



# Patient and Family Support Programs and Calendar

**VIRTUAL EDITION | WINTER 2021**

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**VANDERBILT-INGRAM CANCER CENTER**

# *Living Well with Cancer*

## **SUPPORT TO MEET YOUR INDIVIDUAL NEEDS**

We can all agree that this past year has been like no other. At Vanderbilt- Ingram Cancer Center, we're committed to providing exceptional care, including helping patients cope with the physical and emotional demands of cancer. This year, this might look and feel a little different, but we continue to be here for you, every step of the way. The goal of our Patient and Family Support Services is to educate and engage you and your loved ones with resources to meet your needs, from diagnosis to long after treatment ends. Most of our programs and classes are now offered virtually, so you can participate without leaving the comfort of your home.

**For more information  
(or help setting up your free Zoom account)  
contact Julie in the Patient and Family Resource Center at  
(615) 322-9799 or [Julie.bulger@vumc.org](mailto:Julie.bulger@vumc.org).**

*Connect with us!*



@VanderbiltIngram



@VUMC\_Cancer



@vumc\_cancer

## Vanderbilt-Ingram Cancer Center

[www.vicc.org](http://www.vicc.org)

### Weekend Extended Hours

Are you experiencing any symptoms such as pain, nausea, vomiting, diarrhea, or a temperature over 100.4 after normal clinic hours?

Same day assessment and treatment are available after consultation.

Saturday, Sunday and Holidays, 8:00 a.m.-5:00 p.m.

To talk with the doctor on call and help decide the best option, please call us at (615) 936-VICC [8422] or toll-free at 1 (877) 936-VICC [8422].

### Supportive Oncology Clinic

The VICC Supportive Oncology Clinic assists patients with managing problematic symptoms such as cancer and cancer treatment-related pain, nausea, vomiting, diarrhea, fatigue, constipation, and others.

The Clinic, located in the 1st floor TVC clinic, is staffed by expert nurse practitioners who work in collaboration with the primary oncologist to maximize quality of life by minimizing symptoms.

Patients may self-refer by calling (615) 936-8422 or ask their medical team to request an appointment.

### VICC Psych/Oncology Program

#### Psych/Oncology Services

It is common for people with cancer to experience a range of emotions such as stress, anxiety, depression, and grief. Because your emotional wellbeing is important to us, VICC has partnered with Vanderbilt Behavioral Health to provide the best available care to our patients.

Psychiatric medication consultation and psychotherapy (counseling) services are available to our patients throughout treatment and up to one year beyond.

If you would like more information about these services or to discuss a referral, please contact your oncologist or social worker.

## OSHER CENTER FOR INTEGRATIVE MEDICINE

### INTEGRATIVE MEDICINE:

*Healing Focused on Your Whole Health*

The Osher Center for Integrative Medicine at Vanderbilt is where you'll find health care designed around your whole health—mind, body and spirit.

Integrative medicine goes beyond just treating your symptoms. It's an approach to care that empowers you to be active in your healing and lifelong wellness.

Integrative medicine uses proven, research-based therapies such as yoga, acupuncture, mind-body counseling and massage that work with traditional medicine to help you achieve better health. We offer complementary therapies to help you heal and we work with your traditional medical care so you can live more fully, cope better with medical conditions and be more engaged in your own health.

Insurance coverage for our services and classes will vary. Most insurance plans cover integrative health consultations and physical therapy with a physician referral. Some plans also cover psychotherapy. Please check with your insurance company to verify what your policy covers.

### CURRENT SERVICES AND CLASSES:

We offer these services and classes to help you reach your health goals and live well:

- Acupuncture
- Group Therapy
- Health Coaching
- Integrative Health Consultations
- Massage Therapy
- Mind-Body Counseling
- Mindfulness Based Cognitive Therapy (MBCT)
- Mindfulness-Based Stress Reduction (MBSR)
- Movement Classes
- Nutrition Counseling
- Telehealth Yoga & Tai Chi

Most classes and services provided via telehealth or Zoom.

