

NEW PATIENT TREATMENT PACKET

Cancer and Blood Disorders



LOGAN
HEALTH

CANCER TREATMENT PROGRAM

Logan Health provides you with a healthcare team that specializes in cancer and blood disorders to help you throughout the cancer journey. Our cancer program provides personalized care to offer you the latest and most up-to-date cancer treatments.

The cancer program at Logan Health is certified as a Comprehensive Community Cancer Program from the American College of Surgeons Commission on Cancer. Our board certified oncology providers are highly trained to provide you with the care and support you and your family and/or caregiver need. Our cancer treatment program closely follows the guidelines set forth by the National Comprehensive Cancer Network.

IMPORTANT CONTACTS

| | | |
|---------------------------------------|--|----------------|
| Breast Center | For questions or concerns about your breast care | (406) 751-6488 |
| Financial Assistance | To ask about financial assistance, insurance billing, balance on account | (406) 756-4408 |
| Genetics & Genomics | To schedule counseling, information, and support to patients or families who may have genetic disorders | (406) 607-8003 |
| Hematology and Oncology | For questions or concerns about your care at Hematology and Oncology (Cancer & Blood Disorders) or the Infusion room | (406) 752-8900 |
| Imaging Scheduling | If you need to schedule or reschedule your ordered scans like CT, MRI, PET, Bone Scan, Mammogram, Ultrasound, or X-Ray | (406) 751-9729 |
| Medical Records | To get copies of your medical record (chart) for other doctors, insurance companies, etc. | (406) 752-1740 |
| Naturopathic Oncology | To schedule an appointment to talk about adding naturopathic medicine to your care plan | (406) 751-7560 |
| Nutrition Counseling | To schedule coaching with a dietitian about eating well and eating problems before, during, and after treatment. | (406) 751-6781 |
| Oncology Nurse Navigators | For questions or concerns about challenges you may be facing, finding resources, or help with coordinating your cancer care: | |
| | · <i>Blood, digestive, gynecological and genitourinary cancers</i> | (406) 758-7075 |
| | · <i>Breast cancer</i> | (406) 212-7331 |
| | · <i>Head, neck, lung, skin, bone, and central nervous center (CNS) cancers</i> | (406) 756-4705 |
| | · <i>Lung Cancer</i> | (406) 407-2305 |
| Palliative Medicine | To schedule an appointment to help lessen suffering, relieve symptoms, and improve the quality of life | (406) 751-6725 |
| Radiation Oncology | For questions or concerns about your care at Radiation Oncology | (406) 752-1790 |
| Social Work & Cancer Support Services | To ask about community resources and support groups or attend counseling with our social worker | (406) 752-0130 |
| Spiritual Care | To contact the Chaplain to request prayer, spiritual rites, etc. | (406) 752-1776 |
| Surgical Oncology | For questions or concerns about your care at Surgical Oncology | (406) 751-5392 |
| Surgical Scheduling | To ask about your surgery date or pre-admission testing | (406) 756-3526 |
| Symptom Support Clinic | If you are having symptoms related to cancer treatment and need to speak to a nurse | (406) 752-8672 |

Emergencies like active chest pain, stroke symptoms, severe shortness of breath, etc., should be evaluated in the Emergency Department. Please call 911.



SYMPTOM SUPPORT DURING TREATMENT

Your healthcare team has made a list of items patients have found useful during cancer treatment. You may find it helpful to keep some of these items in your home. Your healthcare team will discuss with you the use of these items to prevent or relieve some symptoms and side effects from treatment. Communication is vital when it comes to symptoms and side effects, so let your healthcare team know about any problems you are having.

Discuss all symptoms with your care team!

Emergencies like active chest pain, stroke symptoms, severe shortness of breath, etc., should be evaluated in the Emergency Department. Please call 911.

INFECTION AND HYGIENE

Digital thermometer

It is important that you have access to a thermometer in your home. The first sign of infection is chills, fever, and/or sweats. Take your temperature as soon as possible should you have any of these symptoms.

Digital thermometers are best, as mercury or glass thermometers can be dangerous if they break and may be hard to read. Ear thermometers are often not accurate.

You should call the Symptom Support Clinic Hotline at (406) 752-8672 right away if your temperature is 100.4 degrees Fahrenheit or higher.

