# Table of Contents

## Indiana University Health Ball Memorial Cancer Center Patient Guide.

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Program</td>
<td>3</td>
</tr>
<tr>
<td>Medical Oncology/Hematology</td>
<td>4-5</td>
</tr>
<tr>
<td>Radiation Oncology</td>
<td>6-7</td>
</tr>
<tr>
<td>Research/Clinical Trials</td>
<td>8</td>
</tr>
<tr>
<td>Precision Genomics</td>
<td>9</td>
</tr>
<tr>
<td>Oncology Inpatient Unit</td>
<td>10</td>
</tr>
<tr>
<td>Cancer Counseling</td>
<td>11</td>
</tr>
<tr>
<td>IU Health Ball Memorial Cancer Center Boutique</td>
<td>12</td>
</tr>
<tr>
<td>IU Health Ball Memorial Breast Center</td>
<td>13</td>
</tr>
<tr>
<td>Cancer Exercise Program</td>
<td>14</td>
</tr>
<tr>
<td>Patient Education &amp; Supportive Services</td>
<td>15</td>
</tr>
<tr>
<td>Specialty Conferences</td>
<td>16</td>
</tr>
<tr>
<td>Social Services/Financial Navigation</td>
<td>17</td>
</tr>
<tr>
<td>Cancer Registry</td>
<td>18</td>
</tr>
<tr>
<td>Distress Screening</td>
<td>19</td>
</tr>
<tr>
<td>Complimentary Cancer Therapy</td>
<td>20</td>
</tr>
<tr>
<td>Cancer Prevention/Screening</td>
<td>21</td>
</tr>
<tr>
<td>Oncology Pharmacy Specialist</td>
<td>22</td>
</tr>
<tr>
<td>IU Health Ball Memorial Hospice</td>
<td>23</td>
</tr>
<tr>
<td>IU Health Ball Memorial Cancer Center at Forest Ridge</td>
<td>24</td>
</tr>
<tr>
<td>Nutritional Services</td>
<td>25</td>
</tr>
<tr>
<td>Smoking Cessation/Cancer Resource Center</td>
<td>26</td>
</tr>
<tr>
<td>Telephone Directory</td>
<td>27</td>
</tr>
<tr>
<td>Local/National Internet Resources</td>
<td>28</td>
</tr>
<tr>
<td>Notes</td>
<td>29</td>
</tr>
</tbody>
</table>
Cancer Program.

The IU Health Ball Memorial Cancer Center serves Indiana’s East Central region. The center provides highly advanced technology which focuses on prevention, early detection and treatment with a total care approach. We are committed to making progress against cancer, as demonstrated by our dedication to clinical research.

Patients referred to the IU Health Ball Memorial Cancer Center benefit from advanced forms of therapy and supportive programs. A wide range of services are offered, including chemotherapy, radiation therapy, brachytherapy, prostate seed implants, stereotactic radiosurgery, intensity modulated radiation therapy, clinical trials, psychosocial evaluations, education, nutritional assessments, cancer rehabilitation, pastoral care, smoking cessation, complementary therapy and blood replacement therapies. Patients receive quality care from a team of cancer specialists working together to help patients and their families cope with the immediate and long-term effects of the disease.

We know a diagnosis of cancer creates anxiety and fear. We will schedule you as quickly as possible, matching your unique needs with the specialty of our oncologists (cancer doctors).

IU Health Ball Memorial Cancer Center

Amy Upchurch, BS, RT
Director, Cancer Services
765.747.3787
Medical Oncology/Hematology.

William B. Fisher, MD, FACP
Dr. Fisher is a board-certified physician specializing in hematology and oncology. He earned a doctor of medicine degree from the University of Pennsylvania School of Medicine, where he was selected for Alpha Omega Alpha membership. Dr. Fisher completed an internship and residency at University Hospitals of Cleveland and he is a clinical professor of medicine at Indiana University.

Sulfi Ibrahim, MD
Dr. Ibrahim is board-certified in hematology, medical oncology and internal medicine. He earned his doctor of medicine degree from the University of Maryland where he also received an undergraduate degree in Molecular Biology. Dr. Ibrahim completed his residency in internal medicine at Drexel University. He completed his fellowship in hematology-oncology at the Milton S. Hershey Medical School.
Medical Oncology/Hematology.

