



Hollings Cancer Center

An NCI-Designated Cancer Center

Survivorship Resource Guide


A guide for your survivorship care at Hollings, featuring information on treatment side effects and services related to supportive care, health and wellness, survivorship clinics, support groups, and more!

Get Connected

Engage with us

Follow Hollings on social media to stay in the loop about upcoming events, helpful tips and the latest research and clinical advancements.

X




x.com/muschollings

LinkedIn



linkedin.com/company/musc-hollings-cancer-center

Instagram



instagram.com/muschollings

Facebook



facebook.com/muschollings

Keep up with our news

Check out the Hollings News Center often for stories about the cancer journeys of other patients and highlights about all the amazing work that our researchers, doctors, students and staff are doing to help find the next breakthrough in cancer care.

hollingscancercenter.musc.edu/news

Hollings Headlines

Hollings Headlines is our e-newsletter that features inspiring patient stories, updates on promising research and new clinical trials, and information on support groups and other events.



Hollings Horizons

Our magazine spotlights innovative research, touching patient stories and important community outreach efforts. Look for it on stands in the cancer center and online on the Hollings news site.

Subscribe

To have Hollings Headlines delivered to your inbox or to receive Hollings Horizons in the mail, subscribe on our website at:

hollingscancercenter.musc.edu/news/subscribe



Table of Contents

2	Hollings Survivorship Program Overview	15	Complementary and Integrative Medicine Services
3	Transitioning to Post-Treatment Survivorship Care	17	Support Groups
4	Understanding Treatment Side Effects	18	Survivorship Clinics
6	Supportive Care Services	19	Caregiver Support: Balancing Care
11	Health and Wellness Promotion Services	20	Give Back to the Hollings Survivorship Program

*This guide was created with input from our SCOR Cancer Survivor Working Group. We thank the members for their helpful insights on what information will be most beneficial to cancer survivors.



