
Kellogg Cancer Center
We would like to welcome you to NorthShore University HealthSystem (NorthShore), and NorthShore’s Kellogg Cancer Center (Kellogg). We are very pleased that you have chosen our program for your care and follow-up.

Our years of caring for cancer patients and their loved ones allows us to understand we are treating more than a disease. We are helping you through a journey that can affect you physically, emotionally and spiritually.

That is why our goals for your journey include:

- Specialists and services that address each of these aspects of your life.

- Members of your team who are dedicated to your physical, emotional and spiritual well being.

- Clinically excellent treatment, state-of-the-art information, compassion and support.

- A multi-disciplinary approach to cancer treatment to assure you receive the highest quality of care possible.

- A collaborative way of practicing that focuses on your individual needs providing medical, surgical, radiation, psycho-social and emotional care.

- A patient-centered approach, so that each decision revolves around you, and you are encouraged to have a say in your treatment.

Kellogg has locations at NorthShore University HealthSystem’s Evanston Hospital, NorthShore University HealthSystem’s Glenbrook Hospital, and NorthShore University HealthSystem’s Highland Park Hospital. In this binder, you will find some specific information such as phone numbers or dining services for each location.

Please read all of the enclosed materials. This binder contains useful information that can assist you during your treatment. Your nurse will review the materials with you. Consider your collaborative nurse as a main resource to assist you with any questions or issues along the way.

We recognize that this is a stressful time. We will make every effort possible to provide you with information and resources to help you and your family through this process and journey.
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General Information

About Our Team
Physician, Nurse Practitioner and Physician Assistant Bios
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Hospital Maps
Frequently Asked Questions

During this journey you will meet several key members of our team who will help guide and assist you along the way. A brief overview and description of Kellogg Cancer Center’s team members is provided below.

Patient Support Associate (PSA)

Our PSAs are the first to greet you at the front desk upon your arrival. They are specially trained in patient registration, to make the registration process as smooth and quick as possible. During this process, the PSA will obtain and update your insurance and applicable personal demographic information. They may present you with a list of your current medications, as noted in your electronic medical record. You should verify the accuracy of this information with your RN or MD during your visit.

Once you have registered, our PSAs will direct you to our reception area where we offer a variety of beverages and a free Lending Library for our patients’ reading pleasure. Thanks to philanthropic support, personal DVD players may be available for your use while waiting. These are loaned on a first-come, first-served basis – please see a front desk staff member if you are interested. If you would like to donate books or DVDs to our Lending Library, you may also give them to the front desk staff.

When you call Kellogg, the PSAs are the team members answering our phones and they will connect you with the proper individual. They are also able to take care of you if you need to schedule an appointment. If your call requires immediate medical attention, they will direct you to a clinical team member.

As you check-out at Kellogg, you may ask your PSA to assist you in scheduling future appointments and to print a copy of your After Visit Summary for you.

Phlebotomist

Many Kellogg patients require the service of our certified phlebotomist located on site to save you a trip to the lab. This lab technician will draw your blood.

Medical Assistant

The medical assistant supports the team with patient care. They may assist with obtaining vital signs, height and weight during a visit, and enter this information in your electronic medical record, which is held confidential. They may also escort you to your exam or treatment room.

Medical Oncologist

Patients will be seen by a specialized medical oncologist physician who is an MD offering expertise in your specific type of cancer. They work with other members of the interdisciplinary team to coordinate your care and ensure state-of-the-art treatment.

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Nurse Practitioners (NP) or Physician Assistant (PA)

Established Kellogg Cancer Center patients may see a nurse practitioner or physician assistant in between their regularly scheduled appointments with their physician or if immediate medical attention is necessary and a physician is not available. Our nurse practitioners and physician assistants work closely with Kellogg physicians and are recognized as expert healthcare providers. They may perform physical examinations and obtain a medical history, order and interpret diagnostic tests, diagnose and treat acute and chronic health problems, provide patient education and counseling, prescribe and administer medications, perform procedures, and order or perform therapeutic treatments.

Collaborative Nurse or Nurse Navigator

The collaborative nurse or nurse navigator is an RN specially trained in hematology/oncology. Each medical oncologist has a specialized nurse who practices with him or her in clinic. They assist patients in care coordination, diagnosis and treatment education, and are a primary resource throughout your journey.

An oncology certified nurse serves as a collaborative nurse or nurse navigator, and is available to you and your family as a primary contact throughout your cancer diagnosis and course of treatment. Since the diagnosis of cancer is often overwhelming, the oncology nurse navigator will:

- Navigate you through the entire medical experience, including diagnosis, treatment plan, appointments, billing, and all tests and procedures.
- Coordinate your care to ensure that tests and procedures are conveniently scheduled.
- Facilitate referrals to surgeons and other cancer specialists, such as radiation oncologists, dietitians, psycho-social professionals, dentists and other medical specialists.
- Promptly sharing and explaining your laboratory and some of your test results.
- Offer one-on-one informational instruction about cancer, definitions of treatment, and information about cancer services available at Kellogg and throughout NorthShore.
- Provide educational materials on cancer, which helps empower you throughout the treatment process. At the end of each of your Medical Doctor Visits, your nurse will print and review your After Visit Summary with you to make sure you understand your physician’s instructions.
- Serve as a contact once you are home to help you and your family connect with existing community resources.

By looking after the best interests of you as a patient, our oncology nurse navigator makes the transition from diagnosis to treatment smoother and simpler.

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Treatment Nurse

The treatment nurse is an RN who collaborates with the entire care team to administer medications and therapies ordered by the medical oncologist physician. Nurses at Kellogg Cancer Center have a special national certification in the administration of chemotherapy. The treatment nurses partner with you to set goals, provide ongoing education and support, and ensure the best possible care is provided during each treatment visit. They work together as a team to provide care for all the patients at Kellogg. At the end of each of your treatment visits, your nurse will print and review your After Visit Summary to make sure you understand what side-effects you may anticipate, what medications have been prescribed, and when to alert your physician to symptoms you experience.

Pharmacist

The Kellogg pharmacy team consists of specially trained and nationally certified oncology pharmacists. Our pharmacists partner with physicians and nurses to develop an individualized plan of care for you based on national standards and guidelines as well as your unique needs. The pharmacist is a resource to assist with your questions about medications and symptom management.

Research Department

Research nurses, clinical trial data managers and certified research associates will assist if you are interested in enrolling in clinical research studies.

Nutrition and Dietary Services

A registered dietitian with special certification in oncology is available for consultation if you are experiencing difficulty with your nutritional intake, including loss of weight and appetite. They will work with you and your family to outline strategies, and set nutritional goals throughout therapy.

Psycho-social Support Services

Social workers and psychologists are available not only for emotional support, but also to offer their help in navigating the assistance programs offered by government or non-profit groups for those facing cancer.

Patient Financial Advocates

Patient Financial Advocates meet with new patients as they start chemotherapy treatments. They oversee a team of pre-certification specialists who work to have your treatment plans pre-authorized for payment by your insurance company, and can answer questions about your bills. They assist in the pre-certification of some diagnostic tests, such as MRIs, CT or PET scans. For patients who demonstrate significant financial need, they will coordinate reduced-cost care through state programs, the hospital’s charity care program or pharmaceutical companies’ programs.
Bruce E. Brockstein, MD, Medical Director Kellogg Cancer Center

Dr. Bruce Brockstein is a medical oncologist with an expertise in head and neck cancers, melanoma, and sarcoma. He is the Division Head of Hematology/Oncology for NorthShore University HealthSystem, the Kellogg-Scanlon Chair of Oncology, the medical director for the NorthShore Kellogg Cancer Center, and Vice Chairman of the NorthShore Cancer Committee. He is a Clinical Associate Professor of medicine at the University of Chicago Pritzker School of Medicine, where he also earned his medical degree and completed his post-doctoral fellowship in hematology/oncology. He completed his residency at the University of Pennsylvania. Dr. Brockstein serves as head and neck cancer section editor for a widely-used, online textbook; is a recent member of the Journal of Clinical Oncology editorial board (head and neck cancer); is the recent past Sarcoma Track Leader for the American Society of Clinical Oncology; and has authored numerous peer-reviewed publications and book chapters on his work in head and neck cancer and sarcomas. He has received numerous awards including the Steven A. Weisman Humanitarian Award from the Cancer Wellness Center.

Matthew E. Adess, MD, Gastrointestinal Oncologist

Dr. Matthew Adess is a Clinician Educator in medical oncology at NorthShore with an expertise in gastrointestinal cancer and benign hematology. He earned his medical degree from Loyola University of Chicago’s Stritch School of Medicine, where he also completed an internship, residency, and post-doctoral fellowship in hematology/oncology. Dr. Adess is an active member of the regional leadership board of the Lake County American Cancer Society.

Marshall Baker, MD, Surgical Oncologist

Dr. Marshall Baker is a board-certified surgeon with an expertise in general surgery, oncologic surgery, and pancreatic cancer. He is a Clinical Assistant Professor at the University of Chicago Pritzker School of Medicine. He earned his medical degree from Dartmouth Medical School and completed an internship at Georgetown University. Dr. Baker also completed a residency at Northwestern University, as well as a fellowship at both Northwestern University McGaw Medical Center and Indiana University School of Medicine.

Stacey Becker, MS, PA-C, Physician Assistant

Stacey Becker is a nationally certified physician assistant specializing in thoracic oncology at NorthShore’s Kellogg Cancer Center. She completed her Bachelor of Arts degree in Behavioral Neuroscience from Lehigh University in Bethlehem, Pennsylvania and then earned her Master of Science at Arcadia University in Philadelphia, Pennsylvania. Ms. Becker is a past member of the Board of Directors for the Association of Physician Assistants in Oncology (APAO). She is certified by the National Commission for Certification of Physician Assistants.

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General Information | Kellogg Cancer Center

**Tiffany Benfield, APN, Nurse Practitioner**
Tiffany Benfield is family nurse practitioner who specializes in head and neck cancer, sarcoma, melanoma and palliative care at NorthShore Kellogg Cancer Center. She completed her Bachelor of Science in Nursing at the University of North Carolina at Charlotte and then earned her Master of Science degree at DePaul University in Chicago, Illinois. She holds two national board certifications with the American Nurses Credentialing Center (ANCC) as a family nurse practitioner as well as a palliative care nurse practitioner.

**Mikir Bhayani, MD, Otolaryngologist**
Dr. Mihir Bhayani is a board certified otolaryngologist with specialty expertise in head and neck cancer. Dr. Bhayani earned his medical degree from the University of Utah School of Medicine. He completed his residency in otolaryngology-head and neck surgery at University of Chicago Hospitals and completed fellowship training in head and neck surgery at University of Texas-M.D. Anderson Cancer Center. In addition to English, Dr. Bhayani speaks Gujurati.

**William D. Bloomer, MD, Radiation Oncologist**
Dr. Bloomer is Clinical Professor of Cellular and Radiation Oncology at the University of Chicago Pritzker School of Medicine. He is board certified in both therapeutic radiology and nuclear medicine. He has expertise in breast, prostate, lung and gastrointestinal cancer. He trained at Harvard Medical School and was on the faculty there for 12 years. Before coming to NorthShore, he had been the Benedum Professor and Chairman of Radiation Oncology at the University of Pittsburgh. He is past president and gold medalist of the American College of Radiation Oncology, has published over 175 scientific articles and holds six U.S. patents for his research activities.

**Tammy Brown, ANP-C, Nurse Practitioner**
Tammy Brown is an adult nurse practitioner who specializes in gastrointestinal oncology at NorthShore Kellogg Cancer Center. She completed her Bachelor of Science in Nursing at Lamar University in Beaumont, Texas and then earned her Master of Science degree at North Park University in Chicago, Illinois. She holds a national certification with the American Academy of Nurse Practitioners.

**Nicholas Campbell, MD, Thoracic Oncologist**
Dr. Nicholas Campbell is a medical oncologist with an expertise in thoracic, head and neck malignancies. He earned his medical degree at the Medical College of Georgia and completed both his residency in Internal Medicine and then fellowship in Medical Hematology/Oncology at the University of Chicago where he served as Chief Fellow. Dr. Campbell’s clinical research interests include novel therapeutics, trial development, and bio-repository database management.

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Leon H. Dragon, MD, Medical Oncologist

Dr. Leon Dragon is a medical oncologist at NorthShore with an expertise in breast cancer, ovarian cancer and multiple myeloma/lymphoma. Dr. Dragon is a Senior Clinician Educator at the University of Chicago Pritzker School of Medicine and is the medical director for the Highland Park Kellogg Cancer Center. He received his medical degree from the University of Illinois at Chicago. His internship and residency were completed at the Columbia Presbyterian Medical Center and the University of Chicago. He completed a post-doctoral fellowship in hematology/oncology at Johns Hopkins University School of Medicine. He serves on several national committees including practice committees of the American Society of Clinical Oncology. He has received numerous awards and honors during his distinguished career, including the Myra Rubenstein Weiss Health Resource Center Award.

Alla Gimelfarb, MD, Hematology Oncologist

Dr. Alla Gimelfarb is a hematology oncologist with expertise in benign and malignant hematology as well as thoracic oncology. She is a Clinician Educator at University of Chicago Pritzker School of Medicine. She earned her medical degree at the University of Illinois at Chicago and completed her internship, residency, and post-doctoral fellowship in hematology/oncology at Rush University Medical Center. Dr. Gimelfarb speaks both English and Russian.

David L. Grinblatt, MD, Hematology Oncologist

Dr. David Grinblatt is a board-certified hematologist/oncologist with special expertise in the management of leukemia, lymphoma and other blood conditions. He earned his medical degree at Case Western Reserve University and completed his medical residency and post-doctoral fellowship at Rush Medical Center and Northwestern University, respectively. Dr. Grinblatt is a Clinical Associate Professor of Medicine at the University of Chicago Pritzker School of Medicine and oversees the clinical research program at NorthShore. He currently serves on several committees of the National Cancer Institute and its Co-operative Group Program. Dr. Grinblatt also serves on the Executive Committee of the Cancer and Leukemia Group B research group. He has authored numerous peer-reviewed articles related to his work in hematology.

