



Atrium Health
Levine Cancer Institute

Sandra Levine Young Women's Breast Cancer Program

ywbp

Levine Cancer Institute Resources:
Programs, Groups, Classes and Services



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Atrium Health and Levine Cancer Institute

We are glad you have chosen Atrium Health and Levine Cancer Institute (LCI) as your healthcare provider. Our mission is to improve health, elevate hope and advance healing – for all. Our vision is to be the first and best choice for care.

Our resources can help you cope with cancer and keep you feeling your best. Throughout your cancer treatment and beyond, your total health and wellness is our priority.

The Sandra Levine Young Women’s Breast Cancer Program (ywbp) and LCI Resources

You don’t have to face cancer alone. There are many people here to help. **ywbp** will help connect you to resources and other young women with breast cancer.

This booklet lists Atrium Health and LCI programs, groups, classes and services. Some services have a fee, but most are offered at no cost to you and your caregiver. We hope you will use these resources.

To keep up with any changes made to this list of resources, we suggest you:

- Call the telephone number provided for each resource to confirm event location and time
- Contact LCI’s Cancer Resource Center
 - Phone: 980-442-1006
 - Email: LCISurvivorship@AtriumHealth.org



[@LCI_ywbp](https://twitter.com/LCI_ywbp)



LCI-ywbp@AtriumHealth.org



AtriumHealth.org/BreastCancerCare

Your Nurse Navigator Is Your Biggest Resource

By now you have most likely met your cancer coach, a specially trained nurse called a Nurse Navigator. Your Nurse Navigator will guide you through every step of your cancer journey. She works closely with your doctor and is here to answer your questions.

Your Nurse Navigator gave you a gift bag and the book, *Your Breast Cancer Treatment Handbook*, by Judy C. Kneece. She also gave you a New Patient folder with these items:

- Nurse Navigator contact card (to help you with cancer care questions)
- Program Coordinator contact card (to help you with **ywbp** program questions)
- **ywbp** brochure and Your Healthcare Team (with space for you to write in telephone numbers)
- **LCI Resources: Programs, Groups, Classes and Services** booklet
- **Resources Outside of Atrium Health** booklet
- LCI's Cancer Resource Center and free wig program information
- Calendar of LCI events, classes and groups

ywbp Resources

ywbp will connect you in two ways:

- **Support Group** specifically for young women with breast cancer to meet and talk with others who understand. This group meets each month and is led by a licensed clinical social worker (LCSW). (See **Support Programs** to learn more.)
- **Peer Matching Program.** This program pairs **ywbp** patients with other patients who are close in age, diagnosis and/or treatment. (See **Support Programs** to learn more.)

LCI Programs, Groups, Classes and Services

Acupuncture

Our practitioners are trained in cancer care. Acupuncture is a way to help your immune system be stronger. Your immune system protects your body against illnesses. It can also help ease aches and pains. Acupuncture can help with the side effects of cancer treatments and other concerns such as:

- | | | |
|-----------------------|-----------------------|------------------|
| – Nausea | – Inflammation | – Weight control |
| – Feeling tired | – Neuropathy | – Hot flashes |
| – Sleep problems | – Digestion problems | – Infertility |
| – Headaches/Migraines | – Joint and back pain | |

Fee for service; help with fees may be available to those who qualify. Call 980-442-2500 to sign up or to learn more.

Breast Reconstruction and Plastic Surgery

Every month, CMC Cosmetic and Plastic Surgery presents a Breast Reconstruction Forum at LCI. The forum reviews different types of breast reconstruction and answers the most common questions.

- 3rd Thursday of every month, 5:30 to 7:30 p.m.
- LCI - Morehead Conference Center, Room 3035
- Call 980-442-1006 to sign up or to learn more

Cancer Genetics Counseling Program

A team of LCI genetic counselors and doctors help patients, their families and referring doctors with a cancer diagnosis.

Many things can affect your risk of getting cancer. If other members of your family had cancer, this can play a role in your risk. Cancer genetics counseling looks at your risk of having a problem in one of your cancer prevention genes. Finding a problem can change how your cancer is best treated. It can also change how you need to be checked to look for other cancers in the future.

