
Winship Wellness for Living

Winship Cancer Institute of Emory University Survivorship Program
Winship Cancer Institute of Emory University is Georgia’s first and only National Cancer Institute-designated Comprehensive Cancer Center.
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I. Winship Cancer Institute’s Mission

To lessen the burden of cancer for the citizens of Georgia through aligning its outstanding cancer research and education initiatives with its significant cancer prevention and cancer care efforts.

II. Survivorship: Care Beyond Treatment

While Winship offers groundbreaking cancer treatment, prevention services and access to clinical trials, we realize cancer patients and their families can benefit from additional services.

To assist patients and their families move beyond treatment, Winship created its cancer survivorship program, Winship Wellness for Living, in 2011.

Winship Wellness for Living is designed to support patients throughout diagnosis, treatment and beyond, with a special focus on the transition from active treatment to life after treatment.

Cancer and its treatment can have lasting effects on physical, mental and spiritual health. The Winship Wellness for Living Program has access to a multitude of Emory providers offering a number of services for survivors. These services include, but are not limited to, cardio-oncology, rehabilitation and dietary services, which all address some of the physical issues of survivorship.

Psychosocial and mental health services are available through our licensed clinical social workers and our oncology psychiatrist. Spiritual health is available through the services of our spiritual health manager.
III. What Is Winship Wellness for Living?

Winship Wellness for Living is a survivorship program that provides education, social support and care to patients and their families transitioning into post-treatment life, with an understanding that this may mean different things to different people.

Our survivorship program keeps patients connected to their care team while focusing on patient needs specific to survivorship, including late effects of treatment. The survivorship program follows Winship’s academic model. This means that, in addition to providing clinical care and educating patients, Winship Wellness for Living educates the community on topics relevant to survivorship and conducts survivorship research to benefit the lives of current and future cancer patients following treatment.

Winship Wellness for Living provides the support services of dietitians, chaplains and social workers to patients free of charge. The program team also includes physicians and advanced practice providers, including nurse practitioners (NPs) and physician assistants (PAs). This multidisciplinary care team works together to address any issues patients and their families may face during and after treatment. In addition, Winship Wellness for Living includes outreach activities, educational sessions, support groups, celebrations and other activities in metro Atlanta and throughout Georgia. A complete listing of the resources offered through Winship Wellness for Living is available on the Winship website at winshipcancer.emory.edu/survivorship.
Winship Wellness for Living is designed to support all Winship cancer patients and their families. Some patients and families struggle with the completion of cancer treatment and the transition to “normal” life. Fatigue, depression, anxiety and other feelings can continue after active treatment is over.

Some patients may feel energetic and positive as they transition out of active treatment. For these patients, the Winship Wellness for Living program provides a continuing link to their care team if they have any concerns or need to address any late effects. Winship Wellness for Living has something for every patient.

At your first Winship Wellness for Living clinic visit following the conclusion of treatment, you will have the opportunity to discuss how you are feeling and what survivorship resources you might be interested in. You will also receive important information summarizing your cancer treatment and follow-up guidelines tailored specifically for you by your care team.
IV. What Can I Expect From a Winship Wellness for Living Clinic Visit?

Every patient has different needs, so every survivorship visit will be different. However, there are some common elements that you can expect during your survivorship visit at Winship.

• A survivorship visit may coincide with your first follow-up treatment after completing treatment with your primary treatment team or may be scheduled as a separate survivorship clinic visit.

• Generally this survivorship visit will be with a Winship Advanced Practice Provider (physician assistant or nurse practitioner). You will be responsible for your normal co-payment, if applicable.

• The ideal time to schedule your first survivorship appointment is for two to four weeks after you have completed all active cancer treatment. The timing of this visit will be tailored to the individual survivor’s needs. Consider talking to your care team about scheduling a survivorship appointment when you receive your last treatment.

• A survivorship clinic appointment may be integrated with your regular follow-up appointments with your oncology medical providers. This means that you will still continue to follow up with your Winship providers at the intervals they recommend, such as every three months or every six months.

• In addition to seeing a PA or NP, you may also see a social worker at your survivorship visit. At Winship, social workers are an important part of every care team. They talk to patients before and after treatment to answer any questions they may have related to the stress of treatment, transportation, family life or other concerns. Though these issues may not be directly related to cancer or its treatment, we recognize that they affect patients and families, and our social workers are here to help.

• The services of our oncology dietician are also available by request.
V. Follow-Up Visits and Care Coordination

To ensure that you continue to receive the care you need following treatment, you are welcome to schedule further Winship Wellness for Living visits.

It is important to keep your primary care provider informed of your progress and treatment while receiving care from the Winship Wellness for Living program. To help us with this, please be prepared to provide us with the name and contact information of your primary care provider at your first visit.

Many survivors are also transitioned to a survivorship clinic for continued long-term follow-up when recommended by their primary care team several years after active treatment is completed.

VI. What Other Resources Does Winship Wellness for Living Offer Patients and Their Families?

Winship Wellness for Living provides access to a number of additional resources, including patient navigation assistance, fertility and genetic counseling, wellness programs, nutritional assistance and other resources in the community. Ask your care team about a survivorship visit, or learn more about our program at winshipcancer.emory.edu/survivorship.
VII. What Research Opportunities Exist Within Winship Wellness for Living?

Because of its affiliation with the Emory University School of Medicine and its status as a National Cancer Institute-designated Comprehensive Cancer Center, Winship is committed to research and education focusing on survivorship. There are a number of ways to get involved in survivorship clinical trials. Ask your care team for details.
VIII. Winship at the Y

Winship at the Y is a collaboration between Winship Cancer Institute of Emory University and the YMCA of Metro Atlanta.

Winship at the Y was created in 2012 to reach cancer survivors where they live and to support their journey back to wellness. Through a unique collaboration, Winship and the YMCA of Metro Atlanta help cancer survivors during and after treatment to set achievable goals, overcome obstacles and learn exercises geared specifically to their needs based on American Cancer Society recommendations. The program includes combining THE COACH APPROACH®, a proprietary YMCA evidence-based exercise support program to help cancer survivors, and their families, address their individual needs concerning nutrition and physical activity. It is offered at all 18 local Atlanta Ys, with wellness coaches trained by Winship professionals.

The collaboration with the YMCA creates a one-of-a-kind survivorship program and expands our ability to conduct research trials such as the Glenn Family Breast Center Exercise Study, which was designed to assess the benefits of exercise for breast cancer patients who had recently completed treatment.

To learn more about Winship at the Y, please visit winshipcancer.emory.edu/ymca.
For more information, please call 1-888-946-7447 or visit winshipcancer.emory.edu.

To schedule an appointment, please call 404-778-1900.