



Penn Medicine



CANCER PROGRAM

Support Groups and Programs Healing Cancer Patients and Their Families

Call 1-888-Virtua-3 or visit www.virtua.org for more information and registration

Groups and Counseling Services

www.virtua.org/events

Breast Cancer Support Group

This women's only support group focuses on women who have been newly diagnosed or are in active treatment for breast cancer. The group offers an opportunity to get emotional support, to learn about how to navigate through your treatment options and to share concerns and triumphs. The group is professionally facilitated by an oncology social worker. **Meeting held via Microsoft Teams the 4th Tuesday of every month (except December) from 6:00-7:00pm.**

Cancer Survivors Support Group

This support group focuses on cancer patients who have completed active treatment and are learning to live life as cancer survivors or for patients who wonder what life would be like after treatment. This group offers an opportunity to discover how your life has changed after cancer and embrace your "new normal." The group is professionally facilitated by an Oncology Chaplain. **Meeting held via Microsoft Teams the 4th Tuesday of every month (except December) from 6:00-7:00pm.**

Gynecologic Cancer Support Group

This women's only support group focuses on women with ovarian, cervical, uterine, endometrial and other gynecologic cancers. Come share your feelings and concerns with other women who have had similar experiences. The group is professionally facilitated by an oncology social worker. **Meeting held via Microsoft Teams the 4th Wednesday of every month (except December) from 6:30-7:30pm.**

Cancer Connections Facebook Group

Cancer Connections is a new private Facebook group designed for people in Southern New Jersey who have been touched by cancer. The private online group is open to women, men, cancer survivors, and those in active treatment – regardless of where you received cancer care. Family members and caretakers are also invited to join.

Cancer Connections offers a safe space to:

- Connect online with others in South Jersey who have experienced cancer
- Gain support and encouragement
- Share inspiration
- Get tips for managing treatment and recovery
- Gain educational information

Connect with others from our area who understand the cancer patient journey first hand.

Join Here: [facebook.com/groups/VirtuaCancerConnections](https://www.facebook.com/groups/VirtuaCancerConnections)

“Us Too” Prostate Cancer Support Group Group on hold due to COVID-19.

This peer-facilitated group focuses on supporting men who have prostate cancer. Spouses are welcome. **Meets the 3rd Tuesday of each month, 7:00- 8:30 pm at Virtua Memorial Hospital Conference Room (175 Madison Ave, Mt. Holly, NJ). Contact Tony Bonanno at 609-261-8169, Howard Beckerman 856-265-4506 or pcsgmtholly@gmail.com for details.**

Ostomy Support Group

Group on hold due to COVID-19.

For those who have had or plan to have intestinal or urinary tract stoma, the Virtua Cancer Program sponsors this meeting of the Burlington County United Ostomy Association. **Meets the 3rd Monday of every month, 7:00– 9:00pm at Virtua Memorial Hospital Conference Room** (175 Madison Ave, Mt. Holly, NJ). **This group does not meet in July and August.** Please email coordinator Lois Moskowitz strongcoffee1@verizon.net with any questions.

Smoking Cessation Education

Smokers trying to kick the habit learn how to understand the addiction process, ways to manage stress and develop a personal plan to quit smoking during this free two-session virtual program overseen by a trained tobacco treatment specialist. For dates and to register please call 1-855-VIRTUA-8, sessions held via Microsoft Teams. Of if interested in individual counseling sessions, please call 856-355-7176 to schedule an appointment.

Supportive Counseling Program

The Virtua Cancer Program provides a full range of oncology social work services to meet the psychosocial needs of cancer patients and their families. Patients may receive up to five free supportive counseling sessions focused on coping with their cancer diagnosis and treatment. Individual, couples, and family sessions and referrals to outpatient therapists as needed are available. To schedule an appointment in Voorhees or Washington Township, call 856-247-7376. To schedule an appointment in Moorestown, call 856-206-4730.

Education, Nutrition & Fitness Services

Cancer Genetics Program

www.virtua.org/cancergenetics

Having a family history of breast and/or ovarian cancer can increase your risk of developing them. A cancer-risk counselor will discuss risk factors for breast and ovarian cancer plus the benefits and limitations of available screening methods. Learn the cancer patterns within your family and ways to reduce risk. There will also be a discussion of clinical studies for high-risk women and genetic testing options. This service is covered by most insurances. For more information or to setup an appointment call 1-888-VIRTUA-3.

Individualized Nutrition Counseling

www.virtua.org/nutrition

Virtua's outpatient nutrition program offers individualized nutrition counseling sessions with a registered dietitian (RD). This service is provided at our outpatient offices in Voorhees, Moorestown, Camden, and Washington Township. There is a fee for nutrition counseling. Virtua accepts most insurance providers for nutrition services, however some plans may not cover this service. Please check with your insurance provider to see if you're covered; if not, a modest fee will be charged at the time of service. For more information or to setup an appointment call 1-888-VIRTUA-3.

Cancer Fitness Program

www.virtuafitness.org

Whether you are undergoing cancer treatment or have completed it, exercise plays an important role in improving both emotional & physical health. Exercise has been shown to help survivors become stronger, more physically fit, less tired & enjoy a better quality of life. There is a fee for this program. For more information call William G. Rohrer Center for HealthFitness in Voorhees at 856-325-5352.

Strength After Breast Cancer – Supervised Exercise Program

Breast cancer patients who have completed treatment regain and build strength under the supervision of Virtua health experts. Program includes screening and education by a Physical / Occupational therapist and then instruction in safe and effective exercise program. Call 1-856-341-8504 to register to schedule your Strength After Breast Cancer screening.