Joseph Spahr, MD
Dr. Spahr is board-certified in hematology and medical oncology. He earned a doctor of medicine degree from Indiana University School of Medicine. He completed an internship and residency in internal medicine at IU Health Ball Memorial Hospital where he was Chief Resident. Dr. Spahr completed his fellowship in hematology-oncology at the University of Utah/Huntsman Cancer Institute in Salt Lake City, Utah.

Michael J. Williamson, JR, DO
Dr. Williamson is board-certified in hematology and medical oncology. He earned a doctor of osteopathic medicine degree from Michigan State University College of Osteopathic Medicine. Dr. Williamson completed an internship and residency in internal medicine at IU Health Ball Memorial Hospital. He completed his fellowship in hematology-oncology at Saint Louis University in St Louis, Missouri.

Abby Koons, AANP-C, AOCNP
Abby is an Adult Nurse Practitioner with American Academy of Nurse Practitioners Board Certification and is an Advanced Oncology Certified Nurse Practitioner. She is a member of the Oncology Nursing Society and American Academy of Nurse Practitioners. Abby received her Bachelor of Science in Nursing from Indiana University East and her Master of Science as Nurse Practitioner degree from Ball State University.

Stacey Cadogan, RN, MSN, ACNP-BC
Stacey is an Adult Nurse Practitioner with the American Nurses Credentialing Center. She is also an oncology certified nurse and a member of the Oncology Nursing Society. Stacey received her Bachelor of Science in Nursing from Duquesne University and her Master of Science Nurse Practitioner degree from the University of Pittsburgh School of Nursing.

Medical Oncology/Hematology
IU Health Ball Memorial Cancer Center
Amy Upchurch, B.S., R.T., (R)(T), Program Director, Cancer Services
765.281.2030 - 855.297.3262
Dr. Tilmans is a board-certified radiation oncologist and is a member of IU Health Ball Memorial Hospital's Clinical Staff. A graduate of the Indiana University School of Medicine, he completed his internship in Radiation Oncology at St. Vincent Hospital, Indianapolis, and his residency in Radiation Oncology at Indiana University Medical Center. He is an assistant clinical professor at Indiana University Medical Center. He is affiliated with the national cancer research organization, Radiation Therapy Oncology Group, (RTOG).

Dr. Francis is a board-certified radiation oncologist and a member of Ball Memorial Hospital's Clinical Staff. A graduate of the University of Kentucky College of Medicine, he completed his internship in internal medicine at the University of Kentucky, and his residency in Radiation Oncology at the University of Cincinnati. Dr. Francis also has a Master's degree in Health Physics from Georgia Institute of Technology. He is affiliated with the national cancer research organization, Radiation Therapy Oncology Group, (RTOG).

Radiation Oncology
Rhonda Harmon, BS, R.T., (R)(T)
Manager
765.747.3148
Hours: Monday through Friday, 8 am - 4:30 pm
After hours, please call 765.747.3662
Radiation Oncology.

Yunjie Xie Lin, MD

Dr. Lin is a board-certified radiation oncologist and is a member of IU Health Ball Memorial Hospital's Clinical Staff. A graduate of the Suzhou Medical School in China, she completed her internship in Cancer Biology at Wayne State University School of Medicine, Detroit. Dr. Lin completed her residency in Radiation Oncology and fellowship in Cancer Biology and Genetherapy at the Henry Ford Hospital in Detroit, Michigan. She is affiliated with the national cancer research organization, Radiation Therapy Oncology Group, (RTOG).

Radiation Oncology

Rhonda Harmon, BS, R.T., (R)(T)
Manager

765.747.3148

Hours: Monday through Friday, 8 am - 4:30 pm

After hours, please call 765.747.3662
Research/Clinical Trials.

A clinical trial as defined by the National Cancer Institute is an “organized study conducted with cancer patients to answer specific questions about a new treatment or a new way of using an old treatment.” Clinical trials are a vital element in the continuous quest to improve cancer treatment.

IU Health Ball Memorial Cancer Center and IU Health Ball Memorial Hospital Medical Research Department provide patients with the latest care available through clinical trials. All patients are screened to determine eligibility. This service provides potential access to nationally approved clinical trials to cancer patients in East Central Indiana.

