

Thank you for choosing Holden Comprehensive Cancer Center for your care.

We know it was a big decision, and we promise to do our best to assure you that you made the right one. To start, we at Holden are uniquely equipped to take care of you. Here's why:



BETTER OUTCOMES

We're Iowa's only National Cancer Institute-designated cancer center, an honor held by less than 5% of cancer centers nationwide. Studies have shown that patients treated at NCI-designated centers like ours have as much as a 25% greater likelihood of better outcomes..



TEAMS OF EXPERTS

We have teams of experts who specialize in specific types of cancer. This means our specialists have the necessary expertise and experience to care for you.



MORE TREATMENT OPTIONS

We offer more treatment options than anywhere in Iowa, and we will work with you to tailor your care plan to your specific treatment goals.

All of that is made possible by our dedicated teams of specialists, researchers, nurses and staff who work every day to help advance cancer research, deliver new treatments and therapies, and provide care and support to help you get back to your life.

Our teams are focused on caring for you today and improving the lives of cancer patients tomorrow.

Sincerely,



Mark Burkard, MD, PhD
Director, Holden Comprehensive Cancer Center



MANAGING YOUR JOURNEY

To help make navigating your new diagnosis easier, we've designed this binder to serve as a resource and guide.

Inside, you'll find:

- Information on what you should expect from your treatment
- A workbook that will help you understand the distinct role of every member of your care team and help you track appointment notes, treatment and survivorship plans, and more.
- Specifics about our ongoing clinical trials and research
- Details about the different services and resources available to you

While this binder can serve as a reference and help you manage your journey, you will still have a care team committed to being there with you every step of the way. We know there will be challenges ahead, but as a patient at Holden, you'll never have to face them alone.



Holden Comprehensive Cancer Center

NATIONAL CANCER INSTITUTE DESIGNATION



Throughout your time at University of Iowa Holden Comprehensive Cancer Center, you'll hear us talk about how we are the **only** National Cancer Institute-designated Comprehensive Cancer Center in Iowa.

But what does that specifically mean for you? Well, it could mean a **world of difference.**

What is an NCI-designated Comprehensive Cancer Center?



FEWER THAN 3%
of cancer centers in the United States have earned Comprehensive Cancer Center designation, making us part of an **elite group.**

As the only NCI-designated comprehensive center in Iowa, we collaborate on cancer research with centers across the country to prevent, detect, and treat cancer.

By bringing together the nation's top physicians and researchers, we develop and offer innovative treatments that often are available first to patients like you.



We take care of you, not just your cancer. Our treatments and therapies focus on every aspect of your journey, including what your life is like with cancer and what it will be like when your treatment is complete.

What are the benefits of being treated at an NCI-designated Comprehensive Cancer Center?



**INCREASED SURVIVAL
RATES UP TO 25%**



**CUTTING EDGE
TREATMENTS AND CARE**



**BREAKTHROUGH
RESEARCH**



**LIFESAVING CLINICAL
TRIALS**



**EXPERTISE IN
MULTIPLE CANCERS**



**STATE-OF-THE-ART
FACILITIES**

Intake Appointments

You will most likely need to be seen for a lab appointment before your appointments with your care team or treatments in our infusion suites.

At your lab appointment, our team will check your vital signs, measure your height and weight, and take a blood sample.

We will then send your blood samples to the hospital lab where our lab technicians may:

- Analyze your blood for tumor markers—substances that are made by the body because a cancer is present, or it can be made by the cancer itself. These markers allow us to better understand your cancer at the molecular level, and can help your care team determine the stage of your cancer, how aggressive it is, and what kind of treatment you may need.
- Check your red blood cell, white blood cell, and platelet count to ensure your body is ready to receive cancer treatment.
- Check how well your kidneys and liver are working. If they aren't working as well as they should, your medication may cause additional side effects.
- Look for biomarkers, or substances produced by tumors, that can be found in the blood. They can use these to see how well your treatment is working.

While blood samples from cancer patients receive priority testing in our lab, please keep in mind analyzing the test results takes at least an hour.

Cancer Centralized Intake

Most clinic and infusion suite intake appointments will occur at Cancer Central Intake. Certain cancer types will continue to use Clinic B intake for blood draws. Please refer to your appointment reminder for intake check-in location.

This process allows our team to be more efficient, which means shorter wait times for you.

Please arrive to your appointment at your scheduled time.

Seating in the waiting area is limited, and our staff will not be able to check you in until your scheduled appointment time.

Blood draws will be done in the order they are scheduled.

Infusion Therapy: Frequently Asked Questions

Infusion therapy is part of many cancer treatments. It means your medicine will be given to you directly into your bloodstream. Injections are another form of therapy offered. Our nurses have extensive experience in chemotherapy and biotherapy. They will closely monitor your entire treatment.

What should I expect during my infusion therapy visit?

After you check in at the infusion suite, you will wait in our waiting room until your treatment is ready. If lab work needs to be done, blood will be drawn in the intake room.

- The length and type of infusion can vary greatly. Depending upon your particular treatment, some may take longer to prepare. Pagers are available if you need to leave the waiting area.
- To protect your privacy, we generally call patients by first name and last name initial.
- We have consultation rooms where you may have private discussions about your care and treatment.

What will happen when I receive my infusion treatment?

Your safety is our number one priority. Great care is taken to ensure the safety and accuracy of your medicine.

- A nurse reviews your lab results and any treatment restrictions, and makes sure your treatment orders are correct and signed.
- The pharmacist makes sure your dose is correct and prepares the medicine in a special setting to prevent contamination.
- The dose is checked again before your infusion.
- Your physician is notified if there are any issues.
- Some treatments require you to take another medicine beforehand to prevent reactions. These medicines usually are given 30 to 60 minutes before starting your treatment.
- If you have any symptoms, tell your nurse right away. There is a call light in each infusion suite, and a nurse is always near.

May I have visitors?

You may have one or two people with you in the infusion area. They may be family or friends, but must be at least 14 years of age. If children under 14 come with you, they must be supervised by a responsible adult in the waiting room.

What may I do to pass the time during my treatment?

You may bring your own computer or tablet. Free wireless Internet is available throughout UI Hospitals and Clinics. Televisions are also available for you to watch and headphones are available in the infusions suites.

May I bring drinks and snacks with me?

You may bring food from home to eat while in the infusion center.

- Refrigerators and microwaves are not available. Please avoid bringing foods that have strong odors.
- Drinks are available in the infusion center refreshment area. Please let us know if our refreshment area needs anything, such as more coffee.

May I walk around during my infusion?

Because the infusion pump is on wheels, you may get up and use the restroom. If you would like help moving your infusion pump, please ask us. During your treatment, you must stay in the infusion center.

What happens when my infusion is finished?

When your treatment is completed, you will receive care instructions, and you may go home at that time.

- Be certain to bring a driver with you in case you react to the treatment.
- Please check out at the reception desk, where you will receive a voucher for free parking in a hospital ramp.

Will my infusion be covered by insurance?

Our financial management team works to ensure your treatment is a benefit covered by your insurance. They will call for preauthorization on medications and treatments, and will contact your insurance company if there are any changes in your treatment.

For More Information

Watch our What to expect from your first infusion video at uihc.org/welcome-holden

Or, talk to any member of your cancer team.

→ UIHC.ORG/WELCOME-HOLDEN

Infusion

New Patient Instructions

The day of your visit:

- Eat and drink normally unless told otherwise by your care team. Hydrate well the day before your visit if you need to have labs drawn or an IV placed.
- Take your medicines as prescribed unless told otherwise by your care team. Also, bring any prescribed pain medicines and inhalers you may have. You can use these throughout the day as prescribed.
- Bring snacks or a non-perishable meal. The infusion suite does not have a refrigerator or microwave. The cafeteria is on the 5th floor near elevator M. You may not leave the Infusion Suite when you are hooked up to your infusion though. If you bring a guest, they may come and go during your infusion.
- Children under 14 are not allowed in the Infusion Suite. They may wait in the waiting room with a responsible adult.
- Bring a driver with you to your first infusion. You are getting a new medicine. We do not know how your body will respond. You may also need medicines that make you feel sleepy, such as Benadryl. Then you will not be able to drive yourself home.
- Your wait in the waiting room depends on:
 - Lab results
 - Insurance approval
 - Doctor signing your medicine orders
 - Chairs available to seat you

If you wait more than 30 minutes past your appointment time, please ask the front desk for an update.

