



Patient and Family
Guidebook

Tips on using this guidebook

Why did I receive this guidebook?

You received this guidebook as a current or potential patient of the MercyOne Richard Deming Cancer Center.

What does this guidebook provide?

This guidebook provides a brief summary of key components to cancer care, in addition to valuable patient programs and resources you may find helpful.

How should I use this guidebook?

Bring this guidebook to your appointments to take notes you can refer to later. Utilize the resources provided during your cancer journey.

What if I have additional questions?

This guidebook is not a complete guide to your cancer care. You should talk to your care team about any and all questions you may have.

Welcome to MercyOne Richard Deming Cancer Center

We're honored to be part of your health care team.

MercyOne Richard Deming Cancer Center is a center of excellence in cancer care. At MercyOne Richard Deming Cancer Center you and your family will have access to the highest quality cancer specialists, the most advanced medical technology, access to clinical trial research protocols, and a patient-centered approach to multidisciplinary cancer care. Throughout the cancer journey, you and family will be embraced by supportive care services that will help you along the way.

We believe that cancer care is much more than just killing cancer cells. The very best cancer care is designed to take care of you and your family in every way. Caring for patients with cancer is a human endeavor. We not only care for you, but we care about you.

Comprehensive, Multidisciplinary Patient-Centered, Compassionate Cancer Care involves many different types of physicians and treatment modalities.

Medical Oncology: Our Mission Cancer + Blood team provide the world-class medical oncology services for MercyOne Richard Deming Cancer Center. Since 1981, Mission Cancer + Blood has been serving patients with cancer and blood disorders in central Iowa's major medical facilities. Mission Cancer + Blood is a great partner in delivering coordinated cancer care at MercyOne.

Radiation Oncology: With a complement of board-certified physicians, a staff of physicists, therapists and nurses and multiple treatment systems, including True Beam, CyberKnife and Intraoperative Radiation Therapy, MercyOne Radiation Oncology provides state of the radiation therapy services. MercyOne is the only radiation therapy center in central Iowa to earn accreditation through the American College of Radiology (ACR)'s Radiation Oncology Practice Accreditation program.

Surgical Oncology: MercyOne Surgical Group includes surgical oncologists, breast surgeons, colorectal surgeons and gynecologic oncologists. The thoracic surgery is provided by our cardiothoracic team from MercyOne Iowa Heart Center. Our specialized cancer surgeons use the most advanced techniques and procedures to provide optimal care for our patients.



Living With Cancer Clinic: At MercyOne Richard Deming Cancer Center we have created a special clinic for patients who are living with Stage 4 cancer. This Living With Cancer Clinic provides mind-body-spirit support for patients as they continue on their cancer journey.

Integrative Oncology Program: MercyOne Richard Deming Cancer Center has a comprehensive Integrative Oncology program that is available to any cancer patient whether they are just beginning treatment, have completed cancer treatment or on a journey with incurable cancer. The practice of medicine is both a science and an art. Our program includes acupuncture, chiropractic care, massage therapy, physical therapy, osteopathic manipulation, financial aid counseling, nurse navigation, dietician support, sexual health counseling, Child Life services, mental health counseling for patients, mental health counseling for family members, spiritual counseling, music therapy, art therapy, pet therapy, and mindfulness coaching.

Survivorship Clinic: MercyOne Richard Deming Cancer Center has a special clinic for patients who have successfully completed cancer treatment and are cancer-free. Our survivorship clinic provides the necessary follow up for cancer surveillance and attends to any lingering physical, psychosocial, emotional, financial, philosophical and spiritual issues that may be a consequence of the cancer treatments.

Again, welcome – we look forward to serving you.

Sincerely,

Richard Deming, MD
Medical Director



“The good physician treats the disease; the great physician treats the patient who has the disease.”