Hand soap

The number one way to prevent infection is to wash your hands often. Washing your hands with soap and water for at least 20 seconds is the best way to kill germs and prevent infection.

Hand sanitizer

If you do not have access to soap and water, use an alcohol-based hand sanitizer. Choose an alcohol-based hand sanitizer with 60% alcohol.

FOOD

Seasoning blends

It is common that foods may not taste the same while getting certain treatments. Patients agree that the food is often bland or loses the taste they were once used to. Adding extra salt does not improve the taste. What has been found to be helpful is adding extra seasonings, such as garlic powder.

OVER-THE-COUNTER MEDICINES

Acetaminophen (such as Tylenol®)

Patients may have flu-like symptoms while getting cancer treatment. With the direction of your healthcare team, you can take Tylenol Regular Strength® (two tablets every four hours) or Tylenol Extra Strength® (two tablets every six hours). If you have a fever, DO NOT take Tylenol® unless directed by your healthcare team.

Liquid antacid

Some cancer treatments and medicines may cause heartburn or an upset stomach. With the direction of your healthcare team, Maalox® may lessen heartburn or burning feeling in your throat, chest, and/or stomach.

Loperamide (such as Imodium®)

Some treatments may cause diarrhea, which can lead to loss of fluids and electrolytes. It is important to stop the diarrhea as soon as possible. Having anti-diarrhea medicine in your home will cut out an emergency trip to the drug store. If you do develop diarrhea, call the Symptom Support Clinic Hotline at (406) 752-8672 for instructions.

FLUIDS

Water Bottle

You need to drink at least a liter and a half (a little over four cups) of fluids each day. A good way to keep track of how much fluid you drink is by filling up a water bottle with your favorite non-caffeinated, non-alcoholic, and noncarbonated fluid. Keep it by your side and take it with you wherever you go. You'll finish the bottle of fluid in no time by taking small, frequent sips.

Below are some options to help you stay hydrated:

Bottled water

It is important to drink plenty of fluids when getting treatment. Fluids help flush out toxins from your body, keep your mucous membranes (cells that line your nose, mouth, throat) moist, and support the growth of healthy cells. Bottled water may taste better than water from the tap.

Noncarbonated sports drinks (such as Gatorade®)

Fluids help flush out toxins from your body, keep your mucous membranes (cells that line your nose, mouth, throat) moist, and support the growth of healthy cells. Noncarbonated sports drinks contain needed electrolytes to help balance fluids in the body.

Oral electrolyte maintenance solution (such as Pedialyte®)

Some treatments may cause your body to lose needed fluids (dehydration) and electrolytes. Avoid sugary drinks (sodas and juice with added sugar), acidic drinks (tomato and citrus drinks), and caffeinated beverages (coffee and tea) that can make your diarrhea worse. Pedialyte®, Gatorade®, or Powerade® are drinks with electrolytes needed to help balance fluids in the body.

Ice pops (popsicles)

Ice pops are a great source of fluid, especially if you have diarrhea. They may also be helpful if you are unable to eat solid foods because of mouth sores or nausea.

Gelatin

Another great source of fluid is gelatin. Eating gelatin can be counted toward your fluid intake for the day. It may also be helpful if you have mouth sores or nausea, and are unable to eat solid foods.

MOUTH, NOSE AND LIP CARE

Toothpaste with baking soda

Baking soda keeps the mouth clean, thereby helping new tissue to grow. Toothpaste with baking soda may promote a very clean mouth and may be less irritating than standard toothpastes.

Baking soda and salt

It is important to keep the mouth clean and moist. Some cancer treatments may cause mouth sores. A good way to prevent these sores is to swish with a baking soda and salt solution in the morning, before bed, and after each meal. Mix 1/4 teaspoon baking soda, 1/8 teaspoon salt, and 1 cup of warm water. Swish and spit. Do not swallow the solution.

Sugar-free chewing gum

Often times, people getting treatment may have a metal, cotton, or cardboard taste in the mouth. Chewing gum may ease this feeling and promote a clean mouth.

Extra-soft toothbrush

You may notice that your gums are very sensitive or sore. Using an extra-soft toothbrush can prevent damage to the gums, such as bleeding, because it is much softer than a standard toothbrush.