Meals That Heal

The *Meals That Heal* food program is sponsored by the Burlington Camden County Regional Chronic Disease Coalition, through a one-time generous grant provided by the New Jersey Department of Health and in collaboration with the Penn Medicine|Virtua Health Cancer Program. This program provides weekly supplemental food for patients undergoing radiation and oncology treatment. If you are finding it difficult to achieve your nutritional needs, please, reach out to your nurse navigator or someone on your radiation team. They will alert the Meals that Heal team so that you can receive support through this service.

Virtua Physical Therapy and Rehabilitation

www.virtua.org/services/physical-therapy-rehabilitation

Physical Therapy & Rehabilitation provides high quality, personalized care from clinically experienced licensed therapists. Services include Physical Therapy, Occupational Therapy and Speech Language Pathology.

This comprehensive program provides specialized care for:

- **Breast surgery rehabilitation** Improve overall arm function, reduce edema and pain and assist in control of symptoms.
 - **Lymphedema** Virtua's certified lymphedema therapists are able to design and provide individual treatment programs to improve function, improve mobility, increase lymph drainage, and improve skin condition. Therapists provide self-management education so that our patients will feel confident in caring for themselves at home.
 - **Pelvic oncology rehabilitation** Improve strength and function of the pelvis including issues related to mobility, bowel and bladder habits, bowel and bladder control, sexual function, and chronic pelvic pain.
 - **Speech Therapy** Virtua's Speech Language Pathologists provide services which may include swallowing evaluation and treatment, as well as speech, language, and / or voice evaluation and treatment based on each person's individual needs.
 - **Physical and Occupational Therapy** Highly skilled therapists can provide rehab services to improve movement, ability to perform everyday activities and work toward overall rehab goals.
- For more information or to schedule an appointment, please call 1-855-847-8821.

Additional Support Programs & Services

Nurse Navigation

www.virtua.org/cancernavigation

This program is designed to help Virtua patients diagnosed with breast, colorectal, gastrointestinal, lung, gynecologic, head/neck or prostate cancer navigate their cancer care from diagnosis through the end of treatment. Your nurse navigator can answer questions about and help you understand your diagnosis, care plan, and medications; facilitate and streamline communication between you and your doctors; coordinate scheduled appointments; and provide assistance with accessing clinical and supportive care services. This is a free program for Virtua patients. Call 856-247-7370 for more information.

LifeCare

<https://www.virtua.org/services/palliative-medicine>

This program provides comprehensive services for individuals with a serious or chronic illness and is designed to help manage treatment side effects such as pain, fatigue, anxiety, depression and more, both during and after treatment. The goal is to enhance the quality of life for patients and family members by providing relief from pain and stress at any stage in an illness. Physicians, specialists and experts from Virtua and Samaritan Healthcare coordinate care to meet the physical, emotional, social and spiritual needs of patients and their families. **A physician prescription is required from your oncology clinician.** Covered as a specialist visit by most insurances. Call 856-264-9953 to request an appointment.

Free Cancer Screening

www.virtua.org/CEED

Uninsured residents of Burlington and Camden Counties may be eligible for free breast, cervical, colorectal, or prostate cancer screenings under the New Jersey Cancer Education and Early Detection Program. Call 1-856-247-7388 to discuss eligibility and schedule an appointment.

Free Mammograms

Uninsured residents of Burlington County can get a free mammogram through the NJCEED Program at Virtua. Women, age 40 to 64 qualify. To sign up, call (856) 247-7388. Mammograms are funded by grants from the NJ State Department of Health and Susan G. Komen Foundation. Follow our mobile mammogram van on Facebook: Virtua Free Cancer Screenings or call 1-856-247-7388 for locations and dates.

Lung Cancer Screening & Lung Wellness Programs

[Comprehensive Lung Program \(virtua.org\)](http://virtua.org)

Current and former smokers reduce by 20 percent their chances of dying from lung cancer when they are screened for tumors. X-ray images from a low-dose CT scan can detect tumors early, improving the effectiveness of treatment. Please call 1-856-247-7393 to discuss eligibility and appointments.

Micropigmentation Specialist

After breast reconstructive surgery, many breast cancer survivors choose to have nipple reconstruction, including nipple tattooing. 3D nipple tattooing creates the illusion of a protruding nipple. For many breast cancer survivors, this option helps provide emotional and physical recovery after breast cancer. Nipple tattooing is performed by a micropigmentation specialist who is board certified by the American Academy of Micropigmentation and a member of the Society of Permanent Cosmetics. Penn Virtua now offers a micropigmentation specialist to perform nipple tattooing in the Microvascular Surgery Specialists office in Marlton. For more information, call [\(856\) 355-7137](tel:8563557137).

Clinical Trials

www.virtua.org/clinicaltrials

Virtua's affiliation with Penn Medicine allows Virtua patients to have access to the latest advances in cancer care, treatment and research. The Penn Medicine Virtua Cancer Program is staffed by clinical research coordinators who work closely with our physician clinical investigators to ensure new clinical trials with the latest treatment options are available for our patients in our community. For questions about clinical trials, please call a Virtua Clinical Research Coordinator at Samson Cancer Center 856-206-4721 or at Virtua Voorhees Hospital 856-247-7396.

Second Opinion Service

Patients have the opportunity to consult with additional Penn Medicine physicians. Please talk to your physicians about this service and how you can receive a second opinion or call 856-247-7371.

RCCA Hair Boutique

The RCCA Hair Boutique at the [Virtua Samson Cancer Center in Moorestown](#) offers a safe, private haven exclusively for Virtua patients experiencing hair loss related to cancer treatment. The Boutique offers wigs and scarves, free of charge for Virtua patients. For more information contact Pietra Dunmore, at **856-206-4744** or email pdunmore@virtua.org.