Clinical trials are conducted through:

- Hoosier Oncology Group
- Walther Institute
- Eastern Cooperative Oncology Group
- National Surgical Breast and Bowel Project
- Various independent sponsors
- Radiation Therapy Oncology Group
- Clinical Trials Support Unit

To learn more about the specific cancer clinical trials currently available at IU Health Ball Memorial Cancer Center please call 765.751.5849 or 765.751.5850 or visit: iuhealth.org/ball-memorial/cancer/cancer-clinical-trials/

IU Health Ball Memorial Cancer Center Research
765.751.5849
765.751.5850

IU Health Ball Memorial Hospital
765.747.8458
Precision Genomics.

The Precision Genomics program at IU Health Ball Memorial Hospital Cancer Center was developed with a goal to personalize a patient’s treatment plan based on the uniqueness of both the individual and their cancer. In order to customize treatment regimens, our team utilizes cutting edge technology to perform next generation sequencing on a patient’s cancer to identify any alterations in the DNA that may be driving the cancer to grow and spread. Once this driver/mutation is identified, our team works to match the right patient, to the right drug, at the right time.

Our program accepts patients who have advanced, rare, or difficult to treat cancers. Patients are referred to the precision genomics program by their primary oncologist. As part of our commitment to the highest level of patient care, a committee of more than 20 multidisciplinary physicians, scientists, and medical professionals review the individual’s genomic results and develop a specialized treatment plan. This information is then provided back to the referring oncologist for direction of care.

If you have any question if precision genomics is appropriate for you, please contact the clinic coordinator at 765.808.7982.

Precision Genomics Program
Sulfi Ibrahim, MD
Allison Spradlin, BSN, RN, OCN
Team Leader-Clinical Oncology Coordinator
Beth Koselke, PharmD, BCOP
Oncology Inpatient Unit.

Professional nurses committed to cancer care staff IU Health Ball Memorial Cancer Center’s Inpatient Unit. Many nurses hold advanced titles, such as Oncology Certified Nurse. This title is given by passing an examination, which is administered through the Oncology Nursing Society and accredited by the American Nurses Association.

The Oncology nurses provide a variety of specialized services to the cancer patient, such as:

- administration of chemotherapy;
- symptom and pain management;
- sharing of cancer information/education;
- discharge teaching;
- providing emotional support to patients and families throughout the illness; and
- outpatient services.

If your friends or relatives have colds, flu symptoms, or other infectious diseases, we ask that they avoid visiting the hospital until they are better or check in at the nurses station to receive special permission and/or equipment to enter the patient’s room.

Oncology Inpatient Unit
Tonya Claycomb, RN, BSN
Manager
765.747.3392
Cancer Counseling.

When people are faced with cancer there are many varied and individual reactions. Yet the human experience of cancer is also filled with many commonalities:

- The shock and disbelief of diagnosis;
- The sometimes fear and anxiety of the future;
- The often daily preoccupation with the word “cancer”;
- The increased awareness and attention to physical aches and pains;
- The enormity of decisions to be made—and some so quickly; and
- The confusion, lack of control and uncertainty.

How does anyone cope? There are no easy answers. Yet, most persons with cancer cope well. How do they do it? The availability of others seems very important; having someone who will listen attentively, and accept and try to understand your feelings; someone who will not judge or try to tell you what you should do, or what you are doing wrong and who will be present for you and help you identify your own experience with cancer.

The counselors of the IU Health Ball Memorial Cancer Center invite you to participate in the process of counseling. Come by yourself, with your partner, your children, other family, or a friend. This is a FREE service to you. Please take some time to seriously consider participating in counseling at this most crucial time of life.

Cancer Counseling
Don Nicholas, Ph.D., HSPP
Coordinator
765.751.1449
Cancer Center Boutique.

We know receiving a diagnosis of cancer has a powerful effect on a person's life and the lives of those who are dear to them. No matter how strong the support from others, how each person copes with treatment and side effects is unique. Returning to normal is not always easy. Often, there is a fear of recurrence, of being a changed person, or being unable to cope.

IU Health Ball Memorial Cancer Center Boutique is here to help cancer survivors overcome their fears and aid in their recovery. We carry items that appeal to individuals with various types of cancer.

A larger share of clientele includes survivors of breast cancer, and we cater to their special interests. We know that being fitted with and wearing a correctly fitted bra or properly weighted breast form helps to restore confidence and improve self-image.

Some items are paid or reimbursed by insurance. For your convenience, we will file your Medicare and most private insurance company claims.