- If we are running behind and you would like to leave the waiting room, please ask the front desk for a pager. When a chair is ready, your care team will page you.
- Your medicine will not be made until the care team has:
 - All your lab results
 - Insurance approval
 - Signed orders
 - You in the Infusion Suite waiting room

There may be a wait for your medicine after you are in the infusion chair.

During your visit:

- Your care team will ask your name and birthday many times. This is for your safety.
- You will be in your own bay with a recliner, television (TV), curtain for privacy, and chair for your visitor. If you watch TV, your care team will give you headphones to listen. This is so other patients are not disrupted.
- Staff may help and monitor you while in the bathroom. This is for your safety.
- You may be given medicines before your infusion. These help prevent a reaction and side effects. Your nurse will tell you what the medicines are and why they are used.
- Your nurse will put in an IV, if you do not have a port or PICC line. They may have you put a heat pack on your veins. They may also use a special light to see your veins. If there is anywhere you do not want to be poked, please tell your nurse. It may help to hydrate well the day before and morning of your infusion.
- The Infusion Suite offers water, ice, coffee, decaf coffee, tea, decaf tea, apple juice, orange juice, cranberry juice, Sprite®, Diet Sprite®, hot chocolate, granola bars, saltine crackers, and graham crackers.
- Your nurse and pharmacist will give you information about your infusion while you are getting it. They will answer any questions you have.
- When your infusion is done, your nurse will remove your IV. You do not need to check out at the front desk unless you need to schedule an appointment. The front desk staff leave at 5 p.m. The pharmacy closes at 6 p.m.

After your visit:

- Listen to your body after your infusion. You may feel:
 - Tired
 - Have an upset stomach or no appetite

Take your prescribed medicines as needed if you feel nauseous.

- Contact your oncology team by phone or MyChart messages with any questions or concerns.

Cancer Center | 319-356-4200

Monday - Friday, 8 a.m. to 5 p.m.

Hospital Operator | 319-384-8442

Weekends, nights, and holidays. Ask to talk to the Hematology-Oncology Fellow on call.

24-Hour Access | 800-777-8442

Radiance and Resilience

Supporting cancer patients through
compassionate salon services

The Fourth Floor Salon is a welcoming space designed to help you feel grounded, cared for, and confident during and after cancer treatment.

Our licensed cosmetologists offer compassionate, individualized support to help you feel more like yourself through physical changes.

Our services include:

- Wig fittings and complimentary wigs for adult and pediatric cancer patients
- Turbans, scarves, and headwear education
- Makeup lessons and technique coaching
- Inpatient facial services, available at the bedside for hospitalized patients
- Private, one-on-one appointments
- Massage therapy
- A respectful, empowering environment to learn new skills and support self-confidence

We offer one-on-one and group consultations and can also see patients in their hospital rooms. Many services — including wigs, wig stands, turbans, inpatient facials, and makeup lessons — are provided at no or reduced cost.

We also carry a curated selection of retail products from many of your favorite salon brands.

Fourth Floor Salon

E424 General Hospital (GH)
Level 4 (Elevator BE)
200 Hawkins Drive
Iowa City, IA 52242

 **319-356-1996**

Hours

Monday - Friday
8:30 a.m. to 4:30 p.m.

Call to schedule an appointment.



PROCEEDS FROM THE FOURTH FLOOR SALON
benefit patient and family programs through
University of Iowa Health Care Volunteer Services.

Support for Adolescent and Young Adult Cancer Patients



As a young person who has been diagnosed with cancer, you face unique challenges and decisions that may affect your education, your career, and your family plans.

University of Iowa Health Care provides special support for adolescent and young adult (AYA) cancer patients—ages 13 to 39—as they make important decisions about their care and about their lives after cancer treatment.

A Dedicated AYA Cancer Program for Better Results

Studies have shown that AYA cancer patients have better results when they work with a dedicated program that includes expertise in children's cancer and adult cancer.

Our Adolescent and Young Adult Cancer Program is a joint effort of UI Stead Family Children's Hospital and Holden Comprehensive Cancer Center, combining the expertise of Iowa's only comprehensive children's hospital and Iowa's only NCI-designated comprehensive cancer center.

We specialize in helping you navigate your care, manage the effects of cancer on your life, and get support and advice you need while living with a cancer diagnosis during this dynamic stage of life.

Coordinated Cancer Care

You'll meet with a nurse coordinator dedicated to working with AYA cancer patients. Your nurse coordinator helps you find the services you need and provides additional support based on your own personal goals. This kind of coordination is especially important in helping teams of pediatric and adult oncologists, radiologists, surgeons, radiation oncologists, pathologists, and geneticists work together to determine your treatment options.

Clinical Trials of New Treatments

Clinical trials of new cancer treatments give you access to the latest options available. Our AYA program helps you find clinical trials that are appropriate for your cancer, with special emphasis on finding adult and pediatric trials that could be right for you. We also design and open new clinical trials specifically developed for AYA cancer age group, and we work to expand the ages available on existing adult and pediatric trials.

Fertility and Reproductive Health Services

Your fertility and your ability to have children later in life can be affected by your cancer treatment. Your AYA cancer care team will discuss fertility options with you before treatment begins. We can also assist in the preservation process and in future family planning.

Supportive Care

You'll have a dedicated social worker who can help you process feelings and emotions related to your cancer diagnosis. Your social worker can also help you build coping skills, mindfulness techniques, and better sleep habits and help you identify anxiety and depression.

You'll also have a patient and family specialist who can help you with self-expression and coping skills and provide activities during time spent in the hospital, including memory-making and legacy activities.

We also offer opportunities for you to connect with other AYA patients through social outings and meet-ups.

Pain Management and Palliative Care

Our pain and palliative care team members help you manage pain and other symptoms from cancer and cancer treatment and provide assistance with transition to hospice or palliative care.

Planning for Life After Cancer Care

We help you manage side effects and late effects of treatment, and we help you transition your care to your primary care provider so that you stay as healthy as possible after treatment.



FOR MORE INFORMATION

Contact us at:
aya-cancer@uiowa.edu

Or, talk to any member of your cancer team.



Cardio-Oncology

Certain types of cancer treatment can have a major impact on your heart health—even if you have no prior history of heart problems or disease.

University of Iowa Heart and Vascular Center is one of the few centers in the state with a cardio-oncology program. Our specialists have a deep understanding of the link between cancer treatment and heart disease and the benefits and risks of each treatment. Research shows that people who receive cardio-oncology care during cancer treatment have better long-term heart health.

Together, we can help treat your cancer while minimizing your risk of serious heart problems. And if problems arise, we coordinate treatments that help prevent disease progression or serious complications.

Your risk may be higher if you:

- Are 60 or older
- Are overweight
- Have high blood pressure or high cholesterol
- Have a history of heart disease
- Have diabetes
- Smoke
- Will receive high-dose radiation to your chest
- Will receive certain cancer medications



ASK YOUR CARE TEAM

If you're about to undergo cancer treatment and want to protect your heart, ask your care team to refer you to a cardio-oncologist.

Treatments that can cause cardiovascular side effects:

- Radiation therapy to the chest
- Chemotherapy
- Other cancer drugs

Potential cardiovascular side effects:

- Arrhythmia (irregular heartbeat)
- Cardiomyopathy (decreased pumping ability)
- Ischemia (reduced blood supply to the heart muscle)
- Myocarditis (inflammation of the heart muscle)

Fertility Preservation



While cancer treatments can affect your fertility, they don't have to prevent you from having the family you've always dreamed of. If you'd like to have children after overcoming cancer, our specialists in the Fertility Preservation Program can help you improve your chances of conceiving later.