Lip moisturizer

Your lips may become dry, cracked, or sore during cancer treatment. Keep your lips moist by applying a lip moisturizer 4 to 6 times a day. Examples of lip moisturizer include:

- Vaseline®
- Eucerin Original®
- A&D® Ointment
- Lip balm

Saline nasal spray

If you notice the inside of your nose (part of your mucous membranes) becoming dry and sore, use a saline nasal spray to keep it moist. This is often common in the winter months. You can also use a humidifier at night while sleeping to increase the humidity.

Remember not to treat yourself without first talking to your healthcare team. If you are experiencing any symptoms or side effects, call the Symptom Support Clinic Hotline at (406) 752-8672.

HAIR CARE

Vented hair brush

Standard bristle brushes may cause the hair to be “pulled out” from the scalp. A vented hairbrush is less rough on the hair. If possible, brush your hair less often and use your fingers instead. Air-dry your hair when possible, and avoid hairdryers, curling irons, and rollers.

Satin pillowcase

If your treatment causes hair loss, try sleeping on a satin pillowcase during the period of time when hair begins to fall out. Cotton pillowcases may pull the hair out when you toss and turn during sleep. Satin is a softer fabric that may prevent this. Patients have also found satin pillowcases useful when hair begins to grow back.

Hair conditioner

Some treatments may cause hair loss or hair thinning. Using a conditioner helps keep the strands of hair in their best condition and prevent dry, split ends. Using conditioner is also very helpful when your hair begins to grow back after your cancer treatment is completed.

Baby shampoo

To keep hair from falling out quickly and possibly to lessen hair thinning, shampoo less often (every other day) with a mild shampoo. Baby shampoo is not as harsh as regular shampoos.

SKIN CARE

Sunblock with SPF 30

It is important to use a sunblock to avoid damage from the sun's harsh rays. Choose a broad spectrum sunscreen that blocks UVA and UVB rays. Your skin may become very sensitive while getting certain treatments. Get in the habit of applying a sunblock with an SPF of 30 or greater every day. Even during the winter months or going from the house to your car, you are exposed to the sun.

Moisturizing body lotion (fragrance free)

Some treatments may cause dry, flaky, or cracked skin. Use a moisturizer daily to keep your skin moist. Reapply as often as needed. Be sure to pat your skin dry after bathing and do not rub your skin dry. Apply lotion all of your body right after you dry off. If you are getting radiation, your healthcare team may have you use other products to help your skin.

Moisturizing bar soap for sensitive skin and fragrance free

To help prevent dry, flaky, or cracked skin, use a moisturizing bath soap when bathing. Soap for sensitive skin may also be helpful to prevent skin problems, such as rashes.

SYMPTOMS REFERENCE: WHEN TO CALL YOUR HEALTH CARE TEAM

This guide will help direct you when to call about treatment symptoms that are new or unexpected. If you have any questions about your symptoms, please call our Symptom Support Hotline at (406) 752-8672.

| SYMPTOM | DIAL 911 | Call the Symptom Support Hotline immediately: (406) 752-8672 | Call the Symptom Support Hotline during business hours: (406) 752-8672 |
|----------------------------|---|--|--|
| Change in alertness | <ul style="list-style-type: none"> Unconscious Unable to arouse or wake up Seizure | <ul style="list-style-type: none"> New or increased confusion Change in level of alertness Sudden change in vision Falling down with injury Numbness, tingling or loss of movement in limbs Severe dizziness | <ul style="list-style-type: none"> Major mood changes Unable to sleep Change in energy level Tremors/shakiness Not able to get around Lethargic |
| Bleeding | <ul style="list-style-type: none"> Uncontrolled bleeding | <ul style="list-style-type: none"> New or increased bleeding Bloody urine Unable to stop nosebleed Bloody bowel movements Vomiting up blood One or more feminine pad per hour is used | <ul style="list-style-type: none"> Frequent controlled nose bleeds New easy bruising Little red or purple spots on skin (especially hands and feet) Bleeding from gums |
| Change in breathing | <ul style="list-style-type: none"> No breathing Choking | <ul style="list-style-type: none"> Trouble breathing Feeling as if you can't get enough air Trouble breathing when laying flat Wheezing with breaths Persistent continuous cough Coughing blood or green/yellow material | <ul style="list-style-type: none"> Becomes short of breath more easily with little activity New or recruitment cough |
| Constipation | | <ul style="list-style-type: none"> Constipation with hard, tender, bloated belly, and/or nausea/vomiting | <ul style="list-style-type: none"> Painful or trouble passing of stools that are hard, dry, or small in volume No bowel movement for 3 or more days or change from baseline |

