

Premier Health Survivorship Program

The below summary outlines our Survivorship Program within Premier Health. We have previously used the term supportive services to outline these programs, however, to align our Commission on Cancer certification, MD Anderson affiliation, and the definition of survivorship, we are renaming the program. Survivorship, per the National Coalition of Cancer Survivorship (NCCS), is “the experience of living with, through and beyond a diagnosis of cancer” (1996); at Premier Health we want to ensure our patients have access to services throughout the continuum of care and when it best fits their needs. If you have any questions about these services, please contact Alison Potts at ampotts@premierhealth.com and/or Amanda Musser at ammusser@premierhealth.com

- Exercise Therapy, **requires a physician order**
 - o Referrals available from all Premier locations, onsite locations at AMC, MVHS, MVHN
 - Premier Heartworks, located at MVHS- paper referral form attached.
 - Maple Tree Cancer Alliance available at AMC, MVHS, and MVHN- paper referral form attached.
- Massage Therapy
 - o Available within all infusion centers during treatment. MVHN and UVMC have massage rooms available.
 - UVMC Dugan Infusion Center, call (937) 440-4820
 - MVHN Massage Therapy Services through the Wellness Center, call (937) 734-5860 to schedule appointments.
- Nutrition support, **requires a physician order**
 - o Referrals available from all Premier locations, onsite locations at MVHS and MVHN, telehealth options also available.
 - EPIC referral placed by provider, “Consult to Dietitian (PH) (aka NUTRITION)” central scheduling will call the patient for an appointment.
 - MVHS – (937) 438-7834
 - MVHN – (937) 734-5716
- Genetic Counseling
 - o Referrals available from all Premier locations, onsite locations at AMC, MVHS and MVHN, telehealth options also available.
 - EPIC referral (AMC and MVHN) “Consult to the Cancer Genetics Program”
 - Paper referral attached for all locations
- Social Services
 - o Referrals available from all Premier locations, onsite locations at AMC, MVHS, MVHN and through Fidelity home care.
 - EPIC referral via inbasket message
 - Paper referral attached for all locations
 - MVHS; Anna Frantz – (937) 438-3856 or (937) 438-7832
 - MVHN; Jennifer Masny-Bushman – (937)734-5814

Premier Health Survivorship Program

- AMC; Tia Leedy – (513)974-6873
 - UVMC – open
 - FIDELITY; Heather Cary – (937) 926-1017
-
- Look Good Feel Better
 - Referrals available for all Premier Health locations, virtual.
 - How- More information coming shortly

 - Lymphedema treatment (PT/OT), **requires a physician order**
 - Referrals available for all Premier Health locations, onsite locations across our market
 - EPIC referral placed “Lymphedema Therapy – OT/PT Eval and Treat “
 - Paper referral, attached for all locations

 - Pelvic Floor Therapy
 - Referrals available for all Premier Health locations, onsite locations across our market
 - Appointments are scheduled by calling the therapy location, see attached brochure.

 - Weight Management
 - Referrals available for all Premier Health locations, onsite locations across our market; Premier Health Premier Weight Loss Solutions
 - For more information, visit www.premierhealth.com/premier-weight-loss-solutions or call (937)208-5300

 - Expressions of Hope
 - Referrals available and onsite fittings are available at all Premier Health locations.
 - For more information about fittings and services, please call (937) 438-7355

 - Support Group
 - Referrals available for all Premier Health locations, virtual groups offered at this time.
 - For more information contact Anna Frantz (937-438-3856 or anfrantz@premierhealth.com)

Premier Health Survivorship Program

- Exercise Therapy, **requires a physician order**
 - Referrals available from all Premier locations, onsite locations at AMC, MVHS, MVHN
 - Premier Heartworks, located at MVHS- paper referral form attached.
 - Maple Tree Cancer Alliance available at AMC, MVHS, and MVHN- paper referral form attached.
- Massage Therapy
 - Available within all infusion centers during treatment. MVHN and UMVC have massage rooms available.
 - UVMC Dugan Infusion Center, call (937) 440-4820
 - MVHN Massage Therapy Services through the Wellness Center, call (937) 734-5860 to schedule appointments.
- Nutrition support, **requires a physician order**
 - Referrals available from all Premier locations, onsite locations at MVHS and MVHN, telehealth options also available.
 - EPIC referral placed by provider, “Consult to Dietitian (PH) (aka NUTRITION)” central scheduling will call the patient for an appointment.
 - MVHS – (937) 438-7834
 - MVHN – (937) 734-5716
- Genetic Counseling
 - Referrals available from all Premier locations, onsite locations at AMC, MVHS and MVHN, telehealth options also available.
 - EPIC referral (AMC and MVHN) “Consult to the Cancer Genetics Program”
 - Paper referral attached for all locations
- Social Services
 - Referrals available from all Premier locations, onsite locations at AMC, MVHS, MVHN and through Fidelity home care.
 - EPIC referral via inbasket message
 - Paper referral attached for all locations
 - MVHS; Anna Frantz - (937) 438-3856 or (937) 438-7832
 - MVHN; Jennifer Masny-Bushman - (937)734-5814
 - AMC; Tia Leedy - (513)974-6873
 - UVMC – open
 - FIDELITY; Heather Cary - (937) 926-1017
- Look Good Feel Better
 - Referrals available for all Premier Health locations, virtual.
 - How- More information coming shortly

Premier Health Survivorship Program

- Lymphedema treatment (PT/OT), **requires a physician order**
 - Referrals available for all Premier Health locations, onsite locations across our market
 - EPIC referral placed “Lymphedema Therapy – OT/PT Eval and Treat “
 - Paper referral, attached for all locations
- Pelvic Floor Therapy
 - Referrals available for all Premier Health locations, onsite locations across our market
 - Appointments are scheduled by calling the therapy location, see attached brochure.
- Weight Management
 - Referrals available for all Premier Health locations, onsite locations across our market; Premier Health Premier Weight Loss Solutions
 - For more information, visit www.premierhealth.com/premier-weight-loss-solutions or call (937)208-5300
- Expressions of Hope
 - Referrals available and onsite fittings are available at all Premier Health locations.
 - For more information about fittings and services, please call (937) 438-7355
- Support Group
 - Referrals available for all Premier Health locations, virtual groups offered at this time.
 - For more information contact Anna Frantz (937-438-3856 or anfrantz@premierhealth.com)

Exercise Options for Cancer Patients

Premier HeartWorks

Miami Valley Hospital South
2300 Miami Valley Drive, Suite 170, Centerville

Please return by Fax with Physician Consent Form to: (937)438-5482

Maple Tree Cancer Alliance

Atrium Medical Center
One Medical Center Drive, Middletown

Please return by Fax with Physician Release Form to: (513)974-5023

Additional Exercise Program Options:

Healthy Steps Program (Virtual)

Meets every Tuesday from 10:30am - 11:30am

Call (513)974-5669

Livestrong at the Atrium

12-week, twice a week program

Call (513)974-5669

Livestrong at the YMCA

For more information Call (513)892-9622

Email www.gmvymca.org

HeartWorks Cancer Exercise Program Physician Consent Form

Patient Name _____ **DOB** _____
(Last) (First) (Middle initial)

Diagnosis _____

Physician Name _____ Phone _____

The above individual would like to participate in the Cancer Exercise Program at Miami Valley Hospital South. This program is intended for patients currently in cancer treatment and for cancer survivors. It is a safe means for individuals to follow an individualized exercise program under the guidance of our certified instructors for this 6 week session. Our goal at the Cancer Exercise program is to improve quality of life and potentially extend survival by improving health status. Please indicate your approval and recommendations regarding the individual's use of the equipment and facilities and participation in the Cancer Exercise Program at Miami Valley Hospital South.

The supervised exercise sessions are organized to promote the health related components of fitness (strength, flexibility, cardiovascular endurance and body composition) through individually prescribed exercise plans. Patients also have an opportunity to meet 1:1 with RD for nutrition counseling.

Based on the health history information and your recommendations, an exercise program will be developed for the individual.