If you have breast cancer, you need to see a cancer genetics counselor if:

- You or a family member were found to have breast cancer at or before age 50
- You or a family member were found to have “triple-negative” breast cancer at or before age 60
- You or a family member had breast cancer more than once
- A man in your family had breast cancer
- You have cancer of the ovary
- You are of Ashkenazi Jewish ancestry
- You have 3 or more relatives in your family with prostate, breast or pancreatic cancer

Cancer genetic counseling and testing helps check cancer risk and make recommendations for care. Call 980-442-2000 to learn more.

Cancer Rehabilitation Clinic

Cancer and cancer treatment can cause problems with your body, as well as problems with memory and thinking. These can affect your daily living. The doctors at the Cancer Rehabilitation Clinic diagnose and treat these problems. We want you to feel better and be able to do the things you want to do. Cancer rehabilitation can help with these problems:

- Balance and/or walking problems
- Numb or tingling hands or feet
- Joint or muscle pain
- Weakness
- Swelling in arms or legs
- Difficulty with your daily routine (self-care, housework, driving and work)
- Memory or conversation
- Swallowing, speech or voice problems

Children: Helping Them Cope

- **Kids Link at LCI**

For kids ages 6-12. A fun, free half-day camp at LCI. Games and crafts to learn about cancer in a kid-friendly way. Limited dates and slots: Call 980-442-1006 for more information and locations.

- **Talking to Your Children about Cancer**

To help you and your children find healthy ways to cope with their feelings. See packet printed by Levine Cancer Institute or call 980-442-1006 to learn more.

- **Talking to Your Teen about Cancer**

To help you and your teen find healthy ways to cope with their feelings. See brochure printed by Levine Cancer Institute or call 980-442-1006 to learn more.

Classes and Programs

(By topic. See **Acupuncture, Exercise, Nutrition, Sleeping Well, Healing Touch, Massage, Stop Smoking Class, Support Groups, Tai Chi/Qigong, Meditation and Yoga**)

Exercise

Many find that some exercise, during or after cancer treatment, can help with:

- Keeping a healthy weight
- Balance, flexibility and strength
- Boosting energy and well-being
- Lowering stress
- Getting a better night's sleep

• **Free Exercise Classes at LCI**

For LCI patients and their caregivers: yoga, chair yoga, tai chi/qigong and more. Check events calendar for class times and locations or call 980-442-1006 to learn more.

Fertility Care and Preservation

REhope Cancer Fertility Treatment at Levine Cancer Institute

Young women with breast cancer may have questions about whether getting pregnant is safe or possible. They may be concerned about loss of fertility and having children in the future.

- Meet with LCI's fertility experts before you start treatment or have surgery
- They will work with you and your cancer care team to protect and preserve your fertility

Call 980-442-2000 to learn more.

Financial Resources

Financial counseling is free to all LCI patients. Ask your Nurse Navigator for more information.

- There are payment plans through:
 - Atrium Health
 - AccessOne (AccessOneMedcard.com)
- Based on eligibility and need, some nonprofits can help with living and/or treatment costs

Healing Arts Program

Doing creative activities has been shown to help wellness during medical treatment. Writing, making art and music help you relax and heal. Below are a few examples of creative activities in the healing arts program:

- Knitting and crocheting circle
- Writing community
- Art classes
- Artist-in-residence program

No experience needed. Programs are free to patients and caregivers.

Call 980-442-1006 to sign up or to learn more.

Healing Touch

Healing Touch is a relaxing way to restore energy. The practitioner uses his or her hands just above, or lightly touching, your fully clothed body.

- Healing Touch can help you feel more balanced and calm
- It can help you get a better night's sleep
- It is offered at no cost to patients, thanks to funding from 24 Foundation

LCI offers Healing Touch at several of its sites. Call 980-442-2500 to sign up or to learn more.

Home Cleaning

Based on eligibility and need, some nonprofits can help arrange free basic home cleanings during your cancer treatments. Ask your Nurse Navigator for more information.