| SYMPTOM | DIAL 911 | Call the Symptom Support Hotline immediately: (406) 752-8672 | Call the Symptom Support Hotline during business hours: (406) 752-8672 |
|---------------------------|--|--|--|
| Diarrhea | | <ul style="list-style-type: none"> • Constant or uncontrolled diarrhea (>10 times/day) • Diarrhea more than 12 hours while on medicine to stop it • Diarrhea with fever or belly cramping • Stool which is bloody, black or burgundy • Signs of dehydration (excessive thirst, heart palpitations, dizziness, dark- looking urine or less urine) | <ul style="list-style-type: none"> • Mild belly cramping • New onset diarrhea • Whole pills passed in stool • Diarrhea greater than 3 times a day |
| Fatigue | <ul style="list-style-type: none"> • Unable to wake up | <ul style="list-style-type: none"> • Dizziness • Too tired to get out of bed or walk to the bathroom | <ul style="list-style-type: none"> • Fatigue is getting worse • Staying in bed all day • Other symptoms occur with increased fatigue |
| Infection | <ul style="list-style-type: none"> • Lethargic, difficult to arouse | <ul style="list-style-type: none"> • Temperature 100.4 or above • Shaking chills (temperature may be normal) • Signs/symptoms of infection such as: • Loose bowel movement(s) • Frequent urination with or without burning/ discomfort • New earaches, headaches, stiff neck | <ul style="list-style-type: none"> • New redness or swelling on skin or at IV site • Cold symptoms • New abdominal or back pain • Toothache • Cuts that become red/ swollen • Unusual vaginal discharge or itching • Sinus pain or pressure |
| Mouth/throat sores | <ul style="list-style-type: none"> • Unable to breathe | <ul style="list-style-type: none"> • Trouble breathing • Cannot swallow • Choking • Bright red blood in mouth • Pain not controlled by medicine | <ul style="list-style-type: none"> • White patches or sores appear on gums or mouth • Trouble swallowing food or fluid |

| SYMPTOM | DIAL 911 | Call the Symptom Support Hotline immediately: (406) 752-8672 | Call the Symptom Support Hotline during business hours: (406) 752-8672 |
|---------------------------|---|---|---|
| Nausea or vomiting | | <ul style="list-style-type: none"> • Uncontrolled, constant nausea or vomiting • Blood or “coffee ground” appearing material in vomit • Medicine not kept down because of vomiting • Weakness or dizziness along with nausea/ vomiting • Severe belly pain vomiting • Projectile vomiting (vomit shoots out for a distance) | <ul style="list-style-type: none"> • Nausea persists without control from anti-nausea medicine • Unable to take medicine due to nausea |
| Pain | <ul style="list-style-type: none"> • Severe chest or arm pain • Severe squeezing or pressure in chest | <ul style="list-style-type: none"> • New or uncontrolled pain • Headaches not relieved with acetaminophen • Chest discomfort with pounding heart • Burning in chest or stomach | <ul style="list-style-type: none"> • Sores or painful areas on skin or mouth • New pains not relieved with pain medicine • Painful port-a-cath, Hickman, or PICC site or surrounding area • Pain with infusion of medicine or fluids into port-a-cath, Hickman, or PICC |
| Rash | | <ul style="list-style-type: none"> • Sudden onset body rash • Rash with severe pain or itching • Rash with blistering or peeling of skin | <ul style="list-style-type: none"> • New or changes in skin rash • Redness and/or tenderness on palms or soles of feet |
| Swelling | | <ul style="list-style-type: none"> • Sudden swelling with or without pain | <ul style="list-style-type: none"> • Swollen legs, hands • Swelling around port-a-cath, Hickman, or PICC |
| Urination | | <ul style="list-style-type: none"> • Unable to urinate for more than 8 hours • Blood in urine • Painful urination | <ul style="list-style-type: none"> • Strong odor of urine • Change in color of urine |

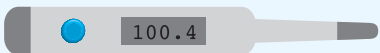
3 STEPS TOWARD PREVENTING INFECTIONS DURING CHEMOTHERAPY

If you develop a fever during your chemotherapy treatment it is a medical emergency. Fever may be the only sign that you have an infection, and an infection during chemotherapy can be life threatening.

