

**Carol A. Rosenberg, MD,  
FACP Program Director**

Carol A. Rosenberg, MD, FACP, is the founder and Program Director of the NorthShore University HealthSystem (NorthShore) **Living in the Future (LIFE)** cancer survivorship program.



Dr. Rosenberg is the Director of Preventive Health Initiatives for NorthShore. She practiced community Internal Medicine for more than two decades while holding an active position in national women's health clinical research. She served as Clinical Medical Director and a Lead Investigator for the landmark Women's Health Initiative Study, wherein she designed, directed and authored original investigations regarding cancer risk in women. Dr. Rosenberg also serves as Liaison for Adult Healthcare Resources for childhood cancer survivors. Dr. Rosenberg is a Clinical Assistant Professor at the University of Chicago Pritzker School of Medicine and is a Fellow of the American College of Physicians.

**Carole H. Martz, RN, MS,  
AOCN Clinical Coordinator**

Carole H. Martz RN, MS, AOCN, is an experienced oncology clinical nurse specialist. She has worked in a variety of oncology subspecialties, and has dedicated herself to the care of breast cancer patients and cancer survivorship. Carole holds both local and national



leadership roles in oncology nursing, and conducts symposiums, speaks frequently, and has authored articles and book chapters on the topics of genetics, radiation therapy, skin cancers, breast cancer, prostate cancer, cancer prevention and early detection. She is a recipient of the Oncology Nursing Society's Excellence in Survivor Advocacy Award.



Evanston Hospital  
Glenbrook Hospital  
Highland Park Hospital  
Skokie Hospital  
Medical Group  
Foundation  
Research Institute



**LIFE**  
**Cancer Survivorship Program**  
**(847) 926-5818**  
**northshore.org/life**

A community partnership with



*Living  
in the  
Future*

*Cancer Survivorship Program*



*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.*

*At NorthShore University HealthSystem (NorthShore), we know that the end of treatment is not the end of the cancer experience. That's why we have the Living in the Future (LIFE) Cancer Survivorship Program ... Your personal prescription for LIFE.*



*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.*

## *What is LIFE about?*

The Living in the Future (LIFE) Community Cancer Survivorship Program provides continued care for post-treatment cancer survivors. The program assists survivors in the transition from the oncology specialty-care environment back to their communities, families and primary care settings.

## *What does LIFE offer?*

### **For cancer survivors:**

#### **A personal visit with a specialized oncology nurse.**

This visit is tailored to each survivor as a unique individual with a customized education regarding future risks, medical surveillance guidelines, directed navigation to health professional services and survivorship resources.

Based in Highland Park Hospital's Ambulatory Care Center, this visit features a customized **Survivorship Care Plan**, which includes:

- **A summary** of the survivor's cancer history and treatment, in order to help survivors better understand their own medical history.
- **Personalized risk assessment** with medical surveillance guidelines to instruct the survivor regarding the monitoring for a potential recurrence, a second malignancy, and the long-term and late-effect consequences of cancer and their specific treatments.
- **Preventive practice recommendations** specifically for cancer survivors, which promote personal health, such as lifestyle modifications, diet, physical activity, and smoking cessation.
- **Navigation** to appropriate health providers, community-based resources and services, as well as regional and national programs addressing all aspects of survivorship including fertility, lifestyle, psychosocial issues, insurance, employability, and legal protection.
- **A Survivor Notebook** to consolidate all records and resources. This manual becomes a portable detail of records, resources, and information, which survivors may choose to share with their other healthcare providers.

### **For the entire community:**

- **Myra Rubenstein Weis Survivorship 101 Seminar Series: Thrivership!**  
These educational workshops are available monthly to everyone in the community and cover major topics of cancer survivorship, as well as ways to understand, select and navigate community-based cancer survivor resources. These seminars are open to survivors, as well as friends, families, healthcare professionals and anyone committed to helping cancer survivors Live in the Future.
- **LIFE Web site: [northshore.org/life](http://northshore.org/life)** and all of its electronic resources.
- **Survivorship educational symposia, including the "I Can Cope" series**, offered through the LIFE program in collaboration with the American Cancer Society.

## *What is the cost of LIFE?*

- The personal visit and Survivorship Care Plan are offered at **no cost** to patients who have been or are under the care of a NorthShore oncology professional.
- The *Myra Rubenstein Weis* Survivorship 101 Seminar Series: Thrivership! are free and open to the entire community.

## *How do I get involved in LIFE?*

- Ask your NorthShore oncology professional for a referral, or call **(847) 926-5818**.
- Visit **[northshore.org/life](http://northshore.org/life)** for access to an explanatory LIFE video, survivorship news from the American Cancer Society and other organizations, survivor health information, area programs and registration for the *Myra Rubenstein Weis* Survivorship 101 Seminar Series: Thrivership! and educational symposia.