Income, and Medicaid Programs.
www.virginiadds.org/ • (804) 662-7625

Continued

*Sentara.com/cancer
1-888-220-2214*

RESOURCES IN YOUR COMMUNITY

LYMPHEDEMA

- **Cancer Rehab Program - Sentara Therapy Center:** Contact 1-855-852-9066 for physical and occupational therapy.
www.sentara.com/hampton-roads-virginia/medicalservices/services/therapy.aspx
- **National Lymphedema Network:** Online resource that provides information about lymphedema and treatments.
www.lymphnet.org/ • 1-800-541-3259

SUPPORT FOR CHILDREN

- **Camp Kesem:** National camp for children impacted by a parent's cancer. 253-736-3821.
www.campkesem.org
- **Camp Lighthouse:** A two-day camp for children dealing with the loss of a loved one. (757) 553-3330. Search www.sentara.com for more information.
- **Cancer Care:** Free online support resources for parents, children, and adolescents.
www.cancercare.org/children • (800) 813-4673
- **The Children's Treehouse Foundation:** Provides resources for children whose parents are going through cancer treatment.
www.childrenstreehousefdn.org/ • (303) 322-1202

SUPPORT FOR YOUNG ADULTS

- **Samfund:** Support community and financial assistance for young adult cancer survivors.
www.thesamfund.org/ • (617) 938-3484
- **Stupid Cancer:** Support community and scholarships for young adults dealing with a cancer diagnosis.
www.stupidcancer.org/ • (212) 619-1040

SUPPORT GROUPS/PEER SUPPORT/EMOTIONAL SUPPORT

- **Sentara Support Groups:** Sentara provides a variety of support groups for patients, survivors, and families.
www.sentara.com/cancer • 1-888-220-2214
- **Cancer Care:** Provides education, online, and telephonic support groups.
www.cancercare.org • (800) 813 HOPE (4673)
- **Imerman Angels:** Free peer support community for patients and caregivers.
www.imermanangels.org • 866-IMERMAN (866-463-7626)
- **Lee's Friends:** Local to Hampton Roads. Volunteers provide emotional support to patients.
www.leesfriends.org • (757) 440-7501
- **Cancer Hope Network:** Provides one-on-one emotional support for cancer patients and their loved ones.
www.cancerhopenetwork.org/ • (877) 467-3638

There are also emotional support groups provided through specific organizations as related to your tumor site. Please ask your nurse navigator or social worker for more details.

TRANSPORTATION SERVICES

WHAT YOU NEED TO KNOW BEFORE SCHEDULING A RIDE:

- Patients must be able to walk and get themselves in and out of vehicles without assistance.
- Volunteer drivers provide rides to non-emergency medical appointments or cancer treatments only.
- Volunteer drivers are not guaranteed for every trip; therefore, there must be a back-up plan.
- Ride providers will ask questions regarding name, address and date of birth, information about your appointments, information about appointment address and physician. Please let them know if you have a caregiver with you, or you use a walker, cane, etc.

LEE'S FRIENDS (SOUTHSIDE)

- www.leesfriends.org/services.htm
- Call: (757) 440-7501
- They will need 7 days-notice and appointments must be between 9:00 AM and 2:00 PM

AMERICAN CANCER SOCIETY – ROAD TO RECOVERY (ALL AREAS)

- www.cancer.org/treatment/supportprogramsservices/road-to-recovery
- Call: 1-800-227-2345, option 1 or 1-888-227-6333
- They require 4 business days-notice prior to scheduled ride

INSURANCE-SPECIFIC TRANSPORTATION SUCH AS MEDICAID/MEDICARE

- 5 business days notice are required for routine trips for medical appointments
- Check the back of your Insurance card for transportation resources details or call Member Services
- Medicaid (standard) 1-866-386-8331. For other types of Medicaid, locate the phone number on the back of your card.
- Wheelchair accessible, prior notification needed.

SENIOR SERVICES OF SOUTHEASTERN VIRGINIA (SSEVA) – I-RIDE (SOUTHSIDE)

- www.ssseva.org/moredetail/i-ride-transit/
- Medical rides for seniors 60+ and individuals with disabilities
- If you need a ride to a doctor or other medical transportation, please call ahead to schedule.
 - Norfolk, Portsmouth, Chesapeake, Virginia Beach, call (757) 222-4513
 - Franklin, Suffolk, Isle of Wight and surrounding Western Tidewater area, call (757) 516-8556
 - 2 weeks-notice requested, if possible. Wheelchair accessible, prior notification needed.
 - Rides provided between 8:00 AM and 2:00 PM

HRT HAMPTON ROADS TRANSIT / PARA-TRANSIT (SOUTHSIDE AND PENINSULA)

- www.gohrt.com/services/paratransit/
- For general Paratransit information, call the HRT Paratransit office directly at (757) 222-6087.
- Patient must complete eligibility paperwork and have an in-person interview to see if they qualify. This process can take up to 4 weeks.
- Wheelchair accessible, prior notification needed.