Integrative Oncology Clinic

Integrative oncology doctors and staff work with your breast clinic team throughout your cancer journey. They will look at your total health, past care and current needs. They use the latest research to help find the best care for you. These visits are often covered by your health plan. Topics you may want to talk about:

- Ways to manage any side effects from cancer or your treatments
- Supplements and vitamins
- What foods to eat, what to avoid
- Which workouts are best for you
- How to lower the chances of cancer coming back or getting a second cancer continued
- Which LCI services and programs might be good for you

Referrals to specialists can be provided if needed. Call 980-442-2500 to learn more.

Lymphedema Clinic

During treatment you may get lymphedema. This is swelling from fluid buildup in your arm or leg. You may also see changes in your skin and skin color. Your doctor may suggest this program to learn about:

- Skin care
- Self-massage
- Home exercises
- Compression garments and bandaging
- Keeping a healthy weight
- Long-term skin care

Call 980-442-2500 to learn more.

Massage Therapy – Oncology Massage Therapy

Our massage therapists are trained in cancer care. Massage can help ease aches and pains and lower stress. It can also boost energy and feelings of peace and well-being. LCI offers massage therapy at several of its sites. There is a fee for massages. Some financial help is available for those who qualify.

Call 980-442-2500 to learn more.

Nurse Navigator

At your first visit to LCI, you will be assigned a special nurse called a Nurse Navigator.

- Your Nurse Navigator is your coach and biggest resource
- She will guide you and follow each step of your cancer journey
- She is here to answer your questions and make sure your needs are met
- Talk to her often, let her get to know you and your concerns
- Your Navigator can help you get started with LCI classes and programs
- She can help you find out if you qualify for transportation to treatment, financial help or payment options

Nutrition Resources

What you choose to eat affects the healing process. Learn what foods to eat and what not to eat during and after cancer treatment based on the latest research.

LCI's dietitians are trained in cancer care. After taking the Breast Cancer Nutrition class, the dietitian will answer your questions. Dietitian services (other than classes) require a referral from a provider.

During the class, you'll learn about:

- Breast Cancer Nutrition
- Healthy Cooking Club
- Plant-based Nutrition

If you can't attend the class in person, you can call in to listen.

Call 980-442-1006 to sign up or to learn more.

Peer Matching Program for ywbp

This program connects young breast cancer patients with other young breast cancer patients close in age, diagnosis and/or treatment.

- It gives young women the chance to build friendships and inspire each other
- It helps grow feelings of connectedness and insight into the cancer experience

Ask your Nurse Navigator or Program Coordinator to learn more.

Pregnancy and Breastfeeding

The Maternal-Fetal Medicine staff at CMC Women's Institute is available for consultation. Your LCI providers will work closely with your doctor (OB) to track the health of you and your baby.

Psycho-Oncology Programs

This department serves the mental health needs of LCI patients and works with your healthcare team. They can help with the impact cancer can have on you and your loved ones. They can help manage cancer side effects such as trouble sleeping and feeling tired all the time. There are people here to talk with you about your concerns or a mental health condition.

- **Psychotherapy Clinic:** Psychotherapists can help with psychosocial needs that affect cancer patients and their families. Psychosocial needs affect your well-being and overall health. Getting information and emotional support for anxiety, depression and insomnia will help you manage your cancer journey. To find a psychotherapist or clinical social worker, or to

continued

learn about our support groups, call 980-442-1006.

- **Psychiatry Clinic:** As part of Carolinas HealthCare System Behavioral Health, LCI has psychiatrists that see patients at The Center for Supportive Care and Survivorship. Talk to your oncologist if you would like a referral to LCI Psychiatry.

Cancer Resource Center

LCI's Cancer Resource Center offers help to cancer patients, their families, caregivers and the community. The Cancer Resource Center will connect you with cancer information, resources and services to help you along your cancer journey. Call 980-442-1006 to learn more about the following:

- Free wigs, hats and scarves and “knitted knocker” breast forms
- Brochures, newsletters, booklets and videos
- Information on LCI programs and services
- Information on support groups and classes
- Community, regional and national resources
- A calendar of events for cancer patients
- Computer access to online information

Sleep Well (see also **Acupuncture, Exercise, Healing Touch, Integrative Oncology Clinic and Massage**)

A good night's sleep is vital to feeling well. Learn new ways to get a better night's sleep. Call 980-442-1006 to sign up for the Sleep 101 class or to learn more.