Please visit our website:  
[VanderbiltHealth.com/osher/](http://VanderbiltHealth.com/osher/) and click "Class Information" for a current list of our programs and to sign up or call us: **(615) 343-1554**

## Cancer Medical Fitness Program

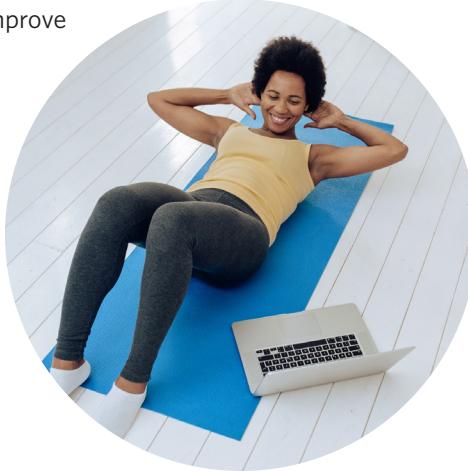
*For patients getting treatment at VUMC*

This exercise program helps patients improve their physical fitness during and after treatment at VUMC.

### Consultation

**Cost: \$45**

Patients will meet with an exercise physiologist (a specialist who develops exercise programs that help patients recover from diseases and procedures). This consultation can either be an in-person appointment or done remotely by telemedicine using a phone, tablet, or computer.



The exercise physiologist will ask about the patient's:

- exercise history
- exercise likes and dislikes
- exercise equipment (if the patient has any)
- ability to go to a gym.

### Exercise program

The exercise physiologist will use the information from the consultation to create a special program for the patient, based on their specific goals and abilities.

### How to schedule an appointment

Patients should request a referral from their provider to schedule an appointment. If you have questions or need more information, please call us at (615) 322-4751 or email us at [dayanicenter@vumc.org](mailto:dayanicenter@vumc.org).

### Vanderbilt Dayani Center for Health & Wellness

1500 Medical Center Drive  
Nashville, TN 37212

VANDERBILT  HEALTH

## PHYSICAL MOVEMENT AND FITNESS SERVICES

The Vanderbilt Dayani Center offers virtual group exercise classes designed for those with high levels of medical complexities and illnesses such as cancer. We offer a wide variety of land based classes to help you achieve your exercise goals. These classes are designed to help improve strength, range of motion, and cardiovascular stamina. Please see our website [dayanicenter.com](http://dayanicenter.com) or email [dayanicenter@vumc.org](mailto:dayanicenter@vumc.org) for additional information and monthly schedule.

### PHYSICAL THERAPY

#### Vanderbilt Dayani Center

Our physical therapists provide one-on-one complete exercise plans to address physical limitations, pain, weakness, fatigue, limited movement and lymphedema prevention strategies following cancer treatment. Manual therapy to release scarring, decrease pain, and improve mobility is performed as needed. Therapists tailor programs and therapies to each client's needs and interests.

Doctor referral required. Call (615) 322-4751 to schedule a consultation.

### CERTIFIED LYMPHEDEMA THERAPIST

#### Vanderbilt Dayani Center

The Vanderbilt Dayani Center also offers lymphedema services for those with swelling following cancer diagnosis. Therapists tailor programs and therapies to each client's needs and interests.

Doctor referral required. Call (615) 322-4751 to schedule a consultation.

### RESTORE WELLNESS PROGRAM FOR STEM CELL TRANSPLANT PATIENTS

#### Vanderbilt Dayani Center

This program is for patients who have had an allogeneic stem cell transplant. It is designed to improve cardiovascular fitness, strength and functional ability through guided exercise sessions with clinical supervision.

Doctor referral required.

## PHYSICAL MOVEMENT AND FITNESS SERVICES

### EXERCISE CONSULTS

#### Vanderbilt Dayani Center

Many gyms and community centers in Nashville are resuming operations. The Vanderbilt Dayani Center is a medical fitness facility where those with high levels of medical complexities and illness come for services. Therefore, we have not reopened all membership services at this time.

