

Insight

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PAID PROMOTIONAL FEATURE

Now What?

Receiving a cancer diagnosis can be terrifying. Even apart from emotional shock, a diagnosis means making decisions one never expected to make -- about treatment, insurance, and communicating with others (family, friends, coworkers). Life becomes not just scary, but more complicated -- for the person who has suddenly become a patient and for others close by, like family members and caregivers.

What do you do? Where do you turn?

RBOI's Licensed Clinical Social Workers are here to support you with compassion and expertise. They have specialized knowledge of cancer's impact and are available to help from pre-diagnosis onward. They will meet with patients, family members, and caregivers individually and/or together, all at no cost.

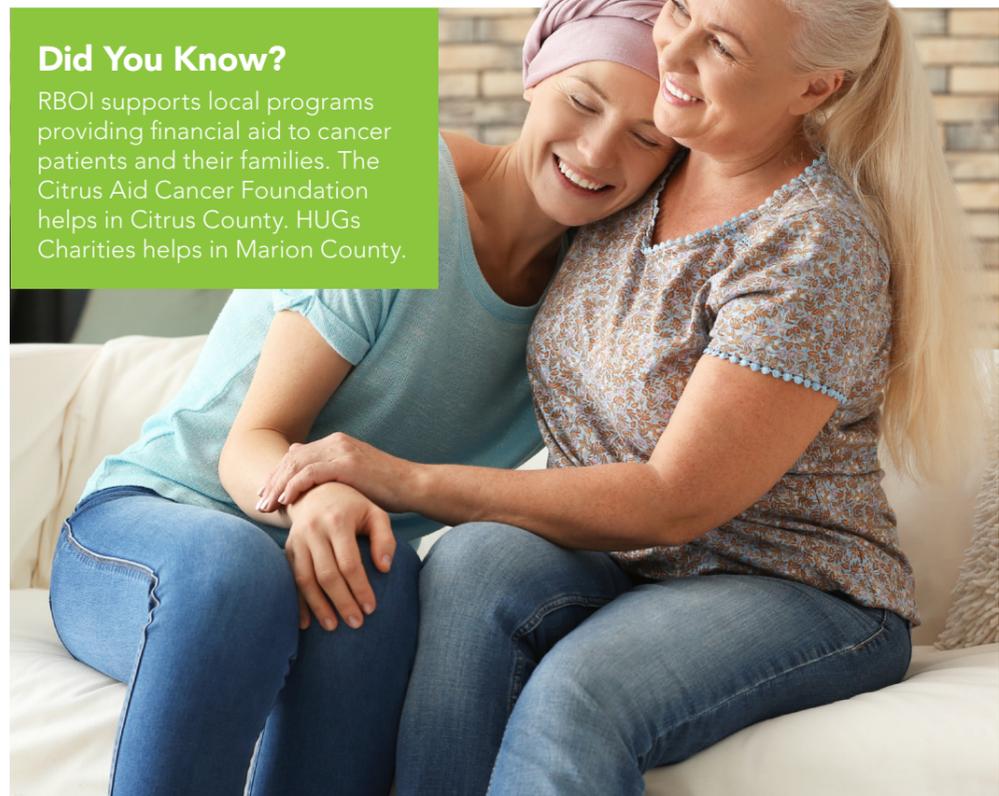
Social workers can help you:

- Make sure your health care needs are addressed
- Cope with emotional reactions around diagnosis and treatment
- Secure financial assistance,

- lodging, and transportation
- Coordinate with support agencies (like Elder Options)
- Deal with physical changes like fatigue, pain, sexual health issues, and sleep disorders
- Learn (and educate your loved ones) about your cancer and treatment
- Manage work concerns
- Make quality of life decisions in step with your treatment goals

- Arrange for home health care, hospice care, and securing medical equipment
- Perform crisis intervention, including counseling related to grief and loss.

Call one of our offices to make an appointment.



Did You Know?

RBOI supports local programs providing financial aid to cancer patients and their families. The Citrus Aid Cancer Foundation helps in Citrus County. HUGs Charities helps in Marion County.

Wellness Programs: Tools to Thrive

In their National Action Plan for Cancer Survivorship, the CDC in collaboration with the LiveSTRONG Foundation writes, "Survivors face numerous physical, psychological, social, spiritual, and financial issues throughout their diagnosis and treatment and for the remaining years of their lives. Many of these issues could be successfully addressed through...improving quality of life for each survivor." Wellness programs are designed to do just that, focusing on activities like healthy eating, exercise, and tobacco cessation.

RBOI partners with area wellness programs. Some are given at our facilities, while others take place elsewhere in our area. These include programs given through Livestrong at the YMCA, Silver Sneakers, Healthy55, Tobacco Free Florida, and the Florida Department of Health in Marion County. Call one of our offices to learn more.



Wendy Hall, LCSW (left) with Amy Roberts, LCSW

"I just hear patients all the time that talk about the difference in the compatibility and the compassion and the professionalism. We're not billing for these clinical services. We're not billing their insurances. I feel great pride that we don't let people down."

— Wendy Hall, LCSW

by the numbers

150 minutes

per week of moderate exercise, recommended for cancer survivors by the American Cancer Society and CDC.

57%

Decrease in fatigue among breast cancer survivors practicing yoga, versus those who did not (Ohio State University study)

67%

Lower mortality risk in colon cancer survivors, among active women compared to inactive women (Nurses' Health Study)

14%

Decrease in symptoms of stress in cancer patients, associated with increased mindfulness (Univ. of Calgary and Tom Baker Cancer Centre study)

You're Not Alone

"Sometimes even the most supportive family members and friends cannot understand exactly how it feels to have cancer," says the American Society of Clinical Oncology. "Many studies have shown that support groups help people with cancer feel less depressed and anxious." RBOI's support groups offer comfort and camaraderie for patients and their loved ones. Our meetings range from providing a general cancer education, to focusing on specific cancers, to providing ways of coping like mindfulness and yoga. A general caregiver support group also meets. Presentations are given by our physicians and staff at our facilities and at local venues like hospitals and libraries. Call one of our offices to learn more.

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