

# Nebraska Medicine Cancer Support Services

**The Nebraska Medicine Survivorship Program:** Cancer survivorship is more than surviving cancer. It starts from the time you are diagnosed and continues after treatment. Cancer and its treatment can result in long-lasting or late-onset effects. Our program addresses various problems cancer survivors may face after therapy ends. We offer a few different clinics: General Survivorship, Transplant Long-term Follow-up Survivorship Clinic and Adult Survivors of Childhood Cancer Survivorship Clinic. For an appointment, call 402.559.5600. [Nebraskamed.com/Survivorship](http://Nebraskamed.com/Survivorship).

**Cancer Risk and Prevention Clinic:** This comprehensive clinic cares for people who have an increased risk for cancer due to family history, medical factors or lifestyle. This clinic offers personalized risk assessments, strategies to reduce your risk and recommendations for proactive/high-risk screening. For an appointment, call 402.559.5600. [Nebraskamed.com/Cancer/Cancer-risk-and-prevention](http://Nebraskamed.com/Cancer/Cancer-risk-and-prevention).

**Hereditary Cancer Clinic:** Hereditary Cancer Clinic offers a discussion of personal and family cancer histories with a genetic counselor. Risk assessments based on these histories are discussed, along with any recommendations and coordination of genetic testing for hereditary cancer syndromes. For an appointment, call 402.559.3602.

**Counseling/Behavioral Health:** Consultations with a psychologist or psychiatrist are available upon request or recommendation. Talk to your doctor to see if you would benefit from connecting with a psychiatry or psychology specialist.

**Oncology Nutrition Services:** Nutrition is important before, during and after cancer treatment. However, many cancer treatments cause a lack of appetite and taste changes. Registered dietitians are available to help and support patients and their families. Weight management services are also available. Talk to your doctor to see if you would benefit from connecting with a clinical nutrition services team member.

**Physical and Occupational Therapy:** Cancer and its treatment can have lasting effects on physical function and thought processes. Physical and occupational therapy can help with:

- Techniques to improve strength, flexibility, balance, endurance and coordination
- Getting equipment such as a wheelchair or bathroom equipment
- Help with self-care activities such as brushing teeth, getting dressed and more

Talk to your doctor to see if you would benefit from connecting with a physical or occupational therapy specialist

**Lymphedema Services:** Our physical therapists are specially trained to perform the most effective treatments for lymphedema. Talk to your doctor to see if you can benefit from lymphedema services.

**Social Workers:** The Social Work Department provides emotional support through:

- Community resources, such as financial aid and transportation
- Counseling
- Planning for medical equipment or home nursing care
- Support and educational groups

To connect with the social work team, call 402.559.4420.

**Support Programs/Groups:** For more information about cancer education and support groups, call 402.559.4420.

- Cancer Survivorship Group
- Brain Tumor Support Group
- Blood and Marrow Stem Cell Transplants (BMSCT)
- Colorectal Cancer Support Group

**Financial Counselors:** Unexpected medical expenses can be hard to deal with. Help is available for patients who have trouble paying their bill or have other insurance or billing needs. For information about financial counseling, call 402.559.7329.

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**Speech Therapy:** Consultations with a speech therapy specialist are available upon request or recommendation. Therapy such as speech, language, voice, swallowing and cognition are some of the common areas of focus. Talk to your doctor to see if you would benefit from connecting with a speech therapist.

**Patient and Family Advisory Council:** The PFAC is a volunteer group of former patients and their families/ caregivers who meet as needed to provide their perspectives on cancer center processes and initiatives. You can help make a difference by becoming a council member. For more information please contact your case manager for an application.

**Life Renewal Center:** Located at Village Pointe Health Center, the Life Renewal Center helps cancer patients with the physical and emotional changes experienced due to therapy or surgery. This includes access to education and support groups, massage therapy, wig fittings, skin care, yoga and print and electronic health materials are just some of the available services. Call 402.596.3195 for more information and hours of operation.

**Resource and Wellness Center:** Located at Fred & Pamela Buffett Cancer Center, the Resource and Wellness Center helps patients and families navigate through the cancer journey providing a variety of support and personal services to help address the physical and emotional needs of patients. This includes access to health information, education and support groups, image recovery and massage therapy as well as faxing and notary services. For more information, call 402.559.1222.

**Spiritual Care Services:** Spiritual care provides patients and their families spiritual support and prayer. They can also put patients in touch with faith groups in the community. For more information about spiritual care, call 402.552.3219.

**Child Life Services:** Being at the hospital, around new people and away from home can be stressful for children and their families. Child Life specialists help families understand the health care setting with medical play, reduce stress with pet therapy and promote growth and expression with art. For more information, call 402.559.6775.

**Medical-Legal Support:** The Nebraska Medical-Legal Partnership for Oncology offers assistance to our cancer patients. Eligible patients may receive legal advice or representation for many issues including:

- Bankruptcy
- Last will and testament
- Power of attorney
- Social Security denials
- Unlawful or unsupported denials for needed medical care

For more information, call 402.559.4420

**Pain Management:** Pain can impact a patients' mood, work and sleep. Controlling the pain can improve a patient's quality of life and make treatment easier to bear. A dedicated cancer pain specialist is available to discuss your options. Talk to your doctor to see if you would benefit from connecting with a pain management specialist.

**Palliative Medicine:** Palliative medicine service is available to assist with challenging symptoms and to help be an extra layer of support to you and your family while dealing with a cancer diagnosis. This service can help check in about the big picture from time to time and ensure that what is most important to you is at the top of your entire care teams' minds. Talk to your doctor to see if you would benefit from connecting with a palliative medicine specialist.

**Nicotine Dependence Clinic:** The nicotine dependence clinic is offered in a clinical or telemedicine one on one setting with advanced practice providers who are trained as tobacco treatment specialists to provide pharmacotherapy options, cognitive behavioral change discussions, and the use of motivational interviewing techniques to guide and assist patients to their goal of tobacco abstinence. This clinic serves patients who wish to have freedom from all types of nicotine; including traditional cigarettes, cigars, smokeless tobacco, and electronic nicotine devices. For more information, call 402.559.4389.

**UNMC Library Service:** Medical conditions can be hard to understand. As a patient or family at Nebraska Medicine, you can ask a medical librarian to help you find health information that fits your needs. Let us do the research for you! To send us your questions, call 402-559-6221, or email askus@unmc.edu.

**For additional resources:** [Nebraskamed.com/Survivorship](http://Nebraskamed.com/Survivorship)

