

Contact information

MD Anderson departments or programs that offer survivorship services:

Anderson Network (AN) — Provides support and educational services for patients/survivors, their families and caregivers.

713-792-2553; 800-345-6324

www.mdanderson.org/andersonnetwork

Chaplaincy (CH) — Comprehensive chaplaincy network that ensures everyone receives the support they need to cope with cancer, and the help they need to find their spiritual pathway to peace. Any time, any day, visit the Freeman-Dunn Chapel, Main Building, Floor 2, near The Café Corner, or the Louise Moran Chapel, Mays Clinic, Floor 2, near The Tree Sculpture. There are also Spirituality Corners in The Learning Centers.

www.mdanderson.org/chaplaincy

Clinical Nutrition (CN) — Comprehensive nutritional care for patients and cancer-related nutritional education for the public. Registered, licensed dietitians provide counseling to help you make healthy food choices. Ask your doctor for a referral. Classes are also available in the Integrative Medicine Center.

713-792-2254

www.mdanderson.org/clinicalnutrition

Integrative Medicine Center (IM) — Offers consultation services for patients who wish to pursue an integrative approach to cancer care. In addition, free group programs that support physical, psycho-spiritual and social health are provided for patients, caregivers and their families.

713-794-4700

www.mdanderson.org/integrativemed

Locations:

Main Building: Floor 1, near The Aquarium, freestanding facility outside (R1.2000).

Mays Clinic: Floor 2, across from Appearances, between The Learning Center and the Anderson Network Hospitality Center.

The Learning Center (TLC) — Provides the latest information about health, cancer and cancer prevention. Available resources include journals, consumer health magazines and newsletters, online journals, electronic books and databases, topic-specific binders, DVDs, videotapes and more.

713-745-8063

www.mdanderson.org/learningcenter

Locations:

Main Building: Floor 4, near Elevator A (R4.1100)

Mays Clinic: Floor 2, near The Tree Sculpture (ACB2.1120)

Patient Education Office (PEO) — Collaborates with clinical staff to provide cancer patients, caregivers and the public with reliable information to help them make informed health care decisions. Services include patient education materials, classes, videos and computer-based learning.

713-792-7128

www.mdanderson.org/patienteducation

Rehabilitation Services (RS) — Physical and occupational therapists help patients with excessive fatigue, shortness of breath or limb swelling. Ask your doctor for a referral.

713-792-3192

www.mdanderson.org/rehabilitation

Social Work (SW) — Licensed master's level social work counselors offer counseling and assistance to help survivors, their families and friends cope with their cancer and provide support for dealing with the psychological and social impact of their treatment and recovery.

713-792-6195

www.mdanderson.org/socialwork

Funding for this brochure was made possible by a generous grant from The Volunteer Endowment for Patient Support.



Survivorship Support Services

THE UNIVERSITY OF TEXAS

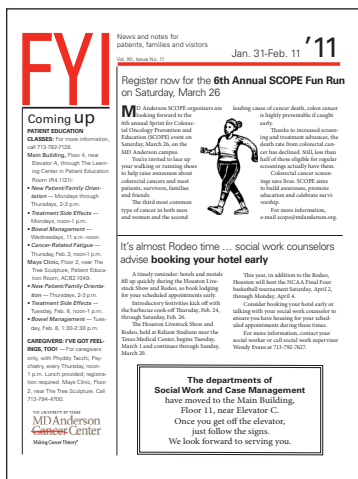
**MDAnderson
Cancer Center**

Making Cancer History®

MD Anderson offers support to survivors in a wide variety of ways: educational classes, complementary therapies, opportunities for spiritual connection, exercise and movement classes and much more.

All these services, except acupuncture and full body massage, are available **free of charge**. Consult each program's or organization's website for a more thorough list, or call for specific information.

For today's offerings, pick up a copy of the patient newsletter **FYI** during your visit. They're available all over the institution, especially near elevator banks.



Also, check myMDAnderson or www.mdanderson.org/survivorship for additional information.

Resources

Key

- AN — Anderson Network
- CH — Chaplaincy and Pastoral Education
- CN — Clinical Nutrition
- IM — Integrative Medicine
- TLC — The Learning Center
- PEO — Patient Education Office
- RS — Rehabilitation Services
- SW — Social Work

Integrative Medicine

Nontraditional methods of treating cancer that complement traditional medical care.

- Acupuncture *(IM)*
- Expressive Arts: Music, art and more *(IM)*
- Massage Therapy *(IM)*
- Music Therapy *(IM)*
- Relaxation Techniques *(IM)*
- Stress Management Techniques *(IM)*

Education

- Cancer Survivorship Conference *(AN)*
- Cancer-Related Fatigue *(PEO)*
- Chemobrain: Is It Real? *(PEO)*
- Diabetes and You: How to Use Your Insulin *(PEO)*
- Finding Reliable Health Information *(IM)*
- PIKNIK *(AN)*
- What You Can Do About Treatment Side Effects *(PEO)*

Exercise and Movement

- Awareness Through Movement *(IM)*
- Pilates *(IM)*
- Tai Chi *(IM)*
- Yoga *(IM)*

Nutrition

- Everything You Wanted to Know About Tea *(IM)*
- Guest Chef *(IM)*

Online and Resources

- Ask the Expert *(AN)*
www.mdanderson.org/asktheexpert
- Cancer Survivor Message Board *(AN)*
www.mdanderson.org/andersonnetwork
- Network newsletter *(AN)*
www.mdanderson.org/publications/network

- Pancreatic Cancer Message Board
www2.mdanderson.org/WB2/?boardid=pancreatic
- Patient Education materials *(PEO)*
www.mdanderson.org/patienteducation
- Relaxation *(IM)*
www.mdanderson.org/integrativemed
- Spirituality *(CH)*
www.mdanderson.org/chaplaincy
- Urology Cancer Message Board *(SW)*
www.mdanderson.org/gucancerboard 713-792-0753
- WarmNet *(AN)*
www.mdanderson.org/warmnet

Spiritual Support and Meditation

- Chaplaincy *(CH)*
- Introduction to Centering Prayer *(CH)*
- Tibetan Meditation *(IM)*

Support

Groups

- Brain Tumor - The Houston Area Brain Tumor Network *(SW)*
- Breast Support Group *(SW)*
- Depression and Anxiety *(SW)*
- Care4Caregivers *(SW)*
- Employee Cancer Support Group *(AN)*
- MDS (Myelodysplastic Syndrome) *(SW)*

Programs

- Cancer180: Outings for Young Adults *(AN)*
- Caregivers: I've Got Feelings, Too! *(IM)*
- Hospitality Centers *(AN)*
- Patient and Caregiver Support Line *(AN)*
- Pediatric Caregiver Telephone Support Network *(AN)*

www.mdanderson.org/survivorship