Spiritual Care

Spirituality can be a helpful part of your healing process. Finding out what brings meaning to your life can bring feelings of peace and comfort.

- You can meet with a LCI chaplain, in person or by phone, to talk about your feelings and spiritual needs
- Serves patients and families of all faiths, as well as those without a faith tradition

Call 980-442-1014 to learn more.

Chapel

- Located in the hospital, the Chapel is a welcoming space for private prayer and meditation
- Available to all, of all faiths, 24 hours a day

Chaplains

Chaplains can help you connect or reconnect with spiritual practices and resources.

- Chaplains are on-call 24 hours a day
- They are available to patients and caregivers of all faiths

Call 980-442-1014 to learn more.

Chaplain services at LCI:

The following services can help with communication among patient, caregiver and family members:

- Deep listening – Talking to a chaplain can help you process your thoughts and give voice to your concerns
- Short-term counseling – A pastor can counsel you on immediate concerns
- Advanced care planning – The chaplain can help you understand your choices for future care and help you with the forms for healthcare power of attorney and living will (advance directive)

Interfaith worship services

- Available to all, of all faiths
- Chapel services are held at the Carolinas Medical Center hospital
- Chapel services are held at 11:30 a.m., Monday through Friday, and at 10 a.m. on Sunday

Prayer

- Open to people of all faiths
- Email prayer needs to this private address:
LCIPrayerRequests@AtriumHealth.org
- Or write your prayers down for the chaplain. Leave in a Prayer Box found on LCI's Guest Relations desk by the elevators and in some waiting rooms

Stop Smoking: Become Tobacco-Free

- For all who want to stop using tobacco and smoking
- Free community program through Atrium Health
- Three 90-minute group sessions

Call 704-667-2565 or email CommunityWellness@AtriumHealth.org to sign up or to learn more.

Support Programs

Just as no two cancers are alike, no two people are alike. Your journey with breast cancer will be unique to you. It will be unlike others' experiences because it involves you. The support of family and friends is very important, but they may not always understand what you are going through.

Many people find it helps to talk to others who have also had breast cancer. You might find comfort in hearing from others who understand your feelings, even if they didn't have the exact same experiences.

It is also common to have a lot of questions such as:

- How will this cancer affect my life?
- What do I say to my loved ones and friends?
- How should I prepare myself for the next steps?
- What are ways to cope with cancer and work, school, parenting, relationships and fertility?

You don't have to face cancer alone. LCI can help you find support and information in a private and safe space. You can meet one-on-one or as a small group just for women with breast cancer. There are also classes and events for people with any type of cancer.

Your Nurse Navigator can connect you to these support programs, classes and groups. She can also connect you to other people who understand and are available to you, such as a licensed clinical social worker (LCSW) and other experts. Your Nurse Navigator may also be able to help with concerns about health insurance, finances and finding transportation to treatments.

continued

In addition to programs, groups, classes and services through Atrium Health and LCI, here are some support programs of interest to **ywbp** patients:

- **Young Women's Support Group**

The support group gives young women with breast cancer a chance to share and learn in a positive setting. Whether you have just been diagnosed, are still in treatment, or are some years out, we invite you to join us.

- The support group is for women diagnosed with breast cancer at age 40 or younger
- It is led by a licensed clinical social worker (LCSW)
- It helps young women to talk about issues and help find solutions
- It helps women connect and build friendships
- Some topics and concerns often talked about:
 - * Talking about cancer and treatment with my children, family, workplace and others
 - * New ways to deal with feelings of stress and worry
 - * Coping with feelings of grief and loss
 - * Concerns about body image and intimacy
 - * Asking others for help

Call 980-442-6001 to sign up or to learn more.

