

**Supportive Oncology Care...  
 Includes Palliative Care**

Helping you through every stage and transition of your cancer journey is very important to us, and is called Supportive Care. Supportive care can be provided before, during and after your treatment. Our goal is to promote your best quality of life and minimize unwanted symptoms or side effects.

Palliative Care is a type of supportive care that provides comprehensive support aimed at promoting comfort and quality of life, throughout the entire spectrum of an illness, including end of life care if needed.



Our specialized supportive oncology care team provides you with the highest quality individualized care specific to your needs. We also offer support to your family & caregivers over the course of your journey. Your supportive oncology care team may include a variety of providers, all working closely with one another to coordinate your care. Your team may include any or all of the following: Physician, Nurse Practitioner and/or Physician Assistant, Supportive Oncology Nurse Navigator, Physical Therapist, Social Worker and a Registered Dietician. All of our specialists work collaboratively, to ensure that your care is consistent with your values and goals. We embrace shared decision making and work with you to make sure that **your care plan is right for YOU**

We are here to provide additional layers of support in all areas. Often, we provide enhanced management of symptoms, including, but not limited to, pain, fatigue, shortness of breath, trouble sleeping, anxiety, depression and appetite changes. Additionally, we provide emotional support, address practical day-to-day concerns, and assist with advanced care planning (such as a health care proxy or living will).

You can ask for a supportive care consultation at any time!

[Click here](#) to learn more about this service.

**CareSpace** Health Labs Appointments Messages <sup>3</sup> Resources

**Do you use our Patient Portal?**  
 This is what the top of your account looks like.  
 Just click on each link to find everything you need!  
 If you need an account, call 315-472-7504 and ask for patient portal support.

**Are your Advance Directives in Order?**



[Click here](#) for more information.

If quitting smoking was difficult before, we understand a cancer diagnosis doesn't automatically make it easier. Let us help!



Ask your provider for a smoking cessation referral!

**February is  
 Bile Duct Cancer Awareness Month!**

[Click here](#) for more information.

**SIGNS +  
 SYMPTOMS  
 OF BILE DUCT  
 CANCER**

- JAUNDICE
- ITCHING
- UNEXPLAINED WEIGHT LOSS
- LOSS OF APPETITE
- FEVER
- ABDOMINAL PAIN

