

Integrative Care at OhioHealth

*At OhioHealth, we treat more than a patient's cancer.
We are experts at treating people with cancer.*



We help you achieve your best health by providing ways for you to take part in your healing.

Integrative care is a physician-directed program based upon the latest research and focuses on healing the whole person. This area of medicine draws on the fields of nutrition, stress management, physical fitness, massage therapy and acupuncture.

Combined with your traditional cancer care plan, integrative care during and after treatment may help to:

- + Manage symptoms, such as pain, nausea and fatigue
- + Promote optimal health and well-being, allowing you to meet your personal quality of life goals
- + Improve the effect of your traditional cancer care plan

If you do not have benefits to cover Integrative Care services, please contact us to learn more about your financial assistance options.

NEED MORE
INFO?

For more information visit [OhioHealth.com/IntegrativeCare](https://www.ohiohealth.com/integrativecare) or call OhioHealth CancerCall at (614) 566.4321 or 1 (800) 752.9119 8 a.m. to 5 p.m. Monday through Friday.

Integrative Care Services

Please note that services may vary slightly by location.

Acupuncture

Promotes your natural ability to heal by inserting fine needles into the body.

Benefits: Helps control pain, headaches, constipation, nausea, plus many side effects of chemotherapy and radiation.

Offered at:

- + Bing Cancer Center
Phone: (614) 566.4488

Art Therapy

Provides a means to help you relax through creative activities, as well as express and explore your emotions and concerns.

Offered at:

- + Bing Cancer Center
Phone: (614) 566.5707
- + Grant Medical Center
Phone: (614) 788.4688
- + Riverside Methodist Hospital
Phone: (614) 566.5707

Integrative Physician Consultation

Includes a review of your medical history, assessing goals and treatment planning, which incorporates the best approaches for your health.

Offered at:

- + Bing Cancer Center
Phone: (614) 566.4488
- + Marion General Hospital
Phone: (740) 375.6080

NEED MORE
INFO?

Learn more at
OhioHealth.com/IntegrativeCare

Massage Therapy

Includes gentle manipulation of soft body tissue to enhance function of those tissues, improve body mechanics and flexibility, and promote relaxation.

Benefits: Reduces muscle-related pain, stress and anxiety, as well as increasing blood circulation, flexibility, immune function, flow of energy and improves recovery from fatigue.

Offered at:

- + Bing Cancer Center
Phone: (614) 566.4488
- + Delaware Health Center
Phone: (740) 615.0227
- + Grant Medical Center
Phone: (614) 788.4688
- + Riverside Methodist Hospital
Phone: (614) 566.4488

Cancer Rehabilitation

Cancer rehabilitation is offered at all of these sites and some sites incorporate integrative care in their program.

Benefits: Improves the quality of life during and after treatment.

Offered at:

- + Bing Cancer Center
Phone: (614) 566.1111
- + Doctors Hospital Outpatient Rehabilitation
Phone: (614) 566.1111
- + Dublin Sports Medicine
Phone: (614) 566.1111
- + Eastside Health Center
Phone: (614) 566.1111
- + Grady Memorial Hospital
Phone: (614) 566.1111
- + Grove City Health Center
Phone: 614.566.1111
- + Marion General Hospital
Phone: 740.383.8057
- + McConnell Heart Health Center
Phone: 614.566.1111
- + Powell Rehabilitation
Phone: 614.566.1111

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- + Upper Arlington Rehabilitation
Phone: 614.566.1111
- + Westerville Medical Center
Phone: 614.566.1111

Mind-Body Therapies

Uses a variety of techniques, including guided imagery, hypnosis and stress management to help you relax, gain insight and process complex emotions while supporting your body's natural ability to heal.

Benefits: Results in lower blood pressure, which puts the body in a relaxed state. These practices can be used prior to surgery, radiation therapy and chemotherapy for relaxation, to reduce stress and to gain insight on particular symptoms of illness.

Offered at:

- + Bing Cancer Center
Phone: (614) 566.4488

Nutrition Counseling

Sessions with a registered dietitian to assess your eating habits, provide education and create a plan to enhance treatment, build your strength and withstand the effects of cancer and its treatment by nourishing your body.

Benefits: Addresses nutritional needs, including weight management, cholesterol, high blood pressure, diabetes and gastrointestinal disorders in order to boost the immune system while increasing overall energy and well-being.

Offered at:

- + Bing Cancer Center
Phone: (614) 566.4488
- + Grant Medical Center
Phone: (614) 788.4688
- + Marion General Hospital
Phone: (740) 383.8979
- + All other locations:
Phone: (614) 566.1111

OhioHealth is now a certified member of MD Anderson Cancer Network® — a program of MD Anderson Cancer Center — a world-renowned leader in cancer care. The OhioHealth collaboration with MD Anderson Cancer Network allows us to combine the best of what we provide locally with the expertise of one of the nation's leading cancer hospitals so we can better serve you.



OhioHealth
BELIEVE IN WE™

MD Anderson
Cancer Network
Certified Member