IU Health Ball Memorial Hospital Cancer Center Boutique
Mary Whitenack, CFm
Manager
Located at IU Health Ball Memorial Cancer Center
765.751.5302
Hours: Monday through Friday 9 am - 4 pm
The IU Health Ball Memorial Breast Center is East Central Indiana’s only facility to offer Breast MRI, a full-time nurse navigator and on site radiologists to serve patients and referring physicians. Patients benefit from a variety of services including:

- Breast Cancer Risk Assessment
- High-Quality Digital Screening and Diagnostic Mammography (FDA and MQSA Accredited)
- Diagnostic Breast Ultrasound Imaging
- Ductograms
- Same-Day Minimally Invasive Image Guided Breast Biopsy
- Tomosynthesis

Image Guided Breast Biopsy

- Stereotactic Needle Biopsy
- Ultrasound Guided Needle Aspiration
- Ultrasound Guided Core Needle Biopsy
- Education and support provided by our Breast Health Nurse Navigator

We are proud to have a national Breast MRI expert on staff. Colleen Madden, MD, trained at Indiana University School of Medicine who has specialty training and expertise in breast MRI, mammography, breast ultrasound, and minimally invasive techniques.

IU Health Ball Memorial Breast Center
2598 W. White River Boulevard, Muncie, IN 47303
765.751.2727 – Schedule a Mammogram
765.282.7353 – Speak to a Nurse
Cancer Exercise Program.

IU Health Ball Memorial Cancer Center offers a unique exercise program for people who have been diagnosed with or recovering from cancer. Using exercise, education, and peer support the Cancer Exercise Program empowers cancer patients to improve their quality of life at their given stage of treatment or recovery.

Program Benefits:

• Reduction in fatigue and increased energy levels
• Greater endurance for daily activities
• Decreased anxiety and depression
• Increased bone strength
• Improved tolerance to chemotherapy
• Education classes provided by health care professionals

Eligibility:
Interested individuals will meet with an exercise physiologist to determine physical readiness and potential for improved quality of life. Before beginning the program individuals must meet the following requirements:

• Have a current or previous cancer diagnosis
• A medical release from their physician

For more information please call 765.751.5304.

Cancer Exercise Specialist
Matthew Douglass, MS, ACLS, CET
765.751.5304
Patient Education & Supportive Services.

A diagnosis of cancer is stressful. Knowledge about what lies ahead helps empower patients to become more informed and active partners in their healthcare. IU Health Ball Memorial Cancer Center is dedicated to providing information and resources to support patients during their cancer journey. An educational coordinator is available to answer questions regarding the resources and services patients need to make informed decisions and understand about their care.

While we encourage patient participation, we know each person is different. We provide a variety of education and supportive services, offered in a caring environment. Please let us know what we can do to help.

Services available:

- Cancer diagnosis information
- Education and support programs
- Brochures, books, DVDs, and magazines
- Connect patients with supportive services and community resources
- Website: iuhealth.org/ball-memorial/cancer

Patient Education & Supportive Services
Melody Stanley, CNMT, RT(N), MS
Coordinator
765.751.1400
mstanle4@iuhealth.org
Specialty Conferences.

To maintain the highest standards and the latest treatments for cancer therapies, the Cancer Center conducts several clinical conferences specific to our cancer patients.

These interdisciplinary conferences consist of physicians from all specialties, including radiologists, pathologists, radiation oncologists, medical oncologists, surgeons as well as registered nurses, educators and clinical specialists, so that all may enhance their understanding of current practices in cancer treatment. Recommendations from these conferences will be discussed with your physician.

Specific Conferences include:

**Cancer Committee**—Provides leadership and direction to the overall Cancer Program. Responsible for ensuring high quality care, involving up-to-date treatment options and the latest research available.

**Breast Conference**—This conference is held every week to discuss recommendations specific for the breast cancer patient.

**Cancer Conference**—Meets weekly to discuss newly diagnosed cancer patients and proposed treatment plans.
Social Services.

The IU Health Ball Memorial Cancer Center provides a social worker to assist patients and families with various needs during their diagnosis, treatment and recovery from cancer. Services the social worker can assist you with include:

- Home Care Services
- Caregiver Information
- Durable Medical Equipment Assistance
- Transportation Issues
- Financial Concerns/Issues
- Crisis Intervention
- Adult Respite Care
- Counseling Referrals
- Community Resource Referrals

If you have questions regarding our services or would like to speak to the cancer center social worker, please call 765.751.1449.

