

BROUGHT TO YOU BY ROPER ST. FRANCIS HEALTHCARE

house calls[®] Spring 2019

click here
TO VIEW
THE
LATEST
ISSUE!

Dig In!

Nourish your body—and celebrate the blooming season—with rainbow-hued recipes jam-packed with nutrients

PLUS:
The latest in cancer care, the science behind soreness, and more

See page 43 for this "Rainbow Smoothie" recipe.



{ Spring 2019 }



SUPPORT SYSTEMS



Fighting a serious illness can affect more than a person's physical well-being, taking a toll on mental and emotional health, too. A strong support system can be a game-changer during this difficult time.

For those battling and recovering from cancer, these local services aim to nurture not just the body, but also the mind and spirit.

Roper St. Francis Healthcare Support Groups:

Meet and mingle with other locals facing a cancer diagnosis, as well as those who have recently beaten the disease, at these up-beat support sessions. Visit rsfh.com/cancer-classes for upcoming dates.

Donna Fielding Cancer Wellness Institute:

At this Roper St. Francis affiliated holistic hub, patients connect with a dedicated Wellness Navigator who can guide them through a range of support services, from massages to mental health help to legal counsel.

The Healing Boutique: Located in the Roper St. Francis Cancer Center on the Bon Secours St. Francis Hospital campus, this specialty store is tailor-made for cancer patients and their loved ones. Shop for the right undergarments with help from a certified post-mastectomy bra fitter; work with a licensed cosmetologist to choose a custom wig; or locate therapeutic products such as creams and compression hosiery.

Patient Navigator: Roper St. Francis pairs many cancer patients with a nurse navigator who aims to provide emotional support, education, and guidance, as well as a consistent friendly face across different treatment settings. This program is free of charge; call (843) 724-2747 to sign up.

Concierge: Roper St. Francis offers concierge services to assist patients and families traveling from out or town to seek care from our cancer experts. Visit rsfh.com/travel-information for details.

CanCare: The burgeoning local chapter of this national group connects cancer patients with survivors who've battled a similar diagnosis. One-on-one emotional support from someone who's traveled this path can be deeply inspiring and helpful for those in the thick of the fight. To learn more, visit cancare.org.