



## Supportive Care and Survivorship Program

The Supportive Care and Survivorship Program at The University of Arizona Cancer Center at St. Joseph's provides care to enhance one's quality of life throughout all stages of treatment and recovery. The supportive care team provides expert pain and symptom management and maximizes each patient's function by providing treatments for their symptoms. The types of therapies used are based on each patient's individual needs as they go through their cancer journey.

### **A PROGRAM AS UNIQUE AS ITS PATIENTS**

We recognize that a cancer "survivor" is anyone who has been diagnosed with cancer, who is living with cancer, or does not have evidence of disease. Through an approach that looks at all facets of care, the Supportive Care and Survivorship Program provides a caring environment that addresses each patient's changing needs and supports patients throughout their cancer treatment and beyond. In addition, the program provides cancer rehabilitation, cardiovascular assessment, and pain management.

Just as importantly, if a patient chooses to stop or delay treatment, the Supportive Care and Survivorship Program will continue to support them. In short, the supportive care continues as long as each patient desires it.

## COMPREHENSIVE ASSESSMENT AND TREATMENT

Many patients recover fully from their disease and treatment, but others experience early, long-term, or late consequences that can impact the quality and duration of their lives.

Fatigue, appetite and weight issues, anxiety, depression, and sexuality are the concerns most often reported. Cardiac and respiratory symptoms, hormonal changes, lymphedema, skin changes, nutritional problems, and a variety of other symptoms are also reported during treatment.

The Supportive Care and Survivorship Program educates and guides patients throughout their treatment, recovery, and beyond. The team first performs a comprehensive assessment of each patient and next creates a personalized plan based on each patient's individual symptoms and needs.

Physical, occupational, speech/swallow, and lymphedema therapies are available to each patient. Additional services include: cardiovascular assessment, nutrition education, psychosocial assessment and counseling, symptom management including pain management, rehabilitation, and support groups, such as our Lifestyle Management After Cancer Program.



**“MY PAIN WAS CONTROLLED AND THEY MADE EVERYTHING EASIER.”**

*Linda W.*

## CANCER REHABILITATION

Approximately 75 percent of cancer survivors have at least one physical problem that affects their quality of life. Rehabilitation can help with physical problems plus help overcome limitations caused by cancer and cancer treatment—including fatigue, sleep issues, and pain. Occupational and physical therapy are available to improve both the function, mobility, and strength of cancer patients. Rehabilitation can also increase each patient's ability to care for themselves and reduce the support needed from caregivers.

## CARDIO-ONCOLOGY

Unfortunately, some cancer treatments increase the risk of heart failure, hypertension, heart rhythm abnormalities, and heart attack. The cardio-oncology clinic provides a comprehensive evaluation of cancer survivors who have heart disease, or who have the risk factors for developing heart problems. Specialized laboratory testing and sophisticated strain echocardiographic imaging help identify or predict heart disease before the damage occurs.

The Supportive Care and Survivorship Program strives to maximize survival and quality of life for each patient's unique needs.

**Learn more about this program online at [dignityhealth.org/UACC](https://dignityhealth.org/UACC) by selecting the Supportive Care and Survivorship page.**