Hollings Survivorship Program

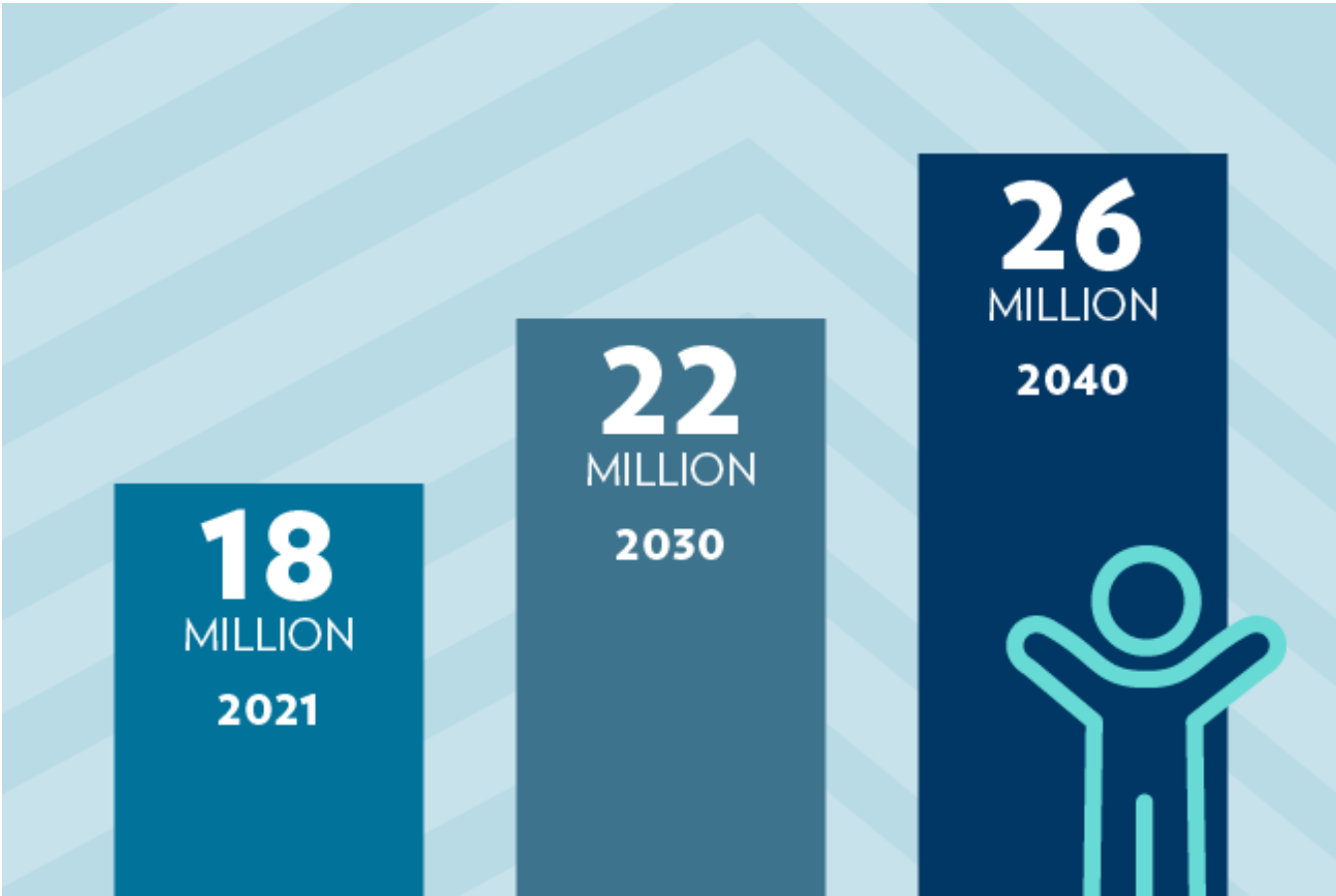
Overview

At MUSC Hollings Cancer Center, South Carolina’s only NCI-designated cancer center, our goal is for you not merely to survive, but to thrive after cancer. We recognize that a diagnosis of cancer impacts every aspect of life. The transition from getting you healthy through active cancer treatment to keeping you healthy through post-treatment care is critical to your long-term health.

While improvement in the rates of overall cancer survival is very encouraging, survivors may face physical, emotional, social, spiritual and financial challenges because of their diagnosis and treatment. Through its Survivorship Program, Hollings Cancer Center provides patient-centered clinical care and comprehensive support services informed by cutting-edge survivorship research.



In 2021, there were 18 million cancer survivors in the United States. This number is expected to grow to 26 million by 2040. Two out of three cancer survivors are now alive more than 5 years after their diagnosis, and two out of three cancer survivors are now above the age of 65. It is increasingly recognized that this growing population has unique and complex health care needs.

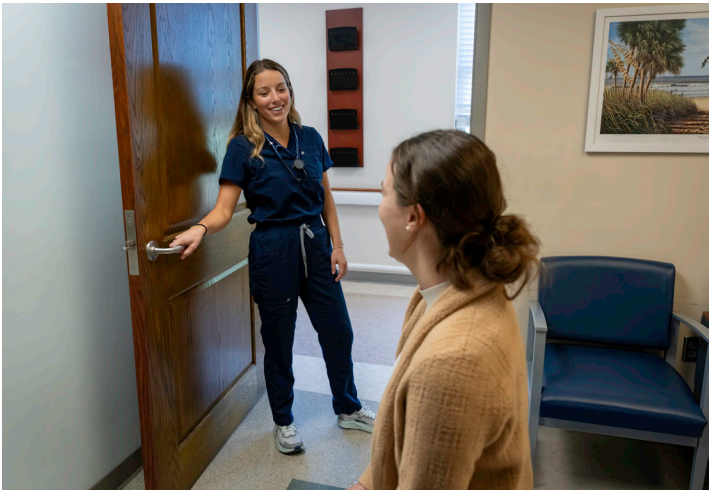


Transitioning to Post-Treatment Survivorship Care

Survivorship starts at diagnosis and continues through all phases of cancer care, including during treatment and after transitioning to post-treatment care. The transition that accompanies the end of treatment can feel exciting but also a little challenging as you adjust to your “new normal.” Taking care of your physical and emotional health is important since the effects of treatment can last for months or even years.

