



Cancer Care Resources

Your Health Online Shortcuts to better health at kp.org

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cancer care resources



[Kp.org/espanol](http://kp.org/espanol)

Para informacion en espanol.
For information in Spanish

Commission on Cancer
facs.org/quality-programs/cancer/coc

American Cancer Society
cancer.org

Department of Oncology/Hematology & Infusion Center:

Fremont
Niles Bldg, 3rd Floor
39400 Paseo Padre Parkway
Fremont, CA 94538
(510) 248-3274

San Leandro
Bldg A, 2nd Floor
2500 Merced Street
San Leandro, CA 94577
(510) 454-2760

- **Oncology Nurse Navigators** serve as the patient's point of contact to all newly diagnosed cancer patients prior to their initial consultation and guiding them through their cancer journey. **510-454-2752**. They also provide:
 - **Weekly Chemotherapy Classes** are offered to prepare cancer patients with what to expect from chemo treatment.
 - **Monthly Survivor Classes** present guided discussion for cancer patients who have completed treatment and are transitioning to life as a cancer survivor.
- **Breast Care Coordinator** serves as a patient advocate and educator for members diagnosed with breast cancer. The coordinator will help navigate care and provide an overview of treatment options, referral to support services, and facilitates the twice monthly **Breast Cancer Support Groups**. **510-454-2727**
- **Medical Social Services** provide emotional and psychosocial assistance to cancer patients and their families. Helping patients understand their psychosocial health needs is a critical part to receiving high-quality cancer care. **510-248-3231**
- **Nutrition Services** provides education to cancer patients and their families on how and what to eat during treatment. They dispel nutrition myths and provide evidence-based nutrition information and answer nutrition questions regarding foods, supplements, treatment side effects, healthy eating and much more. **510-248-3237**
- **General Cancer Support Group** offers a twice monthly caring and confidential environment to share personal experiences, gain new understanding, and provide emotional support. **510-454-4718, or email: carrie.l.buckner@kp.org**
- **Palliative Care Services** refers to patient and family centered care that optimizes quality of life care. It is available at the time of diagnosis and continuously available throughout treatment and surveillance. **510-454-2800**
- **HERS (Hope, Empowerment, Renewal and Support)**
A non-profit organization that offers breast cancer patients postsurgical products and services in a setting that is welcoming and compassionate. Contact **HERS** at: **510-969-7758, hersbreastcancerfoundation.org**



Below are additional classes and resources that are designed to support you in the important role you play in keeping yourself healthy. Please visit or call one of our Healthy Living Centers for more information and enrollment.

Health Education & Promotion

Fremont | San Leandro | Union City

thrive.kaiserpermanente.org/care-near-you/northern-california/gsaal/health-resources/

Register for classes and let us teach you how to use technology to support your health care – including how to check lab results, make an appointment, or have a video visit with your doctor.

Locations

Our centers are open
Monday to Friday
9 a.m. to 5 p.m.

Fremont Healthy Living Center
39400 Paseo Padre Parkway
Niles Building, 1st Floor
510-248-3455

San Leandro
Healthy Living Center
2500 Merced Street
Medical Office Building, 1st
Floor
510-454-4531

Union City
Healthy Living Center
3553 Whipple Road
Building B, 1st Floor
510-675-4531

Chronic Conditions Classes

- Kidney Awareness
- Tinnitus Class
- Living Better with Heart Failure: The Basics
- Living Heart Healthy Class

Emotional Health and Well Being

- Pathways to Emotional Wellness
- Improving Your Sleep
- Managing Stress
- Understanding Anxiety
- Managing Depression
- Couples Communication
- Managing Anger

End of Life Care

- Dealing with Grief and Loss
- Hospice Services

Smoking and Quit Tobacco

- 1:1 Health Educator Appointments
- Telephonic Wellness Coaching Appointments

Women's Health

- Improving Your Bladder Health (Available through Rehabilitation Services)

Weight

- Healthy Weight 1 (1-6 Week Series offered Online only)
- Healthy Weight 2 (9 Week Series)
- Medical Weight Management Program (Free orientation session)
- Health Educator Appointments

Wellness Coaching

Telephonic coaching sessions are available for the following topics:

- Quit tobacco
- Get active
- Sleep
- Manage weight
- Reduce stress
- Eat healthy

Life Care Planning/ Advance Health Care Directive

Who would speak for you if you were ever unable to communicate for yourself? A Health Care Decision Maker is a trusted person, who may be needed to make medical choices for someone who cannot think or speak for him or herself due to a sudden illness, emergency or near end of life. Choose a Health Care Decision Maker now and plan for future needs. Visit kp.org/lifecareplan or talk with your doctor. Completing an Advance Health Care Directive is an important part of Life Care Planning for members 18 and over. Workshops for Advance Health Care Directives are available, please contact one of the Healthy Living Centers.