Questions to discuss with your oncologist

- Are there effective cancer treatments that are less likely to cause infertility?
- Can I safely delay cancer treatment to have a fertility preservation procedure?
- How long should I wait after my cancer treatment to start a family?
- How will my cancer or cancer treatment affect my fertility?
- Is fertility preservation an option based on the severity of my cancer?
- Is it safe for me to use fertility medicines?
- Will I be healthy enough to raise children after cancer treatments?

Financial considerations

It's important to know that insurance rarely covers the costs of fertility preservation procedures. For individuals who qualify, University of Iowa Health Care has two programs in place to help reduce the costs associated with egg or embryo freezing. We can provide more information regarding the approximate costs of these services upon request.



FOR A CONSULTATION OR REFERRAL:
Talk to any member of your cancer team.

→ <https://uihc.org/services/fertility-preservation>

The types of fertility preservation we offer

Egg freezing: After you take medicine that causes your ovaries to produce multiple eggs in a given month, we collect them through a minor surgical procedure. Then, we freeze and store them for you to use in the future.

Embryo freezing: We collect some of your eggs as described above, then fertilize them in a lab using sperm from your partner or a donor. We then grow them into embryos for five to six days and freeze them.

Ovarian suppression: During this option, we use hormone injections to shut down your ovaries. This experimental option may help protect your eggs from the toxic effects of chemotherapy.

Ovarian transposition: We offer this option to women who need radiation therapy in their pelvic area. During the procedure, we move your ovaries away from the area that will be targeted with radiation. This lowers the risk of radiation exposure (and subsequent damage) to your ovaries.

Sperm freezing: We collect one or more semen samples and freeze them for you to use in the future.

Genetic Counseling

Patients are referred to our clinic when their personal and/or family history suggests the possibility of a hereditary cancer syndrome. This service helps patients understand their risk of hereditary cancer, orders and discusses genetic testing, guides on preventative measures, helps to identify at-risk family members, and offers emotional support. If you have not been referred to our clinic and are curious about your risk of hereditary cancer, please discuss with your doctor.

Suspicious hereditary cancer patterns include:

- Multiple relatives on the same side of the family with the same or related cancers (e.g., breast, ovarian, and prostate cancers)
- Cancers diagnosed at an unusually young age (e.g., breast or colorectal cancer before age 50)
- Individuals with multiple primary cancers (e.g., someone with both colorectal and endometrial cancer)
- Rare cancers in the family (e.g., pancreatic or male breast cancer)
- Individuals with 20 or more colon polyps
- A family member with a known genetic mutation in a cancer predisposition gene (e.g., BRCA1/2 mutations)

What should you expect during a visit with a genetic counselor?

Your genetic counseling appointment will include:

- A risk assessment, which is a review of medical and family history with discussion of the likelihood of a hereditary cancer syndrome.
- A discussion of the benefits, limitations, and outcomes of genetic testing.
- Counseling to address the emotional impact of genetic information and support resources.

What are common questions from patients?

- What are my chances of developing cancer based on my family history?
- What genetic tests are available, and which one is right for me?
- What do the results of genetic tests mean for me and my family?
- Are there any preventative measures or treatments available if I am high-risk for a cancer or am currently being treated for cancer?

What should you do to prepare for your appointment?

To prepare for your first appointment, it's important to gather your family medical history. It should include:

- Family histories for children, siblings, nieces, nephews, parents, aunts, uncles, cousins and grandparents.
- Types of cancer diagnosed, age at diagnosis, and current age or age of death of effected relatives.
- Previous genetic test results for you or your family members, if applicable.



FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT:

Talk to any member of your cancer team, or call 319-356-4200.

INTERPRETATION AND TRANSLATION SERVICES

UI Health Care provides real-time interpreter and translation services for patients who do not speak English fluently or have hearing impairments. Patients and families can use these services during clinic visits, hospital stays, or other communication with hospital staff. Our services include in person, telephone, or video interpreting.



Real-time interpretation

Real-time interpretation is provided by trained interpreters for patients with limited English skills and the hearing impaired. UI Health Care has interpreters and translators that speak the following languages:

- عربي (Arabic)
- Español (Spanish)
- Français (French)
- Kiswahili (Swahili)

Cyrcocom interpreters

Language assistance services, free of charge, are available to you. Call 1-319-356-1967 and Telecommunications Devices for the Deaf (TTY: 1-319-356-4999).

The list below include languages that are commonly spoken in the community surrounding the University of Iowa. Additional languages are available.

عربي (Arabic)

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-319-356-1967 (رقم هاتف الصم والبكم: 1-319-356-4999).

Bosanski (Bosnian)

OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-319-356-1967 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 1-319-356-4999).

Burmese

သတိပို့ရန် - အကယ့်၍ သင့်သည့်မန်မာစကား ကိုရူပါပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတကြှ စီစဉ်ဆောင်ရွက်ပေးပါမည့်။ ဖုန်းနံပါတ် 1-319-356-1967 (TTY: 1-319-356-4999) သို့မူခေင့်ဆိုပါ

Chinese

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-319-356-1967 (TTY: 1-319-356-4999)

Deutsch (Pennsylvania Dutch)

Wann du [Deutsch (Pennsylvania German / Dutch)] schwetzsch, kansch du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-319-356-1967 (TTY: 1-319-356-4999).

Deutsch (German)

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-319-356-1967 (TTY: 1-319-356-4999).

Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-319-356-1967 (TTY: 1-319-356-4999).

Français (French)

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-319-356-1967 (ATS : 1-319-356-4999).

हिंदी (Hindi)

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुक्त भाषा सहायता सेवाएं उपलब्ध हैं। 1-319-356-1967 (TTY: 1-319-356-4999) पर कॉल करें।

日本語 (Japanese)

注意事項:日本語を話される場合、無料の言語支援をご利用いただけます。1-319-356-1967(TTY: 1-319-356-4999)まで、お電話にてご連絡ください。

Kiswahili (Swahili)

KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata huduma za lugha, bila malipo. Piga simu 1-319-356-1967 (TTY: 1-319-356-4999).

한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-319-356-1967 (TTY: 1-319-356-4999) 번으로 전화해 주십시오.

Kreyòl Ayisyen (French Creole)

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-319-356-1967 (TTY: 1-319-356-4999).

ພາສາລາວ (Laotian/Lao)

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-319-356-1967 (TTY: 1-319-356-4999).

Nederlands (Dutch)

AANDACHT: Als u nederlands spreekt, kunt u gratis gebruikmaken van de taalkundige diensten. Bel 1-319-356-1967 (TTY: 1-319-356-4999).

नेपाली (Nepali)

ध्यान दिनुहोस्: तपाइँले नेपाली बोलनुहुन्छ भने तपाइँको निम्त भाषा सहायता सेवाह फोन गर्नुहोस् 1-319-356-1967 (टिपटवाइ: 1-319-356-4999)।

Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-319-356-1967 (телетайп: 1-319-356-4999).

Tagalog (Tagalog-Filipino)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-319-356-1967 (TTY: 1-319-356-4999).

ภาษาไทย (Thai)

เรียน: ถ้า คุณพูด ภาษาไทยคุณสามารถใช้ บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-319-356-1967 (TTY: 1-319-356-4999).

Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-319-356-1967 (TTY: 1-319-356-4999).

Nutrition Counseling

Good nutrition is an important part of your cancer treatment plan. Nutritional health can be a powerful supplement to your care, with the potential to boost your strength and energy as you heal.

Like you and like your cancer, your nutritional needs during treatment are unique. You'll need to know which foods are best for you to eat and which you should avoid. But you'll also need to know much more.

That's why nutrition counseling is available to each patient.

Helping You Stay Healthier During Cancer Treatment

Eating well is always better for your overall health and your quality of life. It's even more important now, because cancer and cancer treatment can take a toll on your body.

