



Support before, during and after treatment



## SUPPORT SERVICES

# Social work services

Social workers can support you during and after your cancer treatment. They can help you find information, help and services for yourself and your family. These include:

- Information and education
- Services, such as rides or help at home
- Counseling for you or your family
- Support groups
- And more



## SUPPORT SERVICES

# Support for your body, mind and spirit

Many things go into being well, or in good health. Each of these things is important, and they are all connected.

During cancer treatment, your mental, spiritual, social and emotional health are as important as your physical health.



SUPPORT SERVICES

## Our Palliative Care clinic

OHSU has a specific clinic to help you feel as well as possible during treatment. This is called our Palliative Care Clinic.

It helps with:

- Pain and other physical problems
- Understanding your diagnosis
- Setting goals for your health, treatment or personal life
- Planning your care



## SUPPORT SERVICES

# Our Palliative Care clinic

You can use the Palliative Care Clinic any time during treatment. Talk with your doctor, nurse, social worker or other staff member about making an appointment.



## SUPPORT SERVICES

# Adjusting to cancer

You will probably feel many emotions when you learn you have cancer. For example, you might:

- Feel shocked and overwhelmed
- Feel pressured to do something right away
- Think “this can’t be happening to me”
- Feel like you are in a bad dream
- Have trouble thinking or paying attention



## SUPPORT SERVICES

# Adjusting to cancer

### What can I do? You can:

- Talk about your feelings
- Tell other people what you are going through
- Figure out what you do have control over
- Know you will feel less overwhelmed as time goes by



## SUPPORT SERVICES

# Adjusting to cancer

You might feel afraid of the following things.  
These are all normal when you learn you have cancer.

- Dying
- Losing your independence
- The treatment not working, or cancer coming back later
- Side effects from treatment
- Changes in your life, routine and relationships

An aerial photograph of a beach with white foam from waves crashing onto the shore, transitioning into a deep green ocean.

## SUPPORT SERVICES

# Adjusting to cancer

You may also feel anxious or depressed.

For example, you might notice:

- A fast heartbeat or racing thoughts
- Feeling “on-edge” – nervous or restless feelings
- Trouble sleeping
- Less interest in doing things, even activities you enjoy

An aerial photograph of a beach with white foam from waves crashing onto the shore, transitioning into a deep green ocean.

## SUPPORT SERVICES

# Adjusting to cancer

- Trouble dealing with your daily routine
- Sadness or depression
- Thoughts about hurting yourself

An aerial photograph of a beach with white foam from waves crashing onto the shore, transitioning into the deep blue-green water of the ocean.

## SUPPORT SERVICES

# Adjusting to cancer

Feelings of anxiety and depression are normal and can happen because you are feeling more stress. Uncertainty and not knowing what will happen or changes in your regular routine can make this worse.

An aerial photograph of a beach with white foam from waves crashing onto the shore, transitioning into a deep green and blue ocean.

## SUPPORT SERVICES

# Adjusting to cancer

### What can I do? You can:

- Talk with a social worker about how to handle your thoughts and cope with daily activities.
- Ask your care team about trying acupuncture.
- Talk with your doctor about taking medication.

An aerial photograph of a two-lane road with a grassy median. Several cars are visible on the road, and a dense line of green trees runs along the left side. The image is oriented vertically on the left side of the slide.

## SUPPORT SERVICES

# Adjusting to cancer

Cancer can affect how other people act around you.

They might:

- Not know what to say or do
- Say or do things that are not appropriate or helpful
- Share their own feelings about your cancer – this might be hard for you to cope with.

An aerial photograph showing a two-lane road with white dashed lines, flanked by dense green trees. A few cars are visible on the road. The image is positioned on the left side of the slide, running vertically.

## SUPPORT SERVICES

# Adjusting to cancer

Cancer can also change your relationships with other people.

You might notice that:

- Family and friends act in new ways or do new things
- People act differently around you
- Some friends seem to go away
- Some friends get closer or do more

An aerial photograph showing a two-lane road with a white car driving on it. The road is bordered by a grassy area and a dense line of green trees. A small body of water is visible at the bottom right of the image.