Key parts of cancer survivorship care include:

- 1. Watching for signs of cancer returning
- 2. Making sure that new cancers don’t develop
- 3. Managing the physical, mental, social, and financial side effects from treatment
- 4. Staying healthy



After treatment, many survivors begin to focus on things they were unable to during treatment, like going back to work, enjoying hobbies, or spending time with family and friends. It’s normal to need support for physical symptoms or emotional concerns, like the fear of cancer coming back.

Our survivorship clinics and providers are here to support you with personalized care plans, supportive services, and ongoing help to keep you healthy over the long term. Remember, survivorship isn’t just about getting through cancer—it’s about living well, whether your treatment is finished or still ongoing.



Understanding Treatment Side Effects

Cancer survivors may face side effects from treatments that can last long after treatment ends. At Hollings, we have resources to help manage them and improve your quality of life. Here is an overview of some common side effects from cancer treatments.



Anxiety is a feeling of worry, dread, or uneasiness. It is normal to experience anxiety from time to time, but some forms of anxiety can lead to intense distress. Anxiety can be overwhelming to the point that you are unable to enjoy your life and go about your daily activities, go to work or get along with people.



Lymphedema is swelling in your arms, legs, or face caused by a buildup of lymph fluid. Lymph fluid is a clear liquid that travels through your body and has proteins, salts, water, and white blood cells to help fight infections. Many cancer survivors have lymphedema, which can affect how you move, look, and feel.



Fatigue means feeling very tired or low on energy, and resting does not help. Unlike regular tiredness, cancer-related fatigue can affect your body, emotions, and ability to think clearly.



Neuropathy causes tingling, numbness, or pain in your hands and feet, which can last long after treatment. It can make daily activities harder and affect your quality of life.



Depression is a mental health condition that can make you feel very sad, hopeless, and lose interest in things you once enjoyed. You may experience depression during or after treatment. Depression can also make it hard to do everyday activities and it can worsen your quality of life.



PAIN is a complex experience that can be sharp, long-lasting, or come and go. It can affect the quality of life for cancer survivors. Pain may come from cancer, side effects of treatment, or other health problems. Pain can be sharp or stabbing, dull, aching discomfort, nerve or burning sensations, throbbing sensations, soreness or stiffness in muscles or joints.



Financial toxicity is a term used to describe the financial struggles that many cancer patients and their families face due to the cost of treatment. This may include direct costs like copayments and deductibles, but also indirect costs like lost income.



Insomnia is common for cancer survivors, meaning that it is hard to fall asleep, stay asleep, or feel well-rested. Getting enough sleep is important for your health, recovery, and emotional well-being.

Onco-Primary Care

At MUSC Hollings Cancer Center, we know that your health needs don't stop after cancer treatment. Our onco-primary care services are here to support you during treatment and as you move into survivorship. Our primary care doctor works with your cancer team to take care of your other health needs, like managing chronic conditions, preventive care, and overall wellness, so your long-term health stays a priority.

Whether you're finishing cancer treatment or need extra care during treatment, our onco-primary care team offers full support for all parts of your health. We're here to help you keep thriving beyond cancer.

To Schedule an Appointment:
You can be referred to Onco-Primary Care by a member of your MUSC care team, or you can call us directly at 843-792-3451.



Supportive Care Services

While more people are surviving cancer, you may still face challenges. These might include physical, emotional, social, and financial issues after your diagnosis and treatment. At Hollings, we understand the special needs of cancer survivors and their caregivers. We offer care and support based on the latest research through our Hollings Survivorship Program.

After your cancer treatment, we help you and your caregivers manage the physical, emotional, and financial parts of life after cancer. As research improves, we update our treatments and services to make sure you get the best care.



Financial Counseling

Helps with:



Paying for health care can be complicated, especially with a cancer diagnosis. At Hollings, we have full-time financial counselors who specialize in cancer care. They can help you understand your insurance coverage and give you a complete financial picture before your first appointment.

To Schedule an Appointment:

You can be referred to a financial counselor by a member of your MUSC care team, or you can contact them directly at 843-792-2311.



