

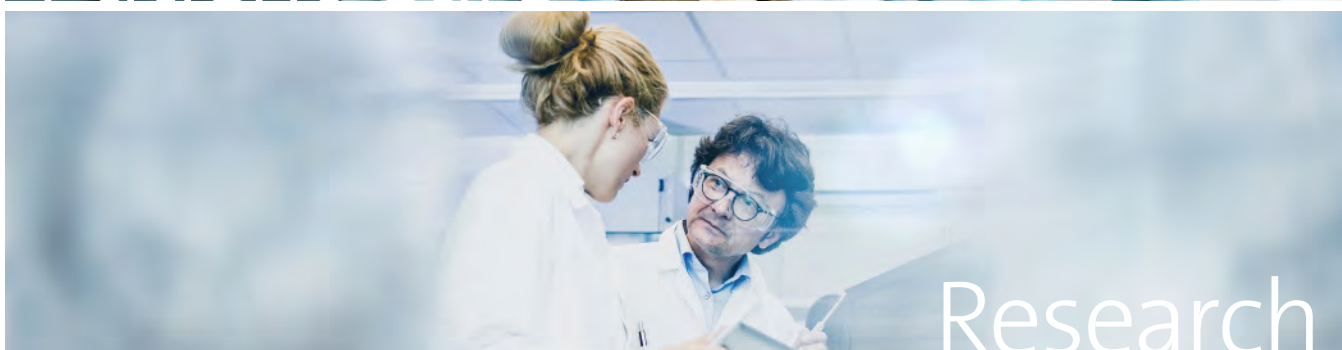


Weill Cornell Medicine
Meyer Cancer Center

In partnership with

NewYork-Presbyterian

A Guide to Cancer Care for Patients and Caregivers





Physicians at the Weill Cornell Medicine Meyer Cancer Center in partnership with NewYork-Presbyterian use a multidisciplinary approach to cancer care. This approach brings clinicians from different specialties and departments together to collaborate and ensure patients receive comprehensive care for the whole body and mind, not just the cancer.

A Message from the Patient & Family Advisory Council (PFAC) at the Weill Cornell Medicine Meyer Cancer Center in Partnership with NewYork-Presbyterian

Receiving a cancer diagnosis is often a scary time. Many have gone through a cancer diagnosis and continue to navigate the often complicated and overwhelming cancer care process. The Patient & Family Advisory Council (PFAC) at the Weill Cornell Medicine Meyer Cancer Center in Partnership with NewYork-Presbyterian is here to tell you that you are not alone. We, the Patient/Caregiver Advisors of the PFAC, have also experienced a cancer diagnosis, so we know how you're feeling. Your journey does not have to look a certain way – every patient has experiences and decisions to make that are uniquely their own.

You might be wondering what the next steps are, or how to learn more about your diagnosis and treatment options. NewYork-Presbyterian and Weill Cornell Medicine offer a number of supportive care services and additional resources to help you and your loved ones feel empowered and confident in the care you receive. The NewYork-Presbyterian and Weill Cornell Medicine care teams are here to treat you as a whole person – not just your cancer. They will help to connect you with appropriate team members to address all of your concerns.



Don't hesitate to ask your care team and be assertive! Use the last three pages at the back of this guide to jot down some questions to ask your care team, along with their answers.

The PFAC works with multidisciplinary teams and leadership from NewYork-Presbyterian and Weill Cornell Medicine to provide a voice for all cancer patients. The PFAC delivers feedback on key priorities and initiatives, while working with providers and other staff to improve your experience and create an environment of patient- and family-centered care. Learn more about the PFAC via the following link – <https://www.nyp.org/weillcornellcancerpfac>.

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Your Cancer Care Team

Life is different after diagnosis. We're here to help, and our approach is a comprehensive one.