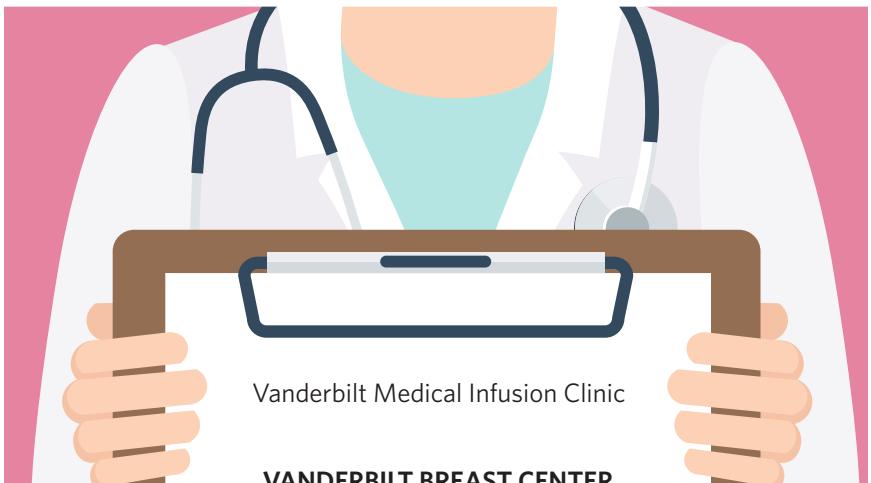
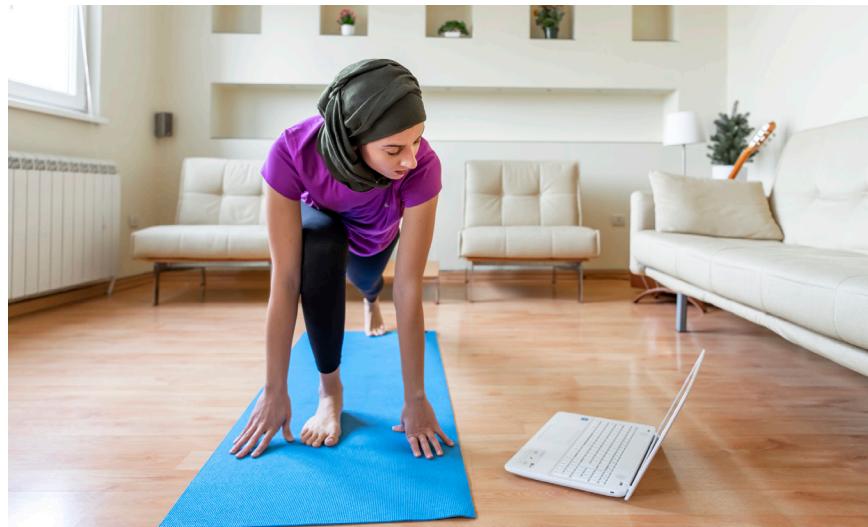
#### Telehealth Personal Fitness Visits

Meet online with one of our exercise physiologists to design or update a personalized exercise program for your home. Exercise and physical activity have been seen to reduce cancer risk, improve cancer survival, improve physiological, and psychological function during treatment. Cost: \$45 per appointment.

#### Virtual Group Fitness Classes

We designed these virtual, live classes to participate in your home. Cost: \$80 per month for unlimited classes, whether you attend one class or all of them. Example of classes include Balance for Beginners, Cardio Strength, Core and More, Gentle Movement, Gentle Yoga Flow, Intensity, Let's Get Mobile, Seated Stretch and Mindful Breathing, Stretch and DeStress, Total Body Strength, and Upper Body Strength.

For more information, visit <https://www.vanderbilthealth.com/service-line/dayani-center-health-and-wellness>



Vanderbilt Medical Infusion Clinic

**VANDERBILT BREAST CENTER**

# Introduction to Chemotherapy Class

for patients newly diagnosed with breast cancer

Mondays 1:00-3:00 p.m. CST  
Currently held via Zoom

**Questions?**  
To learn more and register, contact  
[sheril.spears@vumc.org](mailto:sheril.spears@vumc.org)

**V** VANDERBILT-INGRAM CANCER CENTER

### The Vanderbilt-Ingram Cancer Center Research Advocacy Program

The Vanderbilt-Ingram Cancer Center Research Advocacy Program is a group of cancer survivors and caregivers who bring their patient/caregiver perspective to research at VICC. They work with our research teams to:

- Review grant submissions
- Provide letters of support and help write lay abstracts for grants
- Review clinical trial protocols/design and provide feedback on feasibility
- Give input on research design

A science background is not needed to become a research advocate!

This is a volunteer position.  
If you are interested in learning more,  
please visit [www.vicc.org/advocacy](http://www.vicc.org/advocacy)

### MASSAGE THERAPY

#### Vanderbilt Dayani Center

Licensed massage therapists can help patients feel better, reduce pain and lower stress. Our massage therapists are specially trained to provide safe and effective massage to a variety of clientele, including cancer patients.

