

# Information About My Treatment

## Your Treatment | Kellogg Cancer Center

At Kellogg Cancer Center, we believe in customized treatment that is individualized for your specific situation, 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, social workers, clinical oncology pharmacists, registered dietitians, 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, anticancer medications, chemotherapy, radiation, immune therapy or biological agents.

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. They may recommend a consultation with a dietitian to change your diet to one that is both nutritious and appealing as well as easy to chew and absorb. They may recommend 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 is also available on-site at the Kellogg Cancer Centers or NorthShore's Park Center in Glenview. Please make sure you follow instructions for all appropriate tests and bloodwork so 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 guide 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.