Each patient care team combines the skills of several different healthcare professionals, making patient care a team effort. Our expert team members meet regularly to discuss patients' diagnostic and treatment information, ensuring they get the best possible treatment for their specific needs. NewYork-Presbyterian and Weill Cornell Medicine specialists address both practical and emotional needs, through professional counseling, consultation services, support groups, educational resources, nutrition, social activities, and complementary therapies.

Registered Nurses

Registered nurses will be caring for you during your time in the infusion centers, radiation oncology units, and other practice locations. Our team will perform initial and ongoing assessments and administer medications (chemotherapy and biotherapy, antibiotics, and other medications), blood products, hydration fluids, and injections ordered by your provider. These assessments ensure your treatment is given in a safe and caring manner and in line with the treatment plan developed by your physician.

Nurse Practitioners and Physician Assistants

Nurse practitioners (NPs) and physician assistants (PAs) diagnose and treat patients in collaboration with physicians in the outpatient setting. They assess patient health by interviewing patients, performing physical examinations, and administering or ordering diagnostic tests such as x-rays, electrocardiograms, and laboratory studies. NPs and PAs interpret test results, instruct and counsel patients by describing treatment plans, and promote wellness and health maintenance.

Clinical Pharmacists

Pharmacists provide clinical services in both the inpatient and outpatient settings. They work closely with physicians and other healthcare professionals to evaluate the appropriateness and safety of medications being prescribed, and monitor for side effects and drug interactions. They educate patients on the best way to take their medications and provide information about what they can expect during therapy.



Your Cancer Care Team

Medical Nutrition Therapy

Nutrition is an important part of cancer treatment and health maintenance. Complimentary medical nutrition therapy with our board-certified oncology dietitians is available. Just ask your doctor, nurse, or another member of your care team.

Services provided include the following:

- General guidelines for balanced nutrition
- Nutrition recommendations for specific cancers
- Side effects of treatment
- Poor appetite
- Taste changes
- Weight management

Social Workers

Oncology treatment can affect patients in unforeseen ways. It is common for patients to experience worry, stress, and feelings of isolation. The oncology social worker is an important member of your healthcare team. They are available to provide numerous services to support you as you navigate the healthcare system, and can help you manage the day-to-day challenges of living with your diagnosis.

Services provided include the following:

- Supportive and adjustment counseling
- Crisis intervention
- Psychosocial evaluations and treatment planning
- Palliative and goals-of-care discussions
- Education and consultative services
- Referrals to support groups
- Referrals to community-based resources
- Coordination of home care services
- Assessment for diagnosis and treatment-based programs
- Assistance with advanced directives



Radiation Therapists

A radiation therapist is a licensed professional who delivers the radiation treatment plan after it has been approved by the physician and calculated by the physics department. He or she is an expert in caring for patients and also has an understanding of the jobs done by the rest of the team.

Patient Navigators

Navigators make frequent rounds to check on patients in the waiting areas. They monitor wait times for patients and keep patients informed about their appointments. They are able to assist patients and families with any questions they may have about their appointments and what to expect on the day of their appointments.

Clinical Librarian & Information Professional

A professional clinical librarian specializing in cancer information and education resources is available to meet with patients and caregivers. Reliable patient education, consumer health, and science-based materials are provided to help patients make informed decisions and feel empowered to participate in their care.

Pastoral Care Services

The Pastoral Care Department is committed to meeting the religious, spiritual, and existential needs of patients, family members, and staff through direct pastoral care and counseling. Services are available by request and can be made by contacting a member of your care team.

Services provided include the following:

- Pastoral and/or spiritual care
- Emotional support
- Brief pastoral counseling
- Facilitation to meet your religious-cultural or ritual needs such as Kosher, Halal food or Sacrament of the Sick
- Support if you need to make difficult decisions for yourself or a loved one
- Faith-specific religious guidance
- Prayer and/or sacramental support
- Support groups
- Religious worship services
- Meditation services

Patient Services

Our Patient Services Administration staff is available to respond to patient, family, or visitor concerns about patient care, patients' rights, and services provided by any department. Patients or families may contact the Office of Patient Services, Monday through Friday, 9:00 AM to 5:00 PM by calling 212-746-4293. After hours, please leave a message, and we will call you back as soon as possible.