When you take care of your nutritional needs during cancer treatment, your body is better prepared to:

- Respond to the side effects of treatment
- Tolerate higher doses of certain treatments
- Repair and protect tissue affected by treatment
- Keep your immune system working at its best to prevent infection and illness

Food Assistance Programs are Available for Patients

At each visit to the clinic or infusion suites on university campus, you will be asked to complete a brief two-question survey. Those eligible will receive a box of nutritious food—delivered directly to your appointment by their care team.

The program is made possible through a partnership with Hawkeye Area Community Action Program (HACAP).

Expert Support for Your Unique Needs

Your Holden dietitian will prepare a plan that is personalized for you and the treatment you're receiving so that you can give your body what it needs to stay as healthy as possible, during your treatment and after your treatment ends.

Your dietitian will help you find reliable information about health and nutrition. Depending on your needs, your dietitian can also:

Provide books or online information about the right nutrition for coping with side effects.

Work with your doctor to help you manage eating-related side effects that require medicine.

Give advice on how to prevent weight loss during treatment.

Help with tube feedings.

Advise you on taking vitamins and minerals so that you know what doses are safe and when they may be harmful or even dangerous.

Assist with a special diet for a weak immune system.



ASK YOUR CARE TEAM to help you schedule an appointment with a dietitian.

Oncology Pain and Palliative Care



Our oncology pain and palliative care team provides additional support to help you and your loved ones navigate cancer from your initial diagnosis through to survivorship.

Your Oncology Pain and Palliative Care Team

Incorporating pain management and palliative care early into your treatment plan can help improve your quality of life, provide comfort, and even increase your chance of better outcomes.

Our team of doctors, nurses, nurse practitioners, social workers, chaplains, and other health care professionals will work with you to address your individual needs. Our team will:

- Provide emotional, social, and spiritual support
- Decrease pain and control symptoms
- Alleviate fear and grief
- Help coordinate and determine goals of care
- Help you and your loved ones understand what's happening

Pain and Symptom Management

The effects of chronic pain and symptoms from cancer or its treatment can make it difficult for you to manage your day-to-day life. Your oncology pain and palliative care team can work with you to find relief from persistent pain and symptoms through a combination of medications and therapies. Common physical symptoms include:

- Pain
- Vomiting
- Fatigue
- Shortness of breath
- Loss of appetite
- Insomnia
- Nausea

End-of-Life Care

While palliative care often focuses on making you feel better so you can achieve your treatment goals, it also can help you make decisions about your remaining time when recovery is not likely.

This includes inpatient or at-home hospice care, a type of palliative care that can help keep you comfortable once it has been determined by your care team that you are approaching the end of life. Your oncology pain and palliative team can work with you in advance to ensure that you have a plan that honors your wishes for end-of-life care.

Your team will also work with your family members and caregivers to give them the support they need to navigate your end-of-life plan.

Psychosocial Oncology Clinic



Our psychosocial oncology team is specialized in addressing psychosocial stressors that can come with cancer, including depression, adjustment difficulties, anxiety, and sleep problems.

Medical Management and Psychiatry

Psychiatrists and nurse practitioners support patients through medications and behavioral techniques that help with depression, anxiety, memory problems, sleep problems, or appetite changes.

Individual Therapy

Therapists dedicated to oncology care offer supportive counseling, problem-solving, and coping strategies. Our licensed therapists offer:

- Acceptance and commitment therapy
- Cognitive behavioral therapy
- Dialectical behavioral therapy

To make an appointment, talk to a member of your care team or call:

 **319-356-4200**

Therapy Groups (Patients and Caregivers)

Group therapy provides a safe environment for supportive interactions, expression of solidarity, sharing of experiences, and overcoming isolation. Holden offers therapy groups for cancer patients and caregivers. In the groups, we practice mindfulness, acceptance, and self-compassion.

To make an appointment, talk to a member of your care team. You can also email or leave a voice mail:

 **hccctherapygroup@healthcare.uiowa.edu**

 **319-678-8167**



CARE CLOSE TO HOME IN THE QUAD CITIES.

Depending on your diagnosis and treatment plan, you may be able to transfer some, or all, of your treatment and follow-up care to our clinic in Bettendorf.

If you live in or near the Quad Cities, talk to your care team about how you can access the expertise of Iowa's only National Cancer Institute-designated cancer center close to home.

UI Health Care Cancer Services—Quad Cities

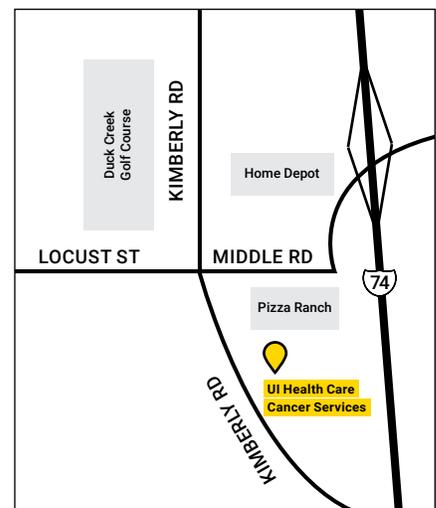
1351 Kimberly Road, Suite 100

Bettendorf, Iowa 52722

563-355-7733

→ uihc.org/cancerQC

Changing Medicine.
Changing Lives.®



Sexual Health



Cancer and cancer treatments can have an impact on your sexuality, intimacy with your partner, and quality of life. Even if you don't consider it a priority right now, prevention and early treatment of sexual health issues are vital to your physical, mental, emotional, and social well-being.

From cancer diagnosis through treatment and survivorship, our specialists will provide you with the resources and support to help you make informed decisions about your sexual health care.

Common problems

Both physical and emotional intimacy are important for your sexual health and the health of your relationship. Cancer and cancer treatment can affect the way we see ourselves as sexual beings, changing the way we express physical and emotional intimacy.

- Changes in energy levels and desire for sexual activity
- Body image and confidence issues
- Changes in roles and responsibilities within a relationship
- Difficulty feeling emotionally connected to your partner
- Changes in your body and sexual function
- Pain or discomfort during sex
- Difficulty ejaculating or keeping an erection
- Vaginal dryness or changes in orgasm

While some of these problems may resolve after treatment, there is a chance some may be long-lasting or permanent. Open and honest communication with your partner is the first step to feeling better and more connected about your changes in intimacy and sexual health.



FOR A CONSULTATION OR REFERRAL:

Talk to any member of your cancer team.

→ cancer.uiowa.edu

Questions for your doctor

- How will cancer and cancer treatment affect my sex life?
- What should I do to lessen the negative impact cancer can have on my sexual functioning?
- Is it safe to have sex during cancer treatment?
- What changes to my sexual health should I expect, and when should I notify my care team?
- What long-term side effects can I expect from my treatment?
- What resources are available to help me navigate changes to my sexual health and intimacy?

Resources

Your care team can help you find the experts or resources you need, including:

Psychologists, social workers, and counselors, including marital and spiritual counseling
OBGYNs and fertility specialists

Urologists
Sex therapists
Physical therapy
Support groups

Oncology Social Work

Cancer affects many parts of your life, but you don't have to face these new challenges alone. As members of your health care team, our oncology social workers focus on caring for your emotional and social well-being and can point you, your caregivers, and your family to important resources to better cope with a cancer diagnosis and the impact that treatment can have on your life.

We help your emotional well-being:

- Making psychosocial assessments for screening and support in coping
- Providing assistance for coping with emotions—sadness, anger, worry, and fears
- Accessing counseling services
- Addressing how cancer may affect your body image and intimacy
- Assisting you in talking with children, family, and employers regarding cancer diagnosis
- Preparing advance directives through advance care planning discussions, including completion of durable power of attorney for healthcare, living will, and IPOST (Iowa Physician Orders for Scope of Treatment)
- Solving issues that arise during treatment
- Facilitating discussions about end-of-life care and its impact on you and your family
- Support throughout survivorship



SOCIAL WORKERS ARE AVAILABLE FREE OF CHARGE

To reach a social worker, talk to your care team or call 319-356-4200 to schedule an appointment.