Genetic Counseling

Some cancers are linked to genes that can be passed down in families. These are called hereditary cancers, which means certain genetic changes (mutations) may increase the risk of developing cancer. Genetic counseling helps you and your family understand these risks and what they could mean for your health.

At Hollings, our certified genetic counselors are here to guide you. They can explain your chances of having an inherited risk for cancer and what your genetic test results mean for you and your loved ones.

During a genetic counseling session, our team will go over your family’s health history for the past three generations. They’ll discuss ways to manage any cancer risks, explain your genetic testing options, and recommend screenings if needed. Genetic counseling can help anyone interested in learning more about their cancer risk, including those who have cancer, had cancer before, or have a family member diagnosed with cancer.

To Schedule an Appointment:

If you have questions, are unsure about getting tested, or want to discuss your options, please call 843-792-0745 to request an appointment with one of our genetic counselors.



MUSC Hollings Cancer Center



Social Work

Helps with:



Receiving a cancer diagnosis can be hard and scary. At Hollings, our social workers are here to help you with the social, emotional, and practical challenges, including money issues, that you might face.

Our licensed social workers provide support to patients, families, and caregivers dealing with the effects of a cancer diagnosis. They can help you navigate the health care system, address barriers to care, find financial assistance and offer resources to support caregivers and family members.

Social workers will start by getting to know you and your situation to find the best resources for you. They can help

To Schedule an Appointment:

Please contact the Hollings Cancer Center front office for direction to the specific social work service you need by calling 843-792-9300.



Occupational Therapy

Helps with:



Occupational therapy can help you feel better and improve your quality of life during and after cancer treatment. Our occupational therapists are here to help you with challenges related to cancer and its treatment that affect how you move, think, or feel.

Your therapist will work with you to create a plan just for you. This plan will focus on helping you do your daily activities. You might work on things like cancer-related fatigue (feeling tired), neuropathy (tingling or numbness), lymphedema (swelling), pain, or insomnia. These problems can happen because of treatments like chemotherapy, radiation, or surgery.

To Schedule an Appointment:

To schedule an appointment with Occupational Therapy, please call 843-985-6878





Physical Therapy

Helps
with:



Physical therapy is an important part of cancer survivorship. It helps you to get your strength back and to move better and can improve your overall quality of life, whether you are still in treatment or have finished active treatment. At Hollings, our specially trained physical therapists work with survivors to help with the physical challenges that cancer and its treatments can cause.

Oncology physical therapy can help with common side effects like fatigue, neuropathy (numbness and tingling), lymphedema (swelling), deconditioning (functional decline due to prolonged inactivity or illness), and problems such as tightness after radiation. Our personalized care focuses on reducing pain, improving movement, rebuilding strength, and managing other issues related to cancer so you can return to your daily activities.

We take a complete approach to your care by providing physical therapy for patients with cancer at our downtown Charleston and MUSC Health East Cooper locations. This way, you can schedule your therapy visits on the same day as your other appointments at Hollings.

To Schedule an Appointment:

To schedule an appointment at our Hollings Cancer Center downtown Charleston location, call 843-792-9300. To schedule at our MUSC Health East Cooper location, call 843-985-6878.



Palliative Care

Helps
with:



Palliative care is different from end-of-life care. It's a medical service that helps relieve the symptoms and stress of a serious illness at any stage. This service can be effective both during treatment and after. The goal of palliative care is to improve your quality of life and your family members' too. It can be given along with treatments aimed at curing your illness.

Our palliative care team includes doctors, nurses, social workers, chaplains, and volunteers. They all work together with your medical team. They help manage symptoms like pain, tiredness, anxiety, nausea, and other problems that might come up during or after treatment.

Palliative care is all about improving your quality of life. It helps you stay in control of your health and well-being.

To Schedule an Appointment:

For more information or to schedule an appointment with our palliative care team, call 843-985-7255.

How Can Palliative Care Help?

- ✓ **Symptom relief:** We help manage pain, nausea, shortness of breath, and other side effects to make you more comfortable.
- ✓ **Emotional and family support:** Palliative care addresses both the physical and emotional challenges of serious illness. We make sure patients and families have the support they need.
- ✓ **Care that fits your goals:** We work with you and your loved ones to make sure your treatment matches your goals. We help you make decisions that are right for you.