Britt E. Hanson, DO, Hematology Oncologist

Dr. Britt Hanson is a board-certified hematologist with expertise in lung cancer and melanoma. She earned her medical degree from Des Moines University College of Osteopathic Medicine and completed post-doctoral fellowship training in hematology/oncology at Loyola University Medical Center/Hines Veterans Administration. Dr. Hanson is a Clinician Educator at the University of Chicago Pritzker School of Medicine.
**Thomas Hensing, MD, Thoracic Oncologist**

Dr. Thomas Hensing is a medical oncologist and Co-Director of NorthShore’s Thoracic Oncology Program, and a Clinical Associate Professor at University of Chicago Pritzker School of Medicine. He is a nationally recognized expert in lung cancer. He is one of the founders of the Lung Oncology Group in Chicago (LOGIC), whose goal is to develop novel treatment approaches for patients with lung cancer and to bring newer therapies to patients in their home community. He serves as committee Chairman for Oncology Quality and Performance Improvement, and Resident and Fellow Education. He earned his medical degree from the University of Maryland School of Medicine and completed his residency and post-doctoral fellowship at the University of North Carolina.

**John Howington, MD, Thoracic Surgical Oncologist**

Dr. John Howington, Chief of Thoracic Surgery and Co-Director of the Thoracic Oncology Program at NorthShore, is recognized as one of the top lung cancer experts in the country and is renowned for his minimally invasive surgical approach. Dr. Howington is a Clinical Associate Professor at the University of Chicago Pritzker School of Medicine. He serves as the Vice Chair of the Thoracic Oncology Network for the American College of Chest Physicians and he is also a fellow for the American College of Surgeons and American College of Chest Physicians. He was elected to Best Doctors in America 2007-2008.

**Jean A. Hurteau, MD, Gynecologic Oncologist**

Dr. Jean Hurteau is board certified in gynecologic oncology and obstetrics & gynecology. He earned his medical degree at the University of Montreal and completed an internship at Mount Sinai Hospital- Canada. Dr. Hurteau, who speaks both French and English, completed a residency at the University of Toronto and a fellowship at Duke University Medical Center. Dr. Hurteau is currently a member of the Ovarian Committee of the Gynecologic Oncology Group, a cooperative group for clinical trials research sponsored by the National Cancer Institute. He is a Clinical Professor at the University of Chicago Pritzker School of Medicine.

**Lynne Kaminer, MD, Hematology Oncologist**

Dr. Kaminer is a board-certified hematologist and oncologist specializing in hematology/oncology and Chief of Hematology at NorthShore, where she is also head of the Autologous Bone Marrow Transplant Program and holds the Virginia and James Cozad Chair of Hematology/Oncology. She is a Clinical Assistant Professor at the University of Chicago Pritzker School of Medicine. Dr. Kaminer earned her medical degree from Washington University and completed her internal medicine residency at University of Pennsylvania Hospital in Philadelphia. Dr. Kaminer is the principal investigator for numerous research trials on leukemia, lymphoma, and multiple myeloma and the author of numerous papers related to her work in hematology.

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Janardan Khandekar, MD, *Medical Oncologist*

Dr. Janardan Khandekar is an internationally recognized authority in clinical oncology and cancer research and the Director of NorthShore’s Center for Molecular Medicine. Dr. Khandekar is a Clinical Professor at the University of Chicago Pritzker School of Medicine and immediate past chairman of the Department of Medicine and Division of Hematology/Oncology at NorthShore. He has received numerous awards and honors during his distinguished career, including being named Laureate by the American College of Physicians and receiving the Steven A. Weisman Humanitarian Award from the Cancer Wellness Center.

Ki Wan Kim, MD, *Thoracic Oncologist*

Dr. Ki Wan Kim earned a Bachelor of Arts in Integrative Biology from the University of California at Berkeley and his Medical Degree from the Keck School of Medicine at the University of Southern California. He completed General Surgery residency at the University of Southern California and additional residency training in thoracic surgery at the University of Michigan with emphasis in general thoracic surgery. He is Board Certified in general surgery and Board Eligible in thoracic surgery and is a Clinician Educator at the University of Chicago Pritzker School of Medicine. Dr. Kim’s interests include thoracic oncology, minimally invasive thoracic surgery including robotic surgery, esophageal surgery, and mediastinal disease.

Carolyn V. Kirschner, MD, *Gynecologic Oncologist*

Dr. Carolyn Kirschner is a board-certified gynecologic oncologist at the NorthShore Kellogg Cancer Center. She earned her degree at the University of Illinois at Chicago, where she also completed her residency. In addition, Dr. Kirschner served as a fellow at Loyola University Stritch School of Medicine. During a recent six-month sabbatical, Dr. Kirschner ran a gynecological clinic in Nigeria. She is a Clinical Assistant Professor at the University of Chicago Pritzker School of Medicine.

Teresa Murray Law, MD, *Medical Oncologist*

Dr. Teresa Murray Law is a board-certified medical oncologist with expertise in breast, lung and gynecologic/urologic cancers. She earned her medical degree from the University of Minnesota Medical School. She completed a residency at the Northwestern University Medical School and post-doctoral fellowship from the Memorial Sloan-Kettering Cancer Center in New York. Dr. Law also speaks Spanish.

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Robert Marsh, MD, Medical Oncologist

Dr. Robert Marsh is a medical oncologist who is board certified in hematology, internal medicine, and medical oncology and serves as the Section Head of Gastrointestinal Oncology for NorthShore. He earned his medical degree from the University of Cape Town Medical School and completed his internship at Conradie Hospital. Dr. Marsh also completed a residency at St. Joseph Hospital and a post-doctoral fellowship at the University of Florida where he served as full professor and associate division head, chair of the hospital Cancer Committee, director of the Cancer Center research office and director of the Oncology Clinics before coming to NorthShore. Dr. Marsh currently is a Clinical Professor at the University of Chicago Pritzker School of Medicine. He is a recognized national expert in gastrointestinal and genitourinary cancers, serves on the Eastern Cooperative Oncology Group’s Gastrointestinal Committee and has published more than 80 papers and abstracts in peer-reviewed journals related to his areas of expertise.

Douglas E. Merkel, MD, Medical Breast Oncologist

Dr. Douglas Merkel is a board-certified medical oncologist with an expertise in breast cancer and is the Director of the Breast Cancer program at Kellogg Cancer Center. He is a Clinical Assistant Professor at the University of Chicago Pritzker School of Medicine. Dr. Merkel earned his medical degree from Northwestern University’s Feinberg School of Medicine where he also completed his internship and residency. He currently serves as the chairman of NorthShore’s Institute Review Board. Dr. Merkel also served as a post-doctoral fellow at the University of Texas Health Science Center at San Antonio. He has authored numerous papers on his breast cancer research.

Ryan Merrell, MD, Neurologic Oncologist

Dr. Ryan Merrell is board-certified in neurology. He earned his medical degree from the University of Alabama School of Medicine and also completed an internship and a residency at the Mayo School of Graduate Medical Education. Dr. Merrell completed a fellowship in neuro-oncology at the Massachusetts General Hospital Cancer Center/Dana Farber Institute program in Boston. He is a Clinical Associate Professor of Neurology at the University of Chicago’s Pritzker School of Medicine. Dr. Merrell has participated in clinical and research trials as well as co-authored several book chapters and clinical reviews.

Joseph P. Muldoon, MD, Colon/Rectal Surgical Oncologist

Dr. Joseph P. Muldoon is a board-certified Colon and Rectal Surgeon with an expertise in minimally invasive colon and sphincter preserving rectal cancer procedures. His expertise includes laparoscopic surgery, robotic rectal surgery and transanal endoscopic microsurgery. He earned his medical degree from Wayne State University Medical School, and completed his General Surgery residency and research fellowships at Northwestern University. He completed his Colon and Rectal Surgery fellowship training at Lahey Clinic. Dr. Muldoon is a fellow of the American College of Surgeons and the American Society of Colon and Rectal Surgery, and is a Clinical Assistant Professor at the University of Chicago Pritzker School of Medicine.

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Ranjeev Nanda, MD, Radiation Oncologist

Dr. Nanda is a board certified radiation oncologist with special expertise in stereotactic radiosurgery, head and neck oncology and brain tumors. He earned his medical degree from the Northwestern University Feinberg School of Medicine, completed his internship at Grady Memorial Hospital in Atlanta and his residency at the Columbia Presbyterian Medical Center in New York. Dr. Nanda is a Senior Clinician Educator at the University of Chicago Pritzker School of Medicine.

Jennifer R. Obel, MD, Medical Oncologist

Dr. Jennifer Obel is a board-certified medical oncologist who specializes in gastrointestinal malignancies, breast cancer and palliative care. She earned her medical degree from Northwestern University’s Feinberg School of Medicine, where she also completed an internship and residency in Internal Medicine and completed her hematology and oncology fellowship at the University of Chicago. As a Spanish-speaking physician who also works as a member of the American Society of Clinical Oncology’s Communications Committee, Dr. Obel is responsible for educating the media, public and NorthShore patients about complex cancer issues.

Catherine Pesce, MD, Breast Surgical Oncologist

Dr. Catherine Pesce is a surgeon who specializes in breast cancer. She graduated from Duke University and earned her medical degree from Rush Medical College. She completed her internship and residency in general surgery at Johns Hopkins in Baltimore, MD and a breast surgical oncology fellowship at Memorial Sloan-Kettering in New York, NY. She is an Assistant Professor at the University of Chicago Pritzker School of Medicine. Dr. Pesce sees patients at Highland Park Hospital.

Vathsala Raghavan, MD, Radiation Oncologist

Dr. Raghavan is a board certified radiation oncologist and has expertise in breast, gynecologic, head and neck and thyroid cancers. She completed her residency at the Ohio State University Hospital and a fellowship at Northwestern Memorial Hospital. Dr. Raghavan is a Senior Clinician Educator at the University of Chicago Pritzker School of Medicine. In addition to English, she speaks Hindi, Tamil, and Telugu.
Gustavo Rodriguez, MD, Gynecologic Oncologist

Dr. Gustavo Rodriguez is board certified in gynecologic oncology and obstetrics and gynecology. He earned his medical degree at the University of Illinois at Chicago, where he also completed his residency. Dr. Rodriguez completed a post-doctoral fellowship and received his oncology training at the Duke University Medical Center and served as a faculty member there for 10 years. He is the Matthews Family Chair of Gynecologic Oncology Research and is a Clinical Associate Professor at the University of Chicago Pritzker School of Medicine. Dr. Rodriguez speaks both Spanish and English.

Arif K. Shaikh, MD, Radiation Oncologist

Dr. Shaikh is board certified in radiation oncology and a Clinical Assistant Professor of Radiation and Cellular Oncology at the University of Chicago Pritzker School of Medicine. He has special expertise in stereotactic radiosurgery, gynecologic, lung, head and neck, and breast tumors. He is a graduate of Washington University in St. Louis and an AOA graduate of Johns Hopkins University School of Medicine. He completed his residency at the University of Chicago. In addition to English, he speaks Hindi and Spanish.

Daniel H. Shevrin, MD, Medical Urologic Oncologist

Dr. Daniel Shevrin is board certified in medical oncology, internal medicine, and hospice & palliative medicine and is an expert in prostate and genitourinary cancers. He serves as a Clinical Associate Professor at the University of Chicago Pritzker School of Medicine. He earned his medical degree from the University of Kansas Medical Center and he completed an internship, a residency, and a fellowship at the University of Illinois Medical Center and Clinics. He serves as medical director of the Glenbrook Kellogg Cancer Center and serves on numerous regional and national research Committees. He has authored many papers in peer-reviewed journals related to his work in genitourinary cancer and bone metabolism. He also received the Steven A. Weisman Humanitarian Award from the Cancer Wellness Center.

James S Spitz, MD, Surgical Oncologist

Dr. James Spitz is a double board-certified surgeon whose clinical expertise focuses on the area of colon and rectal surgery with specific interests in colon and rectal cancers. His expertise includes minimally-invasive laparoscopic, robotic and endoscopic surgery. He is a Clinical Assistant Professor of Surgery at the University of Chicago Pritzker School of Medicine and a Senior Attending at NorthShore University HealthSystem. He earned his medical degree from the Chicago Medical School. He completed his residency at the University of Illinois Medical Center, including a year as Administrative Chief Resident. He completed his Colon and Rectal Surgery Fellowship at the University of Illinois Medical Center and Cook County Hospital. Dr. Spitz is a fellow of both the American College of Surgeons and the American Society of Colon and Rectal Surgeons.

(continued)
Mark Talamonti, MD, *Gastrointestinal Surgical Oncologist*

Dr. Mark Talamonti’s clinical expertise focuses on the area of gastrointestinal surgical oncology at NorthShore with specific interests in pancreas, liver, and gastric cancers. He earned his medical degree from Northwestern University Feinberg School of Medicine, where he also completed a residency in general surgery, including a year as Chief Administrative Resident. Dr. Talamonti has been honored with numerous awards including an Excellence in Teaching Award received every year as an attending physician at Northwestern. Currently, Dr. Talamonti is a Clinical Professor at the University of Chicago Pritzker School of Medicine. Dr. Talamonti is the author of over 100 peer-reviewed scientific publications, as well as 25 book chapters and has authored two books on liver surgery and gastrointestinal oncology.

Nicholas A. Vick, MD, *Neurologic Oncologist*

Nicholas A. Vick, MD, is a Clinical Professor of Neurology at the University of Chicago Pritzker School of Medicine. Dr. Vick began the Neuro-Oncology Program at NorthShore in 1982, and is one of the “founding fathers” of neuro-oncology as a subspecialty. He has published more than 100 academic and research works throughout his career, and has lead and participated in numerous clinical trials. Dr. Vick earned his medical degree from the University of Chicago, where he also completed his internship and residency.

