

SURVIVORSHIP SERVICES

The Tate Cancer Center offers comprehensive care to all patients, their caregivers and family, including:

SOCIAL SUPPORT SERVICES

A licensed social worker is on-site to help patients navigate non-medical concerns during their cancer journey. This includes assistance with finances and insurance, transportation, food resources and guidance for work or school concerns. Emotional support for patients and caregivers is offered through one-on-one meetings with the social worker or during a monthly support group. **410-553-8100.**

NUTRITION COUNSELING

Our nutrition specialists help patients manage symptoms before, during, and after treatment by developing a nutrition plan that incorporates individual dietary needs and goals. **410-553-8146.**

CANCER REHABILITATION

Physical therapists and speech language pathologists help patients maintain their strength, balance and speech at every step of their treatment journey. **410-553-8146.**

GENETIC COUNSELING

A certified genetic counselor to help patients explore the benefits of genetic testing, which can identify an increased lifetime cancer risk based on personal and family histories. **410-553-8146.**

THERAPEUTIC YOGA CLASSES

Free yoga classes are offered to help patients and their caregivers grow stronger through every stage of treatment and recovery. **410-302-7663.**

For more information about programs and services, please visit umbwmc.org/cancer-support-and-education.

MY SURVIVORSHIP APPOINTMENT

Is with _____

On _____ At _____

My appointment will take place at the

TATE CANCER CENTER

305 Hospital Drive, Suite 304
Glen Burnie, MD 21061
Phone: 410-553-8146

AIELLO BREAST CENTER

203 Hospital Drive, B 100
Glen Burnie, MD 21061
Phone: 410-553-8351

MY NOTES

Visit umbwmc.org/cancer-survivorship for more information.



TATE CANCER CENTER
AN AFFILIATE OF THE UNIVERSITY OF MARYLAND
MARLENE AND STEWART GREENEBAUM COMPREHENSIVE CANCER CENTER

CANCER SURVIVORSHIP PROGRAM

Transition from Treatment to Living Well Beyond Cancer



YOUR SURVIVORSHIP PROGRAM

The survivorship program is an essential part of the comprehensive care available at the Tate Cancer Center. As you prepare to transition from treatment, you will be referred to the survivorship program for a post-treatment visit where you will be introduced to a range of available support services.



TEAM OF SPECIALISTS

We believe healing and recovery takes a team. The survivorship nurse practitioner, social worker, registered dietitian, genetic counselor and rehabilitation therapists make up our group of professionals who are focused on addressing your needs as you transition from treatment to recovery.

Through multidisciplinary collaboration, the nurse practitioner creates a plan to meet your individual needs. We help coordinate your care to ensure that you receive the necessary resources to get you feeling your best as soon as possible.

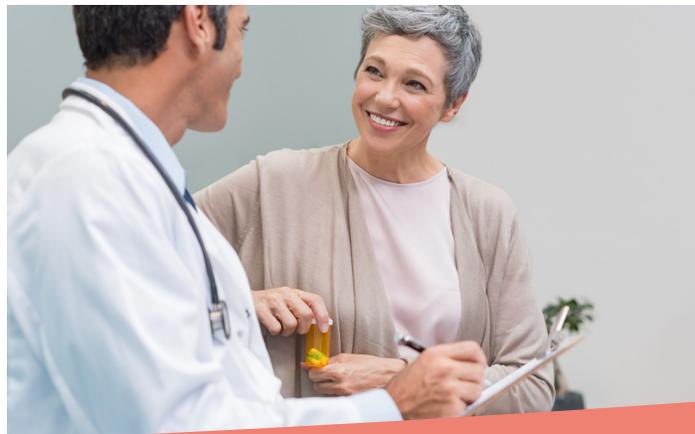
SURVIVORSHIP VISIT

WHY IS THIS IMPORTANT?

Your cancer survivorship care plan and visit are very important because it answers the question, "What is next?"

At your appointment, you will meet one-on-one with a provider to review your cancer survivorship care plan. Your survivorship care plan is an individualized plan developed for you based on your medical and cancer history, the cancer treatment you received and on your actual and potential cancer or cancer treatment related side-effects.

During your visit you will have an opportunity to discuss side-effect management strategies, social and/or vocational concerns, and will work with a provider to develop an individualized evidence based surveillance plan. Additional resources available to you as a cancer survivor will also be discussed. Following your survivorship visit you will receive a written copy of your survivorship care plan and information about services available to you as a cancer survivor.



WHAT IS INCLUDED IN A SURVIVORSHIP CARE PLAN?

During your visit, you will receive a personalized survivorship care plan. Like a road map, this plan outlines your next steps to reaching your fullest health after treatment. This includes:

- A summary of the cancer treatment
- Clear instructions for follow-up care
- Symptom management recommendations
- Directions for cancer screening and prevention
- Nutrition and physical activity guidance
- Practical and emotional support
- Personalized educational resources

To maintain continuity of care, we share your plan with your treatment team and primary care provider.