Interpreter Services

Our goal is to communicate with patients and families in their preferred language. In order to do so, a trained staff interpreter will assist you free of charge. This includes patients/families who speak a foreign language, have limited English proficiency (LEP), use sign language (deaf, hard of hearing and deaf/blind individuals), or require the use of assistive listening devices to effectively participate in all treatment processes. Please ask a member of your care team for additional information.

Supportive Care Services

Our supportive care services provide patients, their families, and caregivers assistance throughout the course of treatment. We aim to improve the quality of life of our patients by offering treatment and disease information, emotional and spiritual support, and community-building resources.

Cancer Information at the Myra Mahon Patient Resource Center | 646-962-5721

weillcornell.org/health-resources/myra-mahon-patient-resource-center

The Myra Mahon Patient Resource Center (PRC) aims to make accurate, science-based health information easily available, so that patients and their families can make informed decisions about their care. The PRC works collaboratively with the world-class physicians and healthcare providers at Weill Cornell Medicine, who are committed to delivering outstanding primary and specialty care to all patients.

Fertility Services | 646-962-2764

ivf.org

The Fertility Preservation Program at Weill Cornell Medicine's Center for Reproductive Medicine assists women who wish to preserve their potential to have a biologic child in the future by freezing (cryopreserving) eggs (oocytes) or embryos. Ovarian tissue may also be preserved depending on patient circumstances. The program has a history of quickly and efficiently supporting patients with a wide variety of cancer diagnoses as well as cancer survivors.

Genetic Counseling | 877-902-2232

nyp.org/cancer/services/genetic-counseling

NewYork-Presbyterian and Weill Cornell Medicine specialists assess cancer risk in patients with a personal or family history of specific cancers, including breast, ovarian, endometrial, gastric, colorectal, prostate, renal, skin, thyroid, pancreatic, and other cancers. As part of the assessment for genetic testing, patients receive education and counseling to help them understand the specific risks for them and their families.

Geriatric Health Outreach | 212-746-4351

nyp.org/clinical-services/geriatrics/healthoutreach

A free membership program for people 60 years of age and older that provides a centralized resource to access hospital and community programs.

Integrative Health & Wellbeing | 646-697-9355

nyp.org/integrativehealth

The Integrative Health and Wellbeing program at NewYork-Presbyterian, in collaboration with Weill Cornell Medicine, is an individualized, holistic, and evidence-based approach to health care. The staff partner with patients and families to help improve physical, mental, and spiritual wellbeing.





Nutrition | 646-962-8690

www.nyp.org/nutrition/nutrition-counseling

Registered dietitians are available to meet with patients (and caregivers) undergoing chemotherapy and/or radiation treatment regarding related side effects, unwanted weight changes, food choices, supplements, special diets, and any other questions.

Pastoral Care & Education | 212-746-6971

nyp.org/clinical-services/pastoral-care

Our professionally trained chaplains provide spiritual, religious, and emotional support, as well as meditation and Reiki, to patients and families. The Chapel is located by the hospital's 68th Street entrance, and is always open for prayer and meditation.

Patient & Family Advisory Council (PFAC)

nyp.org/patients-and-visitors/patient-and-family-advisory-council-pfac/weill-cornell-pfac/weill-cornell-cancer-center-pfac

Patient/Family Advisors and Hospital Liaisons meet regularly to offer their unique insights and perspectives into the patient and family/caregiver experience while working together on quality improvement projects to inform patient care and to ensure that the voices of patients and caregivers are represented.