Elaine Lee Wade, MD, *Medical Breast Oncologist*

Dr. Elaine Lee Wade serves as Associate Director of the Patricia Nolan Breast Cancer at Glenbrook Hospital for NorthShore University HealthSystem and is a Clinical Assistant Professor at the University of Chicago Pritzker School of Medicine. She graduated from Loyola University and earned her medical degree from Rush Medical College. She completed her medicine residency at Rush Presbyterian St. Luke’s Medical Center and a post-doctoral fellowship with a breast cancer focus at Northwestern University. Dr. Wade is currently president of the North Shore Region of American Cancer Society, Illinois Division and has served on the grant review committee for the Susan G. Komen organization.
David P. Winchester, MD, FACS, FACR (Hon.), Surgical Oncologist

Dr. Winchester graduated from Northwestern University, where he also received his general surgical training. He completed his surgical oncology fellowship at M.D. Anderson Cancer Center. He currently is Clinical Professor of Surgery at the University of Chicago Pritzker School of Medicine and the immediate past Chairman of the Department of Surgery of NorthShore University HealthSystem. He is the Medical Director of the National Cancer Programs of the American College of Surgeons and Principal Investigator of the National Cancer Database (NCDB) with a focus on tracking outcomes in cancer patients and promoting continuous quality improvement of cancer care. Dr. Winchester has authored 200 peer-reviewed journal articles, serves on 10 editorial boards and has edited/co-edited 5 books. He is a past-president of the Society of Surgical Oncology and currently serves as the Executive Director of the American Joint Committee on Cancer. He is the past Chairman of the National Accreditation Program of Breast Centers (NAPBC) for the American College of Surgeons. He is an honorary member of the American Society for Therapeutic Radiology and Oncology and an honorary fellow of the American College of Radiology.

David J. Winchester, MD, Breast Surgical Oncologist

Dr. David J. Winchester is a surgical oncologist specializing in breast cancer at the NorthShore Kellogg Cancer Center and Chairman of the NorthShore Cancer Committee. He graduated with honors from Dartmouth College and earned his medical degree from Northwestern University. He completed his general surgery training at Northwestern University and his surgical oncology fellowship at the University of Texas M.D. Anderson Cancer Center. Dr. Winchester is a Clinical Professor at the University of Chicago Pritzker School of Medicine. He is nationally recognized for leading surgical research trials in breast cancer.

Katharine Yao, MD, Breast Surgical Oncologist

Dr. Katharine Yao is Director of the Breast Surgical Program at NorthShore. She specializes in surgical treatment of breast cancer, cancer risk assessment and prevention, breast cancer imaging, and breast cancer research. Dr. Yao completed an internship and residency in general surgery at Northwestern University and a surgical oncology fellowship at the John Wayne Cancer Institute in California. Before coming to NorthShore she was Director of the Breast Clinical Program at Loyola University Medical Center for five years. Dr. Yao is a Clinical Associate Professor at the University of Chicago Pritzker School of Medicine.
### Phone Directory

#### General Information

**Kellogg Cancer Center**

<table>
<thead>
<tr>
<th>General Numbers</th>
<th>Evanston Hospital Kellogg Cancer Center:</th>
<th>Phone</th>
<th>(847) 570-2112</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Fax</td>
<td>(847) 570-1041</td>
</tr>
<tr>
<td></td>
<td>Glenbrook Hospital Kellogg Cancer Center:</td>
<td>Phone</td>
<td>(847) 503-1000</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fax</td>
<td>(847) 503-1100</td>
</tr>
<tr>
<td></td>
<td>Highland Park Hospital Kellogg Cancer Center:</td>
<td>Phone</td>
<td>(847) 480-3800</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fax</td>
<td>(847) 480-3805</td>
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<table>
<thead>
<tr>
<th>Kellogg Outpatient Pharmacy—Evanston:</th>
<th>Phone</th>
<th>(847) 570-1130</th>
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<tbody>
<tr>
<td></td>
<td>Fax</td>
<td>(847) 733-5320</td>
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<table>
<thead>
<tr>
<th>Kellogg Outpatient Pharmacy—Glenbrook:</th>
<th>Phone</th>
<th>(847) 503-1206</th>
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<td></td>
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<th>Kellogg Outpatient Pharmacy—Highland Park:</th>
<th>Phone</th>
<th>(847) 926-6560</th>
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<td></td>
<td>Fax</td>
<td>(847) 926-5390</td>
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<tr>
<th>Appointment Scheduling</th>
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<table>
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<tr>
<th>Clinical Coordinators (Nurse Managers)</th>
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<tr>
<td></td>
<td>Glenbrook Hospital Kellogg</td>
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<td>(847) 926-5064</td>
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<td>Glenbrook Hospital Kellogg</td>
<td>(847) 503-1184</td>
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<td></td>
<td>Highland Park Hospital Kellogg</td>
<td>(847) 480-3842</td>
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<th>Dietician/Nutritionist</th>
<th>Evanston Hospital Kellogg</th>
<th>(847) 570-4089</th>
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<td>(847) 503-1193</td>
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<td>Highland Park Hospital Kellogg</td>
<td>(847) 480-3867</td>
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<td>(847) 657-1785</td>
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<td>Highland Park Hospital</td>
<td>(847) 480-4069</td>
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<table>
<thead>
<tr>
<th>Billing Information</th>
<th>NorthShore Financial Services Department</th>
<th>(847) 570-5000</th>
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<tr>
<td></td>
<td>Patient Financial Advocate</td>
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<tr>
<td></td>
<td>Evanston Hospital</td>
<td>(847) 570-2112</td>
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<tr>
<td></td>
<td>Glenbrook Hospital</td>
<td>(847) 926-4724</td>
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<td>Highland Park Hospital</td>
<td>(847) 926-4724</td>
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<table>
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<th>Test Scheduling</th>
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<th>Mammography</th>
<th>Evanston Hospital</th>
<th>(847) 570-1070</th>
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<td></td>
<td>Glenbrook Hospital</td>
<td>(847) 570-2325</td>
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<td>Highland Park Hospital</td>
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<table>
<thead>
<tr>
<th>Nuclear Medicine</th>
<th>Evanston Hospital</th>
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<tr>
<td></td>
<td>Glenbrook Hospital</td>
<td>(847) 657-5674</td>
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<td>Highland Park Hospital</td>
<td>(847) 480-3782</td>
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<table>
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<tr>
<th>Interventional Radiology</th>
<th>Evanston Hospital</th>
<th>(847) 570-2160</th>
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<tbody>
<tr>
<td></td>
<td>Glenbrook Hospital</td>
<td>(847) 657-1930</td>
</tr>
<tr>
<td></td>
<td>Highland Park Hospital</td>
<td>(847) 480-2669</td>
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</tbody>
</table>
General Billing

Kellogg Cancer Center offers the unique service of having dedicated financial advocates to help explain your bills. Bills for services and procedures completed at Kellogg come from NorthShore University HealthSystem. These bills will reflect procedures, laboratory tests, pharmacy charges and chemotherapy administration. Reimbursement for these charges varies.

We ask that you confirm your coverage with your insurance company, to identifying what services will and will not be covered. For example, some insurance policies do not cover the cost of drugs that are self-administered. Please inform us of any special requests or exclusions made by your insurance plan. You will receive a separate bill from your physician.

Visit the billing section of our website at northshore.org to pay a hospital or NorthShore University HealthSystem’s Medical Group physician bill online.

You may also contact the following phone numbers for billing questions:

NorthShore Financial Services Department ..........(847) 570-5000

Patient Financial Advocate

Evanston Hospital .........................................................(847) 570-1825
Glenbrook Hospital .........................................................(847) 926-4724
Highland Park Hospital ....................................................(847) 926-4724

Medicare Billing

As a Medicare beneficiary, you may receive more than one bill for a visit that together represents the total cost of the visit. Medicare requires that Provider-Based sites bill patients separately for services provided by physicians (Professional Fees), and for expenses incurred by our practice in providing care (Facility/Technical fees), such as office space, nursing, supplies and the like.

Here are a few important things for you to know about these bills:

The sum of the bills you will receive reflects the same total charge that is billed to non-Medicare patients. One bill will be from your physician for a visit and will note the charge for his/her professional services. The second bill will be from the NorthShore University HealthSystem’s Hospital Billing Service and will note the technical charge for use of the physician office, medical supplies, nursing staff, etc. The bill comes from NorthShore’s hospitals as our offices are designated by Medicare as extensions of our hospitals.
Medicare Billing (continued)

Both bills are subject to Medicare’s deductible and coinsurance. Supplemental insurance benefits you may have, may provide additional coverage. Contact your supplemental insurance company if you have questions about coverage.

More than one bill may be sent because Medicare has designated Kellogg Cancer Center as “Provider-Based” sites of care. This designation recognizes that our practices operate as extensions of our hospitals, meeting rigorous standards for quality care, infection control, patient confidentiality and more, while submitting to periodic, unannounced inspections by state and federal authorities.

While Provider-Based designation is not typical or required of physician practices, we believe this status bears testament to our overriding commitment to superior care and continuous quality improvement.

Please refer to the phone number listed on your bill for assistance with any additional questions you may have about charges for your care or contact the following:

Medicare ........................................................................................................ (800) 633-4227
NorthShore Financial Services Department .................. (847) 570-5000
Springfield Service Corporation for the NorthShore Medical Group........ (877) 210-4351
Evanston Hospital
2650 Ridge Avenue
Evanston, IL 60201
(847) 570-2000

Phone Number Extensions
Admitting/Financial Services 2130
Cardiac Cath 2216
Cardiac Graphics 2065
Center for Maternal Fetal Health/Fetal Diagnostics 2860
Concierge Services
Internal: Dial 4-YOU (4968)
External: Dial (224) 364-4-YOU or (224) 364-4968
Dental Center 2380
EEG/Sleep Center 2575
Emergency Dept. 2111
Gastroenterology/GI Lab 2236
Kellogg Cancer Center 2112
Labor & Delivery 2222
Nuclear Medicine 2591
Observation Unit 2844
Outpatient Pharmacy 2210
Outpatient Clinic/CAC 2700
Outpatient Lab 3903
Pastoral Care/Healing Arts 2330
Pre-Admission Testing Service 4710
Radiology 2528
Well Wishes Gift Shop 2717
Glenbrook Hospital Map

Glenbrook Hospital
2100 Pfingsten Road
Glenview, IL 60026
(847) 657-5800

First Floor

Department: John and Carol Walter Center for Urological Health
Use Elevator: G
To Floor: 3

Department: NorthShore Neurological Institute (NNI)
Use Elevator: G
To Floor: 2

Department: Occupational Therapy, Physical Therapy and Speech Therapy
Use Elevator: G
To Floor: LL

First Floor

Department: Conference Room A1, A2
Use Elevator: A
To Floor: 1 – 17

Department: ICU
Use Elevator: A
To Floor: 3

Patient Rooms:
- 3 South: Room 3002 – 3048
- 3 North: Room 3050 – 3094
- 3 East: Room 3100 – 3146
- 4 South: Room 4002 – 4046
- 4 North: Room 4050 – 4096

John and Carol Walter Ambulatory Care Center

NorthShore University HealthSystem
Highland Park Hospital

777 Park Avenue West
Highland Park, IL 60035
(847) 432-8000
Where do I schedule my appointments?

Please call the Kellogg Cancer Center at which you see your physician. You may speak to a Patient Support Associate (PSA) to make doctor or treatment appointments.

<table>
<thead>
<tr>
<th>Kellogg Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Evanston Hospital</td>
<td>(847) 570-2112</td>
</tr>
<tr>
<td>Glenbrook Hospital</td>
<td>(847) 503-1000</td>
</tr>
<tr>
<td>Highland Park Hospital</td>
<td>(847) 480-3800</td>
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</tbody>
</table>

Who do I call if I am feeling any side effects from treatment?

If you are experiencing side effects from your treatment, call the Center at which you see your physician. Ask to speak to the collaborative nurse for your doctor. If they are not available, the PSA will send them an electronic message, or the charge nurse will be paged if it is urgent. **If you are experiencing fever, pain or severe nausea, ask to speak to a nurse immediately.**

Who do I call about billing issues?

Please contact the NorthShore University HealthSystem’s Financial Services Department for questions regarding your statements.

<table>
<thead>
<tr>
<th>NorthShore Financial Services Department</th>
<th>(847) 570-5000</th>
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<table>
<thead>
<tr>
<th>Patient Financial Advocate</th>
<th>(847) 570-1825</th>
</tr>
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<tbody>
<tr>
<td>Evanston Hospital</td>
<td>(847) 926-4724</td>
</tr>
<tr>
<td>Glenbrook Hospital</td>
<td>(847) 926-4724</td>
</tr>
<tr>
<td>Highland Park Hospital</td>
<td>(847) 926-4724</td>
</tr>
</tbody>
</table>

Do I need a physician referral?

Patients at Kellogg should have a referral from either their primary care physician or a surgeon. Please be sure to check with your insurance company to verify any specific requirements.

How do I find out more about the Kellogg physician my doctor has sent me to?

See the Physician Bios in this binder, or biographical information on Kellogg physicians can be found by visiting our cancer specialties page on northshore.org, selecting a type of cancer, and clicking on “Specialists” in the navigation to the left.

(continued)
How does registration work?
Patient registration staff such as the Patient Support Associate (PSA) will assist you by directing you through the Center, making appointments, and providing your medical reports to your doctor. Registration includes recording health insurance information, so please bring your insurance information. If you have medical records at another hospital, please request copies to bring with you.

What number should I call to reach the Kellogg Cancer Center?
The main phone number is (847) 570-2112. This number can be used for any patient need: scheduling or rescheduling appointments, leaving messages for physicians or nurses, or general information about Kellogg. Each location also has a number that you may call for any of the same purposes.

<table>
<thead>
<tr>
<th>Kellogg Location</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Evanston Hospital</td>
<td>(847) 570-2112</td>
</tr>
<tr>
<td>Glenbrook Hospital</td>
<td>(847) 503-1000</td>
</tr>
<tr>
<td>Highland Park Hospital</td>
<td>(847) 480-3800</td>
</tr>
</tbody>
</table>

Where do I park when I come to Kellogg?

**NorthShore’s Evanston Hospital**
Kellogg at NorthShore’s Evanston Hospital is located on the north side of campus with a separate entrance on Ridge Avenue. Parking is validated for Kellogg patient visits and is $3.50. Valet parking is available at Kellogg’s main entrance at no additional charge on the day of your appointment.

**NorthShore’s Glenbrook Hospital**
The entrance to Kellogg at NorthShore’s Glenbrook Hospital is at the Landwehr Entrance of the John and Carol Walter Ambulatory Care Center. Parking is complimentary. Valet parking is available.

**NorthShore’s Highland Park Hospital**
Kellogg at NorthShore’s Highland Park Hospital is located in the Ambulatory Care Center. Parking is complimentary. Valet parking is available.

