



Patient and Family Support Programs and Calendar

SUMMER/FALL 2021



VANDERBILT-INGRAM CANCER CENTER

Living Well with Cancer

SUPPORT TO MEET YOUR INDIVIDUAL NEEDS

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 continue to be offered virtually, so you can participate without leaving the comfort of your home.

**For more information
contact Julie in the Patient and Family Resource Center at
(615) 322-9799 or Julie.bulger@vumc.org.**

Connect with us!



@VanderbiltIngram



@VUMC_Cancer



@vumc_cancer

*A Comprehensive Cancer Center
Designated by the National Cancer Institute*

Vanderbilt-Ingram Cancer Center

www.vicc.org

www.vanderbiltingramcancercenter.com

We're Here When You Need Us

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

Call us for same day assessment and consultation 24/7, including evenings, weekends, and holidays.

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].

Cancer Pain Specialists

Our VICC Cancer Pain Specialists assist patients with managing problematic symptoms such as cancer treatment-related pain, nausea, vomiting, diarrhea, fatigue, constipation, and others.

The Clinic, located in the 1st floor TVC clinic, is staffed by expert physicians, nurse practitioners, and pharmacists who work in collaboration with your 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

Counseling 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.

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/ 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 receiving treatment at VICC

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

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



Dayani Physical Therapy PRE-hab

For patients recently diagnosed with cancer, this physical therapy assessment and treatment is to help you get strong and prepared for surgery and/or your cancer treatment. Studies have shown that patients who undergo individualized pre-habilitation treatment may better withstand and improve after treatment. Our individualized program is patient centered and designed to address any limitations you may have to help you become physically ready for the next step in your journey.

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.

Vanderbilt Dayani Center for Health & Wellness

1500 Medical Center Drive
Nashville, TN 37232

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 or email 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. Call (615) 322-4751 to schedule a consultation.

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.