## SUPPORT SERVICES

# Adjusting to cancer

## What can I do about relationship changes?

- Talk about how you feel
- Tell friends and family what would help and what you need
- Ask a friend or family member to talk with other people, if you do not feel comfortable doing it



## SUPPORT SERVICES

# Adjusting to cancer

Having cancer can change things at work.

You might notice:

- Changes in the way other people treat you – some people might avoid you.
- Difficulty doing your job or staying the whole day
- You have to work less, or cannot work

Your employer might give you support, or they might not.



## SUPPORT SERVICES

# Adjusting to cancer

## What can I do about changes at work?

Talk with your family, friends and social worker about any changes at work.



## SUPPORT SERVICES

# Adjusting to cancer

Talk with the human resources department at work.

You can ask about:

- Family Medical Leave – This is time off the law gives you when you or a family member is sick.
- Sick leave – Another type of time off when you are sick.
- Disability – This is insurance that pays if you cannot work because of a health problem.



## SUPPORT SERVICES

# Adjusting to cancer

## Your health insurance and other benefits

Your doctor will probably need to fill out papers with information on your health. You can bring the papers to your appointments.



## SUPPORT SERVICES

# Adjusting to cancer

You may get a credit on your taxes for the money you spend on cancer treatment. This is sometimes called a “deduction” or “write-off.” It means the government does not ask you to pay taxes on the money.



## SUPPORT SERVICES

# Adjusting to cancer

Keep all the receipts for your cancer treatment. This includes supplies, medications, the cost of traveling to your appointments, and more. A social worker can help you decide what to keep. You may also want to talk with an accountant who does taxes.



## SUPPORT SERVICES

# Financial counseling

A financial counselor can help you understand the cost of treatment and find ways to pay. You can talk with a financial counselor here at OHSU. They can:

- Help you learn what your health insurance will pay for treatment
- Help you find ways to pay, if you do not have insurance
- Find ways to pay other than insurance



## SUPPORT SERVICES

# Financial counseling

If you need financial counseling, please call us at **503-494-6842** or email **[oncfc@ohsu.edu](mailto:oncfc@ohsu.edu)**.

If you are a Community Hematology Oncology (CHO) patient, please speak with your clinic social worker about your financial/insurance concerns.



## SUPPORT SERVICES

# Advance Directive

An advance directive is a document that says what your health care choices are if you are not able to talk for yourself. It also says who can make choices if you are too sick to do this. It is important because we want to know what is important to you and give you the treatment you want. It is important for us to know your values and we want to honor your wishes.



## SUPPORT SERVICES

# Advance Directive

If you already have an advance directive, please bring us a copy. If not, consider making (or completing) one. We can keep a copy with your records.



## SUPPORT SERVICES

# Giving someone financial power of attorney

You can choose someone to handle bills and money for you if you cannot do it. The legal term for this is “power of attorney.” A lawyer, or attorney, helps you write instructions for what the person can do.



## SUPPORT SERVICES

# Giving someone financial power of attorney

You are in charge of what the person can do with your power of attorney. They can do as much or as little as you decide.

This can include:

- Paying your personal bills
- Paying medical bills
- Paying your taxes
- Managing property, such as your home or farm
- Managing your bank account or investments



SUPPORT SERVICES

# Giving someone financial power of attorney

Your social worker can tell you more about giving someone power of attorney.



## SUPPORT SERVICES

# Rehabilitation

Physical therapy, speech therapy and occupational therapy can all help you deal with cancer and treatment.

A therapist can help you with:

- Being very tired (fatigue)
- Problems moving around or keeping your balance
- Numbness and tingling in your hands, feet and sometimes other places (peripheral neuropathy)



## SUPPORT SERVICES

# Rehabilitation

- Muscle pain and weakness
- Confusion and difficulty thinking (chemo brain)
- Swelling around your arms (lymphedema)

A therapist can also create a personal exercise program for you.



## SUPPORT SERVICES

# Acupuncture

Acupuncture is a treatment that uses tiny needles to help energy move around your body. The person who does it puts needles in specific places to help certain problems.