What if I need help getting around once I get to the hospital?
Upon arriving at each hospital and when needed throughout each visit, caring and helpful transport staff will assist patients in need of wheelchair services.

(continued)
Can I get a second opinion from a physician at Kellogg?

Many of our physicians are well known throughout Chicago, the country and even internationally. We are pleased to offer their expertise if you are seeking a second opinion. When calling to make an appointment for a second opinion, please be sure to let our staff know that your visit is for that purpose, so we can be sure that you are fully prepared.

What does my insurance cover?

Every insurance plan is different and the rules can be very confusing. Cancer treatment can involve many different tests, drugs, and both inpatient and outpatient hospital visits. It is very important that you or your family understand what your insurance requires in order to make the billing process less complicated.

Can somebody explain the bills that I've been receiving?

Kellogg Cancer Center offers the unique service of having dedicated financial advocates to help explain your bills. Bills for services and procedures completed at Kellogg come from NorthShore University HealthSystem. These bills will reflect procedures, laboratory tests, pharmacy charges and chemotherapy administration. Reimbursement for these charges varies. We ask that you confirm your coverage with your insurance company, to identifying what services will and will not be covered. For example, some insurance policies do not cover the cost of drugs that are self-administered. Please inform us of any special requests or exclusions made by your insurance plan. You will receive a separate bill from your physician.

You may contact the following phone numbers for billing questions or to make a payment:

NorthShore Financial Services Department...........................................(847) 570-5000

Patient Financial Advocate

Evanston Hospital ..............................................................................(847) 570-1825
Glenbrook Hospital ............................................................................(847) 926-4724
Highland Park Hospital .......................................................................(847) 926-4724

Visit the billing section of our website at northshore.org to pay a hospital or NorthShore University HealthSystem’s Medical Group physician bill online.

(continued)
How is Medicare handled?

As a Medicare beneficiary, you may receive more than one bill for a visit that together represents the total cost of the visit. This is because Medicare has designated Kellogg Cancer Center as “Provider-Based” sites of care. This designation recognizes that our practices operate as extensions of our hospitals, meeting rigorous standards for quality care, infection control, patient confidentiality and more, while submitting to periodic, unannounced inspections by state and federal authorities.

While Provider-Based designation is not typical or required of physician practices, we believe this status bears testament to our overriding commitment to superior care and continuous quality improvement. Medicare requires that Provider-Based sites bill patients separately for services provided by physicians (Professional Fees), and for expenses incurred by our practice in providing care (Facility/Technical fees), such as office space, nursing, supplies and the like.

Here are a few important things for you to know about these bills:

• The sum of the bills you will receive reflects the same total charge that is billed to non-Medicare patients.

• One bill will be from your physician for a visit and will note the charge for his/her professional services.

• The second bill will be from the NorthShore University HealthSystem’s Hospital Billing Service and will note the technical charge for use of the physician office, medical supplies, nursing staff, etc. The bill comes from NorthShore’s hospitals as our offices are designated by Medicare as extensions of our hospitals.

• Both bills are subject to Medicare’s deductible and coinsurance. Supplemental insurance benefits you may have, may provide additional coverage. Contact your supplemental insurance company if you have questions about coverage.

Please refer to the phone number listed on your bill for assistance with any additional questions you may have about charges for your care or contact the following:

Medicare .......................................................................................... (800) 633-4227
NorthShore Financial Services Department ......................................(847) 570-5000
NorthShore Medical Group ...............................................................(877) 210-4351

Can patients bring friends or family with them for visits?

We encourage you to bring up to two (2) adult friends or family members for visits to the Kellogg Cancer Center (children under 6 are not allowed). Your loved ones are often very important parts of your support and recovery. Please recognize that due to many of the diseases and treatments, patients frequently have compromised immune systems. We ask that guests are sensitive to possibly exposing patients to additional viruses or other infections. Please see Visitor Guidelines in the Additional Resources section of this binder for further information.

(continued)
Are interpretive services available?

A wide range of communication options based on individual needs are available at no cost to the patient or family. We offer these services to minimize communication barriers when providing comprehensive medical services to sensory impaired and language-limited patients. Please notify a staff member if you are in need of services. For more information, the Concierge Department at each hospital can be contacted:

- Evanston Hospital ................................................................. (847) 570-8989
- Glenbrook Hospital .............................................................. (847) 657-5603
- Highland Park Hospital ........................................................ (847) 480-2882

Do you have health education materials available?

Our Myra Rubenstein Weis Health Resource Center, located at NorthShore’s Highland Park Hospital, provides educational materials and health resource tools to help you stay well informed of medical care options and be proactive in maintaining good health. Contact (847) 480-2727 or email at mrwresource@northshore.org.

How can I learn about my genetic risks for developing breast cancer?

NorthShore helps individuals learn about their inherited risks for breast cancer and provides personalized family tree printouts through an online tool called MyGenerations. This resource is available at northshore.org/mygenerations.

Who do I need to inform if I have Advance Directives?

As part of our commitment to individualize each patient’s care, we ask you to tell us of any Advance Directives you may have prepared. It is important for all adults to have considered what they would want done in an emergency. Be sure to discuss these plans with your family members. Give copies of your power of attorney, living will or other advance directives to your Kellogg team. Also, be sure there is a copy on your inpatient record if you are admitted to NorthShore’s Evanston, Glenbrook or Highland Park Hospitals.

Do you have outpatient pharmacies at your hospitals?

Outpatient pharmacies at NorthShore Evanston Hospital, Glenbrook Hospital and Highland Park Hospital provide full service prescription services.

<table>
<thead>
<tr>
<th>Pharmacy Location</th>
<th>Phone Number</th>
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<tr>
<td>Evanston Hospital</td>
<td>(847) 570-2210</td>
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<tr>
<td>Glenbrook Hospital</td>
<td>(847) 657-1785</td>
</tr>
<tr>
<td>Highland Park Hospital</td>
<td>(847) 480-4069</td>
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</table>
Are there dining options available for outpatients, family members and visitors?

Each hospital has dining facilities available.

**NorthShore’s Evanston Hospital offers:**

**Atrium Market Café**
The Atrium Market Café offers a variety of specialty pastas, pizzas, soups, salads and desserts in an elegant Southern Italian setting. The café is located north of the Main Entrance Atrium, just past the escalator, and is open from 6 a.m. - 9 p.m. Monday through Friday, and re-opens for night owls from 2:00 a.m. – 4:00 a.m. Monday through Friday. Phone orders for pick-up may be placed by calling (847) 570-1890.

**Dining Room**
The Employee/Visitor Dining Room is located on the lower level, and is open daily from 6:30 a.m. – 7:00 p.m.

**Vending Area**
The vending area, open 24 hours a day, is located near the Employee/Visitor Dining Room.

**NorthShore’s Glenbrook Hospital offers:**

**Dining Room**
The Employee/Visitor dining room located in the basement of the building offers a wide variety of selections and is open for the following meals:

- **Full-Service Breakfast**  6:30 a.m. – 9:15 a.m.
- **Continental Breakfast** 9:15 a.m. – 11:00 a.m.
- **Lunch** 11:00 a.m. – 1:30 p.m.
- **Snack, Deli & Salad Bar** 1:30 p.m. – 5:00 p.m.
- **Full-Service Dinner** 5:00 p.m. – 6:45 p.m.

**Vending Area**
The vending area, open 24 hours a day, is located adjacent to the Employee/Visitor Dining Room.

**The Atrium Café**
The café is located on the main level east of the John and Carol Walter Ambulatory Care Center entrance.
NorthShore’s Highland Park Hospital offers:

**Dining Room**
The Employee/Visitor Dining Room is located on the lower level of the Hospital. Hours of service are:

- Full Service Breakfast 6:30 a.m. – 10:00 a.m.
- Continental Breakfast 10:00 a.m. – 10:30 a.m.
- Lunch 11:00 a.m. – 1:30 p.m.

**Park Avenue West Café**
Visitors may enjoy sandwiches, snacks and assorted beverages in the Park Avenue West Café, located in the main lobby. The Park Avenue West Café is open Monday through Friday from 6:30 a.m. - 2:30 p.m.

**Vending Area**
Snacks and beverages are available in the 24-hour vending room located on the lower level next to the Employee/Visitor Dining Room.

**Do you have gift shops?**
Each hospital maintains a gift shop with a wide variety of gifts, flowers and more.

<table>
<thead>
<tr>
<th>Gift Shop Location</th>
<th>Phone Number</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evanston Hospital</td>
<td>(847) 570-2717</td>
<td>M-F: 9 a.m. - 5 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat. 10 a.m. - 4 p.m.</td>
</tr>
<tr>
<td>Glenbrook Hospital</td>
<td>(847) 657-5623</td>
<td>M-F: 9 a.m. - 5 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat. 10 a.m. - 4 p.m.</td>
</tr>
<tr>
<td>Highland Park Hospital</td>
<td>(847) 432-8000, ext. 4170</td>
<td>M-F: 9 a.m. - 4:30 p.m.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat. 9 a.m. - 3:30 p.m.</td>
</tr>
</tbody>
</table>
Your Treatment

Information About My Treatment
Pharmacy Information
First Day of Chemotherapy
Symptom Management Log
Treatment Precautions
Scheduling Diagnostic Tests

Your Treatment

At Kellogg Cancer Center, we believe in customized treatment that is individualized for your specific situations, including type and stage of cancer, medical history, the effectiveness of various treatment options and more.

Our patient-centered approach to care offers ongoing, consistent treatment from a physician and nurse who work together on all aspects of your care. They are the nucleus of a collaborative team that may include surgeons, radiologists, psychologists, social workers, clinical oncology pharmacists, clinical nutritionists, nationally certified nurses, pain management specialists and representatives from relevant medical departments that are needed in your care.

Your treatment plan may focus on a specific treatment or use a combination of therapies. Treatment may include surgery, cancer medications, chemotherapy, radiation, immune therapy or biological agents such as interleukins.

Cancer treatment may cause side effects such as fatigue, nausea and vomiting, pain, depression, hair loss, mouth sores and eating problems. Your collaborative nurse and physician will work closely with you to discuss your options, such as medication that can reduce or counteract nausea or fatigue, dental hygiene regimens and medications for mouth issues, a consultation with a dietitian to change your menu to one that is both nutritious and appealing as well as easy to chew and absorb, massage or diuretics for edema and swelling, and intervention for other symptoms that may include anxiety, numbness and tingling, constipation or diarrhea, or shortness of breath. Integrative medicine such as massage therapy and acupuncture are also available on site or at NorthShore University HealthSystem’s Park Center in Glenview. Please make sure you follow instructions for all appropriate tests and blood work so that your medical team can help you prevent or treat issues of anemia or blood count changes.

When you are going through cancer treatment, your immune system is compromised and not as able to fight even common conditions such as a cold or flu. It is very important to follow the recommendations listed in this binder in the section entitled “Treatment Precautions.” Also, if your visitors may be sick or have been recently exposed to someone who is ill, please ask them not to visit you until they are completely healthy.
Pharmacy Information

Medications are frequently an integral part of cancer treatment. Our Kellogg Cancer Center pharmacy and specially trained pharmacists understand the specific needs of cancer patients, potential side effects or interactions of medications, and are here to provide convenience and expertise throughout your journey.

Kellogg Cancer Center Pharmacy

What is the Kellogg Cancer Center Pharmacy?

Each Kellogg Cancer Center contains a dedicated oncology pharmacy, which is staffed by specialized oncology pharmacists and pharmacy technicians. The pharmacy staff works closely with the physicians and nursing staff in order to provide you with the highest quality of care during your course of therapy. All of the medications given in Kellogg for your treatment are prepared in the Kellogg Cancer Center Pharmacies.

How can the Kellogg Cancer Center Pharmacy help me during my course of treatment?

Kellogg pharmacists are available to provide information regarding any treatment regimen as well as any side effects that you may encounter during your course of therapy. Working with your physician and nurse, our pharmacists are also on hand to make recommendations regarding necessary changes in medications. After receiving chemotherapy at one of our Centers, a pharmacist will help to evaluate and manage any side effects or symptoms. You may also call us to address any questions or concerns that you may have regarding your therapy.

How can I contact the Kellogg Cancer Center Pharmacy Department?

<table>
<thead>
<tr>
<th>Evanston Hospital</th>
<th>Glenbrook Hospital</th>
<th>Highland Park Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>(847) 570-2205</td>
<td>(847) 503-1200</td>
<td>(847) 480-3803</td>
</tr>
<tr>
<td>2650 Ridge Avenue</td>
<td>2180 Pfingsten Road</td>
<td>718 Glenview Avenue</td>
</tr>
<tr>
<td>Evanston, Il 60201</td>
<td>Suite 1000</td>
<td>Highland Park, Il 60035</td>
</tr>
<tr>
<td>8:00 a.m. – 4:30 p.m.</td>
<td>Glenbrook, Il 60025</td>
<td>8:00 a.m. – 4:30 p.m.</td>
</tr>
</tbody>
</table>

(continued)
Is there a convenient location to fill my take-home medications while I am receiving treatment?

The Kellogg Cancer Center has an Oncology Outpatient Pharmacy available to fill prescriptions for Kellogg patients from NorthShore’s Evanston, Glenbrook, and Highland Park Hospital locations. The pharmacies are conveniently located adjacent to the treatment areas and are designed to provide comprehensive service and care to Kellogg Cancer Center patients.

Specially trained oncology pharmacists help patients with questions about chemotherapy drugs, symptom-management medications, medication adherence and patient assistance options.

How can I contact the Kellogg Cancer Center Outpatient Oncology pharmacy?

**Kellogg Outpatient Oncology Pharmacy—Evanston**
NorthShore Evanston Hospital
Room G400
2650 Ridge Avenue
Evanston, IL 60201
Phone: (847) 570-1130
Fax: (847) 733-5320
Hours: Monday – Friday, 9 a.m. – 5 p.m.

**Kellogg Outpatient Oncology Pharmacy—Glenbrook**
NorthShore Glenbrook Hospital
2180 Pfingston Road
Suite 1008
Glenview, IL 60025
Phone: (847) 503-1206
Fax: (847) 503-1220
Hours: Monday – Friday, 9 a.m. – 5 p.m.

