

## HELPFUL RESOURCES

### American Cancer Society

1-800-227-2345/www.cancer.org

Having cancer is hard. Finding help shouldn't be. No matter what you need, the American Cancer Society can help. Assistance is available 24 hours a day, seven days a week.

### CancerCare

1-800-813-4673/www.cancercare.org

CancerCare provides free, professional support services to anyone affected by a cancer diagnosis. These include counseling, support groups, workshops, publications, financial help, referrals and resources.

### McLaren Homecare

1-866-323-5974/mclaren.org

McLaren Homecare team works under the direction of your physician. Because it can be difficult to understand the variety of homecare services available and the eligibility criteria, McLaren Homecare will visit you to help develop a plan to meet your needs. Some of these specialty areas are home chronic disease management, infusion services, medical supplies and equipment, palliative and hospice care.

### Patient Advocate Foundation (PAF)

1-800-532-5274/patientadvocate.org

PAF serves as a liaison between patient and employer and/or creditors to resolve insurance, job, discrimination, and/or debts crisis matters.

### 1-800 QUIT NOW

(1-800-784 8669)

A free, confidential stop smoking counseling service which also offers free smoking cessation products.

### Social Security Disability

1-800-772-1213/www.ssa.gov

Benefits may be available under either or both the Social Security Disability Insurance (SSDI) program or the Supplemental Security Income (SSI) program. The medical requirements for disability payments are the same under both programs and a person's disability is determined by the same process.

### National Cancer Institute (NCI)

800-422-6237/cancer.gov

Reputable online resource for education and information on cancer diagnosis and treatments.

## LOOKING FOR HELP?

### Let Us Introduce You...

#### Medical Social Worker

(810) 342-3847

- Individual counseling
- Community referrals
- Help acquiring resources
- Consultation and coordination
- Problem solving
- Financial resource information

#### Registered Dietitian

(810) 342-3823

- Provides nutritional information specific to each cancer patient
- Supplemental nutritional assistance

#### Cancer Center Psychologist

(810) 342-3834

- Individual Therapy
- Sleep Hygiene Planning
- Pain Management
- Grief support
- Support for family of patients
- Psychoeducation

#### Erin Keith, MEd, ATR

Registered Art Therapist  
(810) 342-4206

- Individual art therapy in office
- Group art therapy sessions and workshops at various locations
- Continuing support after treatment ends

#### Christine LaMay

Patient Accounts Coordinator for Radiation Therapy  
(810) 342-3803

- Help with questions regarding financial help options regarding medical costs
- Insurance verification
- Help with education on insurance information

#### Hannah Ardelean, BSN, RN, OCN

Breast Nurse Navigator  
(810) 342-4848

- Clarify medical concerns and information
- Referral to community resources
- Liaison between physician offices
- Coordination of medical appointments

#### Breanne Bishop, MT-BC

Music Therapist, Board Certified  
breanne.bishop@mclaren.org

- Individual music therapy sessions available on Thursdays
- Family music therapy sessions available on Thursdays
- Group music therapy sessions Thursdays at 10:30

### Additional Karmanos Cancer Institute McLaren Flint Resources

#### Lisa Priestap, PT, MSPT

Robin Doak, OTRL, CLT  
Emily Carvill, MA CCC-SLP  
Cancer Rehabilitation Specialists  
(810) 342-5350

- Physical, occupational, and speech therapy for cancer specific disability
- Evaluate physical dysfunction Improve overall physical disability
- Educate patients on the benefits of exercise throughout cancer care
- Evaluate and treat speech, cognitive and swallowing difficulties

#### Denise Papak

Business Office Coordinator For Proton Center  
(810) 342-3837

- Help with questions regarding financial help options regarding medical costs
- Insurance verification
- Help with education on insurance information

#### Chris Hurley, LPN

Central Intake Manager  
McLaren Homecare Group  
(810) 323-5974

- Home Health Care
- Palliative Care
- Hospice Services
- Medical Supplies & Equipment
- Home Infusion Services

#### Rachel Hagen, MS

Genetic Counselor  
Karmanos Cancer Genetic Counseling Service  
Certified Genetic Counselors  
Phone: (810) 342-3854  
Fax: (810) 342-3855  
Email: genetics@karmanos.org  
Website: www.karmanos.org/genetics

# RESOURCES

FOR YOUR JOURNEY WITH CANCER

## RADIATION THERAPY | NEW PATIENT PACKET

## WELCOME TO THE RADIATION ONCOLOGY DEPARTMENT

You will find many answers to your questions about our Radiation Oncology services in this packet. Please keep this important information handy for future reference.