Sleep Disorders | 646-962-REST (7378)

neurology.weill.cornell.edu/clinical-services/center-sleep-medicine

The Weill Cornell Medicine Center for Sleep Medicine offers cancer patients and survivors state-of-the-art diagnostic and treatment approaches to manage their sleep disorders, focusing on an overall improvement in

sleep quality. Cancer pain, the anxiety of living with cancer, and medications may contribute to a disruption in sleep patterns that may lead to insomnia, fatigue, and moodiness.

Smoking Cessation | 646-697-LUNG (5864)

cornell-lungscreen.com/smoking-cessation

Smoking cessation is an integral component of any lung screening program because it is the most effective way to reduce the morbidity and mortality of lung cancer. We know that it is difficult to quit smoking and encourage discussion with our dedicated smoking cessation team, which offers individualized support based on the latest research.

Social Work | 212-746-3980

nyp.org/clinical-services/social-work

As part of the clinical care team, professional social work staff help patients and families understand and cope with medical, psychological, and social issues related to their illness. These licensed mental health professionals provide support through counseling, patient advocacy, assistance with discharge planning, and leadership of numerous support groups. For a complete list of support groups, please see the Support Groups section in this guide.

Young Adult Survivorship & Late Effects Program | 646-962-5437

pediatrics.weill.cornell.edu/pediatric-clinical-services/oncology-program

Provides ongoing care to survivors of pediatric and young adult cancers after completion of therapy for complications from their treatment, and the effects of surgery, radiation, or chemotherapy that was administered.



Support Groups

Sometimes patients and their caregivers need special support that can best be found in the company of others who are sharing a similar experience. A wide range of peer support groups is available for patients, family members, and caregivers.

Oncology Inpatient Support Groups

Established Patient (Diagnosis One Year +)

Each Monday, 2-3PM

Contact to register: 212-746-3265

Disability & Insurance Educational Group

Each Tuesday, 2-3PM

Contact to register: 212-746-3224

New Patient Support Group (Diagnosis Under One Year)

Each Wednesday, 2-3PM

Contact to register: 212-746-4325

Caregiver Support Group

Each Thursday, 2-3PM

Contact to register: 212-746-3265

Oncology Outpatient Support Groups

Outpatient Oncology Support Group

1st and 3rd Thursday of each month, 12-1PM

Contact to register: 212-746-9039

Breast Cancer Support Group for Women 50+

2nd and 4th Tuesday of each month, 6-7:30PM

Contact to register: 646-499-0674

Breast Cancer Support Group for Women under 50 years old

1st and 3rd Tuesday of each month, 6-7:30PM

Contact to register: 646-499-0674

BMT Caregiver Support Group

Thursday, 2-3PM

Contact to register: 212-746-4952

Multiple Myeloma Support Group

2nd Tuesday of each month, 6-7:30PM

Contact to register: 917-565-2661

Head and Neck Cancer Support Group

1st Friday of the month from 2-3PM

Contact to register: 917-565-2661

Kidney Cancer Support Group

Meets every two months on Saturdays, 10-11AM

Contact to register: guonc@med.cornell.edu

Support Groups from Outside Organizations

Chronic Lymphocytic Leukemia (CLL) Support Group

2nd Sunday of each month, 3-5PM

Contact to register: NYCgroup@cillsociety.org

Waldenstrom's Macroglobulinemia Support Group

Contact to register and receive dates: 212-831-1306

Us TOO New York Prostate Cancer Support Group

3rd Thursday of every month, 6PM

Contact to register: info@ustooneyork.org

Clinical Services

Our variety of medical specialties allows for flexible and comprehensive cancer treatment. These include, but also go beyond, cancer-specific specialties to offer the most tailored, coordinated cancer care experience.

Cancer Pain | 646-962-7246

weillcornell.org/services/pain-management

Pain control is an integral part of a patient's care and has been associated with better outcomes in cancer treatment in the inpatient and outpatient setting. At Weill Cornell Medicine Pain Management and NewYork-Presbyterian, we offer a range of therapies to treat pain at all levels and specialize in advanced techniques to treat complex, cancer-related pain.