Post this sheet on your fridge or bulletin board.

1 Watch Out for Fever

Take your temperature any time you feel warm, flushed, chilled or not well.



If you get a temperature of 100.4°F (38°C) or higher, call your doctor immediately, even if it is the middle of the night. DO NOT wait until the office re-opens before you call.

You should also:

- Keep a working thermometer in a convenient location and know how to use it.
- Keep your doctor's phone numbers with you at all times.
- If you have to go to the emergency room, it's important that you tell the person checking you in that you are a cancer patient undergoing chemotherapy and should be seen quickly.

2 Clean Your Hands



Keeping your hands clean is important in preventing infections and don't be afraid to ask people to clean their hands, too.

This should include you, all members of your household, your doctors, nurses and anyone that comes around you. If soap and water are not available, it's o.k. to use an alcohol-based hand sanitizer.

Clean your hands:

- Before, during, and after cooking food
- Before you eat
- After going to the bathroom
- After changing diapers or helping a child to use the bathroom
- After touching trash
- After touching your pet or cleaning up after your pet
- After blowing your nose, coughing, or sneezing
- Before and after treating a cut or wound or caring for your catheter, port or other access device

3 Know the Signs and Symptoms of an Infection



During your chemotherapy treatment, your body will not be able to fight off infections like it used to. Infection during chemotherapy can be very serious.

Call your doctor immediately if you notice any of the following signs and symptoms of an infection:

- Fever (this is sometimes the only sign of an infection)
- Chills and sweats
- Change in cough or new cough
- Sore throat or new mouth sore
- Shortness of breath
- Nasal congestion
- Stiff neck
- Burning or pain with urination
- Unusual vaginal discharge or irritation
- Increased urination
- Redness, soreness, or swelling in any area, including surgical wounds and ports
- Diarrhea
- Vomiting
- Pain in the abdomen or rectum
- New onset of pain
- Changes in skin or mental status

Find out from your doctor when your white blood cell count is likely to be the lowest since this is when you're most at risk for infection (also called nadir).

EMERGENCY NUMBER CARD

1. Treat a temperature of 100.4°F or higher as an emergency, even if it's after hours.
2. Call your doctor immediately if you get a fever:
Doctor's Daytime Phone #: _____
Doctor's After-Hours Phone #: _____
3. If you go to the ER, tell them right away that you have cancer and are undergoing chemotherapy so you can be seen quickly.

www.PreventCancerInfections.org

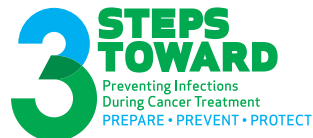


Cut out the emergency number card. Fill in your doctor's information. Carry this card with you at all times.

Write the number(s) to call in an emergency here:

Doctor's daytime number: _____

Doctor's after-hours number: _____



PreventCancerInfections.org

This program was made possible through a CDC Foundation partnership with, and funding from, Amgen. As part of the partnership, the CDC Foundation considered oncology expertise provided by Amgen.

CHEMOTHERAPY/IMMUNOTHERAPY BY MOUTH

How will I get my medicine?

Once your prescription is processed, it is sent to our authorization team, who works with your insurance. Your insurance will help decide which specialty pharmacy your medicine gets processed through to set up delivery.

* Please note it's important to accept unknown calls at this time in case it's the specialty pharmacy trying to contact you!

Financial questions

Once the specialty pharmacy contacts you they will review financials, and provide copay information. If copay amount is high please inform the specialty pharmacy at this time to work on getting financial assistance.

Starting treatment

Once specialty pharmacy makes contact to set up delivery:



DO NOT START MEDICATION

Call RN at (406) 752-8672 to inform of delivery date so that we can ensure extra care if needed, including watching for symptoms or side effects.