Doctor referral required. Call (615) 322-4751 for more information.

### MASSAGE FOR CANCER CARE

#### Osher Center for Integrative Medicine at Vanderbilt

Therapeutic massage helps build a connection between mind and body. Massage can help ease symptoms, like pain and fatigue, lower stress and help with scarring and adhesions. Our massage therapists are specially trained in providing safe and effective massage to cancer patients. Provider referral needed for therapeutic massage for active patients. Call (615) 343-1554 if you have questions.

By appointment only. Call (615) 343-1554.



### ACUPUNCTURE

#### Osher Center for Integrative Medicine at Vanderbilt

The goal of acupuncture is to encourage the body to improve its functioning and help ease the side effects of cancer treatment. It improves quality of life and well being by easing pain, nausea and fatigue, while boosting the body's immune strength. It does not replace regular cancer treatment, nor does it treat cancer.

Acupuncture visits to help alleviate pain, addiction, or to facilitate opioid weaning are now available at the Vanderbilt-Ingram Cancer Center on main campus. Cost is \$31 per session. Call (615) 936-VICC [8422] to schedule an appointment. Referrals not necessary.

### HEALTH PSYCHOLOGY

#### Osher Center for Integrative Medicine at Vanderbilt

Our board certified health psychologists work one-on-one with patients to identify underlying experiences and challenges which may be impacting their health. Patients receive information and tools to help achieve a long-term, positive lifestyle change through increased confidence and motivation.

Doctor referral required. Call (615) 322-4751 for more information. Or Osher at (615) 343-1554. Integrative Health Consult required.

### LYMPHEDEMA THERAPY CLINIC

#### Vanderbilt Dayani Center

Our certified lymphedema therapists address lymphedema in any area of the body to help reduce fluid build-up. Therapy includes skin care, drainage, special bandaging, exercises, prevention and management training, and help with compression garments.

Doctor referral and an appointment are required. Call (615) 322-4751.

### HEALING QIGONG

#### Osher Center for Integrative Medicine at Vanderbilt

In this class, you will use "energy skill" to help your body, mind and spirit reach a state of peace, calm and better energy. You will be taught breathing techniques to help quiet the emotions and calm the mind. You will be guided through gentle movements that may optimize the possibility for healing and well-being. Come experience this ancient art for yourself!

Ongoing monthly series, Wednesdays from 3:30 p.m.-4:30 p.m. CST  
Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/)

### LIVING WELL WITH CHRONIC PAIN: SKILLS & PRACTICES

#### SUPPORTIVE SKILLS FOR PEOPLE LIVING WITH CHRONIC PAIN

#### Osher Center for Integrative Medicine at Vanderbilt

Living Well with Chronic Pain: Skills & Practices, is a 4-week series designed to help you develop skills that may help ease your pain and cultivate stability in body, breath, and mind. You will also learn tools that may help decrease anxiety and assist in coping with cancer related pain and other life stressors.

First Tuesday of every month 1:00 p.m.-3:00 p.m. CST, January 5 - 26, February 2 - February 23, March 2 - March 23

Registration is done through Osher Patient Services by calling (615) 343-1554.

### MINDFULNESS SKILLS PATHWAYS, POSSIBILITIES & SKILLFULNESS

#### Osher Center for Integrative Medicine at Vanderbilt

Mindfulness class is a 6-week basic training of mindfulness skills for those new to mindfulness or those who want to deepen their practice and learn more about themselves. Participants will learn fundamental skills of mindfulness practices, and then discover habits and thoughts that keep them stuck in negative and unhealthy life patterns.

Tuesdays 11:00 a.m.-12:30 p.m. CST, January 12 - February 16

For current dates, call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/)

### MINDFULNESS BASED COGNITIVE THERAPY (MBCT)

#### Osher Center for Integrative Medicine at Vanderbilt

Mindfulness based cognitive therapy (MBCT) is an 8-week program to help free yourself from depression and emotional distress. It is a program designed to help you deal with persistent unwanted mood states. MBCT has been tested in research and proven effective for depression and other mood disorders.