Cancer Rehabilitation | 212-746-1500

weillcornell.org/cancer-rehabilitation

Our cancer rehabilitation physicians focus on patients' bone, muscle, and nerve health and works with their oncologists, as well as physical and occupational therapists, to develop individualized treatment plans. Treatments may involve diet and lifestyle modifications like an "anti-inflammatory diet" and exercise regimens, as well as medications, imaging to look for the spread of cancer, and injections administered with the guidance of ultrasound for the most accurate placement.

Cardio-Oncology | 646-962-HART (4278)

weillcornell.org/hearthealth

HeartHealth, a program of the Dalio Institute of Cardiovascular Imaging, is a clinical program that evaluates individuals at risk of cardiovascular disease. It is among the few cardiology programs in the country that focus on prevention of cardiovascular disease in cancer patients and cancer survivors. A team of experts advises and guides patients who are undergoing or have completed cancer treatment in preventing, monitoring, and managing cardiovascular risks and cardiovascular injuries. In addition, our heart failure program offers the most up-to-date therapies and support for chemotherapy-induced cardiac conditions.

Center for Female Pelvic Health | 646-962-9600

urology.weillcornell.org/center-female-pelvic-health

The Center for Female Pelvic Health is home to the most advanced clinical care and research in the field of female urology/urogynecology, including treatment options for urinary incontinence and pelvic organ prolapse. Urogynecologists at the Center provide comprehensive, personalized treatment while collaborating with the patient's oncologist(s) for the best continuity of care.

Clinical Trials | 646-962-8215

jcto.weill.cornell.edu

Clinical trials are intended to advance medical knowledge and are the safest and most effective way to find new treatments and interventions to improve health outcomes. Our physicians are dedicated to the pursuit of breakthrough research and the safe and ethical management of clinical trials. Research study volunteers play a critical role in determining the effectiveness of new treatments. By participating in clinical trials, you may gain access to promising new therapies before they are widely available.

Dermatologic Oncology | 646-962-3376

weillcornell.org/dermatologic-oncology

Provides comprehensive, personalized care for patients using the latest medical breakthroughs and technology to diagnose and treat a wide range of skin diseases and conditions. Drug treatment regimens and dermatologic surgeries like Mohs micrographic, flap, and general biopsies are utilized.

Clinical Services

Geriatrics & Palliative Care | 212-746-1664

weillcornell.org/services/geriatrics-and-palliative-medicine

A collaboration between the Division of Oncology and the Palliative Care Consultation Service, Geriatrics & Palliative Care's mission is to provide compassionate care that focuses on maintaining quality of life and relief of physical, spiritual, and emotional suffering. Our services include expert symptom management, supportive counseling, and advance care planning. The Irving Sherwood Wright Center on Aging is dedicated to providing comprehensive primary outpatient medical care to older adults to optimize health and day-to-day functioning.

Men's Sexual Medicine Program | 646-962-9600

urology.weillcornell.org/sexual-medicine

Within the Department of Urology at Weill Cornell Medicine, the Sexual Medicine Program is a world-renowned state-of-the-art facility for diagnostic and therapeutic care. With subspecialty expertise in disorders of the penis, erections, ejaculatory and orgasmic dysfunction, and male hormone issues, among others, we offer compassionate and in-depth services for men with a broad spectrum of problems.

Oral Oncology | 212-746-5175

weillcornell.org/services/dentistry-oral-and-maxillofacial-surgery

NewYork-Presbyterian and Weill Cornell's Division of Dentistry and Oral & Maxillofacial Surgery provides supportive oral and dental care for patients undergoing cancer treatment. Patients receiving cancer therapies such as radiation to the head and neck or stem cell transplant can be at risk of oral infection, and certain cancer treatments can also cause oral adverse effects.