You can have acupuncture at any time during treatment, or after treatment. It can help with cancer symptoms and the side effects from treatment.



## SUPPORT SERVICES

# Acupuncture

Acupuncture can help with these side effects of cancer treatment.

- Nausea and vomiting
- Constipation, diarrhea and other digestion problems
- Sleep problems and tiredness (fatigue)
- Anxiety and depression
- Hot flashes and dry mouth
- Numbness and tingling in your hands and feet (peripheral neuropathy)
- Pain



## SUPPORT SERVICES

# What are you most likely to need support for?

Tiredness and changing emotions are the most common problems during cancer treatment. You will probably have both of these side effects at times. Expect your emotions to go from happy or OK, to sad or angry, sometimes quickly. Also expect to be more tired than usual.



## SUPPORT SERVICES

# About changing emotions

You can go through many emotions because of the medications you take, changes in your hormone levels and the stress of treatment. Normal emotions are:

- Depression
- Anxiety
- Anger
- Fear of the future (apprehension)
- Feeling stressed



## SUPPORT SERVICES

# About changing emotions

You can always talk with your doctor, nurse, social worker or someone else on our team about this. Talking with family and friends can help. But you may want to be strong or avoid scaring them. Our team can help, because we see people go through these emotions so often.



## SUPPORT SERVICES

# About changes to your body

Cancer and treatment can change the way you look and feel about yourself. The changes may include:

- Losing your hair
- Gaining or losing weight
- Swelling in certain areas
- A scar, or a change in a body part after surgery
- Looking pale



SUPPORT SERVICES

## About changes to your body

What can I do about changes to my body?

You can:

- Be aware of how you feel about the changes
- Talk about your feelings with family, friends or your health care team
- Think of ways to cope when people react to your looks



SUPPORT SERVICES

## About changes to your body

- Wear hats, scarves and caps to keep your head warm if you lose hair
- Wear a wig – we can help you get one fitted in the hospital



## SUPPORT SERVICES

# Sleep problems

Cancer and treatment can cause problems sleeping. Try to create a relaxing bedtime routine. You can also talk with your doctor about medication that may help you sleep.

An aerial photograph of a dense forest with a small, dark pond in the center. The trees are mostly green, with some showing yellowish-green foliage, suggesting a transition in seasons. The pond is surrounded by thick vegetation.

## SUPPORT SERVICES

# Sex and intimacy

You may be less interested in sex during cancer treatment. This is normal for many people. The reasons include:

- Stress
- Changes in your body and body image
- Treatment – you may not feel well
- Not being sure sexual activity is safe
- Pain or discomfort

An aerial photograph of a dense forest with a small, dark pond nestled among the trees. The trees are mostly green, with some showing yellowish-green foliage, suggesting a late summer or early autumn setting. The pond is a deep blue color, contrasting with the surrounding greenery.

## SUPPORT SERVICES

# Sex and intimacy

If you are concerned about sex and intimacy, you can:

- Talk with someone on your health care team that you feel comfortable talking to about sex.
- Talk with your partner about how you feel.

An aerial photograph of a lush green forest. A small, dark, irregularly shaped pond is nestled within the trees on the left side of the image. The trees are dense and have vibrant green foliage.

## SUPPORT SERVICES

# Sex and intimacy

Chemotherapy drugs can be dangerous for your partner. They can also harm the fetus if you get pregnant. We recommend:

- Using condoms or other birth control with a physical barrier while you are having chemo. These types of birth control keep chemo drugs out of your partner's body.
- Using a physical barrier method for 1 to 3 months after you stop treatment.

An aerial photograph of a dense forest with a small, dark pond in the center. The trees are mostly green, with some showing yellowish-green foliage, suggesting a mix of deciduous and coniferous trees. The pond is surrounded by a thick canopy of trees.

## SUPPORT SERVICES

# Sex and intimacy

Your doctor might want you to use birth control for 6 to 24 months after treatment ends. This can help prevent pregnancy. Getting pregnant soon after chemo can harm the fetus. Ask your doctor what is right for you. Let them know if you have questions or concerns about birth control.