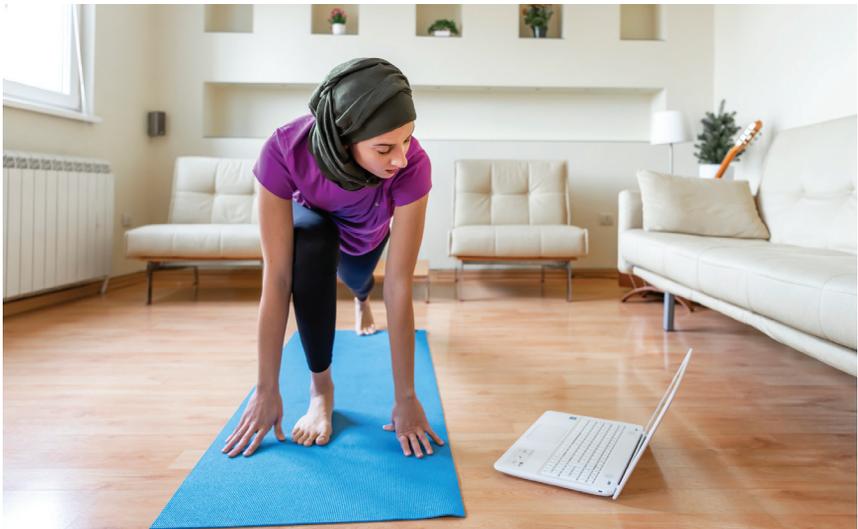
Telehealth Personal Fitness Visits

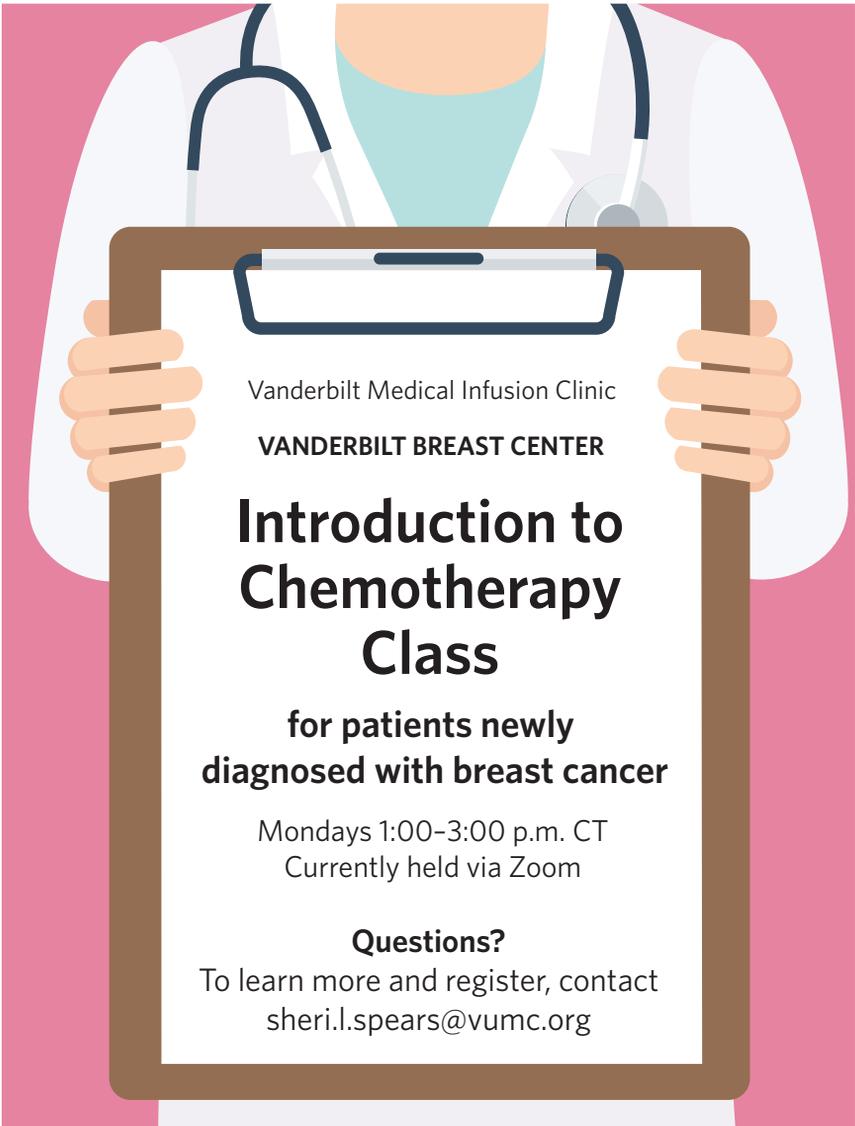
Meet online with one of our exercise physiologists to design or update a personalized exercise program for your home. Exercise and physical activity have been seen to reduce cancer risk, improve cancer survival, improve physiological, and psychological function during treatment. Cost: \$45 per appointment.

Virtual Group Fitness Classes

We designed these virtual, live classes so that you can participate from 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, call (615) 322-4751 or visit www.dayanicenter.com





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. CT
Currently held via Zoom

Questions?

To learn more and register, contact
sheri.l.spears@vumc.org

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

**For more information contact Julie Bulger at
(615) 322-9799 or Julie.bulger@vumc.org**

 **VANDERBILT-INGRAM CANCER CENTER**

VANDERBILT-INGRAM CANCER CENTER

invites you to the 4th Annual
Neurofibromatosis

PATIENT & FAMILY SYMPOSIUM

Topics will focus on NF-related issues for children and adults

Saturday, August 28, 2021

9:00am–Noon CT

Please join us for our virtual symposium and engage with NF experts
from the comfort of your home!



For more details and to register:
<https://tinyurl.com/t8w36cav>
Hosted via Zoom

Questions? Call Julie at 615-936-5706
or Julie.bulger@vumc.org



Vanderbilt-Ingram Cancer Center & the National Leiomyosarcoma Foundation

invite you to a

Leiomyosarcoma

• Patient & Family Symposium

“Facing LMS Together”

A virtual event on

Friday, September 24, 2021 | 1:00 p.m.- 4:00 p.m. CT



Register at:
VICCIm2021.eventbrite.com



“Moving Forward In The Quest For The Cure”

HEALING FOR BODY AND MIND

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.



HEALING FOR BODY AND MIND

ACUPUNCTURE

Osher Center for Integrative Medicine at Vanderbilt and Vanderbilt-Ingram Cancer Center

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 improve pain and addiction as well as ease symptoms of withdrawal from medications 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. CT
Call (615) 343-1554 or visit vanderbilthealth.com/osher/

HEALING FOR BODY AND MIND

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.

