



your supportive care team

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### About UT Southwestern Medical Center

UT Southwestern ranks among the top academic medical centers in the world with its mission to improve health through innovative patient care, research and education. Its pioneering breakthroughs have led to international recognition for the faculty, including four Nobel Prizes.

UT Southwestern physicians are clinical leaders in their specialties and treat a variety of patients, many with the most complex of diseases.

[www.utsouthwestern.org](http://www.utsouthwestern.org)

## SUPPORTIVE CARE PROGRAM for patients with cancer



We are here for you.



HAROLD C . SIMMONS  
COMPREHENSIVE CANCER CENTER

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HAROLD C. SIMMONS  
COMPREHENSIVE CANCER CENTER





## coping with cancer

You don't have to face cancer alone.

Despite the many physical, emotional, financial and spiritual challenges that a cancer diagnosis brings, there are caring professionals to help guide you through every phase of treatment.

The Supportive Care Team at UT Southwestern Medical Center specializes in treating the many physical and psychological side effects of cancer, as well as helping patients cope with its impact on their lives.

UT Southwestern recognizes that emotional responses to a cancer diagnosis may include sadness, disbelief, anger, anxiety and uncertainty. There may be physical side effects to the disease such as loss of appetite, fatigue and nausea. Families, friends and caregivers are deeply affected. Spiritual concerns in the face of major life change are also common.

Through each personalized program, patients and their families get answers to their questions, gain new coping strategies, and receive both emotional and practical support. By treating the whole person, the Supportive Care Team aims to ease each individual's journey through cancer and improve the quality of their lives.

## your team

### Supportive Care Doctor

- Assists with pain management through appropriate medication
- Helps manage physical symptoms

### Psychologist

- Provides assessment and help managing psychological issues that may occur with cancer diagnosis and treatment
- Provides individual, marital, family and group support/therapy to help cope with stressors associated with cancer

### Social Worker

- Collaborates with patients and families to identify and anticipate needs through supportive conversation
- Assists with referrals and resources for patients, family members and caregivers

### Dietitian

- Provides medical nutritional therapy and assesses nutritional needs
- Counsels and coordinates effective treatment plans for patients and families
- Helps manage the side effects of chemotherapy and radiation
- Provides guidance for a healthy lifestyle

### Chaplain Services

- Attends to the spiritual, physical and emotional needs of each patient, no matter their religious preference

## how the team can help

### Pain & Symptom Management

Medications are given to provide the greatest level of pain relief possible with the fewest number of side effects. We also help manage uncomfortable symptoms such as shortness of breath, lack of appetite, constipation, diarrhea, itching, swelling, fatigue, confusion, anxiety and depression. Our patients' comfort is as important to us as the treatment of the disease.

### Advance Care Planning

More than ever, people with cancer and their loved ones are participating in decisions about end-of-life care. Our team actively assists patients and families in determining priorities for each phase of treatment. This may include assistance with completion of advance directives and discussion of patient preferences concerning specific interventions such as feeding tubes, IV fluids, etc.

### Family Support

Families often need help coping with a loved one's cancer diagnosis. Our team is able to provide both emotional support and referrals to community resources that can offer additional assistance. We also provide education about how to care for a patient whose health is declining. With the family's input, we develop a clear and understandable care plan tailored to the needs and circumstances of each individual.