Peripheral Neuropathy | 646-962-3202

neuropathy.weillcornell.org

Weill Cornell Medicine's Department of Neurology is consistently ranked among the nation's best, and the department's Neuropathy Division offers cancer patients

and survivors with peripheral neuropathies — a nerve disorder that can cause weakness, numbness, tingling, and pain in arms, legs, hands, or feet — treatments to alleviate symptoms and prevent further damage.

Thrombosis & Venous Health | 646-962-5757

veintreatment.weillcornell.org/thrombosis-deep-venous-health/understanding-thrombosis

Cancer patients may have a higher risk of deep vein blood clots (deep vein thrombosis or DVT) because of factors in their blood, chemotherapy drugs, damage to their blood vessel walls by surgery and/or chemotherapy, tumors compressing their veins, and being less active. The Weill Cornell Medicine Vascular Program for Thrombosis and Deep Venous Health offers cancer patients and survivors medical and minimally invasive procedural interventions and strategies to prevent and treat blood clots.

Weill Cornell Imaging at NewYork-Presbyterian 212-746-6000

wcinyp.org

Weill Cornell Imaging at NewYork-Presbyterian provides world-class diagnostic imaging and radiology interpretation services. With a distinct focus on safety, quality, and access, our team is committed to providing the most advanced imaging services at every stage of your cancer treatment plan. Our fellowship-trained radiologists are experts in every aspect of cancer imaging to provide you and your physicians with the most accurate and detailed diagnosis.

Interventional Oncology | 646-962-5757

radiology.weill.cornell.edu/clinical/interventional-radiology

Our interventional oncology team performs needle-guided diagnostic biopsies and chemotherapy port placements, and can even treat certain cancers using state-of-the-art minimally invasive loco-regional therapies. The team is experienced in a variety of procedures to alleviate patients' pain and discomfort.



Clinical Trials

Weill Cornell Medicine investigators conduct research-based clinical care. Our physicians and researchers are internationally recognized for cutting-edge research that helps find new treatments for a wide range of health conditions. All of today's standard treatments were developed in clinical trials, many of them at Weill Cornell Medicine and NewYork-Presbyterian.

When exploring treatment options for yourself or a loved one, you might consider participation in a clinical trial. Clinical trials advance medical knowledge and are the safest and most effective way to discover new treatment interventions and improve health outcomes.

Studies on our website are organized by health condition, and you can find clinical trials recruiting participants across the Weill Cornell Medicine and NewYork-Presbyterian network. Information on the website also provides information that will help you better understand what clinical trials are, how they work, and why people participate in them.

To view currently open clinical trials, visit jcto.weill.cornell.edu/open-clinical-trials. For additional information, contact JCTOSRC@med.cornell.edu.

Related Resources

We aim to go beyond clinical care by offering our patients continued support before, during, and after their treatment. These resources address the practical needs of patients and their families to help ease the stress of hospitalization.

Accommodations | 1-800-468-6937 | 212-472-8400

nyp.org/patients-and-visitors/guest-accommodations

To ensure patients and their families can remain close during the patient's hospital stay, we have compiled a range of accommodation options near our facilities. NewYork-Presbyterian offers short-term facilities on campus as well as special rates for hotels and apartments.

Financial Assistance | 1-866-252-0101

nyp.org/pay-my-bill-charity-care

NewYork-Presbyterian has a long-standing policy to assist patients who receive healthcare services at our hospital and are in need of financial aid, regardless of age, gender, race, national origin, socio-economic or immigrant status, sexual orientation, or religious affiliation.

Global Patient Services | 1-212-746-9100

1-888-728-7945 (toll free in US)

nyp.org/globalservices/global-patient-services

Our patient services team of multi-cultural and multi-lingual Patient Coordinators, Financial Representatives, and Referral Liaisons guide patients through their medical care experience. The team provides international patients an unparalleled level of customized service and personal attention every step of the way.

