Welcome to Health First Cancer Institute

At Health First Cancer Institute, a caring multidisciplinary team will help you and your loved ones through the complete process of cancer treatment and follow-up care. This manual is designed to be a resource for you and to help guide you and your family. We hope it will provide answers to some of your questions about treatment, side effects and support.

We realize that this manual cannot include every detail about your treatment, so please use it as a general reference. Read through it at your own pace, or read the sections you feel are most relevant to you. Also, refer to this manual during your treatment when you have questions. Please do not hesitate to ask questions of your doctor or nurse as issues arise.

All of us are fortunate to live in a community which provides a wealth of support to cancer patients and their families. We have listed some of the resources and support services that are available in the Community Resource chapter.

We at Health First care deeply about you and your loved ones. If you have any questions or concerns, please contact the appropriate member of your Care Team.
Dear Patient and Family,

Welcome to the Health First Cancer Institute, the only multi-specialty oncology provider in Brevard County. The Institute, founded in 2015, was the result of several years of planning by Health First to fill a gap in cancer care in our community.

As Central Florida’s only fully Integrated Delivery Network, Health First created the Cancer Institute to offer the latest technologic advances, exceptionally trained oncology physicians, and state-of-the-art facilities across our area. The Health First Cancer Institute brings together a highly skilled team of oncology professionals from all points of the cancer care continuum — inpatient, surgical, outpatient, wellness and survivorship — to provide care for you and your families, close to home. Our team consists of physicians, surgeons, nurse practitioners, nurses, therapists, pharmacy staff and financial counselors.

We recognize that a cancer diagnosis can present a very stressful time in your life. Together, our team has developed this Patient Resource Guide to help you prepare for your treatment and describe what to expect along the way. Additionally, there are suggestions on how you can help yourself after your treatment has concluded.

Our commitment is to provide high-quality care and support you throughout your treatment and beyond. It is our privilege to serve you.

Thank you for choosing us,

Dr. Firas Muwalla
Medical Director, Health First Cancer Institute
Introduction

Over the last decade, the medical community has made significant advances in the treatment of cancer and other related disorders. Therefore, millions of Americans have undergone landmark treatments and gone on to lead fulfilling, productive lives.

Health First is Central Florida’s only fully integrated health system. With a mission to positively change the health and wellness of the communities we serve, Health First offers the latest technological advances and quality care at our four hospitals and through our many Outpatient & Wellness Services.

At Health First a caring multidisciplinary team will help you and your loved ones through the entire process of cancer treatment and follow-up care. This manual has been designed to be a resource for you and your caregivers.

We are fortunate to live in a community which provides a wealth of support to cancer patients and their families. We have listed some of the resources and support services that are available in the Community Resource area. We believe that a solid relationship between the patient and his or her care team is essential during treatment, so please do not hesitate to speak with your care team regarding any questions that you might have along the way.

Quality cancer care is a way of life at Health First Cancer Institute. That is why we readily participate in several quality initiatives to constantly strive to be the best at what we do. We have been nationally recognized for meeting and exceeding national benchmark standards in quality cancer care and will always strive to make it available to you.
Chemotherapy Appointments
Feel free to bring the following with you to your appointment:

- Books and magazines
- CD or DVD player with earphones
- Laptop computer
- A favorite pillow or blanket
- Snacks and beverages
- Please refrain from wearing perfumes or powders, as many chemotherapy patients are sensitive to odors

For your comfort, we can provide the following items:

- Microwave
- Refrigerator
- Blankets and pillows
- Crackers and juices

After-Hour Services
- Dial Health First Cancer Institute main number: 855.894.HOPE (4673)
- Notify the answering service of the problem you are experiencing and specify that you are an ONCOLOGY PATIENT. If your situation is urgent and not something that can be handled by phone, please call 9-1-1 or proceed directly to the Emergency Room for evaluation.
  Example: Chest pain, uncontrolled bleeding, shortness of breath or stroke symptoms

For Prescription Refills Call:
- Dr. Blaine, 321.361.5602
- Dr. McClure, 321.361.5600
- Dr. Neel, 321.361.5598
- Dr. Vinarsky, 321.361.5601
- Dr. Patil, call 321.434.8216
- Dr. Noori, 321.725.4500 ext. 7467
- Dr. Bomalaski and Dr. Lanneau, 321.752.0944
- Dr. Dalal, Dr. Muwalla, Dr. Dela Cruz, Dr. Sprawls, Dr. Zimm, Dr. Barochia 321.268.4200, option “0”
- Delori Dulany, APRN, 321.268.4200, option “0”
- Jessica Holcomb, APRN, 321.268.4200, option “0”
- Jackie Luker, APRN, 321.268.4200, option “0”
- Merlyn McDonald, APRN, 321.752.0944, option 3
- Elizabeth Logan, APRN, 321.361.5599
- Please allow 48 hours or two business days turn-around for routine prescriptions
- Feel free to contact the office before you are completely out of medication
- Prescriptions that require that they be written can only be signed by your attending physician, unless that physician is out of the office. If the physician is out of the office, then the covering physician will be asked to refill the medication.
My Care Team

On this page are the medical professionals who you will routinely interact with during your treatment at Health First Cancer Institute.

Medical Oncology

Medical Oncologist: ____________________________________________  ext. __________

Nurse Practitioner: ______________________________________________  ext. __________

Oncology RN: ___________________________________________________  ext. __________

Medical Assistant: ________________________________________________  ext. __________

Radiation Oncology

Radiation Oncologist: ____________________________________________  ext. __________

Radiation RN: ____________________________________________________  ext. __________

Radiation Tech: ___________________________________________________  ext. __________

Medical Assistant: ________________________________________________  ext. __________

Gynecologic Oncology

Gynecologic Oncologist: __________________________________________  ext. __________

Nurse Practitioner: _______________________________________________  ext. __________

Oncology RN: _____________________________________________________  ext. __________

Medical Assistant: ________________________________________________  ext. __________
My Care Team

Infusion Center

Clinical Nurse Manager: ________________________________ ext. _______

Infusion Nurse: ________________________________________ ext. _______

Infusion Nurse: ________________________________________ ext. _______

Medical Assistant: ______________________________________ ext. _______

Other important members of your Care Team

Practice Manager: ________________________________________ ext. _______

Oncology Director: ________________________________________ ext. _______

Financial Counselor: ______________________________________ ext. _______

Other: ________________________________________ ext. _______

Other: ________________________________________ ext. _______

Other: ________________________________________ ext. _______

Other: ________________________________________ ext. _______

Other: ________________________________________ ext. _______

Other: ________________________________________ ext. _______

Other: ________________________________________ ext. _______

Other: ________________________________________ ext. _______
Lung Screening Program

Cancer Screening Program is designed to serve individuals who are at high risk of developing lung cancer. By providing education and support, the nurse navigator can help guide the patient through the healthcare system, reduce barriers to treatment, expedite access to care, and ease stress and anxiety.

As a patient advocate, the lung health navigator serves those who are considered at high risk for developing lung cancer as determined by smoking history, occupational exposures or personal health history. Prevention, screening and treatment are important elements of patient education. This includes information about the low-dose CT scan screening now available at Health First Medical Group.

Our goal is to:
- Listen, answer questions and provide guidance on difficult decisions
- