

**I CAN:**  
**INTEGRATIVE  
WELLNESS  
PROGRAM**

**Mount Sinai**

**MEDICAL CENTER**

**Comprehensive  
Cancer Center**



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# Welcome

to Mount Sinai Medical Center's Comprehensive Cancer Center. We are proud to offer our patients access to the only Ivy League affiliated cancer program in South Florida, backed by Columbia University. Our team of expert, compassionate clinical professionals, who are dedicated to caring for our patients, both physically and emotionally.

Our multidisciplinary team works together to achieve a common goal: to provide our patients with a whole-person approach to care, preparing a personalized plan that includes all aspects of their care. Our medical teams provide the latest treatments and access to clinical trials when applicable. We focus on patients' needs first, making sure they have access to convenient and timely appointments, with a range of services, all aimed at helping patients through their journey towards a cure.

This Integrative Wellness Program booklet highlights our "I CAN" program, which has the purpose and scope of giving you — our patient — helpful information about the teams available to you for additional support. Specifically, the "I CAN" program also has the goal of addressing the emotional aspects of cancer and other concerns you may have.

We welcome you into our family as our new patient and hope that you find this resource helpful throughout your cancer transitions.

And remember, *we are always here for you.*

## What Is Our “I CAN” Program?

Dealing with the idea of an illness will be the beginning of this chapter of your life. It can be challenging because of the many unknowns making you feel distressed and uncertain about what is ahead. Instead of focusing on your illness, we will ask you to take a pause and focus fully on your health. This means taking into account not just what your physical body will need, but also how you will handle this in other important ways.

Our “I CAN” program is set up to do just that. This innovative, lifestyle-changing program, based on our patients’ feedback, is intended to bring you a take-charge approach to your life by getting you involved in the four pillars, representing the “I CAN” acronym:

- I : INNER PEACE**
- C : COUNSELING**
- A : ACTIVITY**
- N : NUTRITION**

Through our wellness counseling strategies about the cancer process, healthy nutritional balance, and activities promotion, we hope to provide you with recommendations to embrace this pause in your life through your most important challenge: inner peace. Our ultimate aim is to encourage you to move forward and learn strategies to help achieve a better quality of life.


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**INNER PEACE** Having inner peace may be inconceivable when you are initially diagnosed. The very word “cancer” can elicit very distressing images, thoughts, and emotions. This is why we will be asking you about your distress levels throughout your cancer experience.

Studies indicate that cancer patients are actually resilient and that viewing cancer as an important milestone for growth in life is very common with patients.

Finding meaning and purpose to achieve some sense of inner peace in this chapter in your life will be important. Some will find this by engaging with others through religious or other spiritual means. Our clergy, integrative medicine, and psycho-oncology teams are available for consultation to help guide you through this aspect of your comprehensive cancer care.

**COUNSELING** We all need some direction when it comes to going through cancer and treatments. Counseling can come in many forms. If your main concern is poor sleep, we can work with you to alleviate this challenge through several options. Our wellness approach includes emotional support, practical guidance with social and financial concerns, and information or resource referrals. Counseling can also focus on guidance for everyday concerns and appointments, with help from our patient navigators. Our integrative medicine supportive care specialists and music therapists can also be an integral part of your experiences with us.

**ACTIVITY** Cancer-related fatigue is one of the most common symptoms cancer patient can experience. Studies indicate that engaging in some form of physical activity before, during, and after your cancer treatments can be beneficial to maintaining stamina, building strength, and even combating depression. Our I CAN program promotes the integration of some form of activity to help you through your transitions. We have specialized staff dedicated to engaging you. We can also provide you at-home strategies during times when you are unable to come in for some interventions.

**NUTRITION** Good nutrition is key to your strong proactive stance in your cancer care. You will be guided by our specialists in nutrition aimed at having you regulate your meals. One important strategy will be for you to eat several small meals a day as opposed to few larger meals. These small but significant lifestyle changes will help with your overall quality of life.