Tuesdays 1:00 p.m.-3:00 p.m. CST, January 12 - March 9

Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/)

## HEALING FOR BODY AND MIND

### MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Osher Center for Integrative Medicine at Vanderbilt

Mindfulness is a way of learning to relate directly to whatever is happening in your life, a way of taking charge of your life, a way of doing something for yourself that no one else can do for you—consciously and systematically working with your own stress, illness and the challenges and demands of everyday life. MBSR course consists of mindfulness meditation practices, gentle yoga and group dialog with discussions.

Thursdays 5:30 p.m.-8:00 p.m. CST, January 21 - March 11

For current dates, call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/)

### ROTATING YOGA SERIES-GENTLE YOGA FOR BACK PAIN

Osher Center for Integrative Medicine at Vanderbilt

This series rotates between Yoga for Soothing Headaches, Yoga for Back Care, Telehealth Yoga, Vanderbilt Employee Yoga for Stress Reduction, Beginner Yoga, and Yoga for Stress Management. Each series is choreographed to specifically address the areas in the body in which we hold tension which can contribute to illness. Duration of each series differs, ranging between 4-6 weeks. Check our website: [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/) to find out the rotation schedule.

Tuesday 3:00 p.m.-4:00 p.m. CST, January 19 - February 23

Call (615) 343-1554 or visit [vanderbilthealth.com/osher/](http://vanderbilthealth.com/osher/)



## Cancer Changes Us. Tell Us More.



Your experience matters.  
**Vanderbilt-Ingram Cancer Center (VICC)  
is developing an e-Advisory Group.**

If you are currently a VICC patient, family member or primary caregiver, here is an opportunity to help us make some improvements – all from the comfort and safety of your home.

We believe that excellent healthcare happens when patients, their families, and medical teams work together as partners. The purpose of establishing a virtual advisory group is to learn from your perspective and experiences, which will help in the development and implementation of VICC programs, policies, and practice standards.

Please consider joining us as a volunteer VICC e-Advisor. You will be able to share your feedback by completing surveys and giving suggestions.

All information will be kept confidential. We do ask demographic questions to ensure we are hearing from a diverse population that reflects our patients' varied experiences.

As a first step, we will ask you to join our greater VUMC Advise Vanderbilt community. After 3 days, you will receive an additional survey, specific to your experiences with your cancer care.

To join, please visit  
[www.advisevanderbilt.com/c/r/join](http://www.advisevanderbilt.com/c/r/join)



Or scan this using the camera on your phone.



If you have questions, please contact Julie at [Julie.Bulger@vumc.org](mailto:Julie.Bulger@vumc.org) or (615) 936-5706.



## Vanderbilt-Ingram Cancer Center Young Adult Program

Are you age 20 – 45 and recently diagnosed with the 'c' word?

We get it. It's unbelievable. A cancer diagnosis is inconvenient, disruptive, and totally unfair. You are probably feeling so many things right now and are not even sure what to think. But cancer doesn't have to be lonely, and certainly not hopeless. We are committed to helping you navigate your care as a young adult with a cancer.

**We can help connect you to support services in a variety of areas including:**

- Reproductive health, fertility and sexuality
- Body image
- Financial/insurance guidance
- Access to age-specific support groups and individual counseling (keeping mentally well)
- Dealing with 'scanxiety' (it's real)
- Pain management
- Nutritional counseling/wellness/exercise consultants
- Genetics counseling
- Managing symptoms/palliative care (supportive care)
- Educational/vocational resources
- Integrative health
- Music/art/pet therapy
- Living with cancer/life after cancer/surviving cancer
- Connecting with other survivors/cancer warriors
- Parenting with cancer
- Navigating relationships



For more information, visit our website at [YoungAdultsWithCancer.com](http://YoungAdultsWithCancer.com) or call the VICC Patient and Family Resource Center at (615) 322-9799.



VANDERBILT-INGRAM CANCER CENTER

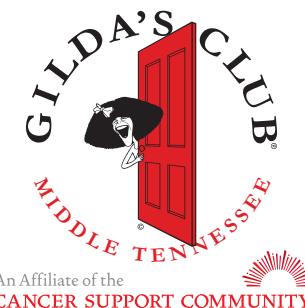
## Free Cancer Support

ANY TYPE.  
ANY STAGE.  
ANY AGE.  
**ALWAYS FREE.**

**Programs now available online.**

Gilda's Club Middle Tennessee  
is a non-profit dedicated  
to providing support, education and hope to  
all people impacted by cancer,  
including family and friends.  
They are now available  
VIRTUALLY so you can join  
and participate from anywhere!