Treatment

- It is important to follow your medicine schedule or treatment cycle!
- Some medicines are on a cycle (example 3 weeks on; 1 week off).
- It may be helpful to have a pill box and a treatment calendar to help with correct dosing.

Symptom concerns

Review the handout about your treatment regimen and the most common side effects.

- Call the Symptom Support Clinic Hotline with any concerns at (406) 752-8672
- Talk to the RN Monday - Friday, 8 a.m. to 4:30 p.m.
- If your call is not answered live, leave a voicemail with: Name, date of birth, best callback number, and information on your symptom concern.
- We try to return call within two hours.

CANCER MEDICINES: SAFE HANDLING

Equipment and Medicines

Cancer medicines and the equipment used to deliver them can be dangerous if not properly handled. Please pay close attention when handling these items at home.

These guidelines are for you and your family members to follow during and for 48 hours after your cancer treatment.

Equipment (needles, syringes, IV bags, and IV tubing):

- Never put the cap back onto a needle. There is a chance you might stick yourself.
- Place used needles and syringes in a puncture-proof container. A container such as an empty coffee can that has the lid sealed with tape is one option. The container you use to dispose of needles and syringes may be called a “sharps” container.
- Place IV bags and tubing in a leak-proof plastic trash bag. Then, put this bag inside a second bag. This process is called “double-bagging.”
- Speak with your nurse about proper disposal. Regulations vary for different communities.

Medicines (chemotherapy, cancer medicines):

- Wear disposable gloves (you can buy these at any drug store) when touching medicines. This includes oral pills.
- Wash your hands after removing the gloves.
- Avoid splashing when throwing out or emptying these items.
- Store medicines in a safe place and away from others (especially children and pets).

Trash

Trash that has been in contact with cancer medicine or body waste must be handled carefully.

- Wear disposable gloves to throw away soiled trash.
- Soiled trash should be placed in leak proof plastic bags and double-bagged.
- Remove the gloves and wash your hands.

CANCER MEDICINES: SAFE HANDLING, continued

Body Waste:

Cancer medicines may be released in body waste. You and your family members should follow these guidelines when touching toilets, commodes, bedpans, vomit pans, urinals and ostomy bags, or any other body waste containers.

- Wear disposable gloves when emptying or cleaning toilets, body waste containers or changing diapers (such as Depends® for adults). You can buy the gloves at any drug store. Remove the gloves and then wash your hands.
- Empty containers of body waste into the toilet. Empty the contents close to the water to avoid splashing.
- Flush the toilet twice with the lid down after use.
- Clean the toilet bowl in the usual manner. Clean up splashes with soap and water.
- Clean body waste containers after each use with soap and water. Rinse well. Ostomy bags only need to be cleaned once a day and emptied as needed.
- If you use diapers, use disposable diapers. Place them in a separate bag and dispose in trash.
- Keep this trash away from children and pets.
- To avoid splattering urine, men and women should urinate by sitting down on the toilet.

Spills:

The following guidelines should be followed if cancer medicine or body waste is accidentally splashed or spilled:

- Put on gloves.
- Soak up the spill with paper towels.
- Clean spill area with soap and water using paper towels. Rinse well
- Follow guidelines for handling of laundry, and trash.
- Remove gloves and then wash your hands.

Skin and Eye Contact:

Avoid letting cancer medicines and body waste touch your skin or eyes. If your skin comes in direct contact with cancer medicine:

- Wash your skin with soap and water for five minutes. Call your healthcare team if the skin stays red more than one hour. Also call your healthcare team if the skin becomes irritated.
- If your eyes come in direct contact with cancer medicine flush your eye with water for five minutes. Call your healthcare team right away.

Laundry:

Clothes may become soiled by body waste. Follow these guidelines to care for soiled laundry:

- Soiled laundry should be washed right away. If it can't be washed right away, place the laundry in a plastic bag or pillowcase. Wash it as soon as possible.
- Wear disposable gloves to handle soiled laundry and place soiled laundry in the washer.
- Remove the gloves and then wash your hands.
- Wash soiled laundry twice, separately from household items.
- Use normal detergent and hot or warm water.

Sexual Intimacy:

Throughout cancer treatment, pregnancy MUST be avoided due to the medicines. Birth control methods should be used at all times.