An aerial photograph of a lush green forest. A small, dark, irregularly shaped pond is nestled within the trees on the left side of the image. The foliage is dense and vibrant green, with some lighter green areas where the sun hits the canopy.

## SUPPORT SERVICES

# Sex and intimacy

You need to be healthy enough to have sex during cancer and treatment. This means your platelet count should be more than 50,000. Your ANC should be more than 1000.

Use lubricant that dissolves in water (water based). Do not use any lubricant that has perfume or coloring in it.



## SUPPORT SERVICES

# Some ways to cope with cancer and treatment

## Some ways to support yourself during cancer and treatment include:

- Doing relaxation exercises or activities that help your mind and body, such as yoga or meditation.
- Getting support from family and friends
- Talking with a counselor
- Asking a social worker to help



## SUPPORT SERVICES

# Some ways to cope with cancer and treatment

- Exercising, as much as it feels good
- Eating well
- Doing spiritual activities, such as praying or reading spiritual books



## SUPPORT SERVICES

# Some ways for caregivers to support themselves

- Take good care of your body, mind and spirit
- Set limits
- Ask for help
- Take leave, using the **Family Medical Leave Act (FMLA)** to get time off from work
- Know the laws about privacy and information for patients and family members (**HIPAA**)



## SUPPORT SERVICES

# Places to stay if you need treatment at OHSU

OHSU has a program to help you find a place to stay. We have RV parking on campus and a guest house that some families can use. We can also help you find places to stay in the Portland area.

Call our team in social work at **503-346-4279** to learn more.



## SUPPORT SERVICES

# Finding transportation during treatment

Your insurance company may pay some or all of the cost of travel to OHSU, your appointments or other places you need to go for care.

The American Cancer Society has a transportation program called **Road to Recovery**. Call **1-800-227-2345** for more information or to schedule.

Call our social work assistant at **503-346-4279** to learn more.



## SUPPORT SERVICES

# Having a wig fitting or getting a hat

If you would like a wig, we can help you find one that fits. Plus, we have free hats available as well. We can do wig fitting in the infusion center, where you go for chemo; or in the Patient Resource Room on the 10th floor. Call our social work assistant at **503-346-4279** to learn more.



## SUPPORT SERVICES

# About the patient resource room

This room is on the 10th floor of the hospital near the elevators. It is open from 7:30 a.m. to 4 p.m. You can find books and other printed information.

You can find more printed information in the reception areas on the 9th, 10th and 11th floor.



NAVIGATING YOUR VISIT

## Phone numbers to remember

- For questions about lodging and transportation  
**503-346-4279**



## NAVIGATING YOUR VISIT

# Phone numbers to remember

- Hematology & Medical Oncology Clinic at CHH2 **503-494-6594\***
- Hematologic Malignancies Clinic at CHH2  
Triage Nurse **503-418-0669\***
  - If your caregiver becomes sick, please call the triage line for advice on how to stay safeClinic Scheduling **503-494-5058**

\*These phone numbers will connect you to the on-call physician when the clinic is closed.



NAVIGATING YOUR VISIT

# Contacting your Community Hematology/Oncology (CHO) team

**Regular clinic hours are 7 a.m.–5:30 p.m.**

Beaverton Clinic

15700 S.W. Greystone Court, Beaverton, OR 97006

**971-262-9000**

East Portland (Adventist) Clinic

10000 SE Main St., Suite 350 Portland, OR 97216

**971-262-9800**

Gresham (Mt. Hood) Clinic

24988 SE Stark St., Suite 140 Gresham, OR 97030

**971-262-9500**

Northwest (Good Samaritan) Clinic

1130 NW 22nd Ave., Suite 150 Portland, OR 97210

**971-262-9600**

Tualatin (Meridian) Clinic

19260 SW 65th Ave. Suite 140 Tualatin, OR 97062

**971-262-9700**

**A provider is available for emergencies after-hours (before 7 a.m. & after 5:30 p.m.) through your clinic phone number.**

# Thank you!

To open a pdf of this presentation, please see  
the PDF icon on our website.



**SUPPORT BEFORE, DURING AND AFTER TREATMENT**

# Certificate of Completion

SIGNATURE

DATE