To learn more: [www.GildasClubMiddleTn.org](http://www.GildasClubMiddleTn.org)  
Please call their office at (615) 329-1124  
to begin your free membership.



An Affiliate of the  
**CANCER SUPPORT COMMUNITY**



**Open to anyone touched by cancer.  
Grab your lunch and join us!**

#### **Updates in Colorectal Cancer**

**Wednesday, March 24 • Noon-1:00 p.m. CST**

Cathy Eng, MD, FACP, FASCO

Including a virtual food demonstration  
by Erin Taylor, Registered Dietician

#### **The Truth about Opioids for Acute and Chronic Pain for People with Cancer**

**Wednesday, April 21 • Noon-1:00 p.m. CST**

Taylor Butler, PharmD, BCOP, BCPS  
Clinical Pharmacist, Adult Medical Oncology

Rachel McDowell, ACNP-BC  
VICC Pain and Symptom Management Clinic

**Call (615) 936-5706 or [julie.bulger@vumc.org](mailto:julie.bulger@vumc.org)  
for questions or to register**

Vanderbilt-Ingram Cancer Center offers a free educational series to learn and interact with our expert physicians and providers. For all patients, caregivers, staff and anyone touched by cancer.

## **EXPRESS YOURSELF: Creative Writing Series**



#### **Are you interested in creative writing?**

This free program for anyone impacted by cancer who is interested in learning and exploring expressive writing.

You can participate regardless of where cancer care is received,  
and no experience required.

Participants will have the opportunity to  
create original writing in a safe space.

**Class will be held virtually via Zoom.**

#### **Session 1**

Meets on Wednesdays 5:30 p.m.-7:00 p.m. CST  
January 27, February 3, 10, 17, 24; March 3

#### **Session 2**

Meets on Wednesdays, 5:30 p.m.-7:00 p.m. CST  
March 17, 24, 31; April 7, 14, 21

For more information email  
[julie.bulger@vumc.org](mailto:julie.bulger@vumc.org) or call (615) 936-5706

*A collaboration of the Vanderbilt-Ingram Cancer Center, Vanderbilt Oncology Expressive Arts Committee, and Curb Center for Art, Enterprise & Public Policy.*

# 2021 Cancer Survivor Wellness Series

A virtual, interactive way to engage and learn from some of our Vanderbilt experts and community partners.

**3rd Tuesday in January, February and March**  
**6:00 p.m.-7:00 p.m. CST**

**TUESDAY, JANUARY 19**

*Overview of Adult Survivorship presented by the REACH for Survivorship team*

**TUESDAY, FEBRUARY 16**

*Nutrition, Exercise, and Stress Reduction*

**TUESDAY, MARCH 16**

*Staying Mentally Well*

Register at [viccwellness.eventbrite.com](https://viccwellness.eventbrite.com) for details on topics, speakers, and how to join via Zoom.



*The REACH for Survivorship Program offers a full range of follow-up care designed to meet your physical, emotional, and practical needs after completing cancer treatment. Cancer survivors of all ages who have faced any type of cancer and who have received treatment from any healthcare provider are welcome.*



VANDERBILT-INGRAM CANCER CENTER

## Cancer Rehabilitation Psychiatry

Cancer rehabilitation is the specialty focused on partnering with individuals who have or have cancer to optimize their function and physical well-being. Cancer rehabilitation can be part of your care before (prehab), during and after cancer treatment. This may involve several specialists including physical therapy, occupational therapy, speech language pathology, and psychiatry. Everyone's needs are unique, and your rehab care team will be individualized to you. The goal of cancer rehabilitation is to enhance your ability to participate in your lives at home, at work, with your hobbies and priorities.

A psychiatrist or physical medicine and rehabilitation physician is a medical doctor who focuses on treating and improving function. A cancer rehabilitation psychiatrist has additional training and/or interest in the challenges that cancer and its treatment can have on function. Your evaluation by a psychiatrist will help determine what is contributing to any functional impairments or pain so that the appropriate treatment plan can be created. This may include ordering imaging or labs, prescribing medications, recommending braces or equipment, performing procedures, and collaborating closely with your oncology care team and your rehabilitation care team.

With what can cancer rehabilitation help?