# I CAN

## Integrative Wellness Program

**Psychologist:** counseling; holistic approach to the emotional aspects of cancer; anxiety, depression, cognitive screeners; psychoeducation; inpatient

**Integrative Medicine Therapist:** counseling on holistic modalities; meditation; breath awareness; Reiki; aromatherapy; mindful movement

**Spiritual Counselor:** counseling on spirituality and belief/faith; clergy from different denominations

**Survivorship Coordinator:** reviews survivorship care plan; late effects; cancer surveillance; quality of life and health

**Nutritional Counselor:** counseling on practical changes in diet, nutritional risk, and supplements

**Patient Representative:** support in facilitating scheduling for follow-up appointments

**Psychiatrist:** counseling on the use and benefits of medications in alleviating

emotional and cognitive symptoms; inpatient

**Financial Guide:** counseling on insurance-related financial eligibility matters

**Navigator:** managing appointments; facilitates communication; removes barriers to care; connects to resources

**Genetic Counselor:** counseling about genetic components

**Rehabilitation Director:** counseling on activity; physical, occupational, or speech therapy; exercise and muscle strengthening

**Social Worker:** counseling on psychosocial and financial needs; support groups; entitlements eligibility; group therapy

**Music Therapist:** music therapy sessions at patient's bedside for different departments





## Doctors and Advanced Practice Provider Teams

**Surgical Oncologist:** medical doctor who treats cancer with surgery; diagnoses through biopsy; inserts ports

**Medical Oncologist:** medical doctor who diagnoses and treats cancer with chemotherapy, immunotherapy, and other related medicine; addresses side effects

**Radiation Oncologist:** medical doctor who treats cancer with radiation therapy; addresses side effects

**Pathologist:** medical doctor who provides diagnoses based on information gathered through a surgical procedure

**Radiologist:** medical doctor who reads and interprets diagnostic tests, such as CAT scans, MRIs, or other imaging studies

**Physician's Assistant:** (advanced assistant) examines; gives procedures; updates on illness

**Pain/Palliative Care Specialist:** medical doctor who counsels on pain pathways and provides alleviation of uncontrolled pain

**Nurse Practitioner:** (advanced nurse) diagnoses; prescribes medication; conducts full exams; interprets test results; gives follow-up plan

## Other Vital Teams

**Exam Room Nursing Team:** registered nurse (RN) who assists in patient management; coordinates treatments; does symptom management

**Treatment Nursing Team:** registered nurse (RN) who administers chemotherapy, immunotherapy, injections, blood products, and other treatments

**Lab/Pharmacy Team:** takes medication history, injections, and blood draws; puts on ID bracelets

**Administrative Teams:** operations of center; tumor registration; management; quality **studies; fiscal integrity of center**

**Research Team:** conducts research and explores clinical trials

**Student Clinicians:** doctoral- or predoctoral-level clinicians in training to work with cancer patients

**Medical Assistants:** takes vitals; reconciles medications; manages flow of patients; does home safety and pain assessments



## Your Teams

At Mount Sinai's Comprehensive Cancer Center, we are here to support you in a variety of ways.

Having strong communication and being fully open with your medical doctors will be an important aspect of your care. Your physicians everyone on your team rely on you to tell them what you feel, think, and do. For example, they may ask that you let them know all of the prescribed, over-the-counter medications and vitamins you are taking to make sure they do not interfere with your treatment medication regimen.

We all know that surgery, chemotherapy, immunotherapy, radiation therapy, clinical trials, or other medications can be challenging, especially since you have other life responsibilities. So, count on us to guide you throughout this process.

## Your Home Team

You are your greatest ally, and we rely on you to let us know how you are doing. Please write down the questions that you may have before your visits. Some of the questions you may want to ask your doctor or team might be:

**How long will the treatment last?**

**How will I feel?**

**What can be done about the side effects?**

All these questions are valid and important.

You may also want to keep a notebook about instructions, provider information, and important contact numbers. Write down some of the challenges you are experiencing in between visits so that we know what we can do to help you. You can also contact us via MyChart for assistance.

Remember, we will work with you, your family, and/or other caregivers with your permission to help achieve the best results through guided support. If you do

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**YOUR HOME TEAM IS  
OUR GREATEST ALLY,  
AND THIS STARTS  
WITH YOU.**

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not have a large support system or they are far away, we are here to help support you, connect with your caregivers as needed, or find other supportive networks that can help you through the different parts of your treatment.

Sometimes your home team wants to talk to us, which we will do with your permission. Your home team will need to know not to talk to others about your health without your consent and approval.