- Cancer medicines may be released in body fluids (such as semen or vaginal secretions) that are present during sexual activities.
- You and your partner should use condoms (or barrier) for oral sex and intercourse. Kissing does not put you or your partner at risk.

CANCER SUPPORT SERVICES

You are not alone on this journey.

Logan Health Cancer Support Services provides emotional support, education, and hope for people with cancer and their loved ones.

You do not have to feel alone after being told that you have cancer. Logan Health Cancer Support Services offers hope and support for cancer patients and their caregivers. We offer support groups, education, wig and scarf fitting, exercise programs and workshops.

You can be a part of a group of caring people who will support, inspire, and teach you along your journey.

A place for everyone

Being told that you have cancer, or hearing that a loved one has cancer can trigger feelings of anger, sadness, and anxiety. You may feel alone and unsure of where to find help and support.

We connect you with support groups, one-on-one counseling, and other helpful resources. You are not alone. Our healthcare team is here to help you along your journey. You will also feel the support and care from other patients who are going through the same or similar journey. Listening to others share how they deal with cancer can be helpful and healing, because they too share similar feelings as you.

Getting to know others who share your same or similar journey can increase your knowledge, reduce your feeling of loneliness and provide a greater sense of hope.

You are not alone on this journey. You matter and have a place here with us where we can offer the support and hope you need.

Offering:

- Support groups and counseling
- Social connection outings
- Mind and body classes
- Wig and scarf fitting



Check out our
calendar
of activities.
Then join us!

logan.org/cancersupport

NATUROPATHIC ONCOLOGY

Naturopathic medicine to treat the entire body

Naturopathic medicine, also called “naturopathy” uses natural remedies to help heal your entire body. It combines holistic care with conventional medical care. Naturopathic doctors are specialty doctors who address the cause of the disease or illness. Vitamins, herbs, supplements, massage, acupuncture, exercise, and nutrition counseling are used to promote health, prevent disease, and treat the main illness. Naturopathic medicine will give you the tools needed to sustain a healthy lifestyle while you receive your treatments.

Naturopathic medicine in cancer care

Your naturopathic team works closely with you and your cancer healthcare team. Together, they will look for any side effects and, if necessary, adjust your treatment plan.

Naturopathic medicine can help you with:

- Nausea and vomiting
- Weight Loss
- Difficulty sleeping
- Constipation, diarrhea, bloating, or loss of appetite
- Numbness and/or tingling in your fingertips or toes
- Pain
- Radiation burns or skin changes
- Fatigue
- Sores in your mouth, throat or rectal area

Naturopathic medicine offers various kinds of methods along with your cancer treatments such as:

- Clinical nutrition – healthy foods along with vitamins and minerals to help treat your side effects
- Botanical/Herbal medicine – medicines made from plants to help manage side effects
- Homeopathic medicine – medicines made from nature in small amounts to restore health
- Physical medicine – techniques such as massage, heat/cold, and electrical therapy used on soft tissues, muscles, bones, and your spine.
- Psychological medicine – focuses on your mind and feelings toward your cancer journey.
- Hydrotherapy – water treatments to build and restore your health.

Benefits of naturopathic medicine

Naturopathic medicine can enhance your cancer treatment by helping your body to:

- Break down foods you eat for needed energy
- Fight off infection

To learn more or to schedule a visit, call Logan Health Naturopathic Oncology at (406) 751-7560.

PALLIATIVE MEDICINE

Palliative medicine - also called supportive care or palliative care - focuses on providing patients with relief from the symptoms, pain, and stress of a serious illness. The goal of palliative care is to improve quality of life for patients and their families with a **patient and family centered** approach.

Palliative Medicine team helps by:

- Exploring patient/family understanding of diagnosis and disease process.
- Understanding the patient as a person and honoring his/her wishes regarding medical care.
- Assisting in shared decision-making between the patient, family, and medical team.
- Providing education about medical conditions, treatment options, and side effects.
- Treating complex pain and other burdensome symptoms.
- Counseling and support for patient families.

Eligibility:

Anyone with a serious or life-limiting illness is appropriate to receive palliative care. There are no age limitations, specific diagnoses or life expectancy requirements.

Palliative medicine compliments any disease-directed treatments that patients may choose, and is not meant to replace the primary or specialty provider.



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