- **Peer Matching Program**

- Matches **ywbp** patients with others who are close in age, diagnosis and/or treatment
- If interested, talk to your Nurse Navigator or Program Coordinator

- **Women with Breast Cancer Support Group**

- For women of all ages
- Meets at LCI - Monroe the second Tuesday of each month at 4:30 p.m.
- Meets at LCI - Morehead
- Call 980-442-1006 to learn more.

- **General Cancer Support Group**

- Serves all LCI patients, family members and friends who are learning to cope with cancer.
- Meets at LCI - Morehead
- Call 980-442-2006 to sign up or to learn more.

- **The Center for Supportive Care and Survivorship**

Free classes and events for you and your support person:

- Nutrition, Sleep 101, Meditation
- Yoga, Chair Yoga, Tai Chi/Qigong
- Creative arts (writing, art and music)

Check LCI calendar for class times. Call 980-442-1006 to learn more.

Services available for LCI patients:

- Healing Touch
- Acupuncture*
- Oncology massage therapy*

Call 980-442-2500 to learn more.

*Fee for service; financial help may be available to those who qualify.

- **LCI Psychotherapy and Psychiatry Clinics**

Serve the mental health needs of our cancer patients

(see **Psycho-Oncology Programs**)

Survivorship: After Treatment Is Complete

After you finish your cancer treatment plan, you will meet with an ACP (Nurse Practitioner or Physician Assistant). The ACP will talk with you about your Survivorship Care Plan (SCP) and the next steps such as: follow-up care, screenings and doctor visits you need to act on.

- **Cancer Survivorship Medical Clinic Program**

After you finish your follow-up care, you will be ready for our Cancer Survivorship Medical Clinic Program.

This program helps with your long-term needs as a cancer survivor. Your care plan is based on your type of cancer, the types of treatment you had and other health needs. The program will:

- 1) Order any tests needed to be sure your cancer has not come back
- 2) Check for any other cancer you might have
- 3) Check to see if you need cancer gene testing
- 4) Look for other health problems that may come from your cancer or your cancer treatment
- 5) Help you lead a healthy lifestyle to lower your risk of other cancers and health problems
- 6) Help your family doctor and your cancer team work together

continued

- **Survivorship Cardio-Oncology Clinic Program**

Some cancer treatments can cause problems with how well your heart works. This clinic is for people who are at risk for having heart problems after treatment. Our heart doctors look at your risk and make a plan to help keep your heart healthy. They also help with the care of any problems that are found.

- **Other LCI Survivorship Services**

LCI has services and programs that can help you stay healthy and feeling your best after treatment. Experts are here and ready to guide you as you adjust to life after cancer. They can help with cancer rehabilitation and ways to ease pain, exercises to stay strong, advice about what foods to eat, plus vitamins and supplements. Many of these programs are through The Center for Supportive Care and Survivorship. Call 980-442-2500 or the Cancer Resource Center 980-442-1006 to learn more.

Tai Chi / Qigong

Tai chi (ty-chee) and qigong (chee-gung) combine slow, gentle, flowing poses with breath work. Tai chi and qigong have been shown to:

- improve balance, posture and strength
- help relax the body and mind
- help quality of life and feelings of well-being

Check events calendar for classes and location. Call 980-442-1006 to sign up or to learn more.

Transportation

Based on eligibility and need, some nonprofits offer free rides to your cancer treatments. Ask your Nurse Navigator to learn more.

Wigs

- **Wig Closets and Voucher**

- Free wigs to LCI patients at LCI - Morehead's Cancer Resource Center. Call 980-442-1006 to learn more.
- Free wigs at LCI - Morehead's breast clinic for breast cancer patients. Ask your Nurse Navigator to learn more.
- Free voucher through tlcdirect.org

Yoga and Chair Yoga

Yoga poses combine gentle stretching and breathing. Teachers are trained in cancer care and will modify moves so all abilities can join in. Yoga has been shown to:

- improve balance, posture, flexibility and strength
- help relax the body and mind
- help quality of life and feelings of well-being

Check events calendar for classes and locations. Call 980-442-1006 to sign up or to learn more.

Notes



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