We help you navigate your journey:

- Accessing information to help you understand your diagnosis and treatment
- Enhancing communication between you and your care team members
- Addressing questions or needs regarding transportation or lodging
- Assessing resources and providing referrals for additional options for help in your home
- Making referrals to home health, hospice, nursing home, and assisted living agencies in your communities
- Providing referrals to other community agencies that may be available to provide support to you and your families

We help identify financial resources:

- Providing information on insurance and medication assistance programs (as available)
- Providing information regarding Social Security disability, FMLA, and vocational rehabilitation

Meet our facility dog, Frozeti!

Facility dogs are professionally trained to be an important part of a patient's treatment team. Frozeti, is a full-time employee who works with their handler, a recreational therapist, to help patients reach various treatment goals.

Each facility dog litter is named after a different theme. Frozeti is from the J&J Snack Foods themed litter, named after the Dippin' Dots mascot Frozeti the Yeti! Frozeti's littermates are also hospital facility dogs around the United States, and he's even related to our Stead Family Children's Hospital facility dogs Nacho and Corrin.

What is a facility dog?

Facility dogs are community therapy animals who provide animal-assisted therapy (AAT) in health care settings.

Together with their handler — a certified therapeutic recreation specialist — our facility dog provides patient care and promotes healing by helping adult patients reach various clinical goals through pain management, coping and emotional support, normalization and play, milestone celebrations, and more.



QUESTIONS?

Please talk to your infusion suite care team with any questions or concerns.

How to request a visit:

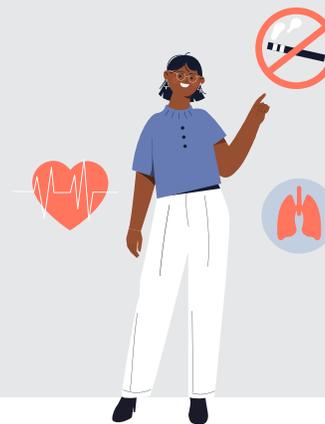
Frozeti provides care to adult patients based on assessments made by their multidisciplinary treatment team. The clinic or unit recreational therapist will work with the Frozeti's handler to prioritize and schedule care based on these assessments and their availability. Unfortunately, he isn't able to visit every patient!

Please note, for safety and infection prevention reasons, facility dogs are not able to provide care/services to patients in isolation.

Can I pet Frozeti?

Please ask the handler if it is okay to approach Frozeti. Facility dogs have full schedules caring for patients and may not have time to stop. If they do, the handler will invite you to say hello.

Please do not pet the facility dog unless the handler says it's okay.



Tobacco Treatment Program

We know quitting tobacco isn't easy. If you're a smoker, it's your choice when and how to quit. When you decide to quit, you deserve treatment that is supportive and compassionate, and without guilt or pressure.

Our Tobacco Treatment Program is a free service that includes coaching to help you quit using tobacco as part of your cancer treatment plan. Quitting smoking can increase the effectiveness of your cancer treatment. It may help decrease your risk of cancer recurrence and boost your likelihood of cancer survival. It can also improve your appetite, sleep, and emotional well-being over the long term.

Smokers with cancer have unique needs:

Our professionals in nursing, medicine, and psychology will work with you and your care team to tailor smoking cessation interventions to your readiness to quit and your overall cancer treatment plan.

Reasons to consider working with our tobacco treatment specialist:

1. Now is the best time to quit. Your body will benefit immediately when you stop smoking. You also may find that it enhances your overall quality of life.
2. Your care and treatment are personalized to you. Our team will find the right combination of smoking cessation treatments that will give you the best chance of success and empower you to quit safely and comfortably.
3. We make it easy. We can schedule your visit for the same day as your oncology appointment or cancer treatment.
4. No guilt, no pressure. Our team makes no judgments and never relies on fear or shame to encourage you to quit using tobacco. We work with you, not against you.
5. Over 20 years of experience. Our program is run by a dedicated team of experts with experience in helping patients quit smoking.



ASK YOUR CARE TEAM

Talk to a member of your cancer care team to learn more about Holden's Tobacco Treatment Program. Our team will work to coordinate services with your medical appointments.

Why should I meet with a counselor to quit tobacco?

Research shows that working with a trained professional counselor (a tobacco treatment specialist) plus taking medication for smoking cessation is more effective than doing only one or the other or trying to quit on your own. This combination also makes it less likely you'll relapse.

What will I talk about with the tobacco treatment specialist?

During your first appointment, we will give you information about the program and answer any questions you have. The tobacco treatment specialist will explore your tobacco use and related factors or triggers, such as stress, anxiety or boredom—all of which can influence when and how you use tobacco products. With this information, you and your tobacco treatment specialist can create a plan to reduce or stop your tobacco use.

How long are the sessions?

First visits usually last 45-60 minutes. Follow-up visits last about 15-30 minutes and can be done over the phone if traveling to the Clinical Cancer Center is not possible.

What if I'm not ready to quit using tobacco?

You are still welcome to participate in the program. You can discuss your uncertainty with the tobacco treatment specialist, who can help identify motivational issues, set short- and long-term goals, and help you find ways to achieve them. For example, you may reduce your tobacco use for a while before quitting. The choice is always yours.

What if I cannot quit?

If you do not quit during the active treatment period of the program, we can discuss a return to the program depending on your interest and motivation. We can also recommend changes to your medication regimen or refer you to an addiction specialist for more help. We won't give up on you if you do not initially succeed in quitting tobacco.



Gentle Yoga for Cancer Patients and Caregivers

Free • Virtual • Supportive

Take a moment to breathe, stretch, and restore.

Join us for a gentle yoga class designed specifically for individuals affected by cancer and their caregivers.

What to Expect

- Slow, accessible movements
- A focus on relaxation, breathwork, and stress relief
- No previous yoga experience required
- Modifications offered for all abilities
- Participate from the comfort of home via Zoom

How to Participate

Email cancer-survivorship@uiowa.edu to register.

Participants must submit a signed medical waiver before attending. Waivers may be faxed or emailed.

Bring a yoga mat or choose a soft surface, and wear comfortable clothing.

In partnership with University of Iowa Recreational Services.



QUESTIONS?

Please talk to your cancer care team with any questions or concerns.

Class Details:

When:

Mondays,
5:30–6:30 p.m.

Thursdays,
11:30 a.m.–12:30 p.m.

Where:

Zoom

A link will be provided after registration and submission of a signed medical waiver.

Who:

Open to all cancer patients and their caregivers.

Patients Enhancing Research Collaborations at Holden: Frequently Asked Questions

A registry is a database of cancer information that helps researchers discover new treatments, learn about the genetics of cancer, and more. The cancer research registry program at Holden is called Patients Enhancing Research Collaborations at Holden, or PERCH. All new cancer patients at Holden are asked whether they want to participate in the PERCH program.

The purpose of this study is to collect data, tissue, blood, and other samples for a specimen bank (repository) that allows scientists to study cancer. Whether or not you have cancer, your participation may help us to achieve our goal to help develop new cures and treatments.

What happens in the study?

This study is voluntary. Your medical care will not be affected by whether you choose to participate.

If you decide to participate, these would be the main study activities:

- **Data Collection:** We review your medical record for data about your health like clinical diagnosis, treatment, and doctor's notes.
- **Questionnaires:** You may be asked to fill out questionnaires about things like lifestyle, sleep habits, family history, etc.
- **Blood:** When possible, blood samples will be collected when your doctor has requested labs. Samples will always be taken and used for clinical reasons before being used or collected for research.
- **Tissue:** If you have a biopsy or surgery as part of your standard of care, we may receive any tissue or fluid that is removed, examined for your healthcare, and would otherwise be discarded.
- **Other Samples:** Other low risk samples we may ask to collect include a cheek swab, skin swab, urine, stool, or nail clippings.

What is the benefit of this study?

You will be contributing to the future health of others that may be diagnosed with cancer. Our understanding of the cancer process will be greatly enhanced by the availability of samples from this bank to the research community.

