

Quick Guide to Ways We Can Help

Services	Ways we can help	For more info
Cancer Info	<ul style="list-style-type: none"> • Answer questions about cancer • Provide books and info on cancer • Perform searches on any health topic <p>Located at Main Campus of UH Seidman Cancer Center – open to all patients and families</p>	<p>Call or visit the Librarian: Puck Learning Resource Center: 216-286-4636.</p> <p>Call the Cancer Info Service Line: 1-800-641-2422</p>
Billing	<ul style="list-style-type: none"> • Answer your questions about medical bills 	<p>Call 216-286-3814 for last names A – M</p> <p>Call 216-286-3809 for last names N – Z.</p>
Social Worker	<ul style="list-style-type: none"> • Help address barriers to care • Coping and emotional support 	<p>At your appointment, ask to speak with a Social Worker.</p>
Nutrition Support	<ul style="list-style-type: none"> • Answer questions about diet and nutrition • Help you choose the best food and drinks during and after treatment 	<p>At your appointment, ask to speak with a Dietitian.</p>
Symptom Management and Supportive Care	<ul style="list-style-type: none"> • Talk about your goals for care, values, and treatment choices. • Provide added support to help you manage: <ul style="list-style-type: none"> • Pain • Fatigue (feeling tired) • Problems sleeping • Shortness of breath • Nausea/Vomiting • Loss of appetite • Anxiety (worry) • Depression • Constipation 	<p>Talk to your doctor or nurse</p>
Le Salon	<p>Provide a wig, hat, and/or scarf to patients with hair loss from cancer treatment. No cost.</p>	<p>Call 216-844-9447 to make an appointment.</p>
Adolescent and Young Adult	<p>Provide support and info to adolescents, teens, and young adults up to age 30.</p>	<p>Call 216-844-7445</p>
Addiction	<p>Provide a psychiatrist to address alcohol and drug addictions.</p>	<p>Call 216-844-2400 to make an appointment.</p>

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Physical Therapy	<ul style="list-style-type: none"> • Provide exercise and activity to help regain strength and movement and learn ways to avoid falls and injuries • Manage the effects of lymphedema 	Talk with your doctor or nurse
Integrative Oncology	Offers recommendations for mind, body, and spirit to help you develop a care plan based on your goals and current health conditions.	Talk with your doctor or nurse to ask for an appointment with the Integrative Oncology Specialist.
Acupuncture	Use acupuncture to help with symptoms from cancer treatments: pain, nausea/vomiting, headaches, hot flashes, dry mouth, mood disorders, and neuropathy.	Talk with your doctor or nurse to request an appointment with the Acupuncturist.
Art Therapy	Provide art therapy sessions that help reduce pain and stress, and help you express feelings.	Call 216-844-1211 to make an appointment.
Music Therapy	Provide music and instruments to reduce pain, stress, and help you express feelings.	Call 216-844-7727 to make an appointment.
Pet Pals	Provide volunteers and their pets to visit when you are admitted into the hospital.	Ask your hospital team or nurse to request a visit.
Spiritual Care	<ul style="list-style-type: none"> • Talk with you and/or your family about faith, spirituality, or life's meaning. • Provide prayer and emotional support 	Call 216-286-3871 to make an appointment.
Women's Sexual Health	Provide help to women with sexual function and related concerns.	Call 216-285-5039 to make an appointment.
Men's Sexual Health	Provide help to men with sexual function and related concerns.	Call 216-844-3009 to make an appointment.
Survivorship	Support patient and families with issues related to surviving cancer after treatment ends.	Ask your cancer nurse for more info.
Fertility	Provide fertility counseling and fertility treatments.	Talk with your doctor or nurse
Quit Smoking and Tobacco Use	Provide service to help with quitting tobacco use. Meet with a tobacco councilor in-person or by phone. Nicotine replacement therapy is available. No cost.	Call 216-368-5643 to make an appointment,
Sleep Problems or Insomnia	Provide talk therapy to help you get better sleep.	Call 216-844-5128 to make an appointment.