TRANSPORTATION SERVICES

PENINSULA AGENCY ON AGING

- www.paainc.org/
- Patients must be over 60, have no other means of transportation, and unable to afford private transportation. Minimum of 7 days' advance notice needed. Will only provide 1 ride per week. Patients must call to be pre-screened.
 - For Newport News, Hampton, Poquoson or York County area, call (757) 873-0541
 - For Williamsburg and James City County, call (757) 345-6166

WILLIAMSBURG FAITH IN ACTION (WFIA)

- www.wfia.org/what-we-do/
- WFIA provides transportation to seniors (60+), chronically ill and disabled adults living in Williamsburg, James City County and the Bruton District of York County (Greater Williamsburg Area).
- For ALL new care receivers, an in-home intake visit is required prior to any services being provided.
- Call (757) 258-5890 to submit a request for service. Must be 2-3 business days in advance

INTER-COUNTY PUBLIC TRANSPORTATION AUTHORITY

- www.icpta.net/
- ICPTA serves Pasquotank, Perquimans, Camden, Chowan and Currituck counties in North Carolina.
- Hours of operation: 4:30 AM – 7:30 PM, Monday through Friday
- Call (252) 338-4480 or 1-877-338-4480. Hearing-impaired, call 1-800-735-2962.
- A minimum of 48 hours advance notice is required.

MEDICAL TOLL ASSISTANCE PROGRAM

- www.cbbt.com/wp-content/uploads/2016/07/Medical-Toll-Fund2016.pdf
- The Medical Toll Assistance Program is a program designed to assist Eastern Shore residents in need of medical services in the Hampton Roads area. Based on income.
- Applications may be obtained at an Eastern Shore Rural Health Services, Inc. (ESRH) Center or online at www.esrh.org.
- A doctor's note or appointment card for the requested date(s) must accompany the application.
- Applications can take several weeks to process, so apply in advance.
- For more information, please contact the Program Coordinator or the appropriate contact at the Eastern Shore Rural Health Center closest to you:
 - Corporate: Program Coordinator (757) 414-0400 Ext. 120
 - Bayview: (757) 331-1086 Ext. 120
 - Franktown: (757) 442-4819 Ext. 313
 - Onley: (757) 787-7374 Ext. 720

SURVIVORSHIP RESOURCES

Life after cancer treatment comes with its own set of challenges for survivors, but navigating your follow-up care shouldn't be one of them. You and your health care team should work together to create your personalized follow-up plan. There are guidelines that are used to direct follow-up care for specific cancer diagnoses, but please keep in mind that every person treated for cancer is different.

In general, patients see a provider for follow-up appointments every three to four months for the first few years after treatment, and then less often after that. At these visits, you may have a physical exam along with blood work and any other necessary tests and procedures.

Feeling anxious before a follow up appointment is normal. You may fear that the cancer has come back or find that going back to the hospital or provider's office brings back bad memories. After a few appointments you may find them easier.

Try the following to cope with anxiety:

- Take a relative or friend with you to the appointment
- Talk about your feelings with a support group
- Plan something special after your appointment, like lunch or a shopping trip
- Look at follow up appointments as a positive way that you are caring for yourself
- Practice mindfulness or meditation skills before the appointment

Another concern faced by many cancer survivors is the realization that life after their diagnosis and treatment never really goes back to what it was before cancer. Many survivors find they are not able to return to their old "normal" life but must adapt to a "new normal." Understanding what your new normal is can take time.

This process may involve:

- Reflecting on what you've been through.
- Identifying changes you might want to make in your life.
- Recognizing what you've learned and what's changed about yourself.
- Re-evaluating personal relationships or professional goals.
- Discovering new ways of finding meaning and fulfillment.

As part of this process, you may find it helpful to seek out the support of others who understand what you're going through. Joining a support group can allow you to share with and learn from others who are facing similar issues, such as fear of recurrence, living with uncertainty, lingering side effects, and going back to work.

Continued

SURVIVORSHIP RESOURCES

The Sentara Cancer Network understands that your cancer journey does not end with treatment, and hope that you will find the opportunity to participate in our Living Beyond Cancer programs and events. Even though treatment is over, Sentara is dedicated to helping you improve your health every day going forward.

Please visit us at www.sentara.com/cancer or call 1-888-220-2214 at any time for more information.



ADDITIONAL SURVIVORSHIP RESOURCES

WEBSITES

Sentara Cancer Network
www.sentara.com/cancer

Many Paths to Healing
www.manypathstohealing.com
Dr. Louise Lubin shares practical advice on coping with illness.

National Coalition for Cancer Survivorship
www.canceradvocacy.org

Livestrong
www.livestrong.org

Cancer Care Inc.
www.cancercare.org

Young Survival Coalition
www.youngsurvival.org

National Lymphedema Network
www.lymphnet.org

American Cancer Society
www.cancer.org

Cancer.Net
www.cancer.net

BOOKS *(You can find these on Amazon.com.)*

After you Ring The Bell...10 Challenges for the Cancer Survivor. By: Anne Katz.