Interpreter Services

nyp.org/patients-and-visitors/interpreter-services

For any NewYork-Presbyterian patients and families with limited English proficiency (LEP), speech or visual impairment, or who are deaf or hard of hearing, the hospital will provide you communication assistance free of charge. Please advise a staff member if you require communication assistance.

Patient Services Administration | 212-746-4293

nyp.org/globalservices/global-patient-services/patient-services

Provides a central location for patients and families to voice their opinions — both positive and negative — about any aspect of Hospital care or services. Our Patient Services Administration personnel can help you and your family with questions and concerns, explain Hospital policies and procedures, and take appropriate steps to see that your rights as a patient are respected.



Cancer Care Locations

NewYork-Presbyterian Hematology and Oncology Infusion Center
Starr Pavilion
 520 East 70th Street, 3rd Floor
 New York, NY 10021 | 212-746-2086

Weill Cornell Solid Tumor Oncology Practice and Infusion Center
 1305 York Avenue, 12th floor
 New York, NY 10021 | 646-962-6200

Gynecologic Oncology Program
NewYork-Presbyterian/Weill Cornell Medical Center
 525 East 68th Street, Suite J-130
 New York, NY 10065 | 646-697-ONC1

NewYork-Presbyterian David H. Koch Center Infusion Center
 1283 York Avenue, 4th Floor
 New York, NY 10065 | 646-962-2330

Breast Center Locations
NewYork-Presbyterian David H. Koch Center
 1283 York Avenue, 4th Floor
 New York, NY 10065 | 646-962-2330

NewYork-Presbyterian Lower Manhattan Hospital
 156 William Street, 12th Floor
 New York, NY 10038 | 646-962-4240

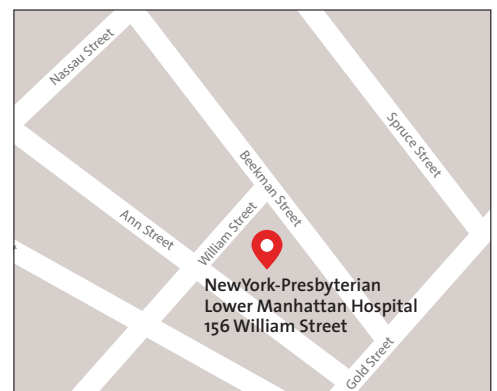
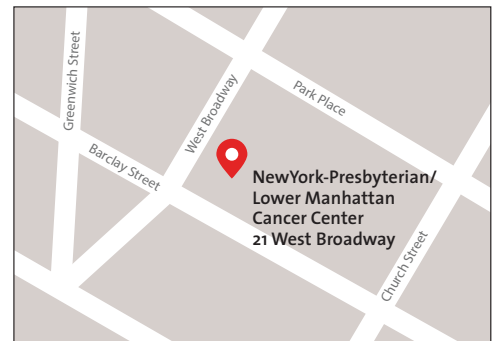
Iris Cantor Women's Health Center
 425 East 61st Street, 8-11th Floor
 New York, NY 10065
 Breast Surgery: 646-962-2888
 Survivorship: 646-962-9888

Weill Cornell Medicine Myeloma Center
 425 East 61st Street, 8th Floor
 New York, NY 10065 | 646-962-6500

Radiation Oncology Locations
NewYork-Presbyterian/Weill Cornell Medical Center Stich Radiation Oncology Center
 525 East 68th Street
 New York, NY 10065
 212-746-3607

NewYork-Presbyterian David H. Koch Center
 1283 York Avenue, 4th Floor
 New York, NY 10065
 212-746-3607

NewYork-Presbyterian Lower Manhattan Cancer Center
 21 West Broadway
 New York, NY 10007
 212-746-6600



Ask Questions During Your Visit

Speak up. By asking your doctor and other providers questions, you are collaborating in your care and being an active patient. This can help you to make more confident, empowered, and informed decisions when it comes to your care. Use this space to write down questions before your visit.

QUESTION:

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Weill Cornell Medicine
Meyer Cancer Center

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