Financial Navigation.

The IU Health Ball Memorial Cancer Center has a financial navigator who can assist patients with the following:

- Medicaid Enrollment
- Food Stamps (SNAP)
- The Marketplace
- Healthy Indiana Plan
- Medication Assistance
- Cost Estimation
- Account Assistance

If you have financial assistance questions call 765.281.6672 to speak to a navigator.
A Cancer Registry is a system designed for the collections, management and analysis of data on patients with the diagnosis of cancer. A vital portion of a cancer program, cancer registry provides invaluable data to physicians that enable them to provide the most up-to-date cancer treatments available for their patients.

Evaluation of treatment and follow-up is more important for cancer patients than in any other area of medicine. A cancer registry is the best method for maintaining the necessary records to provide evaluation of long-term treatment results.

The Cancer Registry database includes information concerning demographics, medical history, diagnostic findings, primary site, histological type of cancer, state of disease, treatment(s), recurrence, subsequent treatment and end results. From this information, a variety of reports can be generated. In addition, data is collected and submitted to the Indiana State Cancer Registry and the National Cancer Database. IU Health Ball Memorial Cancer Center's data is then compared to state, national, other health care facilities and research data.

**Cancer Registry**
Debbie Oliver, CTR/Lead Registrar
765.747.3025
Carolyn Ramey, Tumor Registrar
765.751.5331
Distress Screening.

Cancer can be very stressful for patients, family members and loved ones. At IU Health Ball Memorial Cancer Center, we want to know how we can help. That is why we want you to let us know at any time you are experiencing distress and at different times throughout your treatment we will ask you to fill out a distress questionnaire so we can more thoroughly assess your needs.

Distress can come from many different things

- Physical symptoms like fatigue, nausea or pain
- Emotions like fear, worries or sadness
- Worries or concerns about family
- Financial worries
- Practical problems like transportation
- Treatment and resource questions and concerns

Please know that it is very common to feel distress during cancer treatment and recovery. We are here to help you deal with that distress and to address any concerns you may have so you can feel better equipped to handle issues or understand who you need to speak to with questions. Please let us know if you would like to make an appointment with a member of our supportive services team. You can also fill out a distress questionnaire any time.

Supportive services team members include:

- Cancer Counseling
- Cancer Exercise
- Chaplain
- Social Worker
- Pharmacist
- Dietitian
- Cancer Center Boutique
- Financial Services
- Smoking Cessation
- Education & Support

IU Health Ball Memorial Cancer Center
765.751.1400
Complementary Cancer Therapies.

Many patients currently use or are investigating complementary therapies. Through education, we can provide information about what works, what may be harmful and when it is best to use these therapies.

Complementary Therapies supplement traditional medical care for cancer patients. Several types of the many therapies include:

- Herbs, nutraceuticals and nutritional support
- Exercise
- Support & Stress Management
- Humor Therapy
- Art Therapy
- Acupuncture
- Yoga

Proven benefits of complementary therapies are:

- Increased knowledge about cancer
- Acquired new skills
- Support from other survivors
- Improved quality of life
- Better physical health
- Interaction with professional staff that can answer questions

Please call if you are interested in learning more about complementary therapies.

Complementary Cancer Therapies
Patricia A. Avila, RN, MSN, OCN® AOCNS®
Clinical Nurse Specialist
765.747.3383
Cancer Prevention and Screening.

Cancer is the nation’s number one health threat and IU Health Ball Memorial Cancer Center has programs educate individuals about cancer risk factors, warning signs and the importance of early detection. Some cancers are unavoidable, but many are the result of the choices we make.

ARE YOU AT RISK FOR LUNG CANCER?
IU Health Ball Memorial Hospital offers a Lung Cancer Screening for individuals determined to be at high risk. Program participants must:

- Be between 55-74 years of age
- Currently smoke or have quit in the last 15 years
- \( \geq 30 \) pack year history of smoking (\(*\text{pack year}\) is calculated by multiplying the number of packs of cigarettes smoked per day by the number of years spent smoking)
- Symptom free
- No CT scan of the chest within the past year
- OR
- Be \( \geq 50 \) years of age
- 20 pack year history of smoking
- One additional risk factor
  - Radon exposure
  - Occupational exposure to lung carcinogens
  - Cancer history
  - Family history of lung cancer
  - Disease history (COPD or pulmonary fibrosis)

If you are eligible, a screening involves a CT scan of your lungs and speaking with a healthcare professional about your lung cancer risk. The out of pocket expense for this screening is $49. To schedule or for more information, please call 765.751.2727. If you have questions about the screening, please speak with your doctor about the risk factors of lung cancer and the benefits of this screening.

To learn more about screening programs currently available at IU Health Ball Memorial Cancer Center please call 765.741.2938.

**Community Education/Prevention**
Becky Butts, BSW
Coordinator
765.741.2938
Oncology Pharmacy Specialist.

The oncology pharmacy specialist is an educated expert in drug therapy related to cancer treatment and supportive care. The job of the oncology pharmacy specialist is to recommend, design, monitor and modify chemotherapy plans to optimize outcomes in patients with cancer. They can work in both the inpatient and outpatient oncology setting. Other responsibilities include:

- Coordinate physician orders for chemotherapy and supportive medications (example: medications for constipation or diarrhea, nausea/vomiting, fatigue, and appetite loss)
- Review all chemotherapy orders for accuracy and safety
- Ensure no drug interactions exist between chemotherapy and patient's home medications
- Provide review of all new oncology drugs
- Provide education to patients on chemotherapy medications
- Develop and implement policies related to medication safety and proper handling of chemotherapy agents

Beth Koselke, PharmD, is on staff at the Ball Memorial Hospital Cancer Center as part of the treatment team for cancer patients. Oncology pharmacists are a valuable resource to nurses, physicians, patients, and caregivers in providing information about medications. The services of oncology pharmacists can help ensure the optimal use of medications which can result in positive outcomes for cancer patients.

**Oncology Pharmacy Specialist**
Beth Koselke, PharmD, BCOP
765.747.4310
IU Health Ball Memorial Hospice provides a full spectrum of support and health care services designed to help the terminally ill patient—both young and old—live as fully and comfortably as possible in their place of residence. The IU Health Ball Memorial Hospice team provides care for the physical, psychological, practical, and spiritual needs of the terminally ill patient and caregivers. The program’s focus is on comfort care as opposed to curative treatment. Special attention is given to pain and symptom management. In addition, bereavement services are available to assist caregivers with their grief.

The IU Health Ball Memorial Hospice team, under the direction of a physician, includes a medical director, manager, registered nurses, a chaplain, and social workers. A registered nurse is available on a 24-hour basis. Other team members include a pharmacist, dietitian, occupational speech therapists and physical therapists, volunteers, home health and homemaker aides.

IU Health Ball Memorial Hospice
Medical Director—Joseph M. Songer, MD
Manager—Ruth Ann Tolle, RN
Chaplain—Robert Lim
765.747.4273
IU Health Ball Memorial Cancer Center at Forest Ridge.

IU Health Ball Memorial Cancer Center offers comprehensive treatment for cancer patients at the IU Health Ball Memorial Cancer Center at Forest Ridge in New Castle. Forest Ridge Medical Pavilion is a Henry County Memorial Hospital (HCMH) facility located at 2200 Forest Ridge Parkway, Suite 120 on the south side of New Castle.

If you live in the New Castle area you can receive radiation therapy, chemotherapy, blood therapy, education, support, and counseling at IU Health Ball Memorial Cancer Center at Forest Ridge in New Castle. You may also see your medical and radiation oncologists at this facility. The oncologists work closely with your local physicians. A multidisciplinary team of Henry County Memorial Hospital and IU Health Ball Memorial Hospital physicians review new cancer cases at twice monthly cancer conferences. In addition, registered nurses are available Monday through Friday.

Local education and support groups are routinely scheduled at the facility, please call for more information.

IU Health Ball Memorial Cancer Center at Forest Ridge
2200 Forest Ridge Parkway, Suite 120
New Castle, IN 47362
765.593.2960
Amy Upchurch, B.S., R.T., (R)(T), Program Director, Cancer Services
Oncology Dietitian.

A patient’s nutritional status can affect how they feel and cope with medical treatments. A well-nourished body can aid in recuperation from surgery, radiation therapy, chemotherapy and stress, as well as build new tissues and prevent tissue breakdown and weight loss. Good nutrition is an essential component of care for oncology patients. The proper information is important to understanding, minimizing and possibly overcoming the components of care that affect nutritional status.