### Radiation Oncology Providers:

- Hesham E. Gayar, MD, MB, CHB
- Jack Nettleton, MD
- Kiran Devisetty, MD
- Omar Gayar, MD
- Erin Burke, PA-C

### Hours of Operation:

Monday thru Friday Clinic Hours  
7 a.m. – 5 p.m.

Closed:

Nights, Weekends and Holidays

### Front Desk:

(810) 342-3800

### After Hours Phone Number:

(810) 342-3800

### Emergency Room:

McLaren Flint  
401 S. Ballenger Highway  
Flint, MI

Treatments are on a daily basis unless otherwise instructed by your doctor. Both the nurse and the physician assistant (PA-C) will see you once a week-usually on Monday. You may be seen at any other time, as situations arise, which may require further attention, medication(s), or instructions. You may report problems to your radiation therapist(s). They will notify the nursing staff of your need(s). If you have any questions, please ask them so you can feel fully informed and confident of your treatment. There is also time to ask questions during your weekly visit with a nurse and PA.

If you are having difficulty during the hours we are closed, you are encouraged to call the "after hours" number to speak with the physician on call at that time. Further instructions will be given to you by the doctor, and you may be required to see the nursing staff prior to your next scheduled radiation treatment.

**"I CAN BE CHANGED  
BY WHAT HAPPENS TO  
ME. BUT I REFUSE TO  
BE REDUCED BY IT."**

– Maya Angelou



## SUPPORT GROUPS

### CANCER SUPPORT GROUP

Second Tuesday of each month  
1:00-2:30 pm

This group is open to any person who has been diagnosed with cancer. This group meets at the Hospitality House, Library, 3170 Beecher Road, Flint  
For further information, RSVP to Hannah Ardelean at (810) 342-4848.

### YOUNG WOMEN SUPPORT GROUP

Fourth Tuesday each month • 1:00-2:30 pm

This Group is open to any woman who has been diagnosed with cancer prior to turning 50 years old. This group meets at the Hospitality House, Library, 3170 Beecher Road, Flint  
For further information, RSVP to Hannah Ardelean at (810) 342-4848.

### US TOO PROSTATE CANCER SUPPORT GROUP

First Tuesday of each month • 5:00 pm  
Hospitality House

For further information visit  
ustoo.org or call (810) 342-4848.

### STOP SMOKING WORKSHOP

Every other Thursday • 3:00-4:30 pm

This group meets at the Hospitality House, 3170 Beecher Road, Flint  
For further information, RSVP to Valerie Mcleod at (810) 342-5370.

### MULTIPLE MYELOMA SUPPORT GROUP

Third Thursday of each month  
Meetings held Sept. through June  
6:30 - 8:00 pm

McLaren Hospitality House, Conference Center

For more information, call (810) 820-1592 or  
Flintsgl@IMFSupport.org  
Website: flint.support.myeloma.org

### NEW TOMORROWS GRIEF SUPPORT GROUP

Free ongoing grief education and support for anyone who has experienced the loss of a loved one. For information call (810) 496-8625.

### QUIT SMOKING SESSIONS

Did you know that Karmanos Cancer Institute/McLaren Flint offers FOUR ways to quit smoking? For more information, or to schedule an individual session, please contact Valerie McLeod, Pulmonary Rehab Manager at:  
Email: Valerie.mcleod@mcclaren.org  
Website: www.planmyquit.com  
Phone: 1-800-QUITNOW (1-800-784-8669)  
Mobile Application: Quitter's Circle APP

### ART THERAPY SUPPORT PROGRAMS

Daily art therapy groups and workshops for cancer survivors and their caretakers, friends, and family. To learn more and to see which programs are right for you, contact Erin Keith at (810) 342-4206.