Tuesdays 1:00 p.m.-3:00 p.m. CT, July 6-July 27

Thursdays 2:00 p.m.-4:00 p.m. CT, August 5-August 25

Tuesdays 1:00 p.m.-3:00 p.m. CT, September 7-September 28

Thursdays 2:00 p.m.-4:00 p.m. CT, October 7-October 28

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

MINDFULNESS SKILLS

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. CT, July 20-August 24

Tuesdays 11:00 a.m.-12:30 p.m. CT, September 28-November 2

For current dates, call (615) 343-1554 or visit 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 5:30 p.m.-8:00 p.m. CT, October 26-December 21

Call (615) 343-1554 or visit 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. CT, September 16-November 11

Call (615) 343-1554 or visit vanderbilthealth.com/osher/

ROTATING YOGA SERIES-GENTLE YOGA FOR BACK PAIN

Osher Center for Integrative Medicine at Vanderbilt

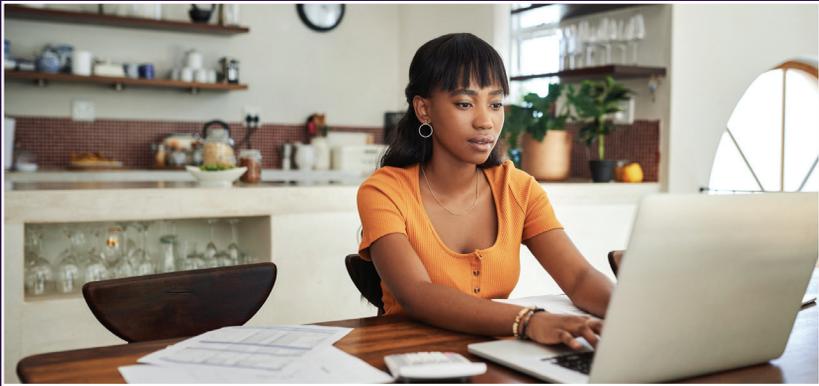
This series rotates between Yoga for Soothing Headaches, Yoga for Back Care, Telehealth Yoga, Vanderbilt Employee Yoga for Stress Reduction, Beginner Yoga, and Yoga for Stress Management. Each series is choreographed to specifically address the areas in the body in which we hold tension which can contribute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

Mondays 1:30 p.m.-2:30 p.m. CT, August 16-September 27-no class Labor Day

Call (615) 343-1554 or visit vanderbilthealth.com/osher/



Cancer Changes Us. Tell Us More.



Your experience matters.
You're invited to join the
Vanderbilt-Ingram Cancer Center (VICC) 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 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



Or scan this using the camera on your phone.

 **VANDERBILT-INGRAM CANCER CENTER**

If you have questions, please contact Julie at 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
- Genetic 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 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.**

**Our full program is available virtually,
with select in-person activities.**

**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.**

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



**GILDA'S
CLUB
MIDDLE
TENNESSEE**

**An Affiliate of the
CANCER SUPPORT COMMUNITY**

VIRTUAL Lunch & Learn

FOR PATIENTS AND FAMILIES

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

Updates in Pancreatic Cancer

Thursday, August 19 ▪ Noon-1:00 p.m. CT

Dana Cardin, MD, MSCI and Kamran Idrees, MSCI, MMHC, FACS
Pancreatic Cancer Action Network (PanCan)

To register, visit www.viccpancreatic.eventbrite.com

Financial Assistance 101

Wednesday, October 13 ▪ Noon-1:00 p.m. CT

The financial costs associated with cancer can be overwhelming. Join us to learn about how our financial counselors can navigate you through billing and insurance questions, and how to apply for various financial assistance programs that you might be eligible for.

We will also have a national expert from Triage Cancer share some resources that are accessible to all.

Tim Reid, VICC Senior Financial Counselor

To register, visit www.viccfinancialhelp.eventbrite.com

Call (615) 936-5706 or Julie.bulger@vumc.org for questions

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.



CAR-T Cell Therapy - Is It For You?

Tuesday, September 14, 2021
6:00 p.m.-7:00 p.m. CT

Join LLS for an overview of the patient journey from consultation for CAR-T cell therapy to follow up after treatment. This program will guide patients wanting to educate themselves about the entire CAR-T cell therapy process. The presentation will focus on introducing this therapy earlier in the patient's treatment course.

SPEAKER BIOGRAPHY

Brittney Baer specializes in cellular therapy (immune effector cells), stem cell transplant, and their associated toxicities. Brittney has helped pioneer expanding Immune Effector Cell research at Vanderbilt and helped establish the commercial Immune Effector Cell program at VUMC using FDA-approved CAR-T therapies.

VIRTUAL/ONLINE AND PHONE EDUCATION PROGRAM

Optimal viewing for this program is on a computer or mobile device using the Zoom application. Audio only is an option. Email required to register and participate in the program. If you do not have a valid email address, please contact Tracy Moore at (615) 258-5491 or tracy.moore@LLS.org

REGISTRATION

This is a **FREE virtual program** for all patients and caregivers. Each participant should register separately. Login and call-in information will be provided to all participants after registering.