-Sir William Osler

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Important phone numbers

MercyOne Richard Deming Cancer Center. 515-358-6606

MercyOne Des Moines Cancer Center **MAIN LINE** 515-643-8206

MercyOne Des Moines Medical Center 515-247-3121

MercyOne West Des Moines Medical Center 515-358-8000

MercyOne Des Moines Outpatient Pharmacy 515-643-4429

MercyOne Des Moines Surgical Care 515-247-3266

MercyOne Radiation Oncology 515-643-8780

MercyOne Surgical Oncology **DOWNTOWN LOCATION** 515-247-3266

MercyOne Surgical Oncology **CLIVE LOCATION** 515-222-7474

MercyOne Katzmann Breast Care 515-222-7474

MercyOne Medical Imaging 515-247-4444

Mission Cancer and Blood **MEDICAL ONCOLOGY**. 515-282-2921

Genetic Counseling 515-643-8206

Lymphedema Occupational Therapists 515-222-7474

Nutrition **DES MOINES LOCATION** 515-643-8203

Nutrition **WEST DES MOINES LOCATION**. 515-358-9702

Outpatient Palliative Care 515-643-4915

Patient Counseling 515-643-9030

Physical Therapy **CLIVE LOCATION** 515-643-5690

Patient Billing **HOSPITAL** 734-343-3065

Patient Billing **CLINIC** 888-515-7155

Patient navigation
GYNECOLOGIC, COLORECTAL, BREAST AND BRAIN CANCERS 515-643-8204

Patient navigation
UPPER DIGESTIVE, UROLOGIC, MELANOMA, SARCOMA, HEAD AND NECK CANCERS 515-643-8210

Patient navigation **LUNG AND BLOOD CANCERS** 515-643-8201

Research and clinical trials 515-643-2196

Meet your care team



Radiation Oncology

Radiation Oncology uses high-energy x-ray or other particles to destroy cancer cells. A doctor who specializes in giving radiation therapy to treat cancer is called a radiation oncologist. A radiation therapy regimen, or schedule, usually consists of a specific number of treatments given over a set period.



Medical Oncology

Medical Oncology uses medication, including chemotherapy, immunotherapy, hormonal therapy and targeted therapy to treat cancer. Chemotherapy uses drugs to kill cancer cells. Immunotherapy and biological therapy focus on stimulating the immune system to fight cancer. Hormonal therapy uses hormones to treat cancer. Targeted therapy uses drugs to treat cancer that is based on the patient's own genetic makeup.



Surgical Oncology

Surgical Oncology is a field of medicine that uses surgery to treat cancer. Its main goal is to find harmful tumors in your body and remove them. Doctors who practice surgical oncology can also see if you have cancer or find out if the disease has spread to other parts of your body.



Supportive Services

Integrative Medicine and Supportive Services focus on the physical, emotional, psychosocial, philosophical and spiritual needs of patients throughout their cancer journey. Whether it's living your best life or managing side effects of treatment, Supportive Services are for all patients.

My care team contact information

My radiation oncologist is _____

Phone number _____

Other information _____

My medical oncologist is _____

Phone number _____

Other information _____

My surgical oncologist is _____

Phone number _____

Other information _____

Other care team members include:

Name: _____ Specialty: _____

Name: _____ Specialty: _____

Name: _____ Specialty: _____

Name: _____ Specialty: _____

Name: _____ Specialty: _____

Integrative oncology and patient support services

Integrative medicine

Integrative medicine services provide cancer patients with supportive care for their mind and body well-being during and after cancer treatment. Some of the benefits include:

- Minimizing side effects (nausea, fatigue, pain)
- Enhancing overall wellness
- Reducing stress
- Improving sleep

The integrative medicine services are available to all cancer patients receiving treatment at MercyOne. These complementary services are provided to patients through the support of the MercyOne Des Moines Foundation at no additional expense to patients.

Touch Therapies

Acupuncture

Meet with a licensed acupuncturist to help devise and carry out a treatment plan with approaches to minimizing unwanted symptoms and enhancing overall wellness proactively and preventatively.

Chiropractic care

Chiropractic care can be a very effective treatment for pain management and to improve flexibility, mobility, and muscle strength.

Massage therapy

Massage can relieve symptoms related to cancer, as well as side effects from treatments, such as nausea, fatigue and pain. All massages are tailored to the individual patient's needs.

Osteopathic manipulative medicine

*billed service

OMM is used to treat many forms of bodily dysfunction including pain, discomfort, and limited range of motion caused by illness or injury.

Physical therapy *billed service

Physical therapists create treatment plans that use physical activity to help manage side effects of treatment and cancer-related problems, improve health and function, and return to work and other activities.