Please check YES or NO for the following:

1. This patient may participate in non-monitored/supervised exercise program according to department standards.
____ YES ____ NO
2. This patient may participate in low-moderate level weight training according to department standards.
____ YES ____ NO
3. This patient may participate in a nutrition consult with dietitian.
____ YES ____ NO

____ I do **not** wish this patient to participate in the Cancer Exercise Program at this time.

This individual may participate in the Cancer Exercise Program with the following restrictions:

Physician Signature _____ **Date:** _____

Physician, please Fax to Premier HeartWorks at 937-438-5482

Premier HeartWorks

2300 Miami Valley Drive
Comprehensive Cancer Center Suite 170
Phone 438-5483
Fax 438-5482



Physician Release Form

Patient's Name: _____

Physician: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Diagnosis: _____

I hereby give medical approval to the person named above to participate in a post-rehabilitation fitness program that may include cardiovascular, resistance training and functional conditioning for the body.

Please note any exercise recommendations or restrictions:

Please note any medications that may affect her response to exercise:

Signature: Physician: _____ Date: _____

**** When Complete, Please fax to 513-974-5023****

Genetic Counseling Referral Form

Via Miami Valley Hospital South and Dayton Children's Medical Center

Today's Date _____ Referring Physician _____

Patient's Name _____ M F Date of Birth _____

Address _____ City _____ State _____ Zip _____

Preferred phone _____ Cell Home Other phone _____

Insurance Provider _____ Auth # _____ *

*Important: If patient's insurance requires preauthorization for a Genetics visit, please include the authorization number with this referral

Reason for Referral (Please include any relevant testing and/or clinical information with this referral)

Please check if applicable:

Schedule ASAP due to pending surgery. Date of surgery: _____

Return this fax with date and time of appointment.

Please return Referrals by Fax to:

Atrium Medical Center: 937-641-5325

Miami Valley Hospital South: 937-438-7811

Miami Valley Hospital North: 937-641-5325

Upper Valley Medical Center Referrals: 937-641-5325

For Office Use Only

Appt Date: _____ Time: _____ Genetic Counselor: _____ Location: _____

Social Services Referral Form

Today's date _____ Referring Physician _____

Patient's Name _____ M F Date of Birth _____

Address _____ City _____ State _____ Zip _____

Preferred phone _____ Cell Home Other phone _____

Diagnosis/Reason for referral _____

Please contact a social worker at your preferred location:

Atrium Medical Center

One Medical Center Dr., Middletown

**(513)974-6873
(513)705-4125 (fax)**

Miami Valley Hospital

1 Wyoming Street, Dayton

**(937)208-2251
(937)208-6192 (fax)**

Miami Valley Hospital South

2300 Miami Valley Drive, Centerville

**(937)438-3856
(937)438-7832
(937)438-7811 (fax)**

Miami Valley Hospital North

9000 N. Main Street, Englewood

**(937)734-5814
(937)223-9769 (fax)**

Lymphedema Referral Form

Today's date _____ Referring Physician _____

Patient's Name _____ M F Date of Birth _____

Address _____ City _____ State _____ Zip _____

Preferred phone _____ Cell Home Other phone _____

Diagnosis _____ ICD 10 Code _____

Physician Signature _____

Please return by Fax to your preferred location:

Atrium Medical Center Lymphedema Clinic (937)974-4058
One Medical Center Dr., Middletown

Beavercreek Physical Therapy Clinic (937)208-7675
1244 Meadow Bridge Dr., Beavercreek

Claybourne Physical Therapy Clinic (937)208-7448
1525 E. Stroop Rd., Dayton

Jamestown Physical Therapy Clinic (937)675-2472
4940 Cottonville Rd., Jamestown

Miami Valley Huber Heights (937)734-6809
6251 Miami Valley Way, Suite 110, Huber Heights

Miami Valley Hospital North (937)734-5798
9000 N. Main Street, Englewood

MVH Outpatient Phys Therapy Sports and Medicine (937)886-1505
Coffman Family YMCA, 90 Remick Blvd., Springboro

MVH Physical Therapy at Wright State (937)208-7725
1222 S. Patterson Blvd., Suite 395, Dayton

SureCare Physical Therapy Clinic (937)208-7151
360 W. Central Ave., Springboro

The Sports Medicine Center (937)438-7710
Miami Valley Hospital South, 2400 Miami Valley Drive, Suite 130, Centerville



Incontinence and Pelvic Health Physical Therapy

Patients of this program meet with physical therapists specially trained in non-surgical management of pelvic health and dysfunction. Treatment focuses on improving sensory awareness, decreasing muscle spasm, and strengthening the pelvic floor muscles.

Common causes of incontinence or pelvic pain may be:

- Childbirth
- Obesity
- Repetitive lifting/running
- Chronic constipation
- Chronic coughing
- Surgery
- Aging



Schedule Your Appointment

Call the Premier Health physical therapy location most convenient for you to help you manage bladder and pelvic health problems.

Physical Therapy Locations

Atrium Medical Center

Ralph J. Stolle Countryside YMCA
1697 Deerfield Road., Lebanon, OH 45036
(513) 934-3850 • (513) 934-3450 Fax

4859 Nixon Park Dr., Suite B
Mason, OH 45040
(513) 492-5959 • Fax (513) 492-5958

Atrium Family YMCA
5750 Innovation Dr., Suite B, Middletown, OH 45005
(513) 974-5013 • (513) 974-5085 Fax

Miami Valley Hospital

1244 Meadow Bridge Dr., Beavercreek, OH 45434
(937) 208-7670 • (937) 208-7675 Fax

Miami Valley Hospital North
The Sports Medicine Center
9000 N. Main St., Englewood, OH 45415
(937) 734-5720 • (937) 734-5798 Fax

Wright Health Building
1222 S. Patterson Blvd., Suite 395
Dayton, OH 45402
(937) 208-6090 • (937) 208-7725 Fax

360 W. Central Ave., Springboro, OH 45044
(937) 208-7150 • (937) 208-7151 Fax

Upper Valley Medical Center

Hyatt Center
(incontinence only)
Center for Sports Medicine
450 N. Hyatt St., Suite 102, Tipp City, OH 45371
(937) 440-7152 • (937) 667-4038 Fax

Upper Valley Medical Center
3130 N. County Road, 25A, Troy, OH 45373
(937) 440-4840 • (937) 440-4396 Fax

Sidney Center
1529 Fair Road, Suite 100, Sidney, OH 45365
(937) 492-0270 • (937) 492-0671 Fax



Incontinence and Pelvic Health Physical Therapy

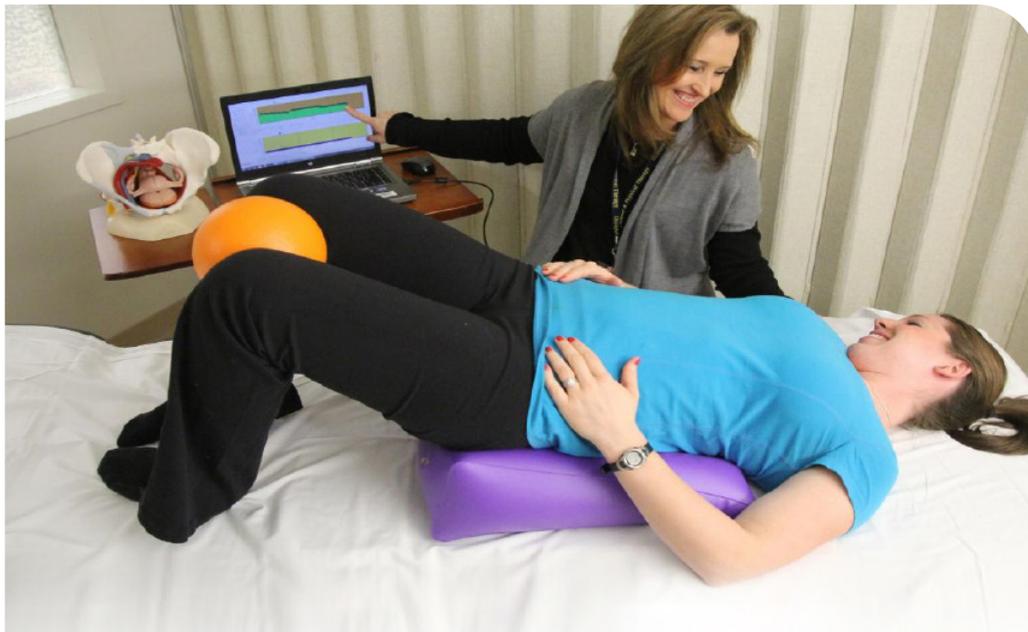
Conditions for Pelvic Floor Disorders

Specialized physical therapy services are available for individuals who have been diagnosed with pelvic floor disorders, such as:

- Pelvic organ prolapse/pelvic floor dysfunction
- Bladder and bowel control/incontinence
- Pelvic floor pain and tension
- Perimenopause and menopause
- Postpartum issues
- Pregnancy-related pain or disorder

Our therapists evaluate patients and develop individual treatment plans that may consist of:

- Pelvic floor muscle training
- Manual therapy techniques
- Behavior re-education
- Biofeedback and electrical stimulation



Q. What's the "pelvic floor"?

The pelvic floor is the group of muscles that form a "sling" or hammock across the opening of the pelvis. Pelvic floor muscles can become weak through aging, surgery or other conditions. A pelvic floor disorder occurs when the pelvic muscles and connective tissue become weakened or injured.



Q. What are symptoms of a weak pelvic floor?

Individuals may have pelvic pain and/or problems with bladder and bowel control.

Q. Isn't it normal to lose slight control of the bladder every now and then?

Incontinence, or loss of bladder or bowel control, may be common but it's not normal. In women between 18 and 59 years of age, 26 percent have involuntary leakage. In individuals age 70 and above incontinence prevalence increases to over 40%.

Q. Should a person talk to their doctor about even occasional leakage?

Absolutely. Be frank about how many times leakage occurs and how much it interferes with your life. Studies show that individuals with pelvic floor disorders may not seek treatment from their medical provider for up to eight years because they're embarrassed.

Q. Is there any harm in just waiting?

No, but why would you wait? Incontinence usually gets worse. In fact, it's a major reason why people are admitted to nursing homes.

Q. What does the specialized physical therapy do?

We offer non-surgical methods to strengthen the pelvic floor muscles and relieve the symptoms of pelvic floor disorders. This treatment can also improve pelvic floor issues related to pregnancy and menopause in women, and prostatitis and post-prostate surgery issues in men.

Q. Non-surgical sounds like a good idea – is it?

Indeed. We teach patients advanced exercises and also provide other ways of gaining control. There are even dietary changes which may help. For patients with pain, therapies can greatly reduce the discomfort.

Q. What's the first step?

Discuss any pelvic floor problem with your health care provider – a family doctor, an OB/GYN, a urogynecologist, a urologist. Ask if physical therapy is an option for you to improve the situation.

A physician referral is not required. Please call the location most convenient for you to schedule an appointment.





EXPRESSIONS OF HOPE



Expressions of Hope offers a caring atmosphere where knowledgeable and compassionate staff offer women personal garment options and inspiration. We strive to help women celebrate life and feel confident during their wellness journey.

PRODUCTS OFFERED INCLUDE:

- Symmetry solutions for lumpectomy and contour balance
- Innovative breast forms and partial shapers for mastectomy, lumpectomy and reconstruction
- Specialized breast forms for active lifestyles

see reverse for Expressions of Hope events >

NEED TO “GET FITTED?” JOIN US AT THE FOLLOWING FIT EVENTS:

Monday through Friday

9:30 a.m. to 5 p.m. by appointment

Miami Valley Hospital South

2400 Miami Valley South Room 1063
Centerville, Ohio

First and Third Friday of the month

9 a.m. to 5 p.m. by appointment

Miami Valley Hospital North

Suite 233 (Gem City Surgical Office)
9000 N. Main St.
Dayton, Ohio

First Thursday of the month

9 a.m. to 5 p.m. by appointment

Upper Valley Medical Center

Cancer Care Center Entrance
3130 N. County Rd. 25A
Troy, Ohio

Second Thursday of the month

9 a.m. to 5 p.m. by appointment

Atrium Medical Center

Cancer Center
1 Medical Center Dr.
Middletown, Ohio

Second and Fourth Friday of the month

9 a.m. to 5 p.m. by appointment

Fidelity Health Care

Bldg. C
3170 Kettering Blvd.
Moraine, Ohio

Call us at **(937) 438-7355** for more details or to make an appointment.

We accept most major insurance plans, including Medicare/Medicaid and we are happy to verify your insurance benefits for you.



ExpressionsOfHope.org