

FirstHealth Cancer Support Services

Support Service	Contact	About	Cost
Oncology Nurse Navigators	(910) 715-3572 or (855) 407-3521	Since a cancer diagnosis can be overwhelming to patients and families, we provide Oncology Nurse Navigators to accompany patients into the treatment process and introduce them to the broad array of services offered by FirstHealth. The Oncology Nurse Navigators will facilitate, guide and support newly diagnosed cancer patients and their families as they access cancer care services. They will also coordinate and streamline care, as well as identify local resources and appropriate support needed.	FREE
Oncology Financial Navigator	(910) 715-5010	Our oncology financial navigator is available to help guide you to services available within FirstHealth and the community. She will provide individual screening and assessments, help identify financial resources and disability information, transportation options and planning, crisis intervention, self-image and beauty aids, and cancer support and educational groups.	FREE
Billing Assistance	(910) 715-1010 or (800) 798-6946	FirstHealth's financial assistance program ensures that all eligible individuals can receive medically necessary care at FirstHealth, regardless of their ability to pay. Our financial counselors will work with you to help determine your eligibility. You may contact the business office for any questions or concerns you have about your FirstHealth patient bill. Assistance is available Monday through Friday between 8:30 a.m. and 5 p.m.	FREE
Nutrition and Dietary Assistance	(910) 715-1058	Many cancer patients undergoing treatment may experience various problems such as nausea, diarrhea and/or swallowing difficulties that can interfere with their nutrition status. Our oncology-dedicated nutritionist will help restore digestive health, prevent malnutrition and provide dietary recommendations during treatment. As a registered dietitian, she understands many of the common challenges related to treatment for cancer and recovery from cancer. Our goal is to help you stay strong and nourished.	FREE
Clinical Trials	(910) 715-2200	Clinical trials provide an important way to determine whether new drugs or treatments are effective. These trials are developed to identify the best participants and maintain safety standards. Participants in clinical trials will have a more active role in their own health care, gain access to new research and treatments, and help others by contributing to medical research. Our Cancer Clinical Trial Coordinators are available to help guide you through the process.	FREE
CARE-Net	(910) 715-2298	CARE-Net pairs specially trained volunteers with patients needing a sympathetic ear, a caring heart or a helping hand as they navigate the health care system. These special volunteers are also cancer survivors with first hand experience of what our patients are going through. They provide support to the patients and families through calls, letters and visits.	FREE
Clara McLean House	(910) 715-4220	The Clara McLean House is a haven of hope, support and affordable lodging when a loved one is receiving care at FirstHealth Moore Regional Hospital, FirstHealth Hospice or any of our outpatient facilities. If you need somewhere to stay during treatment and live more than 30 miles from Pinehurst please speak with your physician or a staff member for a referral.	\$35.00
Spiritual Care and Pastoral Counseling	(910) 715-1092 or (910) 715-1955	Pastoral Care assistance is available around the clock at the hospital. You may call directly or your physician or nurse can request a visit or set up an appointment for supportive pastoral counseling or spiritual pain assessment by a chaplain. Chapel Services are offered on Sundays at 9:30 a.m. on the lobby level.	FREE
Cancer Counseling	(910) 715-2298	A diagnosis of cancer and the challenges of treatment can lead to distress for the individual with cancer as well as family members and/or caregivers. Our Social Worker is available to assess each person and family's situation and recommend effective ways of coping and adjusting during or after treatment.	FREE
Grief Resource and Counseling Center	(910) 715-6000	The services of FirstHealth Grief Resource and Counseling Center are available to anyone in the community, from children to older adults. We are trained to help those who have experienced the loss of a loved one, as well as patients and family members dealing with a potentially life limiting illness.	FREE
Palliative Care	(910) 715-6067	Our Palliative care team is here to improve the quality of life of patients who have a serious or life-threatening disease, such as cancer. They focus on providing relief from the symptoms and stress of a serious illness. They focus on assisting patients and their families by providing disease specific education, assisting with setting goals of care, providing emotional support and relieving the symptoms associated with a serious illness.	FREE
Cancer Resource Room	(910) 715-2298	Our cancer center resource room contains many forms of information on cancer and treatment. The resource room is located just inside the parking deck doors, the first hall on the left and the second door on the left. All resources are free to cancer patients, survivors and their caregivers.	FREE

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Yoga for Patients with Cancer and their Caregivers	(910) 715-1478	Relieve stress with this 60-minute class designed for cancer patients and their caregivers. Please bring your yoga mat or beach towel, pillow and blanket. This class is free and open to cancer patients and their caregivers.	FREE
Cancer Wellness	(910) 692-1672	Research has shown that exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life. The FirstHealth Cancer Wellness Program strives to support individuals with cancer through exercise and education. This seven week program consists of three 60-minute sessions per week. Financial assistance for this program may be available through the Cancer CARE Fund.	\$300.00 members/ \$400.00 Community
FirstQuit	(888) 534-5333	Studies have found that smokers who quit are more likely to recover from cancer than are patients who continue to smoke. If you continue to smoke during cancer treatment, you may not respond to treatment as well as patients who do not smoke. Also, you may have worse side effects from treatment. FirstQuit is a comprehensive program using the latest techniques to assist tobacco users through the process of quitting smoking, chewing and other forms of tobacco use. The program includes a customized quit plan, small group and one-to-one health education, identification of triggers, coping strategies, medications (nicotine patches, gum and lozenges) and more. Fees run from \$5 to \$50, based on household income. Programs are offered in Hoke, Moore, Montgomery and Richmond counties.	\$5 to \$50
Outpatient Rehabilitation	(910) 715-1600	Oncology rehabilitation describes a wide range of therapies designed to help you build strength and endurance, regain independence, reduce stress and maintain the energy you need to participate in daily activities that are important to you. FirstHealth Outpatient Rehabilitation offers the recovery care services of physical and occupational therapy and speech language pathology. Our services include therapy for lymphedema from a variety of cancers and communication and swallowing therapy for head and neck cancer.	\$
Massage Therapy	(910) 715-1811	Cancer and treatments for cancer can cause stress on the musculoskeletal system. Some cancer patients experience pain, fatigue, anxiety, muscle tension, headaches, or difficulty sleeping. Oncology massage is an approach to massage therapy based in both compassion and modification of existing massage therapy techniques in order to safely work with complications of cancer and help people manage their experience with cancer. Oncology massage can help improve quality of life for cancer patients and survivors.	\$70 members and \$80 Non-members

*For information on additional community support services available such as Look Good Feel Better, please visit www.nccancercare.org/support or call Laura Kuzma at (910) 715-4230.