



ARIZONA  
BLOOD & CANCER  
SPECIALISTS™

A Partner of  OneOncology®

## PALLIATIVE CARE



### What is Palliative Care?

Palliative care provides support for patients facing debilitating chronic diseases and life-threatening illnesses. It's an important part of the patient-focused care that our team provides.

The goal of palliative care is to relieve a patient's suffering to provide the best possible quality of life for patients and their families.



A patient's quality of life can be improved by relieving symptoms that might include pain, depression, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping, or anxiety.

Palliative care is used in conjunction with the physician's plan of care, not in place of it. It can be an extra layer of support to address the needs of the patient. Palliative care can be used for any stage of a serious illness. It can also be provided along with curative treatment.

## Benefits of Palliative Care

The proven benefits of palliative care show that it can, in many cases, improve a patient's quality of life. Our goal is to help manage a patient's side effects, reduce their anxiety and depression, and provide effective pain control.

Pain control can include the use of pain medication as well as recommendations for complementary therapies such as massage, acupuncture, reiki and more.

Achieving this goal can help patients remain independent, live a full life, and stay as active as possible while fighting their illness. This may also help to increase life expectancy.

Palliative care provides emotional support to patients and their families when they are faced with difficult decisions about the goals of care and complex treatment choices. It has been shown to decrease emergency room visits, hospital admissions and readmissions, by keeping patients in their homes where they are most comfortable, for as long as possible.

A palliative care practitioner can spend time with patients to understand their goals and help them understand their treatment choices. Palliative care practitioners can communicate with a patient's doctors, making sure everyone on the team understands what a patient wants. Giving patients more control over their healthcare can also improve their quality of life.

## Team Approach

As part of our team approach to care, our patients can receive this specialized service at all stages of their illness, while they are receiving their treatments at our offices, and during follow-up care. Palliative care practitioners are highly experienced in assisting patients with pain and symptom relief, as well as understanding and coordinating patients' care.



## Nobody goes through cancer alone.

Cancer is an illness that not only affects a patient who is fighting the disease, but their family as well. Palliative care helps everyone to identify and understand what the patient's wishes are and what the goals are for their care. Help is also available with navigating the sometimes-difficult conversations about advance care planning and the importance of having advance directives to help guide caregivers in honoring the patient's wishes during treatment and at the end of life.

## Is Palliative Care the same as Hospice?

Palliative care is different than hospice care. It can be offered at any stage of any illness, while hospice care is used during the last stages of life for patients who are ready to discontinue life-prolonging or curative treatments.

## Helpful Resources

### Center for Advanced Palliative Care—

**Get Palliative Care:** [www.getpalliativecare.org](http://www.getpalliativecare.org)

**Elder Law Answers:** [www.elderlawanswers.com](http://www.elderlawanswers.com)

**Institute of Aging:** [www.nia.nih.gov](http://www.nia.nih.gov)

**National Hospice and Palliative Care Organization (NHPCO):** [www.nhpc.org](http://www.nhpc.org)

**To schedule an appointment for palliative care please call our office or ask your provider for a referral.**



**ARIZONA  
BLOOD & CANCER  
SPECIALISTS™**

A Partner of  OneOncology®

**ArizonaBloodAndCancerSpecialists.com  
800-201-7220**

Arizona Blood and Cancer Specialists, PLLC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Arizona Breast Health Specialists (a division of Arizona Blood and Cancer Specialists, PLLC) does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Arizona Blood and Cancer Specialists, PLLC cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al: 1-800-201-7220.

Arizona Blood and Cancer Specialists, PLLC bik'ehgo hójil' [nígíí bidadeeti'ígíí Wááshindoon t'áá át' é bilá'ashdla'ii bee bá ádahaazt'i'ígíí bíbee haz'áanii dóó doo ak'íjì' nitsáhákees da díí ninahjì' al'áá dadine' é, dine' é bikágí át'ehígíí, binááhai'ígíí, nazhnitl'ago da, éí doodaii' asdzáni dóó diné át'ehígíí.

Díí baa akó nínízin: Díí saad bee yániflti' go Diné Bizaad, saad bee áká'ánida'áwo'déé', t'áá jiiik'eh, éí ná hóló, kójj' hódíílnih. 1-800-201-7220.