Throughout your treatment, we will encourage you to reach out for help with some chores, errands, or even work responsibilities. If communicating is difficult, we can walk you through this as well. Finally, we can also help you with other resources available to you out there in the community. Let us know your needs.



# Living With Cancer

## What to Expect During Treatment

You may have some expectations about treatment that may or may not be accurate. Your team will let you know what you can likely expect in terms of your specific cancer treatment. This is because every cancer, every cancer treatment, and every person is different. You will find with time which symptoms may relate to you and when you may get them.

We will be able to help you with what to expect and how to address these effects.

## What About Information?

Studies show that information on the internet is not always accurate. Many of these sites are motivated to inform, while others are motivated to persuade and give skewed or false information.

We will help examine your options with you. Aside from your doctors' expertise about your illness, they also get together with other doctors and team members looking at the latest research to ensure that the treatments we give you are approved and based on the most effective treatments available, and that they are effective and compassionate.

Although it can be very tempting to go on the internet or even listen to other resources, it will be important for you to focus on some of the recommended websites, instead of websites that may actually increase your distress instead of soothing your anxieties. For your convenience, we are providing some informative websites, books, and articles at the end of this booklet. Please always feel free to ask us so we can provide the best possible answers.

## Your First Days

Your first days may be full of uncertainty, but taking a proactive approach to your physical and emotional care will be important. Your resilience will become evident as you become more acclimated to our center and to your team members.

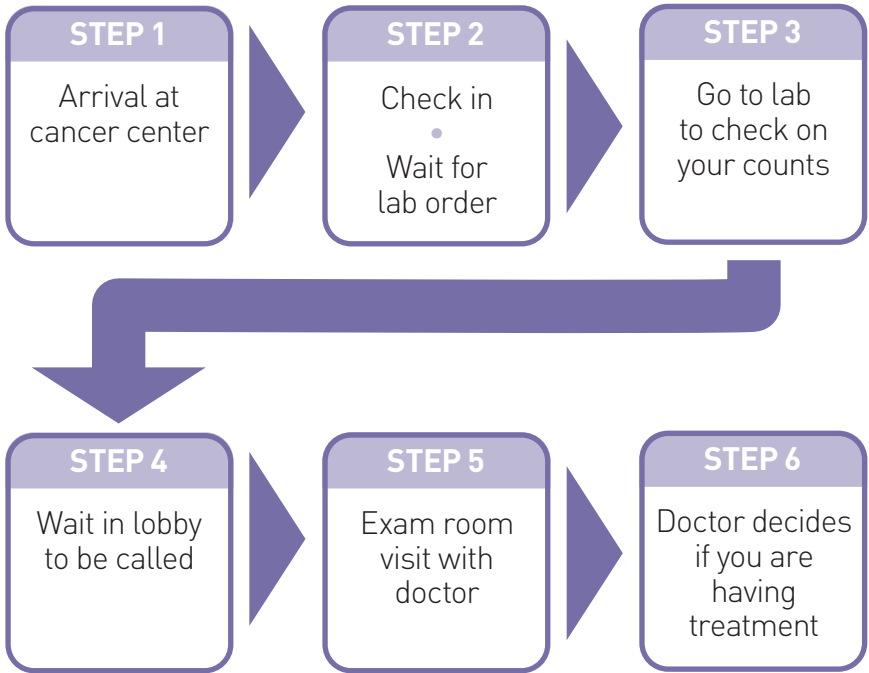
During your first days, your social worker will give you a new patient orientation to help you navigate your experience. Your medical doctors and advanced nurse practitioners will answer the key questions you will have. Other team members, such as navigators, will also be an excellent resource for other needs. Ask about our psycho-oncology services, where a psychologist or a psychiatrist can help in handling emotional challenges that may come up for you.

Let us help and guide you through your cancer experience and talk to you about the different resources available to you.



## Steps

These may be some of the steps you take during some of the medical appointments with your oncologist.



# Samples of Possible Treatments

Your doctor may recommend one or several of the treatments below. You may want to take notes about the specific treatments and other information during your visits.

## Surgery

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## Chemotherapy

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## Radiation

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## Immunotherapy

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## Oral Medication

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## Focusing on Wellness

There may be certain activities you used to be able to do that may be difficult for you now. Your team will encourage you to find other options available to you. The idea is to focus on wellness, meaning you should focus on what you can do and not what you can't.

