

Trabajando juntos con el equipo de oncología, la clínica de medicina de apoyo te ayuda a entender tu condición médica y tus opciones de cuidado médico. En hablar contigo y escuchando tus metas, el equipo de medicina de apoyo te ayudara a igualar tus metas a tus opciones de tratamiento, dándote más control en tu cuidado. Estamos aquí para apoyarte a ti y tu familia en este procedimiento.

Nuestra meta es mejorar tus síntomas como:

- Dolor o molestia
- Fatiga
- Estreñimiento
- Náuseas
- Falta de respiración
- Ansiedad y / o depresión
- Pérdida de apetito
- Dificultad para dormir
- Angustia espiritual
- Estrés familiar

Nosotros te ayudamos sentirte lo mejor posible al mismo tiempo que estas lidiando con tratamientos y síntomas de cáncer para mejorar tu calidad de vida.

**UCDAVIS  
HEALTH**

**COMPREHENSIVE  
CANCER CENTER**



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## Supportive Medicine Clinic

Providing support for you and your family while living with cancer

# Supportive Medicine is appropriate for people at any stage of cancer. It can be provided at the same time as your cancer treatment.

Supportive medicine (palliative care) is specialized medical care for people with serious illnesses. We focus on reducing patients' pain and other symptoms through a team approach. Expert medical care is paired with social, emotional and spiritual care to help you manage the stress of illness.

In 2016, The American Society of Clinical Oncology (ASCO) recommended that "inpatients and outpatients with advanced cancer should receive dedicated palliative care services, early in the disease course, concurrent with active treatment."

Studies show that patients who receive concurrent palliative care - care given at the same time patients are receiving cancer treatment - tend to fare better than those who do not. Benefits include significant reductions in pain, fatigue, insomnia, depression and anxiety, as well as considerable improvements in overall quality of life and an enhanced ability to cope with a difficult prognosis.

Our goal is to provide relief from symptoms such as

- Pain or discomfort
- Fatigue
- Constipation
- Nausea
- Shortness of breath
- Anxiety and/or depression
- Loss of appetite
- Difficulty sleeping
- Spiritual distress
- Family stress

Our team includes physicians, nurses, social workers and chaplains to support you and your family.

**We help you feel as good as possible to improve the quality of your life, while coping with the treatment and the symptoms of cancer.**



Working together with your oncology team, Supportive Medicine helps you better understand your medical condition and your choices for medical care. By talking with you and listening to your goals, the Supportive Medicine team will help you match those goals to your treatment options, giving you more control over your care.

We are here to support you and your family throughout this process.

**Patients who receive palliative care tend to fare better than those who do not**

Ask your oncologist about a referral to Supportive Medicine