**Kellogg Outpatient Oncology Pharmacy—Highland Park**
NorthShore Highland Park Hospital
757 Park Avenue West
Room 1851
Highland Park, IL 60035
Phone: (847) 926-6560
Fax : (847) 926-5390
Hours: Monday – Friday 9 a.m. – 5 p.m.

A list of the medications that have been prescribed for you will be printed for you at the end of your visit. It includes the dose, how often to take the medication and a brief purpose for each drug. In this section you may also find information sheets on each of the medications that you are taking, including your chemotherapy. Your nurse will review this information with you and will be happy to answer any questions you might have.
Here are a few recommendations to make your first day of chemotherapy proceed as easily and comfortably as possible:

- Bring an adult family member or friend for support if you wish. Children under the age of 6 are not allowed in treatment areas of the Kellogg Cancer Center for their safety and to maintain an appropriate environment for all patients. Please see Visitor Guidelines in the Additional Resources section for more information.

- Come to your first appointment 15 minutes before your scheduled appointment time to complete the check-in process and have your lab work done. Please have your insurance and drug prescription cards with you.

- Eat a light breakfast at home.

- You may want to bring a light snack. Coffee, juice, tea and water are available in Kellogg. If you will be at the Kellogg Cancer Center’s treatment area for an extended time, you may bring a small cooler or thermal lunch bag with food and beverages.

- Take your regular prescriptions that day, unless instructed otherwise by your oncologist.

- Please bring a complete list of your current medications, including over-the-counter drugs, vitamins and herbal supplements.

- It is recommended that you have someone drive you to your first appointment. You may want to arrange for childcare for the entire day, so you can focus on yourself, your treatment and take time to ask any questions. This is not a day to feel rushed.

- If you are the main cook in the family, you may want to arrange to have dinner brought in or have someone else do the cooking tonight.

- Your nurse will review all medications given during your treatment and for you to take when you go home. You will receive a written copy of your After Visit Summary (AVS), which includes home instructions and any return appointment details.

- You are encouraged to bring reading materials, a personal audio player (iPod or CD player), or a personal DVD player or tablet-type device. DVD players with movies are available to borrow. In addition, instructional videos are available on LodgeNet, our interactive patient television system. Ask your nurse for details.

- Kellogg has non-secured wireless Internet connectivity available for your convenience.

Our goal is to make this journey as smooth as possible. Please let us know if there is anything we can do to help you or your family.
You can make daily or weekly notations, or just write down anything significant when it happens. Using the rating system suggested, and comments may help you to spot trends and see how the side effects may be related to your treatment schedule, activities and/or diet, etc.

### Scale to Rate Severity of Symptoms/Side Effects:

0 1 2 3 4 5 6 7 8 9 10

None Moderate Severe

### Symptom Codes:

- S = sleep issues
- FA = fatigue
- P = pain
- F = fever
- MS = mouth sores
- B = breathing problems
- CO = cough
- SW = swallowing issues
- C = constipation
- A = appetite loss
- E = emotional issues (depressed, irritable/sad)
- MEM = memory/fogginess
- INT = Sexual interest or activity problems
- O = other (write in comment section)

### Example of Personal Management Symptom Log

<table>
<thead>
<tr>
<th>Name</th>
<th>James Smith</th>
<th>Date of chemotherapy</th>
<th>6/25</th>
<th>Week Starting</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptom/Severity</td>
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<tr>
<td>Action/ Medication taken</td>
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<td>/</td>
<td>/</td>
<td>/</td>
<td>/</td>
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<td>/</td>
</tr>
<tr>
<td>Relief? (Circle One)</td>
<td>O / N</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
</tr>
</tbody>
</table>

See next page for your Personal Symptom Management Log >
## Symptom Management Log

### Your Treatment | Kellogg Cancer Center

**Name** __________________________ **Date of chemotherapy** ______________ **Week Starting** ____________

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
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<td>Symptom/Severity</td>
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<td>Action/ Medication taken</td>
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</tr>
<tr>
<td>Relief? (Circle One)</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
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<tr>
<td>Symptom/Severity</td>
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<tr>
<td>Relief? (Circle One)</td>
<td>Y / N</td>
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<td>Symptom/Severity</td>
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<td>Action/ Medication taken</td>
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<td>Relief? (Circle One)</td>
<td>Y / N</td>
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<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
<td>Y / N</td>
</tr>
</tbody>
</table>

**Comments:**

__________________________

**Symptom Codes:**

- **S** = sleep issues
- **FA** = fatigue
- **P** = pain
- **F** = fever
- **MS** = mouth sores
- **B** = breathing problems
- **CO** = cough
- **SW** = swallowing issues
- **C** = constipation
- **A** = appetite loss
- **E** = emotional issues (depressed, irritable/sad)
- **MEM** = memory/fogginess
- **INT** = Sexual interest or activity problems
- **O** = other (write in comment section)
If you are undergoing chemotherapy, the treatment kills both the cancerous cells and the healthy cells in your body. The healthy or normal cells that are most likely to be destroyed by the chemotherapy are those that are growing at a fast rate.

You have three different kinds of blood cells: red blood cells (RBC), white blood cells (WBC) and platelets. This section discusses precautions to take when you may develop a low white blood count or low platelets, because low blood counts can put you at greater risk for infections.

Neutropenic Precautions:

What does it mean to have a low Absolute Neutrophil Count (ANC) or an ANC lower than 500?

The normal neutrophil (a type of WBC) count is 2,500 - 6,000. When you have 1,000 or fewer neutrophils, your risk for infection is increased. When your Absolute Neutrophil Count (ANC) is lower than 500, you are at risk for getting a serious infection. This condition is called “neutropenia.” If you are neutropenic, and develop a fever or signs of infection, contact your doctor immediately. You may be given antibiotics to fight the infection.

The following list contains information to help you care for yourself while you are neutropenic:

- Check your temperature twice daily; notify your nurse or doctor if you have a temperature above 100.4°F.
- Notify your doctor or nurse of any new redness, swelling, tenderness, drainage or odor on any part of your body, including your central line site.
- Shower or bathe daily.
- Perform mouth care every four hours, especially before and after meals.
- Wash your hands frequently; many infections are transmitted through hands and things you touch. Washing your hands thoroughly is the most important thing you can do to prevent infection.
- Avoid having contact with crowds and people with active infections (like colds, flu, sore throats).
- Do not have manicures or pedicures.
- Use gloves when you do gardening.
- Avoid cleaning birdcages, cat litter boxes and fish tanks.
- Avoid hot tubs and Jacuzzis. Swim only in chlorinated swimming pools.
- If you cut or scrape your skin, wash it well with warm water and soap. Then apply a bandage.
- Use an electric shaver rather than a razor.

This information is based on recommendations from the National Institutes of Health.
Platelet Precautions:
Your blood counts, including platelets, will be monitored prior to each chemotherapy treatment and other times as ordered by your physician.

Platelets are the blood cells that enable your blood to clot. If your platelet count is low, you will be given specific guidelines on precautions that are applicable to your illness.

These guidelines may include the following:
• Be careful with physical activities that could cause injury or bruising.
• Discuss with your physician or nurse prior to using aspirin and NSAIDS (such as Advil or Motrin products).
• Avoid the use of razors and hard toothbrushes (electric razors and soft-bristled toothbrushes are good options).
• Report unusual bruising, heavy nosebleeds, blood in urine or excessive menstrual bleeding.
• Notify your oncologist or RN if you are scheduled for any invasive medical or dental procedure.

Anemia Precautions:
Anemia is caused by low levels of red blood cells (RBCs) or hemoglobin (HGB), the part of the red blood cells that delivers oxygen from the lungs to the rest of the body. The normal HGB range is 13.0 - 17.0 gm/dL. Certain underlying conditions such as cancer, gastrointestinal tumors, hemorrhoids, surgery or other medical conditions increase the risk for developing anemia.

Anemia symptoms can develop slowly without affecting normal activities because the body adjusts to low oxygen levels; whereas when anemia becomes more severe, the body can no longer compensate and symptoms may become noticeable.

Symptoms may include:
Feeling tired, weakness, fatigue, dizziness, pale skin, irritability, shortness of breath, a coldness in your hands or feet, brittle nails, headache, loss of concentration and developing palpitations (feeling of heart racing).

Severity of Anemia

<table>
<thead>
<tr>
<th>Severity</th>
<th>HGB Range:</th>
<th>Symptoms:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>9.5 – 13.0</td>
<td>Often no signs or symptoms</td>
</tr>
<tr>
<td>Moderate</td>
<td>8.0 –9.5</td>
<td>May present with symptoms</td>
</tr>
<tr>
<td>Severe</td>
<td>&lt; 8.0</td>
<td>Symptoms usually present</td>
</tr>
</tbody>
</table>

Guidelines:
• Allow for adequate rest periods between activities; pace yourself.
• Get up slowly from a sitting or reclining position; this will lessen dizziness.
• Report persistent gasping, wheezing or difficulty breathing after doing strenuous work.
• Notify your physician or nurse if you experience unrelenting fatigue.
Please schedule all diagnostic tests ordered by your physician, such as CAT scans, MRIs and PET scans, within 1 – 2 days before your next visit with your medical oncologist.

This allows your physicians to give you the results for your tests in the most timely manner possible. If you schedule tests too far in advance of your physician visit, either your physician must delay the sharing of your results or relay your results via a phone call. Neither is our preferred method of communicating in a direct and timely manner with you.

If you are a member of NorthShoreConnect, your test results will be released to you by your physician when reviewed or auto-released in 3 – 7 days. NorthShoreConnect will give you test values, but only your physician can interpret these values. If your appointment is within a day or two, your physician may choose to not release the tests to allow for discussion in person.

In many cases with cancer patients, results that are automatically released and have “abnormal” values may be a reflection of the chemotherapy and other treatments, and not necessarily cause for immediate alarm. You and your physician will discuss the meaning of the results, including whether treatment may be affecting the values.

If you are not already a member, consider registering for NorthShoreConnect. This easy-to-use, online resource provides a gateway to all medical care you receive through NorthShore. It is a great way to stay in contact with your Kellogg Cancer Center care team.

You can find NorthShoreConnect at northshoreconnect.org. There are instructions for registering as a new member on the site.

Signing up with NorthShoreConnect gives you a convenient and secure way to:
• schedule appointments with NorthShore physicians
• view results of your medical tests
• renew prescriptions
• send messages to your doctor
• pay medical bills
• (if applicable) manage your children’s health

You also have complete access to your electronic medical records, including:
• medical history, including past test results
• current medications
• immunizations
• allergies
• hospital visits

NorthShoreConnect is an effective tool to manage many routine aspects of healthcare. Available 24/7, NorthShoreConnect works for patients on your time—all from the comfort of your own home or office.
After Visit Summaries
Patient Visit Summaries
Blood Count and Lab Reports
Questions for My Doctor and Team
To Do List

After each visit to the Kellogg Cancer Center, you will receive an After Visit Summary that will provide you with the following detailed information:

- Special instructions from your physician.
- A listing of your medications with dosage and usage instructions.
- Your “To Do List” detailing your future appointments.
- Lab results (within the last 48 hours).
- Immunology report (within last 90 days).
- Your nurse will review your After Visit Summary before you leave. If you have any questions regarding information on your After Visit Summary, please contact your physician.
- You may store your After Visit Summaries here for future reference.
If you choose to do so, this section is available to file your lab reports. These sheets are intended to help you keep a record of your blood counts. These values are very important as you move through your chemotherapy treatment because they assist the team in making decisions with regard to your care and restrictions you may need to follow.
Feel free to use this form or add other pages to write down questions for your doctor about your test results, symptoms, possible side effects of treatment, length of treatment or any other issue.

Questions for My Doctor and Team

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2. 

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10.
Please use this form or add pages to write down recommendations that members of your medical team make regarding your treatment, tests to schedule, tips to help alleviate side effects or other suggestions.

To Do List

1. 

2. 

3. 

4. 

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6. 

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8. 

9. 

10. 

After Visit Summaries | Kellogg Cancer Center
Taking Care of Yourself

Nutritional Information
Dental Information
Psycho-social Support
Integrative Medicine
Living in the Future (LIFE) Program
Community Resources
Care Pages

Taking Care of Yourself

Good nutrition is an essential part of your health.

During treatment for cancer, it is even more important to eat a balanced diet and maintain your fluid intake. The Kellogg Cancer Center offers Medical Nutrition Therapy tailored specifically to help with possible side effects of cancer and treatment. Our nutritionists are Registered Dietitians as well as advanced practice Oncology Specialists specializing in the prevention, treatment and survivorship of cancer.

Medical Nutrition Therapy will help you:

- Manage symptoms such as nausea, taste changes and bowel changes
- Prevent or correct nutritional deficiencies
- Improve your ability to tolerate treatment
- Help achieve and maintain a healthy weight
- Manage food/herb and medications interactions

In addition, our oncology nutritionists are available for consultation after your treatment to assist you in attaining a healthy nutrition lifestyle and preventing cancer recurrence.

If you have questions or would like to schedule a consultation, please call the nutritionist at the location where you receive treatment.

**Kellogg Location** | **Nutrition Phone Number**
--- | ---
Evanston Hospital .........................................................(847) 570-4089
Glenbrook Hospital ..........................................................(847) 503-1193
Highland Park Hospital .....................................................(847) 480-3867
Dental and Mouth Care Services

Kellogg Cancer Center has a comprehensive oral assessment and treatment program. Your nurse will review ways to help you care for your mouth during treatment. A Mouth Care Assessment and Intervention Plan are provided if you experience oral complications from your cancer treatment. Your team including a dentist, pharmacist, medical oncology doctor and nurse will review and discuss the approach that is best for you. Your doctor or nurse will provide you with referrals as needed.

Routine dental care should be performed by your regular dentist. You may wish to alert him/her that you are being treated by Kellogg.

**Note:** Routine teeth cleaning should not be done while on chemotherapy. Discuss any planned dental work with your oncology doctor or nurse.

Managing Mouth Sores

Mouth sores are a common side effect of certain chemotherapy drugs. Chemotherapy and radiation therapy kill rapidly dividing cells, such as cancer cells. However, the gastrointestinal (GI) tract, including the mouth and throat, is made up of cells that divide rapidly. This is why the GI tract is especially susceptible to damage to the mouth (mouth sores), and/or throat, which is also called “mucositis.”