- Improving your mobility and walking
- Increasing your strength and endurance
- Facilitating your ability to perform your activities of daily living and caring for yourself (ie getting dressed, taking a shower, etc)
- Decreasing Pain
- Reducing Fatigue
- Improving joint pain, stiffness and range of motion
- Addressing symptoms of numbness, tingling or weakness
- Managing swelling related to lymphedema
- Addressing long term or late effects of radiation fibrosis syndrome

## Outpatient Cancer Rehabilitation Psychiatry Clinic

The clinic is currently located in The Vanderbilt Clinic (TVC). If you would like to be evaluated by cancer rehabilitation psychiatry ask your provider for a referral.

## ADDITIONAL RESOURCES

**Virtual 'Intro to Chemotherapy' classes for those treated outside of Vanderbilt Breast Center coming soon!**

### CAREGIVER SUPPORT GROUP

Are you a family member, loved one or caregiver to someone with cancer? This is an especially hard time. While our in-person support group has been on temporary hiatus, we want to make sure you are taking care of yourself. If you would be interested in participating in a virtual (Zoom) support group, please email Julie.bulger@vumc.org.

### PATIENT AND FAMILY RESOURCE CENTER

#### The Vanderbilt Clinic, 1st Floor

The Patient and Family Resource Center provides cancer patients and their families with pamphlets, books and videos on all types of cancers, cancer treatments and options. Open 7:30 a.m.-5:00 p.m. Monday-Friday.

Call (615) 322-9799 for more information.

### PATIENT LODGING COORDINATOR

#### Main Waiting Room

A Lodging Coordinator is available to help you find a place to stay during your visit to Vanderbilt. Some area hotels and lodging facilities require a referral phone call or fax from the clinic.

For information contact Sherry Vick at (615) 322-2278 from 7:30 a.m.-4:00 p.m. Monday-Friday.

### CLINICAL TRIALS AND RESEARCH

#### Vanderbilt-Ingram Cancer Center

The Vanderbilt-Ingram Cancer Center is dedicated to discovering to discovering new approaches for the diagnosis, prevention and treatment of cancer.

To find out more about current Clinical Trials call (877) 936-8422 or (800) 811-8480. For Clinical Trial information program visit: [vicc.org/research](http://vicc.org/research) and [vicc.org/ct/research](http://vicc.org/ct/research)

## ADDITIONAL RESOURCES

### HEREDITARY CANCER CLINIC

The Hereditary Cancer Clinic provides counseling and testing to people with suspected hereditary cancer syndromes.

[VanderbiltHereditaryCancer.com](http://VanderbiltHereditaryCancer.com) or call (615) 343-7400 to make an appointment.

### FINANCIAL COUNSELORS

#### VICC Registration Area - Suite 1710

If you have questions or concerns about insurance billing, patient balances, or payments, we are here to help while giving you the highest level of care regardless of what you can or cannot afford. Our financial counselors can help you fill out applications for various community and government-sponsored programs and describe our financial assistance policies and payment plan options.

For more information call Tim at (615) 322-5988 or Iris at (615) 322-8154.



## ADDITIONAL RESOURCES

### SURVIVORSHIP RESOURCES

#### REACH Program

The REACH (Research, Education, Advocacy, Clinical Care and Health) for Survivorship Program is designed to meet the unique needs of cancer survivors of all ages. It serves as a bridge from acute oncology care to primary care. Survivors will receive a careful health history, comprehensive evaluation and a Survivorship Care Plan.

Visit: VanderbiltHealth.com/CancerSurvivor or call (615) 343-7400, option 2.

#### Radiation Oncology Program

The Department of Radiation Oncology has a survivorship clinic aimed at addressing the needs of cancer survivors who have been impacted by their radiation treatment for their cancer. This clinic works in partnership with the REACH for Survivorship Program. Additionally, this team offers in-person survivorship visits to eligible patients treated in Franklin as well through telemedicine visits in Spring Hill and Clarksville so patients do not have to travel to receive this service.

If you received radiation treatment for your cancer and are interested in learning more or scheduling a visit with our Survivorship clinician, please call (615) 322-2555.

