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# Survivorship and Supportive Care Program

*Helping patients  
and families through  
difficult times*

STONY BROOK  
UNIVERSITY  
MEDICAL CENTER

Survivorship and Supportive Care Program  
Stony Brook NY 11794-8151

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*Dr. Lynn Hallarman with patient Judith Pacifico Larkin.*

## *What is Survivorship?*

Survivorship is about living as fully as possible during and after receiving difficult medical treatments for advanced or life-threatening illness.

## *What is Supportive Care?*

Supportive care helps patients cope with the physical, emotional, and spiritual symptoms of advanced or life-threatening illness.

**S**tony Brook's Survivorship and Supportive Care Program can help you and your family during times of great challenge by improving your ability to carry on with your daily life and live as comfortably as possible. Our specialized team will meet with you and your family while you are in the hospital to discuss your needs and assist with your efforts to heal.

The Survivorship and Supportive Care team works closely with your primary treatment team to manage difficult symptoms, and to help you make challenging decisions and cope with the complex needs caused by advanced or life-threatening illness. Our services can help patients with emphysema, heart failure, dementia, cancer, and other illnesses, at all stages, including at the onset of illness. Depending on a patient's individual needs and preferences, the team can be involved for a brief period of time or as part of long-term care.

The team, which includes specialists from medicine, nursing, social work, and pastoral care, focuses on a "whole person" approach, providing compassionate care and guidance for physical, emotional, and spiritual needs.

## Survivorship and Supportive Care Program

*“There is no question that in a medical crisis we need professionals who can provide expert care. But, there are times when we need more. The Survivorship and Supportive Care team provided a human, compassionate touch at a time of great difficulty.”*

—John Gaccione, whose wife was cared for at Stony Brook.

### *The Team Provides:*

- Coordinated care, where members of the healthcare team communicate and share information
- Detailed information to help patients understand their diagnosis and make informed decisions
- Help with establishing goals and setting priorities about care
- Treatment of symptoms such as fatigue, loss of appetite, nausea, and pain often associated with illness or the side effects of certain therapies
- Introduction to integrative or non-traditional treatment, including guided imagery, therapeutic touch/healing touch, massage, and acupuncture
- Help with working through the healthcare system
- Help in transitioning to more advanced care, including coordinating home care and hospice, if necessary
- Emotional and spiritual support for patients and their families



*Chaplain Anne Coulehan offers support to a patient's family member.*



*“Although the world is full of suffering, it is also full of the overcoming of it.”*

—Helen Keller, *Optimism*, 1903

Ask your doctor for a Survivorship and Supportive Care consultation for you or your loved one while hospitalized at Stony Brook University Medical Center.

For more information, please call (631) 444-2052 or 638-2801.

Lynn Hallarman, MD, is the director of the Survivorship and Supportive Care Program. Dr. Hallarman is board certified in Internal Medicine and Palliative Care Medicine. She is a member of the American Academy of Hospice and Palliative Medicine and the American College of Physicians.

You can help in our efforts to improve the lives of patients and families facing serious illness and difficult challenges by making a contribution to the Survivorship and Supportive Care Program.

To learn more about how to make a gift, please contact the Stony Brook University Medical Center Advancement Office at (631) 444-2899.

*Stony Brook University Medical Center improves the lives of our patients, families, and communities, educates skilled healthcare professionals, and conducts research that expands clinical knowledge.*

[www.StonyBrookMedicalCenter.org](http://www.StonyBrookMedicalCenter.org)

Photographs by Peter Finger and Juliana Thomas. Produced by the Communications Office, 2007. Stony Brook University/SUNY is an affirmative action, equal opportunity educator and employer. This publication can be made available in an alternate format on request.