Symptoms of mouth sores commonly occur 3 -10 days following chemotherapy treatment. You may experience a burning sensation followed by redness and a sore (ulcer). Usually these sores are painful, which make it difficult to eat or drink. It is important to let your nurse or doctor know if you get mouth sores, because you may need special medication to help you heal and control the pain.

Preventing Mouth Sores

Practice good oral hygiene:

- Rinse your mouth with a saltwater solution 2-3 times per day.
- Brush your teeth 2-3 times per day with a soft toothbrush.

Your MD may give you special medication to help you prevent mouth sores.
For many patients, a cancer diagnosis is a life-changing event that can trigger different emotions including shock, fear, depression, anxiety and anger.

The Psycho-social Oncology Program addresses the psychological and social challenges of cancer, and is committed to treating you as a whole person. Staffed by oncology clinical social workers, psychologists, bereavement counselors and post-doctoral fellows, we recognize that managing emotional and practical needs is a vital part of coping with illness and promoting quality of life.

You and your family members are invited to contact the Psycho-social Oncology Program. Psycho-social team members collaborate with your physicians and nurses in order to provide the best continuity of care available.

The following services are available:

• Psycho-social assessment.
• Ongoing supportive contact throughout treatment.
• Psychotherapy.
• Referrals to community resources (home care, support groups, transportation).
• Crisis intervention.
• Assistance with financial matters, insurance and related concerns.
• Assistance with advanced care planning, including Living Wills and Durable Power of Attorney for Health Care.

Our aim is to provide a supportive atmosphere in which you and your family members can express concerns, hopes and fears. Our goal is to facilitate your coping process by responding to your unique needs and strengths.
Integrative Medicine uses a humanistic approach, caring for the “whole person.”

We combine conventional Western medicine with safe, evidence-based complementary or alternative medicine approaches, for a holistic approach to care, treatment and healing. Our definition of healing is expanded to include your mental, emotional and spiritual aspects, to improve your quality of life and achieve successful outcomes.

Increasingly, patients are seeking ways to expand their conventional cancer treatment – both during and after treatment have been completed. Alternative therapies can relieve some of your anxiety and help you continue to feel empowered. Integrative Medicine combined with conventional cancer therapy may be effective for you to significantly improve important factors for good quality of life – energy, strength, appetite, digestive functioning, well-being and restful sleep.

NorthShore University HealthSystem’s Integrative Medicine Program is one of the largest and most successful programs in the country. The team of board-certified physicians and alternative practitioners are committed to improving your health through a broader approach to health and illness by embracing an expanded range of therapies including:

- Integrative Medicine physician consultations.
- Oriental Medicine and acupuncture.
- Integrative counseling and stress relief strategies.
- Integrative bodywork, including various forms of massage.
- Energy work.
- Nutrition counseling.
- Herbal medicine counseling.
- Therapeutic yoga and meditation.
- Spirituality counseling.

A truly unique aspect of our program is our team approach. This multidisciplinary team, which includes physicians and practitioners, meets regularly to review your care. In so doing, we focus our collective knowledge and experience to formulate an individualized treatment plan for you. We also work in collaboration with your oncologist and other members of your medical team. With your consent, the EPIC electronic medical record system facilitates a seamless flow of information between the Integrative Medicine team and your physicians. This broader, multidisciplinary foundation of knowledge is a benefit for every patient we see.

For More Information

For Integrative Medicine physician and practitioner appointments, call (847) 657-3540. For more information, visit northshore.org/integrative.

Patient Hours:

Dr. Mendoza Temple sees patients on Tuesday, Wednesday and Thursday at our patient clinic at the Park Center, 2400 Chestnut, Glenview, IL 60026. Integrative Medicine practitioners are available Monday – Saturday with some evening appointments.
While you may just be starting treatment, your goal is to complete treatment and be able to embrace your return to a joyful, rewarding life.

At NorthShore, we know that the end of treatment is not the end of the cancer experience. With progress in treating cancer comes a new and unique challenge—ensuring the long-term health of the nearly 12 million cancer survivors in the United States. That’s why we have the Living in the Future (LIFE) Cancer Survivorship Program.

About LIFE

LIFE is NorthShore’s cancer survivorship program, designed to create a bridge for continued care of post-treatment cancer survivors back to the community, family and primary care setting. LIFE was uniquely designed by its program director Carol A. Rosenberg MD, FACP, Director of Preventive Health Initiatives for NorthShore, to adhere to the guidelines proposed by the Institute of Medicine. The LIFE program, implemented in part through a Lance Armstrong Foundation Community Cancer Survivorship Program Grant, is the first program of its type in the Northern Lake/Cook County area.

The LIFE program features an individualized risk adapted visit with Carol Flanagan, RN, MSN, OCN, a specialized oncology nurse with expertise in cancer survivorship. You will receive counseling about a customized survivorship care plan following a unique template set forth by the Institute of Medicine. This personalized long-term care plan will include a portable detail of your oncology diagnostic and treatment summary, cite guidelines for continued monitoring, include preventive practice recommendations, and map out available resources and services such as genetics, fertility and integrative medicine consultations. The LIFE-Living in the Future program is located at Highland Park Hospital. Survivorship appointments are available at all NorthShore University HealthSystem Hospitals.

Survivorship 101

An important aspect of the LIFE program is the Myra Rubenstein Weis Survivorship 101 Seminar: Thrivership! This educational workshop and resource series is available to all in the community. You’ll learn the major topics of cancer survivorship, as well as skills to understand, select and navigate community based cancer survivor resources at any point in your cancer experience.

The Celebrate LIFE series of seminars such as “Eat to Beat Malignancy and Walk Away from Cancer” “Fit For Life: Get Started”, “Self Esteem and Sexual Intimacy After Cancer,” “How LIFE Events Impact Insurance and Employment” and “Celebrate LIFE! Genetics and the Cancer Survivor” are held at NorthShore University HealthSystem Hospital locations.

For questions or more information about our program call (847) 926-5818
Patient Rights and Responsibilities
Palliative Care
Hospice Services
Home Health Services
Living Wills
Charitable Donations
Cancer Registry
Glossary of Terms

Additional Resources

American Cancer Society
cancer.org
(800) ACS-2345

This organization aims to lead the fight against cancer through its programs in research, patient services, prevention, detection, treatment and advocacy. Provides free information and access to patient services such as Reach to Recovery, Road to Recovery, Look Good Feel Better.

Association of Cancer Online Resources
acor.org
(212) 226-5525

The Association of Cancer Online Resources information system currently offers access to a variety of unique Web sites and is specifically designed to be public online support groups providing information and community to patients, caregivers or anyone looking for answers about cancer and available resources.

Cancer Care, Inc.
cancercare.org
(212) 221-3300

Cancer Care Inc. assists people with any type of cancer, at any stage of illness, by offering a variety of free services, including counseling, information about treatment, referrals and educational seminars.

Cancervive
cancervive.org
(310) 203-9232
(800) 4toCURE (Toll-free)

Dedicated to serving the needs of cancer survivors by providing emotional support, education and advocacy to assist survivors as they cope with the cancer experience.

Cancer Wellness Center
215 Revere Dr., Northbrook
cancerwellness.org
(847) 509-9595
(866) 292-9355 (Toll-free)

The Cancer Wellness Center is a not-for-profit organization that provides various services to cancer survivors and their families. Programs and services available to the cancer community include support groups, networking groups, educational programs, stress reduction programs, exercise programs, individual and group counseling. Please contact the Cancer Wellness Center for a current listing of programs with dates and times.

Gilda’s Club Chicago
537 North Wells St., Chicago
gildasclubchicago.org
(312) 464-9900

Gilda’s Club offers social, emotional and informational support to men, women and children diagnosed with cancer, as well as support for family members of cancer survivors. Membership is absolutely free.

(continued)
NorthShore Integrative Medicine  
Park Center-2400 Chestnut Ave., Glenview  
northshore.org/integrative

NorthShore Integrative Medicine is healing-oriented and considers the whole person – body, mind and spirit – including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of both conventional and alternative therapies including:

- Integrative Medicine physician consultations
- Oriental Medicine and acupuncture
- Integrative counseling and stress relief strategies
- Integrative Bodywork, including various forms of massage
- Energy work
- Nutrition counseling
- Herbal medicine counseling
- Therapeutic yoga and meditation
- Spirituality counseling

Jennifer S. Fallick Cancer Support Center  
2028 Elm Road, Homewood  
cancersupportcenter.org

The Jennifer S. Fallick Cancer Support Center is part of the Cancer Health Alliance of Metropolitan Chicago that specializes in resources and guidance for people dealing with cancer. The center provides information, up-to-date resources, educational programs, support group services, individual and group counseling to improve the health and lives of cancer survivors.

Lance Armstrong Foundation  
livestrong.org

This organization provides information and support for patients diagnosed with cancer. Online telephone support available. Advocacy for healthcare.

Legacy-Bereavement Support Group  
Northbrook  
Contact: Thom Dennis

This eight-week program is for adults who have experienced the death of a parent. Please call for dates, times and location.

(continued)
Look Good Feel Better  
NorthShore’s Evanston, Glenbrook, and Highland Park Hospitals  
Contact: Medical Social Work Department

This is a special support group for women actively undergoing cancer treatment that teaches beauty techniques and strategies to combat appearance-related side effects of radiation and chemotherapy. This program is offered in collaboration with the American Cancer Society, CTFA and NCA.

Lung Cancer Discussion Group  
NorthShore’s Evanston Hospital  
Contact: Nan Rothrock, PhD

This discussion group is a psycho-educational group for lung cancer patients, survivors and their loved ones. Topics vary monthly.

Men’s Loss Group  
NorthShore’s Highland Park Hospital  
Contact: Medical Social Work Department

This monthly support group is for men who have experienced a loss of a partner. Topics will include grief reactions, changing relationships and issues of adjustment.

NorthShore Medical Genetics  
MyGenerations  
NorthShore’s Evanston Hospital and Highland Park Hospital  
Wendy Rubinstein, MD, PhD  
northshore.org/mygenerations

MyGenerations is an interactive program designed to document your family cancer history and determine your risk of developing cancer. The program also serves as a guide as to whether you should seek a genetics consultation and consider genetic testing. Information gathered from MyGenerations can be shared with your healthcare providers to help develop an individualized plan for early cancer detection and prevention. To access MyGenerations, go to: northshore.org/mygenerations.

National Cancer Institute  
cancer.gov  
(800) 4-CANCER

The NCI, established under the National Cancer Center of 1937, is the Federal Government’s principle agency for cancer research and training.

(continued)
National Coalition for Cancer Survivorship  
canceradvocacy.org  
(301) 650-9127  
(877) 622-7937 (Toll-free)

To lead and strengthen the survivorship movement, empower survivors and advocates for policy issues that affect their quality of life.

People Living with Cancer  
plwc.org

A Web site developed by ASCO (American Society of Clinical Oncology) to provide information on the diagnosis and treatment of cancer, symptom management and survivorship issues, resources and guidance for people dealing with cancer. The Center provides information, up-to-date resources, educational programs, support group services, individual and group counseling to improve the health and lives of cancer survivors.

Road to Recovery  
cancer.org/treatment/supportprogramsservices/programs/road-to-recovery  
(800) ACS-2345

This American Cancer Society program provides rides for cancer patients who are unable to secure their own transportation to and from treatment.

Stress Management Group  
NorthShore’s Evanston Hospital  
(224) 364-7583

This group teaches meditation and relaxation strategies to cancer patients and caregivers. Participants will also learn how to incorporate these skills into one’s lifestyle for stress management.

Wellness House  
131 North County Line Rd., Hinsdale  
wellnesshouse.org  
(630) 323-5150

The Wellness House is part of the Cancer Health Alliance of Metropolitan Chicago that specializes in resources, educational programs, support group services, individual and group counseling to improve the health and lives of cancer survivors.

Wellness Place  
1619 West Colonial Parkway, Palatine  
wellnessplace.org  
(847) 221-2400

The Wellness Place is part of the Cancer Health Alliance of Metropolitan Chicago that specializes in resources and guidance for people dealing with cancer. The Center provides information, up-to-date resources, educational programs, support group services, individual and group counseling to improve the health and lives of cancer survivors.

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Financial Information and Resources

Association of Cancer Online Resources  
acor.org

The Association of Cancer Online Resources information system currently offers access to a variety of unique websites and is specifically designed to be public online support groups providing information and community to patients, caregivers or anyone looking for answers about cancer and available resources.

The Center for Medicare Advocacy, Inc.  
(860) 456-7790  
medicareadvocacy.org

The Center for Medicare Advocacy works to increase access to comprehensive Medicare coverage and excellent healthcare for elders and people with disabilities by providing the highest quality analysis, education and advocacy.

Healthinsuranceinfo.net  
http://healthinsuranceinfo.net

A Consumer Guide for Getting and Keeping Health Insurance for each State and the District of Columbia. The guides summarize your protections, but are not a substitute for legal, accounting or other professional advice.

Medicare/Medicaid  
(800) MEDICARE  
medicare.gov

This government site provides information for Medicare patients on Medicare billing, Medicaid enrollment, prescription services and long-term care.

National Family Caregivers Association  
(800) 896-3650  
nfcacares.org

The National Family Caregivers Association (NFCA) supports, empowers and educates individuals who care for a chronically ill, aged or disabled loved one. NFCA reaches across the boundaries of different diagnoses, different relationships and different life stages to address the common needs and concerns of all family caregivers.

(continued)
National Partnership for Women and Families

nationalpartnership.org

(206) 986-2600

This non-profit, non-partisan organization uses public education and advocacy to promote fairness in the workplace, quality healthcare, and policies that help women and men meet the dual demands of work and family.

Patient Advocate Foundation

patientadvocate.org

(800) 532-5274

Patient Advocate Foundation is a national non-profit organization that seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability.

Social Security

socialsecurity.gov

(800) 772-1213

This Web site provides information on how to set up an appointment for disability, SSI, in addition to valuable information on government-sponsored services.

Additional Community Resource Materials

At Kellogg Cancer Center, we have a variety of resource materials to provide you with further information about our services, other cancer services and support groups. Ask your nurse to give you a copy of the following monthly materials:

- Cancer Wellness Center Newsletter
- Information about Kellogg
- Description and details of support groups
NorthShore is pleased to provide CarePages as a resource for patients and their loved ones. Through northshore.org/carepages, a free, private and personalized social network, members can build their own community of support. You or a loved one can create your CarePage in a few, quick steps and begin sharing your journey and building your community of support.