Psychosocial Oncology

Helps with:

Whether you are currently going thorough treatment or have finished your cancer journey, we know that the emotional and mental effects can be long lasting. At Hollings, our psychological support services are here to provide caring help for you at every step of the way. Our team includes licensed mental health professionals, like psychologists and psychiatrists. They are dedicated to helping you manage the emotional ups and downs of treatment and survivorship. We understand that your journey doesn't end with treatment. We're here to support you as you adapt to life after cancer.

Psychosocial Oncology provides support for:

- ✓ **Managing Emotional Changes:** We can help you deal with feelings of sadness, anxiety, or stress. We support you as you deal with these emotions during and after treatment.
- ✓ **Navigating Life Changes:** We're here to assist you in getting used to new roles and relationships. This includes adjusting to life after treatment or facing challenges.
- ✓ **Enhancing Daily Wellness:** Our goal is to help you improve your sleep, appetite, and focus. This way, you can be fully engaged in your life, no matter where you are in your cancer journey.
- ✓ **Dealing with Medical Concerns:** We have strategies to help you manage worries about medical procedures or fears of cancer coming back. We also help with long-term effects from cancer and its treatment.

Our services include counseling and therapy, as well as medication management. The best approach includes several types of support. Any patient interested in medication for mood, anxiety, or sleep will first meet with a psychologist.

To Schedule an Appointment:

If you'd like to access our psychological support services for current challenges or needs after treatment, please let your doctor or nurse know. They can help set up an appointment, or you can call our scheduling office directly at 843-792-9300.

Health and Wellness Promotion Services

As a cancer survivor, it's important to focus on your health, both during and after treatment. At MUSC Hollings Cancer Center, we know that staying healthy means doing things like being active, eating healthy foods, and quitting smoking.

Our health and wellness services are here to help at any stage. Whether you're still in treatment or have finished, we have programs to help you live a healthier life. These services can help you make good choices that improve how you feel and your overall health.

Taking care of yourself is important, and we're here to support you every step of the way!

Fit Clubs

Help with:

The MUSC Wellness Center Clinical Exercise Department has partnered with Hollings to develop and implement exercise programs specific to your needs as cancer patients and survivors. These programs are designed to gradually increase your energy and continue to build on improving your strength and stamina through science- backed exercise methods. These are more than just fitness classes, as they include supportive aspects such as nutrition counseling and educational resources to help you get back to feeling your best. All fit club programs are complimentary and sponsored through Hollings. To learn more about our fit club offerings, please email dayc@muscc.edu or call 843-876-9001.



Breast Cancer Survivors' Fit Club


Breast Cancer Survivors' Fit Club is a complimentary 10-week overall fitness and wellness program specifically designed for breast cancer survivors. Fit Club focuses on improving balance, postural stability, cardiovascular fitness, muscular strength, body composition, and symptoms of fatigue. The program also provides a supportive community which enhances mental wellness leading to a healthy sense of self. This program can support up to 12 survivors per session.

Sessions run three times a year and include:

- ✓ Membership to the MUSC Wellness Center during the program
- ✓ Pre- and post-body composition testing
- ✓ Group exercise classes
- ✓ Personalized training
- ✓ Educational support on nutrition, physical therapy, and more

To join, you'll need a physician's clearance form. To learn more or to fill out an interest form for the next Fit Club session, please scan the QR code.





Fight Back: Breast Cancer Survivors’ Fit Club Phase 2

Fight Back is a follow-up program for those who have completed the Breast Cancer Survivors’ Fit Club. This club aims to keep supporting survivors by providing a safe space to maintain the strength and stamina you’ve gained. Each session runs for 12 weeks and is sponsored through Hollings.



Sessions run four times a year and include:

- ✓ Pre- and post-functional movement assessment
- ✓ Twenty-four fitness classes, twice a week
- ✓ Ongoing support from fitness and health professionals
- ✓ Classes that cover:
 - Functional movement and daily living activities
 - Strength, flexibility, balance, and mobility training
 - Exercise that enhances trunk rotation, core strength, gait and posture
 - Non-contact, boxing-based drills used to boost stamina and confidence

To join, you need to have completed the Breast Cancer Survivors’ Fit Club program. If you meet this requirement and want to join the next Fight Back Club session, please scan the QR code below to fill out the registration form.