Some, though not all, cancer patients develop distress. Some show sadness, nervousness, or fears. Many of these symptoms are expected, since you are transitioning into wellness through these very treatments.

Although studies indicate that many people are resilient when it comes to adapting to cancer and cancer treatments, some people become distressed. If you are having or developing depression or anxiety, we have resources to help you. So, your perspective on how you address your cancer experience may make a difference in your quality of life. This does not mean that you are forced to "think positive," but rather to focus on living with cancer and not on dying of cancer.

**But are you distressed?** Adjusting to a cancer diagnosis, treatment effects, and emotional reactions that may or may not accompany it can be difficult for anyone.

Our goal is to decrease the distress associated with cancer by responding to your specific needs and your family's fears and concerns.

During some of your visits, you will be asked by different team members to indicate your level of distress so that we know how to best care for your needs. These needs might be emotional, family-focused, physical, practical, and even spiritual. Our teams, which include our doctors, nurses, advanced care providers, together with others, are here for you to help counsel you through your experience with cancer.

We have support groups, which can provide you with a setting in which you can talk about living with cancer with others who may be having similar experiences. We can also provide you with individual psychotherapy, or medications that may help you.

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## Resources

### SAMPLES OF BOOKS FOR PATIENTS AND FOR CAREGIVERS:

*The Human Side of Cancer: Living with Hope, Coping with Uncertainty*

*Cancer: What I Wish I Had Known When I Was First Diagnosed: Tips and Advice From a Survivor*

*Chicken Soup for the Cancer Survivor's Soul: 101 Healing Stories About Those Who Have Survived Cancer*

*Emperor of All Maladies: A Biography of Cancer*

*The Patient's Playbook: How to Save Your Life and the Lives of Those You Love*

*Down Easy: A Cookbook for Those with Swallowing Difficulties*

*Co-Surviving Cancer: The Guide for Caregivers, Family Members and Friends of Adults Living with Cancer*

*The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own*

*Daily Comforts for Caregivers*

*And in Health: A Guide for Couples Facing Cancer Together*

*Couples Confronting Cancer: Keeping Your Relationship Strong*

*Caregiving: A Shared Journey*

## Other Resources

*Distress During Cancer Care 2020, NCCN Guidelines for Patients:*

**[apos-society.org/wp-content/uploads/2020/07/NCCN-Guidelines-for-Patients.pdf](https://www.apos-society.org/wp-content/uploads/2020/07/NCCN-Guidelines-for-Patients.pdf)**

**[cancer.org](https://www.cancer.org)**

**[cancer101.org/planner](https://www.cancer101.org/planner)**

**[cancercarenews.com](https://www.cancercarenews.com)**

**[oncolink.org](https://www.oncolink.org)**

**[cancercare.org](https://www.cancercare.org)**







## MOUNT SINAI COMPREHENSIVE CANCER CENTER

4306 Alton Road  
Miami Beach, FL 33140

**305.614.2901** Main Number

**305.614.1853** Emergency Room

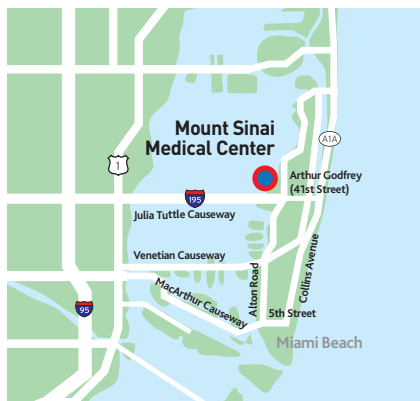


## MOUNT SINAI AVENTURA EMERGENCY CENTER, PHYSICIAN OFFICES, CANCER CENTER & DIAGNOSTIC CENTER

2845 Aventura Boulevard  
Aventura, FL 33180

**305.692.1010** Main Number

**305.692.1000** Emergency Center





# Mount Sinai

## MEDICAL CENTER

### **Comprehensive Cancer Center**

4306 Alton Road  
Miami Beach, FL 33140  
2845 Aventura Boulevard  
Aventura, FL 33180

**[msmc.com](http://msmc.com)**