To get started, visit northshore.org/carepages and click on “create a CarePages website” link at the top of the page. Begin sharing your story today!

1 **Search Box** – find other CarePages users and build connections

2 **Live Updates** – your network is alerted every time you post an update

3 **Personal Profile** – share your story

4 **Photo Gallery** – create a personal album of up to 100 photos

5 **Compliment Staff** – recognize hospital staff who go above and beyond with a CareCompliment

6 **Safely Build Your Network** – control your privacy level and invite others to follow your CarePage
We believe that you, as our patient, should receive the best possible care when you participate with our medical staff in your medical treatment. Toward that goal, please be aware of your rights and responsibilities when you are a patient at NorthShore Kellogg Cancer Center, or when you are the parent, guardian or legally authorized decision maker of a patient.

Your Rights as a Patient:

Access to Care, Transfer and Continuity of Care
You will have access to medical treatment, care and services that are available or medically indicated, regardless of race, creed, sex, national origin or source of payment. You will not be transferred to another facility or organization unless you receive a complete explanation of the need for the transfer. You will be informed of any continuing healthcare requirements.

Respect and Dignity
You have the right to considerate, respectful care at all times and under all circumstances, with recognition of your personal dignity. You have the right to have your cultural, psycho-social, spiritual, and personal values, beliefs and preferences respected. You have the right to be free from mental, physical, sexual and verbal abuse, neglect and exploitation.

If you have provided us with a copy of your Advance Directive, we will honor your expressed wishes and directives as fully and as reasonably possible, and in accordance with Illinois law. Your access to care, treatment and services, however, is not dependent upon whether or not you have an advance directive.

Confidentiality
You have the right, within the law, to privacy and confidentiality during your stay. This includes: discreet discussion or consultation of your case among those directly involved and those present with your permission, access to your medical record limited to those directly involved with your treatment or monitoring its quality, and having your personal privacy and modesty respected as much as possible when being treated and examined.

Your Medical Record
You have the right to access, review and get copies of your medical record. You have a right to request amendments to your medical record in accordance with our policies. Except where permitted by law, your medical record cannot be released without your consent. You have the right to receive an accounting of any disclosures regarding your health information.

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Information
You have the right to complete and current information about your diagnosis, treatment, pain management and prognosis, when it is known. In cases when it is not medically advisable to provide such information to you, we will provide that information to a legally authorized individual. You and, when appropriate, your family or legally authorized decision maker, have a right to be informed about the outcomes of care, including unanticipated outcomes. You have the right to know the identity and professional status of people providing service to you, and to know which physician or practitioner is responsible for your care. You also have the right to information on any relationship which may suggest a conflict of interest that may affect your care. You have the right to be informed of policies applicable to patient conduct, as well as the mechanism for the initiation, review and resolution of complaints. You also are entitled to an itemized explanation of your bill for any services rendered at a NorthShore facility. If you or your family has hearing, speech or language difficulties, or if you have a cognitive impairment, Interpretive Services and other aids are available for you and your family members. Contact your nurse for details.

Communication
If you are admitted to one of our hospitals, you have the right to visitors and a right to communicate verbally and in writing with people outside the Hospital, including state regulatory agencies.

Consent
You or your legally authorized decision maker has the right to participate in decisions about your treatment. You should receive a clear and concise explanation of your condition and all proposed technical procedures, including any medically significant alternatives of care or treatment. Whenever possible, this explanation will include a discussion of the risk of death or serious side effects, problems of recuperation, probabilities of success, alternatives to the proposed plan and possible consequences if you choose to forgo treatment.

Acceptance and Refusal of Treatment
To the extent permitted by law and regulation, you or your legally authorized decision maker have the right to accept or to refuse medical or surgical treatment, care or services, including foregoing or withdrawing life-sustaining treatment, or withholding resuscitative services. You also have the right to additional consultation at your own expense. You or your legally authorized decision maker has the right to refuse to participate in research programs.

Access to Pain Management
In cooperation with your physician, you have the right to appropriate assessment and management of pain. As appropriate, and as identified as part of your treatment, you will be educated about the pain assessment process and in ways that you can actively participate in the management of your pain. To achieve optimal pain management, it is important to communicate your pain management needs with your physician and others responsible for your care.

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Access to Protective Services
If you believe that you are in need of protective services or have been identified as a possible victim of abuse or neglect, you have the right to receive protective services that are consistent with your needs. Ask your nurse to contact a social worker to assist you.

Your Responsibilities as a Patient:

Following Rules and Regulations
You have the responsibility to abide by the rules and regulations of the NorthShore facility, including observing our non-smoking policy.

Providing Information
You have the responsibility, to the fullest extent possible: to completely and accurately provide your healthcare provider with all the information that may affect the care you receive, including your Advance Directive document. You and your family are responsible for reporting any perceived risks that may affect your care and unexpected changes in your condition.

Complying with Treatment Plans and Following Instructions
You are responsible for complying with the treatment plans provided by your caregivers and with instructions for your care. If you do not understand the instructions or do not understand what you are expected to do, you should ask your caregivers for an explanation. If you do not follow the instructions given to you, you are responsible for the consequences and for the outcomes of the services or the treatment plan.

Showing Respect and Consideration
You and your family are responsible for being considerate of the NorthShore facility, personnel and property and for being considerate of the needs of other patients by helping to control noise and other disturbances.

Meeting Financial Commitments
You are responsible for promptly meeting any financial obligations agreed to with NorthShore University HealthSystem.

If you would like to express a concern or complaint about your care or safety please speak to your caregiver, the department director or manager. You are also welcome to call Concierge Services at (224) 364-4YOU or (224) 364-4968 for assistance. If the Hospital is unable to provide resolution that you consider to be satisfactory, you may contact The Joint Commission by either calling (800) 994-6610 or emailing complaint@jcaho.org. The Illinois Department of Public Health can also be reached at (800) 252-4343; TTY call (800) 547-0466.
Tobacco Cessation Program

Tobacco use is the leading preventable cause of premature death in the United States, causing an estimated 435,000 deaths each year. Tobacco use is most obviously linked to lung cancer, but additionally is known to contribute significantly to the risk for many other cancers, including head and neck, pancreatic, bladder, kidney, stomach and uterine.

While there is significant evidence that continued tobacco use after the diagnosis of cancer decreases survival, reduces treatment efficacy, and increases treatment toxicity and the risk for recurrence, many cancer patients continue to smoke after diagnosis.

In an effort to help cancer patients and their families successfully tackle the battle against tobacco addiction, Kellogg Cancer Center implemented a comprehensive smoking cessation program in 2011. Oncology pharmacist Shannon Gavin completed intensive training at Mayo Clinic to become a certified Tobacco Treatment Specialist and helped develop the program for Kellogg, which utilizes NorthShore’s advanced Electronic Medical Record (EMR) system to document patient information and collect data for ongoing research.

Clinical practice guidelines for treating tobacco use and dependence recommend using the time of cancer diagnosis as a “teachable moment” for tobacco cessation. The combination of support from a trained professional and the use of tobacco cessation medications increases the chances of quitting successfully.

Our program is innovative in that it is integrated into the care provided at Kellogg Cancer Center, is pharmacist-driven and addresses both the behavioral and physiological components. The specially trained oncology pharmacists’ role has grown from drug dispensing to education and management of a chronic disease.

Although it is too early to document long-term results, the new tobacco cessation program is showing promising results and clearly supports the mission of the Kellogg Cancer Center to provide the highest level of care possible while supporting continued research and prevention efforts.
Serious illness can pose many challenges for you and your family: pain and other symptoms, uncertainty about goals of care, difficult choices regarding the type of treatment to receive. Palliative care focuses on supporting those who are struggling with such difficulties.

Specialists from NorthShore University HealthSystem’s Palliative Care Service are available at the request of attending physicians to assist in coordinating and managing the care of hospitalized patients. This may include:

- Helping with strategies for easing pain and other symptoms.
- Promoting communication between you, your family and medical team about the goals and coordination of care.
- Participating in difficult decisions about the use of medical procedures and technology.
- Helping choose the most appropriate setting for you to receive care.

NorthShore’s Palliative Care Service supports patients with any prognosis and at any stage of active treatment. While team members work closely with NorthShore’s Home and Hospice Services when appropriate, palliative care can benefit those being treated at an outpatient clinic as well as those hospitalized for a more serious illness, regardless of the prognosis. Physicians of NorthShore’s Palliative Care Service are board-certified in hospice and palliative medicine, and are assisted by full-time nurse practitioners with advanced training in the field. Palliative care is covered by insurance in the same way as other inpatient services. If you feel palliative care may be appropriate for you or your loved one, ask your doctor about it.

For more information about palliative care, visit: getpalliativecare.org.
If you are dealing with a life-threatening illness, you probably have more choices today than were available in recent years.

Modern medicine provides state-of-the-art treatments, medications and operative procedures. However, if you have decided that these treatments are not appropriate for you, it is reassuring to know that NorthShore University HealthSystem’s Home and Hospice Services are available in your own home or long-term care facility.

NorthShore’s Home and Hospice Services offer a compassionate and dignified alternative to high-tech hospital treatment and is dedicated to providing quality end-of-life care. Our staff also provides assistance, encouragement and bereavement support to families of hospice patients.

Who is eligible for hospice care?
You are eligible if your life expectancy is less than six months, you’ve discussed your options for care with your physician, and you’ve chosen symptom and pain management rather than chemotherapy or other treatments.

Our service area borders are from the Wisconsin border to North Avenue, and Lake Michigan to the eastern portions of McHenry and Kane Counties. We also provide hospice care for inpatients at NorthShore’s Evanston, Glenbrook and Highland Park Hospitals.

What type of services are offered?
NorthShore’s Hospice Services provide:

- Pain and symptom management.
- Care coordination with your private physician.
- Coordination of medical supplies, equipment and medication.
- Registered nurses on call 24 hours per day.
- Batting and hygiene assistance.
- Emotional and spiritual support.
- Bereavement counseling and support groups.
- Volunteer services.

How do I pay for the services?
Medicare and Medicaid offer comprehensive benefits that cover hospice medical and support services related to your condition. We will bill them directly for your care. Additionally, most insurance companies and HMOs cover the Hospice Services and our staff will work directly with them to verify benefits and eliminate unnecessary paperwork.

What if I’m not ready for hospice care?
If you are still seeking treatment for your disease, you may be eligible for Home Health and/or Palliative Care. Please call us, and we can advise you as to what other services may be appropriate for you.

How do I get more information?
For more information regarding hospice care or any of our other home health services, please contact the Hospice Office at (847) 475-3002.
Home health services are offered as part of NorthShore’s Home and Hospice Services. These in-home services may be appropriate for post-treatment care such as if you will be receiving injectable or IV medications, or rehabilitation services.

**Frequently Used Home Services**

- Post-hospital skilled nursing assessment of individualized needs:
  - Comprehensive assessments.
  - Skilled nurses provide head-to-toe patient assessments including measuring vital signs and evaluating patient’s weaknesses or difficulties. Thorough and direct conversation with you and your family members as appropriate are part of skilled care assessments.
  - Specific care plans are developed following comprehensive assessment.
  - Your safety at home is evaluated when appropriate; clinical staff assess your normal activities of daily living and help to teach skills for independence.
- Physical therapy for strengthening, endurance and walking assistance.
- Post-surgical care by registered nurses who draw blood and other lab samples based on physician orders.
- Instructions on injectable medications.
- Respiratory disease management.
- Infusion therapy.
- Cardiac services.
- Rehabilitation services.
- Wound care management.

**Our Clinical Staff Includes**

- Registered Nurses
- Physical Therapists
- Occupational Therapists
- Speech and Language Pathologists
- Medical Social Workers
- Certified Nurses Aides
- Chaplains
- Bereavement Counselors

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Home Medical Equipment
We provide the supplies you need to be comfortable while recovering from or treating cancer at home. We’re available for questions and assistance seven days a week and we guarantee same-day delivery for most equipment. A Home Health representative familiarizes you and your family with all equipment at delivery.

Durable Medical Equipment includes:

- Ambulatory aids, including walkers and canes.
- Bathroom aids and safety items.
- Wound care products.
- Hospital bed and accessories.
- Portable oxygen, including extended use systems.
- Wheelchairs and accessories.
- Sleep apnea equipment (CPAP, Bi, PAP).
- Wallaby (Phototherapy).
- Nebulizers.

Contact Us
Call us at (847) 475-2001 for a benefit consultation to verify your Medicare or insurance eligibility. For more information, you may send an email to homecare@northshore.org.
Illinois law gives patients the right to accept or reject medical treatment. You also have the right to give directions, in advance, about the kind of healthcare you want if the time comes that you cannot make your own decisions. Advance Directives are written statements you make in advance about your future medical treatment decisions. If you are 18 years of age or older and of "sound mind," you can complete an Advance Directive. Illinois Law recognizes three types of Advance Directives: Health Care Power of Attorney, Living Will, and Mental Health Treatment Preference Declaration.

If you would like more information regarding these documents, or need assistance in completing forms, please notify your nurse or Social Worker.
Many patients or family members of patients who have received treatment at Kellogg Cancer Center ask how they can give back by making a financial contribution or charitable donation.

You may visit the NorthShore University HealthSystem Foundation section of northshore.org to learn more about supporting Kellogg, or to make a gift online. You also may contact the NorthShore Foundation at (224) 364-7200, or send an email to philanthropy@northshore.org.

We greatly appreciate the patients, loved ones, community members, businesses and corporations that have contributed their time and money to Kellogg to help us provide even greater services.
With Knowledge Comes Understanding
Much of what can be learned about cancer can be obtained by gathering and recording information about patients with cancer. The NorthShore University HealthSystem Cancer Registry compiles statistical data regarding patients seen or treated with cancer as well as certain benign tumors. This data is used for research, education and continuity of patient care.

What Is Done With The Data Collected?
As mandated by the federal government all data collected by the Cancer Registry are forwarded to Illinois State Cancer Registry, the American College of Surgeon’s Commission on Cancer and the American Cancer Society for use in cancer research. No names or identifying information are released to the public. All records are confidential.