Reiki

Reiki is a technique for stress reduction and relaxation that also promotes healing. It can help reduce pain, improve sleep and general well-being.

Reflexology

Reflexology is a non-invasive therapy of the hands and/or feet that works alongside conventional medical care to relax your body, improving healing and well-being.

Counseling Services

Patient and family counseling

Counseling sessions are provided to cancer patients and their family members who might be having difficulty coping with a cancer diagnosis, treatments, or life after cancer.

Caregiver and grief counseling

Cancer can present challenges to the caregiver's social, emotional, physical and spiritual well-being. Our counselor focuses on helping families maintain the emotional well-being needed to cope with the stress of a cancer diagnosis.

Nutrition counseling

Registered dietitians provide counseling to patients and their families before, during and after their cancer treatments. Common topics include managing treatment side effects through diet, eating well for a healthy immune system, and dietary patterns to decrease risk of cancer recurrence or secondary cancers.

Social work and resource counseling

The social worker acts as the patient advocate by assisting with financial concerns, applying for government programs, obtaining basic needs, and

connecting with mental health resources. They also assist the patient with social and personal aspects that impact their healthcare.

Genetic counseling *billed service

The genetic counselor reviews personal and family cancer history to help determine the likelihood of hereditary cancer, discuss how a hereditary cancer syndrome could affect the patient and family, and coordinate genetic testing if desired.

Patient support services

Patient Navigation

Nurse navigators are patient advocates who assist patients and their oncologists with cancer care coordination and support.

Survivorship Program

Through partnership with Above + Beyond Cancer, various survivorship programs are available to patients and families.

Palliative Care *billed service

The palliative care team provides supportive care to patients diagnosed with serious illnesses. Palliative care is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

Living with Cancer Support Group

Support group for those in active treatment or chronically living with cancer.

Mindfulness Based Stress Reduction

Mindfulness practice is focused on the here and now. Learn simple practices to ground yourself in the moment and reset.

Pet Therapy

Therapy dogs can provide affection and comfort to people that are dealing with a cancer diagnosis. You can always find hope in the eyes of a dog.

Sexual Intimacy Resources

Sexual health during and after treatment often gets overlooked and is difficult to talk about, but it can change people's intimacy and relationships forever. Let us help provide resources to start the conversation and find solutions.

Research and Clinical Trials

You may be eligible to participate in a clinical trial. Talk to your physician to determine if one is right for you.

Wig and Head Coverings

A variety of affordable, synthetic wigs and head covering options are available.

Spiritual Care

Spiritual care is an aspect of healthcare that supports the inner person (spirit/soul) to help deal with the health challenges that you or your loved one is facing. This may include concerns or questions about personal meaning, purpose, legacy, hope and faith.

Art as Therapy

Art as therapy helps patients express emotions, reduce side effects and enhance relaxation through the use of painting, drawing, sculpting and other visual media. No previous artistic training or experience is necessary.

Music Therapy

Music therapy is the use of music activities such as singing, songwriting, instrument playing and listening to music to support therapeutic goals during or after cancer treatment. No music experience or confidence is required to participate.

Child and Parent Support Resources

How do I talk to my child about my cancer? Let us help provide resources to have these important conversations.

Resources

Advanced care planning

- The Conversation Project – www.theconversationproject.org
- Five Wishes – www.fivewishes.org

Cancer support groups

- MercyOne Richard Deming Cancer Center – 515-643-8206
- Above + Beyond Cancer – www.aboveandbeyondcancer.org

Caregiver support

- Caregiver Connection – www.caregiverconnection.net

Community resource list

- Cancer Support Community – www.cancersupportcommunity.org
- Cancer Care – www.cancercare.org/helpinghand

Financial information

- Patient Advocate Foundation – www.patientadvocate.org

General cancer information

- National Cancer Institute – www.cancer.gov
- American Cancer Society – www.cancer.org
- Susan G. Komen (breast cancer) – www.komen.org
- Leukemia and Lymphoma Society – www.lls.org

Sexual intimacy support and resources

- All of Me – www.allofmeiowa.org

Transportation and lodging support

- American Cancer Society – www.cancer.org/support-programs-and-services