Will this harm me?

There are minimal risks when providing a blood sample and only a safe amount of blood will be taken at each blood draw. Samples will be taken and used for clinical reasons before being used or collected for research.

Can I get my samples or data back?

You may not have your samples or data back. However, at any time you may ask that we destroy any sample that has not yet been used. Once a sample has been used, we cannot remove the data generated from its use in research.

Is my privacy protected?

Yes, your sample and data will be given a unique code and will be identified by that number. Identifying information will be stored in databases that only research team members are able to see. Samples are stored with a sample code.

How do I participate?

If you are interested in participating, please let a member of your care team know. We will meet with you at one of your appointments and explain the details of the research program. If you agree to participate, you will be asked to sign consent forms. You will also be given copies of these forms.

How will samples and data be used?

Samples will be used to isolate cells, DNA, RNA, serum, plasma etc. These samples will be used in experiments by researchers to better understand the mechanisms of disease and to identify potential new therapies. Experiments that wish to use this resource may not yet exist. Samples can be used for a long time.

For More Information

Please call 319-356-4783 or email:
CancerCenter-MER@healthcare.uiowa.edu

Or, talk to any member of your cancer team.

Clinical Trials:

What are clinical trials?

Clinical trials are research studies in which patients may volunteer to take part. Clinical trials help us find better ways to prevent, diagnose and treat cancer, and manage symptoms and side effects from treatment. At Holden, we have clinical trials available for all types and stages of cancer.

What are my treatment options?

Depending on your cancer, your treatment options may include:

- Standard treatment — treatment accepted by medical experts as proper treatment for a certain type of cancer. Standard treatments change over time as doctors learn from experience and research. Many of today's standard treatments began as clinical trials.
- Clinical trial — many clinical trials are for new medicines or for looking at new ways, doses or combinations to give standard treatments.

Will I be eligible for a clinical trial?

Not all clinical trials are right for all patients. Each protocol has strict rules called eligibility criteria to decide who may join the clinical trial. At Holden, we strive to have an appropriate clinical trial available to every patient. Common eligibility criteria include:

- Having a certain type or stage of cancer
- Having received (or not having received) a certain kind of therapy in the past
- Having specific genetic changes in your tumor
- Being in a certain age group
- Medical history
- Current health status

Your care team will offer you a clinical trial if you meet eligibility criteria and they believe it will be helpful.

Who pays for clinical trials?

All trials are different. Your health insurance should pay for tests and doctors visits that you would need even if you were not on the trial. Some clinical trials will also pay for your lodging or travel expenses.

What are the different clinical trials phases?

A new treatment goes through several phases. Each phase has a different purpose.

- Phase I trials test if a new treatment is safe and look for the best way to give the treatment. Doctors also look for signs that cancer responds to the new treatment.
- Phase II trials test if one type of cancer responds to the new treatment.
- Phase III trials test if a new treatment is better than a standard treatment.
- Phase IV trials find more information about long-term benefits and side effects.

What are benefits of enrolling in a clinical trial?

If you enroll in a trial, you will have access to a new treatment that is not available to people outside the trial. If the treatment being studied is more effective than the standard treatment, you may be among the first to benefit.

When on the clinical trial, the research team will watch you and how your cancer responds to the treatment closely, in addition to the rest of your cancer care team. Plus, the trial may help scientists learn more about cancer and help people in the future.

How do I sign up?

If you are offered a clinical trial, you will first go through a process called informed consent. The research team will review the informed consent form with you. This will explain the clinical trial's purpose, plan, risks and benefits. It will also give you a better idea of what to expect during the clinical trial.

Take time to make your decision. It is important to know that you are a voluntary participant in a clinical trial and you may stop participating in the study at any time.

For More Information

To view all open clinical trials, visit clinicaltrials.uihealthcare.org

Or, talk to any member of your cancer team.

→ [CLINICALTRIALS.UIHEALTHCARE.ORG](https://clinicaltrials.uihealthcare.org)

Your Cancer Care Team



As you meet all the members of your care team, you may find it helpful to write down their names. You can use this guide to record the name of each person next to the description of the job they do.

When you know you need something but you're not sure who to ask, you'll have this one convenient source of information to help you decide where to start.

Physicians or Doctors

The doctor on your cancer care team is known as an oncologist. An oncologist is a doctor who has received advanced training in cancer and in taking care of cancer patients.

Medical oncologist _____

Radiation oncologist _____

Surgical oncologist _____

Primary care provider _____

Attending Doctor

A senior doctor will supervise your treatment. A senior doctor is a faculty member who is called the "attending physician" or "physician of record". An Attending Doctor has completed all the required training and supervises physicians who are in training such as residents and fellows.

Residents and Fellows

These are licensed doctors getting more training in a medical specialty. An Oncology Fellow is getting additional specialization in either Hematology or Medical Oncology.

Medical Students

Medical students help take care of you as part of their training to become doctors. They can be an important resource for you. Students are always supervised by doctors.

Physician Assistant (PA), Advanced Registered Nurse Practitioner (ARNP), Nurses

PAs and ARNPs are health professionals who are certified to practice medicine. Working under the supervision of a doctor, they make medical decisions and provide many of the same services that doctors provide.

PA _____

ARNP _____

Many types of nurses will help care for you. Nurses are an important part of your daily experience as a cancer patient.

Nurse _____

Nurse _____

Nurse _____

Nurse _____

Additional Care Team Members

Dietician

A dietitian is an expert in the foods you need to eat to support your healing. If you need a special diet, your dietitian can help you understand why you need it and help you create a diet plan.

Tobacco Treatment Specialist

A tobacco treatment specialist is trained to help cancer patients quit smoking in a way that works best for each patient.

Research/Clinical Trials Staff

Clinical trials staff members give patients information about the many clinical trials of new cancer treatments that are available at Holden Comprehensive Cancer Center.

Pharmacist

Pharmacists prepare and dispense your medications. They work closely with doctors and nurses to make sure your medications are safe and effective. They can also answer questions you have about your medicines.

Genetic Counselor

A genetic counselor is an expert in the many tests available for determining the risk of cancer for you and your family. You genetic counselor reviews your family's health history and helps you decide which genetic tests are right for you.

Social Worker

Social workers help you and your family with emotional, physical, and financial concerns related to your illness. During your treatment and after you've been discharged from the hospital, your social worker can help you connect with community and educational agencies near your home.

To reach your care team:

If urgent, please call 319-356-4200

Option 1 is for scheduling, option 2 or 3 will get a staff member.

If you are calling after hours, or on holidays or weekends, please call 319-356-1616

You will be sent to the operator who can page the Hematology Oncology fellow on call to talk to you.

If non-urgent, please send a MyChart message (if you have MyChart)

We will respond typically within 3 business days. If you send a message over a holiday or weekend, we will respond one of the next business days.

In an emergency, call 911 or go to the nearest Emergency Room.

Diagnosis Summary

Diagnosis Date	Cancer Type	Cancer Stage	Location of Disease
Comments and Notes			

Treatment Summary

Surgery

Surgery Performed	Date of Surgery	Surgeon	Follow Ups	Late and Long-term Effects
Comments and Notes				

Treatment Summary

Chemotherapy/Medication

Chemo Drug	Start/Stop Dates	Number of Treatments	Oncologist	Side Effects	Late and Long-term Effects
Comments and Notes					

Treatment Summary

Radiation Therapy

Area of the Body Receiving Radiation	Start/Stop Dates	Number of Treatments	Radiation Oncologist	Side Effects	Late and Long-term Effects
Comments and Notes					

Appointment Notes

Appointment Date	Health Care Professional	Follow Up Items	Questions	Comments and Notes

Appointment Notes

Appointment Date	Health Care Professional	Follow Up Items	Questions	Comments and Notes

My Medications

Name of Medication _____

Reason to Take	How Many to Take	When to Take	How to Take
Shape and Color	Prescribed By	Date Started	Date Stopped

Name of Medication _____

Reason to Take	How Many to Take	When to Take	How to Take
Shape and Color	Prescribed By	Date Started	Date Stopped

Name of Medication _____

Reason to Take	How Many to Take	When to Take	How to Take
Shape and Color	Prescribed By	Date Started	Date Stopped

Name of Medication _____

Reason to Take	How Many to Take	When to Take	How to Take
Shape and Color	Prescribed By	Date Started	Date Stopped

Name of Medication _____

Reason to Take	How Many to Take	When to Take	How to Take
Shape and Color	Prescribed By	Date Started	Date Stopped

Name of Medication _____

Reason to Take	How Many to Take	When to Take	How to Take
Shape and Color	Prescribed By	Date Started	Date Stopped

Name of Medication _____

Reason to Take	How Many to Take	When to Take	How to Take
Shape and Color	Prescribed By	Date Started	Date Stopped

HOTEL/MOTEL GUIDE

This list is for your information. We do not recommend any specific hotel/motel over another. Those who need details on places to stay or accessible hotel/motel options should call Concierge Services. All prices can change without notice. Rates are higher than standard rates during major university events and may need at least a two night stay. *Rates do not include tax.

