



White Plains Hospital
Center for Cancer Care

A clear glass vase containing several pink and white lilies with green leaves, sitting on a white surface. The background is a soft, out-of-focus blue.

INTEGRATIVE CARE PROGRAMS





EXCEPTIONAL CARE

*At the White Plains Hospital Center for Cancer Care
2 Longview Avenue, White Plains*

At White Plains Hospital, we recognize that people are more than the sum of their parts, and attention to all aspects of their being – mind, body, and spirit – is essential to health and wellness.

That's why at the new Center for Cancer Care we offer an array of integrative services for patients and caregivers. Meant to provide support in a healing environment, these services often complement patients' current medical treatments and ease the journey of living through, and beyond, a cancer diagnosis.



HOLISTIC NURSING

Our Holistic Nursing Services are available to cancer patients as part of the Cancer Center and/or inpatient treatments. We offer evidence-based holistic modalities, such as Energy Healing, Gentle Massage, Aromatherapy, Meditation, Guided Imagery and Relaxation techniques, that complement conventional medical care.







HEALING TOUCH

Delivered by specially trained volunteers and practitioners, healing touch is a relaxing, nurturing energy therapy that helps patients and family members find balance with their physical, mental, and spiritual comfort. Healing Touch teaches therapeutic modalities that can help to manage symptoms such as pain, anxiety, insomnia and nausea, while reducing stress, promoting relaxation and healing.

YOGA

Our yoga class, offered multiple times weekly in our conference center, is designed to enhance and support physical mobility, strength and well-being. The careful sequencing of movement and breath awareness leads to a state of ease and empowerment. The practice of yoga will benefit all areas of the physical body, including the immune, cardiovascular, skeletal/muscular and nervous systems.

ONCOLOGY NUTRITION

Nutrition services are essential to promoting quality of life. Specialists provide safe and effective nutritional guidance from prevention, during treatment, and continuing into survivorship. Monthly classes cover a variety of topics emphasizing diet and wellness, improving overall nutrition and promoting healthy eating habits.

Sign up or learn more call 914.849.7500

PATIENT SUPPORT

We offer a monthly Cancer Care Orientation for newly diagnosed patients which provides an informative opportunity to understand the process of care, services, and treatment.

Professionally facilitated support groups are open to those who would like to share, discuss and address thoughts and concerns about the cancer experience.



CAREGIVER SUPPORT PROGRAM

The Caregiver Support Program provides resources to those caring for loved ones facing acute or chronic illness. Family members can access a caregiver social worker or specially trained volunteers for support. We facilitate a bi-monthly Caregiver Support Group at the Hospital as well as monthly “Caregiver Teas” where loved ones can share their experiences as well as find support for the caregiving journey.

LOOK GOOD FEEL BETTER®

We also host a free program in partnership with the American Cancer Society designed for women dealing with physical changes associated with treatment. Monthly workshops teach patients techniques to help make the most of their appearance.

PAIN MANAGEMENT & PALLIATIVE CARE

Pain management is an approach that anticipates symptoms and reactions so that treatment is well managed for the best possible outcomes. This includes medical management, counseling and educational materials.

Palliative care optimizes quality of life during treatment and end-of-life care. A multidisciplinary team of physicians, nurses, mental health professionals, social workers, and spiritual counselors provide these services.

SURVIVORSHIP

White Plains Hospital offers support to patients even after they go home. Survivorship Care Plans provide a comprehensive treatment summary and follow-up plan of care to improve health and quality of life. In addition, a monthly series specific to Breast Cancer Survivorship covers a range of topics related to traditional and holistic cancer care.

Sign up or learn more call 914.849.7500

**To sign up for one of our
integrative care programs
or to learn more, call
914-849-7500 or
visit us online at
wphcancercare.org**