Register at: <https://na.eventscloud.com/625558>

QUESTIONS

Contact Tracy Moore, Patient & Community Outreach Manager
615-258-5491 | tracy.moore@LLS.org

EXPRESSIVE ARTS

EXPRESS YOURSELF: Creative Writing Series



Class will be held
virtually via Zoom on
Wednesdays
5:30 p.m.-7:00 p.m.

Are you interested in creative writing?

This free program is 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 is required. Participants will have the opportunity to create original writing in a safe space.

For more information email 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.

Art of Healing EXPOSITION

Supported by Vanderbilt University's Curb Center for Art, Enterprise & Public Policy and the Masters of Public Health Program, the featuring works from the World Health Organization (W.H.O.) Art to Act for Health will premiere September 2021 and run through December 2022. The Exposition will take place at sites throughout Nashville, showcasing the exciting ways in which our community is using creative arts to foster healing in their own everyday lives and neighborhoods. The Exposition will be a hybrid offering, with in-person and online opportunities open to community participation, including:

- Standing and pop-up art exhibits across the Vanderbilt campus and throughout the Nashville community
- Guest speaker presentations from the clinical, academic, and art worlds to explore the role of the creative arts as healing tools
- Creative expressive writing and visual arts workshops for patients, caregivers, survivors, and the community at-large to create their own expressive pieces
- Architecture and art walking tours
- Musical performances
- And more



For more details and to sign up for their e-newsletter, visit www.artofhealingexposition.com

Cancer Rehabilitation Physiatry

Cancer rehabilitation physiatry is the specialty focused on partnering with individuals who have or have had 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 physiatry. 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 physiatrist or physical medicine and rehabilitation physician is a medical doctor who focuses on treating and improving function. A cancer rehabilitation physiatrist has additional training and/or interest in the challenges that cancer and its treatment can have on function. Your evaluation by a physiatrist 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.

Cancer rehabilitation can help with:

- 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 Physiatry Clinic

The clinic is currently located in The Vanderbilt Clinic (TVC).

If you would like to be evaluated by cancer rehabilitation physiatry, ask your provider for a referral.

ADDITIONAL RESOURCES

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, and educational and support resources at VICC and in the community. 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.

ADDITIONAL RESOURCES

CLINICAL TRIALS AND RESEARCH

Vanderbilt-Ingram Cancer Center

The Vanderbilt-Ingram Cancer Center is dedicated 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 the clinical trial information program visit: vicc.org/research and vicc.org/ct/research

HEREDITARY CANCER CLINIC

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

Visit VanderbiltHereditaryCancer.com or call (615) 343-7400 to make an appointment.

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 comprehensive 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 as 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.

ADDITIONAL RESOURCES

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. If you are receiving care at VICC One Hundred Oaks, please call Nicole Harris at (615) 421-8037 or at VICC Cool Springs, call Annette Bess at (615) 875-0352

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.

LGBTQ CANCER CARE SURVEY

The Vanderbilt-Ingram Cancer Center is working to comprehensively serve the LGBTQ community. We would like to invite you to complete the LGBTQ Cancer Care Survey so that we can better understand your interest in (a) cancer prevention and early detection/screening and (b) educational and support resources for those individuals who have been impacted by cancer.

By sharing your input, you will assist us with ensuring our educational and support resources are more accessible and welcoming to the LGBTQ community.

Please fill out the brief LGBTQ Cancer Care Survey
<https://redcap.link/LGBTQCancerCare>

Thank you in advance for your participation!





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



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



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 or call (615) 663-8660.



TEAM VANDERBILT

OCTOBER 23, 2021

American Cancer Society

Making Strides Against Breast Cancer

NOVEMBER 6, 2021

Lungevity Foundation

Breathe Deep Stache & Lache

OCTOBER 30, 2021

Susan G. Komen Central Tennessee

More Than Pink Walk

NOVEMBER 11, 2021

Leukemia and Lymphoma Society

Light the Night

SEPTEMBER 11, 2021

Sherry's Hope

Sherry's Run

NOVEMBER 20, 2021

Sarcoma Foundation of America

Race to Cure Sarcoma

APRIL 30, 2022

Pancreatic Cancer Action Network

Purple Stride Nashville

for more information and to join Team Vanderbilt,
visit: <https://www.vanderbilthealth.com/information/team-vanderbilt>

Vanderbilt

Proud to Actively Serve

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

Vanderbilt Dayani Center for Health and Wellness

1500 Medical Center Drive
Nashville, TN 37232
(615) 322-4751
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

Vanderbilt-Ingram Cancer Center Belle Meade

6002 Highway 100
Nashville, TN 37205
(615) 936-8422

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

Free parking available at all locations



VANDERBILT - INGRAM CANCER CENTER