University campus:

319-356-1900, 319-678-5500

Downtown campus:

319-339-3658, 319-339-0300

North Liberty campus:

319-485-0100

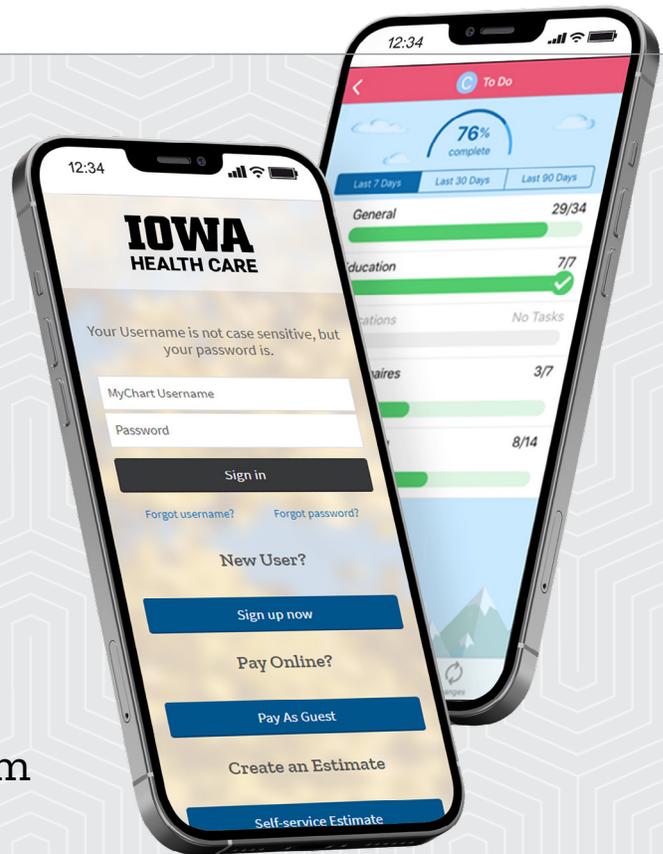
 → uihc.org/places-stay


Hotel/Motel	Phone	Hospital Rate*	Standard Rate*	Amenities
AmericInn 2597 Holiday Rd., Coralville	319-625-2400	\$59.95 <i>(Avail. Sun. - Thurs.)</i>	\$89 - \$99	Dining, Laundry, Pets
Avid Candlewood Suites 140 Westcor Dr., Coralville	319-545-2302	\$80 - \$90	\$104 - \$139	Dining, Laundry, Pets, Extended Stay
Comfort Inn & Suites 214 9 th St., Coralville	319-337-8382	15% off	\$109.99	Dining, Pets
Comfort Suites 2431 James St., Coralville	319-338-3400	\$80 <i>(Avail. Sun. - Thurs, verification required)</i>	\$104 - \$139	Dining, Laundry, Pets
Country Inn & Suites 2571 Heartland Place, Coralville	319-545-8464	\$79 - \$89	\$137	Dining, Laundry, Pets
Courtyard by Marriott 901 Melrose Ave., University Heights	319-569-6777	\$119 and up	\$139 and up	Dining, Laundry, Shuttle service: Mon. - Fri., 7:30 a.m. - 7 p.m.
Drury Inn & Suites 815 1 st Ave., Coralville	319-337-4891	\$106 <i>(Corp code: 329671)</i>	\$132 and up	Dining, Laundry, Pets
Element Hotel, Iowa City 314 S. Clinton, Iowa City	319-248-7900	\$99 <i>(Parking \$15/day)</i>	\$139 - \$169	Dining, Laundry, Pets, Extended Stay
Fairfield Inn & Suites 650 Coral Ridge Ave., Coralville	319-333-7711	\$84	\$119 and up	Dining, Laundry, Pets
Graduate Iowa City 210 S. Dubuque St., Iowa City	319-337-4058	\$99 <i>(Parking \$15/day)</i>	\$149	Dining, Laundry, Pets
Hampton Inn, Coralville 1200 1 st Ave., Coralville	319-351-6600	\$94	\$139	Dining, Laundry, Shuttle service: 7 a.m. - 9 p.m.
Hampton Inn, Iowa City 4 Sturgis Corner Dr., Iowa City	319-339-8000	\$84 <i>(Sun. - Thurs.)</i> \$89 <i>(Fri. - Sat.)</i>	\$119 and up	Dining, Laundry, Pets
Heartland Inn 87 2 nd St., Coralville	319-351-8132	\$78.99	\$99.99	Dining, Laundry, Shuttle service: Mon. - Fri., 5:30 a.m. - 8:30 p.m., Weekends 9 a.m. - 5 p.m.
Hilton Garden Inn 382 S. Clinton St., Iowa City	319-248-6100	\$99 <i>(Parking \$15/day)</i>	\$159	Dining, Laundry, Pets, Shuttle service: Mon. - Fri., 8 a.m. - 5 p.m. upon request

Hotel/Motel	Phone	Hospital Rate*	Standard Rate*	Amenities
Holiday Inn & Kinnick Convention Center 1220 1 st Ave., Coralville	319-351-5049	\$89	\$119	Dining, Laundry, Pets, Shuttle service: 7 a.m. - 9 p.m.
Holiday Inn Express 970 25 th Ave., Coralville	319-625-5000	\$99	\$135	Dining, Laundry
Home2 Suites by Hilton 740 Coral Ridge Ave., Coralville	319-337-5011	\$89	\$159	Dining, Laundry, Extended Stay
Homewood Suites by Hilton 921 E. 2 nd Ave., Coralville	319-338-3410	\$109 - \$119	\$179	Dining, Laundry, Extended Stay
Hyatt Place, Iowa City 255 Court St., Iowa City	319-569-2780	\$104 <i>(Corp. code 119475)</i>	\$139	Dining, Laundry, Pets, Complimentary parking
Hyatt Regency Hotel & Conference Center 300 E. 9th St., Coralville	319-688-4000	\$110 <i>(Corp code: 37510)</i>	\$159	Dining, Laundry, Shuttle service: Mon. - Fri., 7 a.m. - 7 p.m., Complimentary parking for 1 vehicle
La Quinta Inn & Suites 2702 Acorn Dr, Coralville	319-625-2033	\$95	\$129	Dining, Laundry, Pets
MainStay Suites Coralville/Iowa City 2491 Holiday Rd., Coralville	319-625-2200	\$65 - \$75	\$89 - \$109	Dining, Laundry, Pets, Extended Stay
Quality Inn 209 9 th St., Coralville	319-351-8144	\$67	\$79 - \$99	Dining, Pets
Residence Inn 2681 James St., Coralville	319-338-6000	\$99	\$109 - \$149	Dining, Laundry, Pets, Extended Stay
SpringHill Suites 1001 25 th Ave., Coralville	319-625-1001	\$99 - \$109	\$129 - \$139	Dining, Laundry, Shuttle service: Mon. - Fri., 7 a.m. - 8 p.m.
Stay Bridge Suites 801 E. 2 nd Ave, Coralville	319-259-1500	\$99	\$149	Dining, Laundry, Pets, Extended Stay
Super 7 Motel 810 1 st Ave., Coralville	319-333-1277	\$54.99 - \$59.99	\$63.99	Dining, Pets
Super 8 Motel 611 1 st Ave., Coralville	319-337-8388	\$71.68	\$74	Dining, Laundry, Pets
SureStay Plus by Best Western 200 6 th St., Coralville	319-337-9797	\$68.99	\$99 - \$124	Dining, Laundry, Pets,
The Highlander Hotel 2525 Highlander Place, Iowa City	319-354-2000	Contact hotel	\$129 - \$259	Dining, Pets
Travelodge 2216 N. Dodge St., Iowa City	319-351-1010	\$63 - \$69	\$91	Laundry, Pets
WoodSpring Suites 2680 James St, Coralville	319-319-0091	\$55 - \$65	\$70 - \$90	Laundry, Pets, Extended Stay

WITH MYCHART, THE HEALTH CARE PROVIDER IS ALWAYS IN

MyChart is the free, easy way to manage your health care from the comfort of your home, 24/7.