## THE PEOPLE YOU WILL MEET

The **radiation oncologist** is the physician who will plan your treatments and manage your care during the therapy.

The radiation oncologist's **physician assistant** or **nurse practitioner** will meet with you at least once a week during the course of treatment to address radiation oncology treatment issues.

The **radiation nurse** will provide specific instructions related to your care during the course of treatment. The nurse will meet with you to discuss problems and answer questions or concerns you may have during your treatment.

The **radiation therapist** is responsible for the scheduling and administration of your daily radiation treatments.

The **patient service representatives** will greet you every day, schedule physician appointments, and answer general questions. Please advise them if there are any changes to your insurance or contact information.

The **patient clinical scheduler** will schedule diagnostic imaging and special procedures.

The **social worker** is available to provide assistance with social or psychological concerns related to your cancer journey. These may include financial, emotional, or legal issues.

The **art therapist** is available to provide assistance with psychological and emotional needs through individual or group art therapy sessions.

The **oncology dietitian** is available to discuss specific dietary concerns and help meet your dietary needs during therapy.

**Pastoral care** is available to see that your spiritual needs are addressed if desired.

There are many people in the background that assist in making your radiation therapy treatments happen each day. Additional members include: treatment planning team members in **dosimetry** and **physics, management,** and **volunteers.**

## CONNECTING TO CARE

Karmanos Cancer Institute at McLaren Flint publishes a monthly newsletter containing information specific to that month's cancer-related events, support groups, art workshops and ongoing educational programs. If you would like to be added to the monthly Cancer Institute newsletter mailing list, please contact Erin Keith at (810) 342-4206.



## WHAT TO EXPECT DURING RADIATION THERAPY

### What is radiation therapy?

Radiation therapy is the use of high energy x-rays, electrons, and other types of radiation in the treatment of disease, especially cancer. There are many types of cancer and they act in different ways. Because of such differences, there are many methods of cancer treatments. Radiation therapy is one of the three major treatment methods. It can be used alone, or in conjunction with surgery and or chemotherapy. For many cancers, radiation therapy is the principle method of treatment.

### What happens during consultation?

During your first visit, you will meet with the radiation nurse and the radiation oncologist. A complete history and physical will be obtained. At this appointment, treatment options and a treatment plan will be discussed.

### What is simulation?

Once it is determined radiation treatments are indicated, we will conduct a treatment planning session, also known as simulation (SIM). This session involves performing a CT scan in order to accurately plan your treatment. The length of time between simulation and the initiation of the treatment can vary depending on the specific type of radiation being given.

### What to expect during treatment?

Treatments are Monday through Friday, and in most cases are delivered at the same time every day. We do our best to minimize any changes or scheduling conflicts. It is important you eat a well-balanced diet and maintain your weight. It is also important to rest as needed. In most cases, your daily activities do not need to be restricted in any way. It is normal to experience some anxiety while undergoing cancer treatments. The medical staff is available to clarify information and provide answers to your questions and concerns. If you would like to discuss your concerns in greater depth, the social worker or counselor are available to meet with you individually.

### What happens if I have a medical concern?

You will meet with the nurses and the physician assistant (PA) on a weekly basis during the course of your treatment. Please report any changes or symptoms you are experiencing, especially if there is discomfort. Any other medical questions or concerns, unrelated to radiation treatment, you should address with your primary care physician.

### What if I need to miss an appointment?

If you are going to miss an appointment, please call the radiation therapy department at (810) 342 3800. If you are experiencing a medical emergency, please call 911. If you are admitted to McLaren Flint Hospital, your care will be coordinated with the radiation oncologist and your primary care physician.



YOUR BEST CHANCE.

1-800-KARMANOS KARMANOS.ORG