### VICC OUTPATIENT PALLIATIVE CARE SERVICES

The VICC Outpatient Palliative Care team cares for patients and families facing serious illness. This team strives to help patients live the best quality of life possible. Palliative care services:

- Offers additional support to patients and their families
- Helps manage difficult symptoms
- Helps families navigate important decisions in care

*Ask your medical team about how you can be referred to one of our palliative care specialists.*



### VIRTUAL RESOURCES FOR PATIENTS AND FAMILIES

We have recently updated our website to include our New Patient Handbook, a navigational video, and some of our most popular evidence-based resources for patients and caregivers.

If you have any questions or need further resources, call the Patient and Family Resource Center at (615) 322-9799.



[www.vanderbilthealth.com/cancer](http://www.vanderbilthealth.com/cancer)



IN MEMORY OF J. PATRICK BARNES

### Want to Say "Thank You" to Your Nurse?

Share your story of compassionate and skillful nursing care.

Scan the QR code  
or type in the website address  
in your mobile device  
[www.VUMCDAISY.com](http://www.VUMCDAISY.com)



## SURVIVOR FITNESS



Survivor Fitness Foundation is a nonprofit that helps cancer survivors regain their health and wellness through one-on-one personal training and nutritional support. Participants have the option to meet in-person or virtually, depending on their location and circumstances.

Exercise and nutrition provide several health benefits in cancer patients and survivors. Through individualized support, Survivor Fitness bridges the gap so cancer survivors can overcome many of the side effects of their treatments and surgeries, while taking back control of their lives. Participants work one-on-one with a certified personal trainer twice a week for 12 to 14 weeks (a total of 24 sessions), while receiving guidance from a registered dietitian.

Survivor Fitness works with adult cancer survivors of all ages, meeting you at your point of need and fitness level.

To apply for the program or for more information, please go to  
[www.survivorfitness.org](http://www.survivorfitness.org) or call (615) 663-8660.

## VANDERBILT FACILITIES AND CLASS LOCATIONS

**Osher Center for Integrative Medicine at Vanderbilt**  
3401 West End Avenue, Suite 380  
Nashville, TN 37203  
(615) 343-1554  
[VanderbiltHealth.com/osher](http://VanderbiltHealth.com/osher)

**Vanderbilt Dayani Center for Health and Wellness**  
1500 Medical Center Drive  
Nashville, TN 37232  
(615) 322-4751  
[DayaniCenter.com](http://DayaniCenter.com)

**One Hundred Oaks**  
719 Thompson Lane  
Nashville, TN 37204  
(615) 322-2064

**The Village at Vanderbilt**  
1500 21st Ave. S.  
Nashville, TN 37212  
(615) 343-7400

**The Vanderbilt Clinic**  
1301 Medical Center Drive  
Nashville, TN 37232  
(615) 936-8422

**Cancer Supportive Care Clinic at the Vanderbilt-Ingram Cancer Center**  
Located inside the  
Henry-Joyce Cancer Clinic  
1301 Medical Center Drive, Suite 1700  
Nashville, TN 37232  
(615) 322-8422

**Vanderbilt-Ingram Cancer Center at Wilson County**  
1411 West Baddour Parkway  
Lebanon, TN 37087  
(615) 443-6202 - Medical Oncology  
(615) 443-6006 - Radiation Oncology

### RADIATION ONCOLOGY

**Vanderbilt-Ingram Cancer Center Franklin**  
2107 Edward Curd Lane  
Franklin, TN 37067  
(615) 591-9890

**Gateway-Vanderbilt Cancer Center**  
375 Alfred Thun Road  
Clarksville, TN 37040  
(931) 221-0479

**Vanderbilt-Ingram Cancer Center at Maury Regional Spring Hill**  
1003 Reserve Boulevard, Suite 120  
Spring Hill, TN 37174  
(931) 486-0796

### HEMATOLOGY/ONCOLOGY

**Vanderbilt-Ingram Cancer Center**  
Cool Springs  
324 Cool Springs Blvd.  
Franklin, TN 37067  
(615) 936-8422

**Vanderbilt-Ingram Cancer Center at Spring Hill**  
1003 Reserve Boulevard, Suite 240  
Spring Hill, TN 37174  
(615) 269-4448

**Vanderbilt-Ingram Cancer Center at NorthCrest Medical Center**  
500 NorthCrest Drive, Suite 521  
Springfield, TN 37132  
(615) 382-6099

**Vanderbilt Medical Group General Surgery**  
2105 Edward Curd Lane  
Suite 102  
Franklin, TN 37067  
(615) 791-7253

Parking available at all locations