At IU Health Ball Memorial Cancer Center, an oncology dietitian works directly with patients and families to assess nutritional status and provide individualized nutrition care. The dietitian strives to provide information that will assist the patient in reducing side effects experienced by cancer treatments, improve their nutritional status and promote the effectiveness of cancer therapies, as well as to improve overall health. Monthly nutritional education classes are offered and open to all cancer patients. For more information, please call 765.747.3273.
Smoking Cessation.

Are you interested in quitting smoking, but are not sure where to start? Tobacco is a strong addiction that is hard to overcome, but it can be done. Studies have shown that people are more successful if they get help. IU Health Ball Memorial Hospital offers free one-on-one smoking cessation counseling for those people who are interested in quitting. A trained expert will help you create a tailored quit plan that is specific to your lifestyle, health needs, and other factors.

For more information or to set up an appointment, please contact Heather Rhodes at 765.747.4447.

IU Health Ball Memorial Cancer Center
Heather Rhodes, BS, CHES
765.747.4447.

Cancer Resource Center (CRC).

The CRC has specially trained IU Health Ball Memorial Volunteer Services and American Cancer Society volunteers who provide visitors with the following:
• Online access to American Cancer Society's information database.
• Transportation resources
• Look Good…Feel Better session referrals
• Free Personal Healthcare Manager Kits
• Local community resource referrals
• Free brochures, booklets and resources are available upon request

Volunteers are available Monday through Friday in the CRC located in the cancer center lobby.
Telephone Directory.

IU Health Ball Memorial Cancer Center ............................................765.751.1449
IU Health Ball Memorial Cancer Center at Forest Ridge ...............765.593.2960
IU Health Ball Memorial Hospital ......................................................765.747.3111
IU Health Ball Memorial Cancer Center Boutique .......................765.751.5302
Cancer Counseling Services ...............................................................765.751.1449
Cancer Exercise Program .................................................................765.751.5304
Cancer Education and Supportive Services .....................................765.751.1400
Cancer Registry ....................................................................................765.747.3025
Chaplain ..............................................................................................765.747.3171
IU Health Ball Memorial Hospice .......................................................765.747.4273
Clinical Nurse Specialist .................................................................765.747.3383
Clinical Research/Ball Hospital .........................................................765.747.8458
Clinical Research/Cancer Center .......................................................765.751.5849/765.751.5850
Community Education/Prevention ...................................................765.741.2938
IU Health Ball Memorial Breast Center ............................................765.282.7353
Enterostomal/Wound Care .................................................................765.747.3199
Financial Navigation ............................................................................765.281.6672
Inpatient Oncology Unit .................................................................765.747.3732
Lymphedema Clinic .............................................................................765.747.8471
Medical Oncology/Hematology ..........................................................765.281.2030
Oncology Dietitian ...............................................................................765.747.3269
Oncology PharmD ................................................................................765.747.4310
Pain Clinic .............................................................................................765.741.2957
Pathology ..............................................................................................765.747.3212
Precision Genomics ............................................................................765.808.7982
Radiation Oncology .............................................................................765.747.3148
Smoking Cessation .............................................................................765.747.4447
Social Services .....................................................................................765.751.1449
Vascular (IV) Access Nurse .................................................................765.747.8477
Local Resources.

American Cancer Society—Great Lakes Division ............................................. 888.635.9260
Cancer Services of East Central Indiana/Little Red Door .................................... 765.284.9063
Cancer Society of Henry County ................................................................. 765.529.3790

National Resources.

American Cancer Society—National Office ..................................................... 888.635.9260
Cancer Information Services (CIS) ............................................................... 800.422.6237
Cancer Care .................................................................................................. 800.813.4673
Cancer.Net ..................................................................................................... 888.651.3038
National Coalition for Cancer Survivorship ................................................. 888.650.9127
Leukemia/Lymphoma Society ...................................................................... 800.955.4572
Susan G. Komen Foundation .......................................................................... 800.465.6636
Y-ME of Central Indiana National Hotline .................................................. 800.221.2141

Local Internet Resources.

IU Health Ball Memorial Cancer Center
iuhealth.org/ball-memorial/cancer

IU Health Ball Memorial Hospital
iuhealth.org/ball-memorial

Cancer Services of East Central Indiana/Little Red Door
littlereddooreci.org

National Internet Resources.

American Cancer Society
cancer.org

National Cancer Institute
cancer.gov

Cancer.Net
cancer.net

CancerCare
cancercare.org

OncoLink
oncolink.com