Reasons to sign up for MyChart:



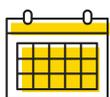
See a provider from your home.



Securely email your doctor.



See your test results.



Schedule some of your own visits.



Check-in from home for some visits.



Renew and refill your prescriptions at a UI Health Care pharmacy.



To get started with MyChart, scan the QR code or visit:

→ uihc.org/get-to-know-mychart



If you do not have the MyChart mobile app, you need to download it before you can use MyChart on your mobile device. Go to the Apple App store or Google Play Store and search for MyChart.

IOWA
HEALTH CARE

MYCHART UPDATE: INFORMATION SHARING

UI Health Care offers you simple and secure access to your medical records.



We know that access to medical records will strengthen your connection to your care team. That is why UI Health Care is working hard to make sure you have the most up-to-date information that will guide your care. This lets us work together to best serve our shared goal: your health and well-being.

Through MyChart, you will now have real-time access to medical record information like lab, pathology, and diagnostic imaging results, and your care team's notes will be available. By equipping you with your health information, we believe you form a more collaborative relationship between you and your care team so you can manage and take control of your health care.

Here are some of the changes we are making to make your health information easy to access:



You can view your lab and imaging results when they are complete. Lab and imaging results such as x-rays or blood draws will no longer have a short time delay before release.

- Because test results are posted to MyChart as soon as they are complete, you may have access to your results before your provider is able to review them. Some results may be difficult to understand without explanation.
- Your provider will review your results and will follow up with you, typically within three business days.



You can view your care team notes written during both inpatient and outpatient treatment.

- Your health care team will let you know if there are exceptions.

If you are viewing your health information and have an immediate concern, we suggest you reach out to your care team.

At UI Health Care, we believe that sharing information builds trust and stronger relationships, which is why we share results with people as soon as we can. Sign up for MyChart for the easiest way to see your records.

MyChart puts your UI Health Care services and medical records at your fingertips. Save time and stay up-to-date on your health care. Sign up today **at uihc.org**.

Thank you for making UI Health Care your trusted partner in health and healing. Together, we change medicine. Together, we change lives.

FILL YOUR PRESCRIPTIONS AT OUR PHARMACIES

PHARMACY SERVICES

- Free prescription mail delivery
- Diabetic testing supplies
- Med-Sync program: a convenient monthly refill schedule if you have multiple prescriptions
- Over-the-counter medications
- Medications packaged into daily doses to make it easier to take your medication
- Pain medication refill service
- Personal medication review and consultation
- Immunizations
- Compounded medications

BENEFITS OF UI PHARMACIES

- Pharmacists available 24 hours a day, 7 days a week
- Expert advice from pharmacists
- Many pharmacy sites within the hospital and community
- Most major insurance plans accepted
- Quick access to providers for prescription questions and renewals
- Staff to help with insurance coverage and payment issues

UI HOSPITALS & CLINICS

General Hospital Pharmacy

Elevator C, Level 1 319-384-6800
Monday–Friday: 7:30 a.m.–6 p.m.
Saturday: 9 a.m.–1 p.m.

Discharge Pharmacy

Main Entrance, Level 1 319-356-1500
Open 24 hours a day, 7 days a week

Ambulatory Surgery Center

Elevator L, Level 4 319-356-7826
Monday–Friday: 8 a.m.–6 p.m.

Pomerantz Pharmacy

Elevator L, Level 2 319-384-6402
Monday–Friday, 8 a.m.–6 p.m.

Specialty Pharmacy Services

Toll Free 877-846-8574 319-384-6909

Cancer Center Pharmacy

Elevator M, Level 2 319-467-6650
Monday–Friday, 8 a.m.–6 p.m.



Talk to a pharmacist at any of our convenient locations to transfer a prescription or sign up for our services.

UI STEAD FAMILY CHILDREN'S HOSPITAL

Outpatient Pharmacy

Public Elevator, Level 2 319-467-6111
Monday–Friday: 8 a.m.–6 p.m.
Weekends: 8 a.m.–3:30 p.m.

COMMUNITY PHARMACY LOCATIONS

Iowa River Landing

105 East 9th Street, Coralville
319-467-2050

Monday–Thursday: 8 a.m.–8 p.m.
Friday: 8 a.m.–5:30 p.m.
Saturday: 8:30 a.m.–12:30 p.m.

North Dodge

1360 North Dodge St., Iowa City
319-678-8222
Monday–Friday, 8:30 a.m.–5 p.m.

River Crossing

3056 River Crossing Ct., Riverside
319-467-8383

Monday: 9 a.m.–6 p.m.
Tuesday: 9 a.m.–8 p.m.
Wednesday–Friday: 9 a.m.–6 p.m.
Saturday: 9 a.m.–1 p.m.



HOLDEN HERO

Staff Excellence Award

Honoring cancer center staff
who go beyond every day

Nomination Form

The Holden Hero award recognizes individuals within the Holden Comprehensive Cancer Center who provide exemplary care to our patients based on the three interdependent missions of research, clinical service, and education. Complete this form to share your story of how a Holden Comprehensive Cancer Center employee made a difference in your care or that of someone you know (please print clearly).



Scan the QR Code
to access the online form

Your Contact Info

First/Last Name _____

Email _____

Phone _____

Nominee Contact Info

First/Last Name _____

Email _____

Phone _____

Describe how the employee embraced and demonstrated the values listed below.

Demonstrates University of Iowa's mission and values _____

Displays performance above and beyond expectations (continue on back if needed) _____

(continued)

Has made a difference in the life of patients, providers, visitors, or staff

Promoted collaboration and fosters an environment that encourages safety, integrity, and fairness and diversity

How to Submit Your Nomination:

Delivery or mail
Clinical Cancer Center Infusion Suite
200 Hawkins Dr. | Iowa City, IA 52242

Electronically
By email
michelle-altmaier@uiowa.edu



Scan the QR Code
to access the online form

RECOGNIZE EXTRAORDINARY NURSING.

The DAISY Award for Extraordinary Nursing

Honoring nurses internationally
in memory of Patrick J. Barnes



Scan the QR code at right to share your
story of how a UI Health Care nurse
made a difference in your care or of
that of someone you know.



Helping Hands Recognition Form



University of Iowa Health Care's award for support staff involved in direct patient care (nursing assistants, patient care technicians, medical assistants, nursing unit clerks).

Please note: DAISY nomination form is for nurses and this form is for support staff.

Nominee Information

I would like to nominate: _____

who works on: _____ (unit/clinic) for the Helping Hands Award.

Nomination Information

Nominator Information

Nominated by: _____ Phone number: _____

Email: _____

I am a: RN MD Family Member Visitor Patient Volunteer Other: _____



Please send this completed nomination form to:
Becky Hurt (becky-hurt@uiowa.edu)
c/o Nursing Education, CNO
or give to a nursing team member.