Education
Statistical reports of registry data enable physicians who treat cancer patients to evaluate the success of specific cancer treatments, survival rates and outcome analysis.

Life-time Patient Follow-up
The Cancer Registry serves as an automatic reminder to physicians and patients to schedule regular physical examinations, thus assuring continued medical supervision of patients who have had a diagnosis of cancer.

Research
The data collected and maintained in the Cancer Registry serve as a valuable resource for researchers interested in the causes, diagnosis and treatment of cancer. Fundamental research on the epidemiology of cancer is initiated using the accumulated data.

Information Collected
The goal of the Cancer Registry is to collect the following information:

- Stage/Cancer type/Pathology
- Medical history and demographic information
- Results of diagnostic procedures
- Background information on the diagnosis
- Treatment history
- Current status of condition and progress
- Physicians’ names

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Is a Cancer Registry Confidential?
In all circumstances, confidentiality of patient identifying information and related medical data is strictly maintained. Only aggregated data are analyzed and published. The individual patient is never identified outside of the Cancer Registry.

We Care
We care about your progress; we care about your future and the future of your children. Through the collection of this information and our annual follow-up, we can best learn how to fight this disease.

Other Services Offered by the NorthShore University HealthSystem Cancer Program
- A team approach to patient care
- Advanced surgical oncology
- Outpatient chemotherapy and cancer care through the three Kellogg Cancer Center sites
- Radiation oncology at all four hospital sites
- Expert pathology services, including molecular pathology
- Advanced radiology
- Clinical trials through our community clinical oncology program
- Nurse navigators
- Rehabilitation programs
- Cancer survivorship program (LIFE)
- Patient and community education
- Patient and family support groups
- Community resource referral
- Spiritual care
- Nutrition counseling
- Crisis intervention and emotional support
- Genetic counseling

How Can You Help?
If you change attending physicians, move, change your phone number or change your name, we would like to hear from you. If your status changes please contact the Cancer Registrar at (847) 570-2126 or mail the change to the Cancer Registry Department, Burch 101, Evanston Hospital, 2650 Ridge, Evanston, IL 60201.
Children under the age of 6 will not be allowed in treatment areas of the Kellogg Cancer Center for their safety and to maintain an appropriate environment for all patients.

Children aged 7 to 16 must be accompanied by a responsible adult (other than patient) and remain with the responsible adult in patient room or the appropriate waiting area.

Children under age 12 will not be allowed in multi-chair treatment areas.

Patients in Kellogg may have two visitors accompany them to their doctor visit and/or treatment room. To ensure a safe environment for patients and staff, additional visitors may wait in the designated waiting area.

Exceptions may be made on a case-by-case basis.
Throughout your diagnosis, treatment and rehabilitation, you may hear medical terms that are unfamiliar to you. We are including this Glossary of Terms to help you and your family members better understand discussions with your physicians or medical reports you receive. However, nothing takes the place of direct communication with your medical team. Whenever you have a question, please ask.

Glossary of Terms:

**Absolute neutrophil count (ANC):** The number of special white blood cells that fight infection.

**Acute:** Having severe symptoms of sudden onset.

**Adjuvant:** Additional treatment after the primary therapy to reduce the risk that the cancer will return. Adjuvant therapy may include chemotherapy, radiation, hormones, immune enhancement, targeted therapy and more.

**Afebrile:** Having a normal temperature.

**Alopecia:** The loss of hair, a common side effect of chemotherapy and total body radiation.

**Anaphylaxis:** An acute allergic reaction causing shortness of breath, rash, wheezing and possibly low blood pressure.

**Anemia:** A low number of red blood cells in the blood stream, resulting in insufficient oxygen to the tissues and organs. Patients may feel weak, tired or short of breath, and appear pale.

**Antibiotics:** A medicine that kills bacteria in the body, used to prevent or treat infection.

**Antiemetic:** A medication used to prevent or control nausea and vomiting.

**Ascites:** Accumulation of fluid in the abdomen.

**Bacteria:** A type of germ that can cause infection.

**Biologics:** These agents or drugs are substances made from a living organism or its products, such as antibodies, interleukins and vaccines. Biologic agents may be used in the prevention, diagnosis or treatment of cancer.

**Biopsy:** A small piece of tissue or skin is removed and examined under a microscope to diagnose cancer, unusual infections or other complications.

**Bronchoscopy:** A procedure that examines the lungs with a telescope-like tube.

**Complete Blood Count (CBC):** Blood test to measure the number of red cells, white cells and platelets in the blood.

**Central Venous Catheter (CVC):** An IV tube placed into a large vein that leads to the heart. The catheter is usually put in before the treatment starts, and is used to give medicines, fluids, transfusions and for taking blood samples.

**Chemistry profile:** A blood sample that analyzes the chemicals in the blood including liver and kidney function tests.

**Chemotherapy:** Medicines used to treat cancer.

**Chronic:** A persistent problem lasting a long time.

**Clinical Trial:** A research study to determine the effectiveness of a drug or treatment.

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Colony Stimulating Factor: Proteins that stimulate the production of certain types of blood cells. Examples are Neupogen (G-CSF) or Neulasta (GM-CSF), which stimulate the white blood cells to grow and prevent infection.

Colonoscopy: A procedure that examines the lower GI tract with a small telescope-like tube that is inserted through the rectum.

CT Scan: A three dimensional X-ray, also called a CAT scan.

Cultures: Samples of blood, urine and stool, and swabs of the throat, nose and sores that are sent to the laboratory to be checked for infection.

Edema: Abnormal accumulation of fluid. Swelling may occur in the legs, arms, lungs and abdomen.

EKG: A painless test to evaluate a patient’s heart rhythm.

Electrolyte: A mineral found in the blood stream that must be maintained within a certain level to prevent organ malfunction. Electrolytes include:

A. Potassium: Helps the heart maintain a healthy pattern of beating. Too little or too much potassium may cause heart rate or rhythm problems.

B. Magnesium: Helps the muscles of the body function properly. Too little magnesium may cause seizures, muscle cramping and weakness.

C. Calcium: Helps maintain bone strength, metabolism, nerve and muscle function and blood coagulation. Too much calcium may cause confusion and tiredness. Too little calcium may cause muscle cramping and seizures.

Emesis: Vomiting

Fever: A higher body temperature than normal temperature. May also be referred to as febrile. Your doctor needs to be notified of fever over 100.4°F.

Fungus: A mold or yeast that can cause an infection in the body, especially in the immunocompromised patient. Antifungal medications are used to prevent and treat these infections.

GI tract (gastro-intestinal): A system of the body that refers to the esophagus, stomach and intestines.

Granulocyte: A sub-class of white blood cells that protects the body against bacterial infections.

Hemoglobin: The part of each red blood cell that carries oxygen to the rest of the body.

Hepatosplenomegaly: An enlargement of the liver (hepato) and spleen.

Herpes Simplex Virus (HSV): An infection that produces small, painful, fluid-filled blisters on the skin and mucous membranes. This infection is common in the immunocompromised patient.

Immunosuppression: A decreased immune defense against infection caused by the effects of chemotherapy. Patients are said to be immunocompromised.

Immune System: The body’s system of defense against infection or disease.

Intravenous (IV): Into a vein. Many medications and chemotherapy are administered IV.

(continued)
Irradiation or radiation therapy: The use of radiation energy to interfere with cancer cell growth.

Jaundice: Yellowing of the eyes/skin. A sign that the liver is not functioning properly.

Leukocyte: A white blood cell.

Lymphocyte: One type of white blood cell that helps protect the body from invading organisms that cause infection.

Metastatic: Spread of disease from the organ or tissue of origin to another part of the body.

Mucositis: Mouth sores.

Neoadjuvant: This treatment is given as a first step to shrink a tumor prior to the main treatment such as surgery. Examples of neoadjuvant therapy include chemotherapy, radiation and hormone therapy.

NPO: Nothing to eat or drink.

Palliative: This type of care is given to improve the quality of life of patients who have a serious, chronic or life-threatening disease. The goals may include treating disease symptoms, treatment side effects, pain management, as well as the psychological, social and spiritual aspects of illness.

Pancytopenia: A deficiency of all blood cells (red blood cells, white blood cells, platelets).

Platelets: Blood cells made in the bone marrow that clot the blood and stop bleeding.

Protocol: The total plan of care for the patient including the schedule of treatments and tests.

Radiation Therapy: A treatment using high-energy radiation to help eliminate cancerous cells from the body. It also suppresses the immune system so it will not reject new stem cells from another individual.

Recurrence (or relapse): When cancer comes back.

Red blood cells (RBC): Blood cells made in the bone marrow that carry oxygen from the lungs throughout the body.


Remission: When no signs of disease (cancer) are present.

Steroid: A drug used to prevent and control inflammation, allergic reactions and graft verses host disease.

Stomatitis: Mouth sores.

Subcutaneous: The layer of tissue beneath the skin. This is how growth factor injections are given.

Tissue: A group of similar cells (such as skin, liver, and bone marrow) that perform a specific job.

Tumor: Uncontrolled growth of abnormal cells in a tissue or organ.

Ultrasound: A technique for taking pictures of the internal organs or other structures using sound waves.

White blood cells (WBC): Blood cells made in the bone marrow that fight infection.
Research and Clinical Trials

One of the advantages you have as a patient of NorthShore is that your physicians and you may have access to a variety of groundbreaking clinical trials. NorthShore’s history of commitment to research, and spearheading and participating in clinical trials, allows many of our patients to participate in studies with the latest medications, procedures or therapies, if you are an appropriate candidate.

Since 1983, NorthShore has been an institution that is part of the Community Clinical Oncology Program (CCOP). This is a network for conducting research on cancer prevention and treatment through National Cancer Institute (NCI)-sponsored clinical trials. The CCOP connects community hospitals and physicians, and academic centers, and we have been a participant since the program’s inception in 1983. We have continued to serve as the focal point of NCI-sponsored research bridging the disciplines of medical oncology, surgery, gynecologic oncology and symptom management. We continue to benefit from the participation of outstanding leaders in each of these disciplines who remain active in the cooperative group process. With over $100M in institutional research support, more than a quarter of external funding supports research at Kellogg Cancer Center.

Our involvement in the CCOP, in conjunction with academic research institutions and our close relationships with multiple pharmaceutical industry leaders, provides our patients with availability to over 70 actively accruing research trials for 11 different disease sites. We have a dedicated staff of Research Nurses, Clinical Research Coordinators, and Research Associates across our three sites. Each Research Nurse, Coordinator, and Associate specializes in individual disease sites. As such, our patients benefit by each research staff member’s in-depth knowledge of their specific disease. This means that the multidisciplinary team that designs your customized care plan can draw upon the research teams’ specialized expertise about new therapies that may help you. For those with advanced cancers, the treatments and prevention therapies offered through clinical trials may provide a ray of hope when no other treatment options exist.

NorthShore’s Kellogg Cancer Center is uniquely qualified to both bring national cooperative group cancer treatment and studies to our community. We are truly committed to pioneering and promoting groundbreaking discoveries and speeding their translation from the laboratory to the bedside. The clinical trials program at Kellogg is fundamental to keeping NorthShore on the forefront of medical advancement. We truly believe that research will lead to a cure.
Four different types of clinical trials are offered at NorthShore’s Kellogg Cancer Center:

**Prevention Trials:** Much of the promise for cancer prevention comes from observational studies conducted on large groups of people that show links between lifestyle factors or environmental exposures and specific cancer. Our prevention trials are designed to evaluate the effectiveness of ways to reduce the risk of cancer. These studies can involve medications, vitamins or other supplements.

**Screening and Early Detection Trials:** Family history may identify people with an increased risk of cancer or may serve as the first step in the identification of an inherited cancer predisposition that could cause a high lifetime risk of cancer. Our screening and early detection trials are designed to test new ways or finding cancer in people before they have any cancer symptoms. These trials are generally conducted with people who are at a higher risk of getting cancer because of their genetic make-up.

**Treatment Trials:** Treatment trials are conducted with people who have already been diagnosed with cancer. Our treatment trials are designed to compare a new treatment with a standard treatment, which is the best treatment currently known for a cancer, based on the results of past research. In treatment trials, patients will receive (at the minimum) a standard treatment that is widely used and best known for patients who have that particular cancer. There are three types of treatment trials:

- **Phase I trials** – researchers test an experimental drug or treatment in a small group of people for the first time to evaluate its safety, determine a safe dose range, and identify side effects.

- **Phase II trials** – experimental drug or treatment is given to a larger group of people to see if it is effective and to further evaluate safety and determine side effects.

- **Phase III** – the experimental drug or treatment is given to large groups of people to confirm effectiveness, monitor side effects, compare it to commonly used treatments and collect information that will allow experimental drug or treatment to be used safely.

**Cancer Control Trials:** Cancer control trials, or supportive care trials, explore ways to improve the comfort and quality of life of cancer patients and cancer survivors. Our cancer control trials study drugs to help reduce side effects of chemotherapy and other primary treatments. They also study beneficial effects of nutrition, group therapy or other alternative approaches.

For more information and a complete listing of our available trials, please visit [http://backyard.northshore.org/kellogg-cancer-center клинические испытания]
Our Commitment to Excellence

NorthShore University HealthSystem is committed to excellence—bringing the finest physicians, healthcare professionals and the latest technology together to provide the very best quality, compassionate care to the patients and families we are privileged to serve.

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<thead>
<tr>
<th>Kellogg Cancer Center Locations</th>
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<tbody>
<tr>
<td><strong>Evanston Hospital</strong></td>
</tr>
<tr>
<td>2650 Ridge Avenue</td>
</tr>
<tr>
<td>Evanston, Illinois 60201</td>
</tr>
<tr>
<td>(847) 570-2112</td>
</tr>
<tr>
<td><strong>Glenbrook Hospital</strong></td>
</tr>
<tr>
<td>2100 Pfingsten Road</td>
</tr>
<tr>
<td>Glenview, Illinois 60026</td>
</tr>
<tr>
<td>(847) 657-5826</td>
</tr>
<tr>
<td><strong>Highland Park Hospital</strong></td>
</tr>
<tr>
<td>777 Park Avenue West</td>
</tr>
<tr>
<td>Highland Park, Illinois 60035</td>
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<tr>
<td>(847) 480-3800</td>
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