

"This is just the greatest thing. I always feel better when I come here."



*– Loved one of
an SMS patient*

How Can the Symptom Management Service Help Me?

If you have cancer, the Symptom Management Service team can help:

- **Manage physical symptoms** such as pain, fatigue, nausea and other physical symptoms related to cancer or its treatment
- **Treat the emotional and spiritual distress** of living with a serious illness
- **Provide support to loved ones** and family members
- Assist patients and families in determining their **goals of care and making choices** based on their priorities and values
- **Coordinate with supportive services** such as UCSF Psycho-Oncology and Child Life Services

Contacting the UCSF Symptom Management Service

In-person appointments are available at the following locations:

Precision Cancer Medicine
Building at Mission Bay
1825 4th Street

UCSF Mount Zion
1600 Divisadero Street

Ambulatory Care
Center at Parnassus
400 Parnassus Avenue

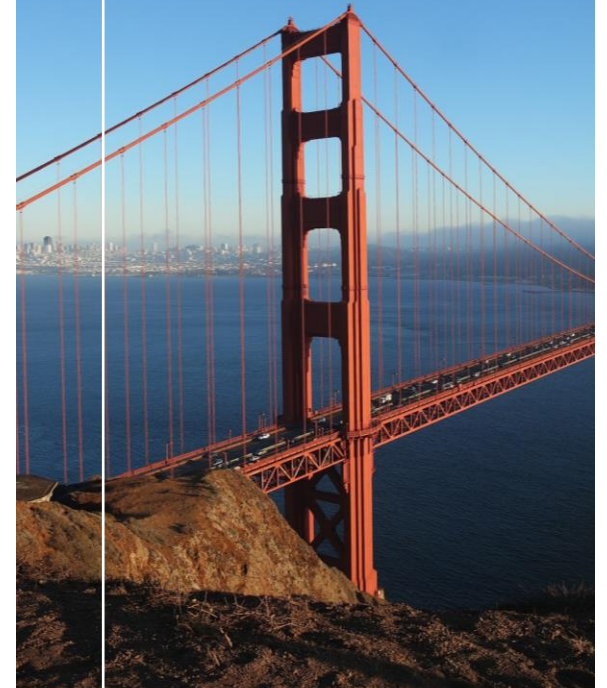
Video visits and home visits may also be available

For more information or to schedule an appointment call us at
415-885-7671

Find us on the web at:
cancer.ucsf.edu/sms

UCSF Helen Diller Family
Comprehensive
Cancer Center

UCSF Symptom Management Service



What is Palliative Care?

Palliative care is **specialized medical care** that aims to **improve quality of life** in the face of a serious illness.

Palliative care helps people of **any age** and at **any stage** of a serious illness.

UCSF values palliative care as an **integral part of your routine cancer care** and is provided concurrently with your cancer treatments.

"SMS is so helpful. I wish I had started here right from the beginning."

- SMS Patient



Symptom Relief

- Pain
- Nausea
- Neuropathy
- Diarrhea
- Depression
- Shortness of breath
- Fatigue
- Anxiety
- Constipation
- Insomnia
- Cough
- Poor appetite

Psychosocial & Spiritual Support

- Determine goals of care and make choices based on the patient's priorities and values
- Coordinate with supportive services such as UCSF Psycho Oncology and Child Life Services

SMS also offers:

- Access to symptom management research studies
- Visits via video, when appropriate, for patients in California
- Home visits for homebound patients living in San Francisco

Interdisciplinary Team

The Symptom Management Service (SMS) is an interdisciplinary team of professionals. Patients are referred to the SMS by their oncologist or primary care physician. Patients will be seen by one or more of the members of the SMS interdisciplinary team.

Kara Bischoff, MD
Brook Calton, MD, MHS
Danielle Chammas, MD
Stephanie Cheng, MD
Elizabeth Dito, RN
Sarah Holland, RN, CHPN
Brieze Keeley, MD
Paul Lindenfeld, MD
Judy Long, Chaplain
Nancy Shepard Lopez, NP, *Asst Director*
BJ Miller, MD
Michael Rabow, MD, *Director*
Sarah Sedki, MD
Natalie Young, MD
Carly Zapata, MD, MPH
Palliative Care Fellows
Cancer Center Social Workers