The Cancer-Fighting Kitchen Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery. By: Rebecca Katz with Mat Edelson

Picking Up the Pieces: Moving Forward After Surviving Cancer. By: Sherri Magee PH.D and Kathy Scalzo M.S.O.D.

One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends
By: Rebecca Katz with Mat Edelson

Your Journey Beyond Breast Cancer – Tools for the Road By: Dr. Louise B. Lubin

Dr. Louise B. Lubin offers an interactive, how-to guide for women at any milepost on their breast cancer journey. She offers practical tools to manage uncertainty and loss, relationship changes, the importance of living in the present, and directly facing mortality, as well as how to find your inner strength and resiliency.

The Cancer Survivor's Companion: Practical Ways to Cope With Your Feelings After Cancer
By: Dr. Francis Goodhart and Lucy Atkins

This book was published in the UK and there are occasional references to a health system that is not available in the US, but most of it is very much on target. The subjects it covers — anger, sleep and fatigue problems, depression, relationships and sex, among others — are issues at one time or another for all cancer patients.

PERSONAL HEALTH INVENTORY (PHI)

I AM: THE PATIENT

RELATIVE/CAREGIVER (PLEASE SPECIFY) _____

MY DIAGNOSIS IS: _____

REVIEWED BY: _____ DATE: _____

The PHI Flowsheet helps to assess cancer patients' quality of life and symptoms related to their cancer therapy, and to identify patients who may benefit from the Carrillo Kern Center for Integrative Therapies offerings.

FACT-G7: Functional assessment of cancer therapy (FACT) patients' symptoms and quality of life in 7 generalized (G7) questions. Select the number that corresponds to your feelings: 0=Not at All 1=A Little Bit 2=Somewhat 3=Quite a Bit 4=Very Much.

I HAVE LACK OF ENERGY	
I HAVE PAIN	
I HAVE NAUSEA	
I WORRY THAT MY CONDITION WILL GET WORSE	
I AM SLEEPING WELL	
I AM ABLE TO ENJOY LIFE	
I AM CONTENT WITH THE QUALITY OF MY LIFE RIGHT NOW	
TOTAL:	

What do you live for?

What is most important for you in your life?

What brings you joy? (Please express your answer in a few words.)

What do I need to know about you as a person to give you the best care possible? (Please express your answer in a few words.)

Adapted from and aligned with the VA's Whole Health model. Dr.WayneJonas.com/HOPEforcancer. It is one of the recommended quality measures for integrative therapy as recommended by the Integrative Oncology Leadership Council (IOLC). Updated 5/2022

PERSONAL HEALTH INVENTORY (PHI)

WHERE ARE YOU NOW? Select a number between 1 (poor), 2 (okay), 3 (good), 4 (very good) or 5 (excellent) that best represents where the patient is now. Check up to three items the patient would like to work on.

FEELING SAFE - Having comfortable, healthy spaces where you work and live. The quality of lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.		<input type="checkbox"/>
MOVING - Moving and doing physical activities like walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.		<input type="checkbox"/>
SLEEP - Getting enough rest, relaxation, and sleep.		<input type="checkbox"/>
FOOD - Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.		<input type="checkbox"/>
STRESS MANAGEMENT - Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.		<input type="checkbox"/>
SOCIAL SPPORT - Feeling listened to and connected to people you love and care about. The quality of your communication with family, friends, and people you work with.		<input type="checkbox"/>
PAYING FOR BASICS - Quality and availability of food, housing, utilities, and transportation.		<input type="checkbox"/>
PURPOSE - Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.		<input type="checkbox"/>
LEARNING & GROWING - Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.		<input type="checkbox"/>

REFERRALS/RESOURCES

- Internal Referral to Carrillo Kern Center for Integrative Therapies
 - Massage
 - Intergrative Nutrition
 - Tai Chi
 - Reiki
 - Stree Management
 - Yoga
 - Acupuncture
 - Mindful Meditation
 - Art Therapy
 - Garden Therapy
 - Wellness and Beyond Cancer
 - Pet Therapy
 - Other (comment)
- External Resource preferred.
 - Massage
 - Intergrative Nutrition
 - Tai Chi
 - Reiki
 - Stree Management
 - Yoga
 - Acupuncture
 - Mindful Meditation
 - Art Therapy
 - Garden Therapy
 - Wellness and Beyond Cancer
 - Pet Therapy
 - Other (comment)
- External resource preferred due to:
 - Patient preference
 - Distance
 - Services preferred not offered
 - Other
- Patient declined services at this time. Information provided.



Sentara Cancer Network
Main Phone: 1-888-220-2214
sentara.com/cancer

Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。

ATTENTION: Language assistance services are available to you free of charge. Call 844-809-6648.

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