Gynecologic Cancer Survivors’ Fierce Foundations Fit Club

Fierce Foundations is a complimentary overall fitness and wellness program designed for gynecologic cancer survivors. This program focuses on improving pelvic floor strength, balance, cardiovascular fitness, muscular strength, bone health, body composition, and symptoms of fatigue. The program also provides a supportive community which enhances mental wellness leading to a healthy sense of self. Each 10-week session can support up to 12 survivors.

Sessions run three times a year and include:

- ✓ Membership to the MUSC Wellness Center during the program
- ✓ Pre- and post-body composition testing
- ✓ Twenty fitness classes, twice a week
- ✓ Classes that cover:
 - Core-centric/functional strength training classes
 - Yoga and pilates
 - Aquatic classes
 - Pickleball
 - Educational support sessions covering topics such as nutrition, physical therapy, occupational therapy, breathwork, medication education, therapeutic gardening, and more
 - One personalized training session
 - Bone-building walking program
 - Continuous support from fitness and health professionals, as well as clinical staff

To join, you’ll need a physician’s clearance form. If you’re interested in joining the next Fierce Foundations session, please scan the QR code to fill out an interest form.






Prostate Cancer Survivors’ Strength Camp


The MUSC Wellness Center Prostate Cancer Survivors’ Strength Camp is a comprehensive 10-week wellness program for prostate cancer survivors that provides support for overall fitness and well-being. Strength Camp is a group-based program that meets twice a week for 90-minute sessions. The primary focus of this program is to build physical strength and aerobic stamina while incorporating a support system that allows you to build confidence enhancing your sense of self. This complimentary program can support up to 12 survivors each session.

Sessions run three times a year and include:

- ✓ Membership to the MUSC Wellness Center during the program
- ✓ Pre- and post-body composition testing
- ✓ One-on-one exercise planning
- ✓ In-person group fitness classes
- ✓ Education sessions on nutrition, breathing techniques, pelvic floor strengthening and occupational therapy guidance



To join, you’ll need a physician’s clearance form. If you’re interested in joining the next Strength Camp session, please scan the QR code to fill out an interest form.





Nutrition

Helps with:



At Hollings, our nutrition services offer customized help for cancer patients at every stage of their journey. Whether you're looking to prevent cancer, manage your nutrition during treatment, or improve your health after treatment, we're here to support you.



Our registered dietitians and specialists in oncology nutrition are ready to answer your questions and provide helpful advice about what to eat.

To Schedule an Appointment:

For adult nutrition services, call 843-876-0888 if you have a referral on file. You can also ask a member of your care team for a referral to see the dietitian at MUSC Hollings Cancer Center. Once they send in the referral, we'll set up an appointment that works for you. Patients can see the dietitian before or after a regular clinic visit, or even during an infusion appointment if there's time.



Tobacco Treatment

Did you know that one in every three cancer deaths in the U.S. is linked to smoking? Quitting tobacco is one of the best things you can do to improve your treatment results. Not only does quitting reduce your risk of developing twelve types of cancer, but it can also help you live longer if you quit after being diagnosed with cancer.

For cancer patients, smoking can:

- ✓ Cause problems during surgery
- ✓ Make chemotherapy and radiation less effective
- ✓ Increase the risk of getting another cancer
- ✓ Raise the chances of cancer coming back
- ✓ Lead to more side effects from treatment

At Hollings, we have a strong Tobacco Treatment program with a team of experts. We also offer a lung cancer screening program. Our counselors are here to help you quit smoking and provide support by phone or in person. Plus, all hospital patients can easily access quitting resources.

To Schedule an Appointment:

Call the MUSC Health Tobacco Treatment Program at 843-792-9101.



Complementary and Integrative Medicine Services

At MUSC Hollings Cancer Center, we know that healing is more than just medical treatment. Our complementary and integrative medicine services help support your whole well-being during your cancer journey. We offer pet therapy for comfort, art programs for creativity, and chaplains for spiritual support. These services are here to help you feel better and work alongside your medical care.



Spiritual Services

Helps with:



At Hollings, we know that a cancer journey can be hard and often brings up many feelings. Our spiritual care services are here to support you and your family, honoring your beliefs and values. Whether you have specific faith practices or simply need someone to talk to, our Chaplain is available to provide comfort, hope, and understanding. We welcome everyone, regardless of their religious background, and are here to help you find peace during this time.



To reach the Chaplain, just call 843-792-2300 and ask for the Hollings Chaplain of the day.



Arts in Healing

Helps with:



From mindful art installations to evidence-based therapy interventions, MUSC believes that the arts can improve your health and well-being. Arts in Healing's diverse programming is focused on both clinical and non-clinical needs within health care and the community at large.

Our oncology programs include a large art collection throughout our inpatient oncology spaces and outpatient clinics, musician and artist volunteer opportunities, and creative arts therapy services that help both patients and the community. The art team includes a curator, volunteer artists and musicians, and trained and board-certified therapists who work with patients and family members in the hospital and in the community.

If you are interested in engaging in art therapy, music therapy, or dance movement therapy, or have questions and want to learn more, you can reach out to the Arts in Healing team at artsinhealing@muscc.edu. You can also find information by scanning the QR to learn more.





Pet Therapy

Helps with:



MUSC has a wonderful Animal Assisted Activity and Therapy program with certified therapy dogs ready to bring joy and comfort. These friendly canine therapists visit hospitals on campus and clinics throughout the Lowcountry, bringing smiles and warmth to patients and their families. If you see our therapy dogs around Hollings, feel free to stop and say hello!

If you or a family member would like to request a therapy dog visit, just ask your care team member, or contact our Therapy Animal Program Coordinator at 843-792-7360 or email at bennetca@musc.edu. We're here to help make your time with us a little brighter!



Yogic Breathing

Helps with:



Yogic breathing works in combination with traditional medical care to improve various aspects of survivorship. Breathing exercises can alter how you feel emotionally as well as physically. Breathing exercises work to improve blood circulation, which can then help you to keep a steady heart rate and create a sense of being energetic and relaxed.

- Research shows a wide range of potential benefits, including:
- ✓ Boosting the immune system
 - ✓ Reducing anxiety, pain, and depression
 - ✓ Improving quality of sleep
 - ✓ Enhancing emotional regulation
 - ✓ Reducing negative side effects during and after cancer treatment

While there are a variety of yogic breathing exercises, you can learn simple exercises that are suitable for your current physical conditions and symptoms.

To learn more about yogic breathing classes, please call 843-985-0802.



Support Groups

Help with:



Support groups can be helpful for anyone who has been diagnosed with cancer. They give you a chance to connect with others who understand what you're going through. In these groups, you can share your feelings, learn from each other's experiences, and find support from people who are also living with cancer.

Hollings Breast Cancer Support Group

Come meet with others who understand the challenges of a breast cancer diagnosis, treatment, and survivorship. This monthly group is led by experts from MUSC Hollings Cancer Center and takes place online, so you can connect through video or audio, or just listen in.

This group is open to breast cancer patients at any stage – whether you're newly diagnosed, currently in treatment, or living as a survivor. It runs every third Tuesday of the month from 12 – 1 p.m.

What to expect:

- ✓ **Supportive Sharing:** Share personal experiences in a private setting.
- ✓ **Coping Strategies:** Discuss ways to navigate cancer-related challenges.
- ✓ **Focused Topics:** Explore discussions on diagnosis, treatment, and life beyond cancer.



Hollings Head & Neck Cancer Support Group

Looking for support as you navigate your head and neck cancer journey? Join our monthly group, which offers both in-person and online options. We meet on a Thursday once per month from 5-6 p.m. at the Charleston Hope Lodge, 269 Calhoun St., or online via Microsoft Teams.



What we offer:

- ✓ **Supportive Environment:** Connect with other patients and caregivers.
- ✓ **Specialist Insights:** Hear from specialists on topics such as physical therapy, behavioral health, and more.



Survivorship Clinics

Help with:



At Hollings, our survivorship clinics are here to support you after your cancer treatment is complete. Our caring providers take the time to understand your unique needs. They look at your entire journey, considering all the treatments you’ve had and how you’re feeling both physically and emotionally.

We focus on any symptoms you might be experiencing and provide helpful information about potential long-term effects of your treatment. The Hollings survivorship team is dedicated to meeting all your needs, from cancer screenings to future health risks. If you need extra help, we can connect you with other support services.

Our collaborative care team creates personalized treatment summaries and thoughtful care plans to help you move forward confidently. We currently offer survivorship clinics for the cancer types listed below and are continuously growing these clinics to expand to different disease sites. Please call 843-792-9300 for more information or to schedule an appointment.



Breast Cancer



Gastrointestinal Cancer



Gynecologic Cancer



Head & Neck Cancer



Pediatric/AYA Cancer

Caregiver Support: Balancing Care

Taking care of someone with cancer is a big responsibility, but it’s also one of the most important ways you can help. As a caregiver, you provide physical, emotional, and sometimes financial support to your loved one. Whether they are living with cancer or have finished treatment, they will need your help in different ways. Use this QR code to learn more about common caregiver challenges, self-care strategies, and additional resources.



A Guide to Your Role as a Caregiver

As a caregiver, you are doing (and have already done) so much! It can feel like a lot, but your role is important in your loved one’s cancer journey.

Here are some things caregivers do:

- ✓ **Daily tasks:** Cooking, cleaning, giving rides to appointments.
- ✓ **Medical help:** Handling medications, tracking appointments, and helping with physical care.
- ✓ **Emotional support:** Listening, comforting, and being there.
- ✓ **Advocating:** Speaking up for your loved one when they need it.



Do not be afraid to ask for help! You do not have to do it all on your own.

Caregiver Checklist

Use this list to stay organized and make sure you are covering the main tasks:

- ☐ Take care of yourself (exercise, sleep, eat well, schedule and attend your own medical appointments).
- ☐ Keep a list of your loved one’s doctors and treatments.
- ☐ Make sure your loved one is eating well and staying hydrated.
- ☐ Be there emotionally – listen when they need to talk.
- ☐ Organize and track medications.

Give Back to the Hollings Survivorship Program

Founded in 2022, the SCOR Initiative is dedicated to meeting the unique needs of cancer survivors. SCOR focuses on survivorship, cancer care delivery, and cancer outcomes to help survivors live healthier, fuller lives. SCOR also serves as a pipeline for training the next generation of survivorship researchers.

Donations support transformative research and patient-centered care to improve the quality of life after cancer treatment. Every gift contributes to breakthroughs that enhance survivorship care and outcomes.

Ways to Give Back

Thank the Team

One of the most meaningful ways to let our care providers know they’ve made an impact on you is through a simple note. It’s not uncommon to find these special notes hanging on walls, displayed on desks or shared in common workspaces, as everyone who reads them is encouraged to keep working hard each day.

Volunteer

Another meaningful way to give back to help others affected by cancer is to volunteer. Volunteers serve in a variety of roles from providing directions, to companionship for our patients, to support for our clinical team, to assisting hospital staff with administrative tasks. To learn more about volunteer opportunities, please call 843-792-3120

Give to SCOR

Your support helps us develop innovative strategies to improve quality of life for cancer survivors and their caregivers.



The Survivorship and Cancer Outcomes Research (SCOR) Initiative is made up of a multidisciplinary group of members who investigate survivorship and cancer care delivery and collaborate on moving the best ideas into the clinic to improve quality of life for patients and their caregivers.

For more information about SCOR, please contact:

Anne Puckett, J.D., MHA
Survivorship Program Manager
MUSC Hollings Cancer Center
hanleya@musc.edu

Willie Schaub
Administrative Coordinator
Survivorship and Cancer Outcomes Research
schaub@musc.edu

For questions about research or scientific opportunities, please reach out to:

Evan Graboyes, M.D., MPH, FACS
Director
Survivorship and Cancer Outcomes Research
graboyes@musc.edu





Hollings Cancer Center

An NCI-Designated Cancer Center

843-792-9300 | hollingscancercenter.musc.edu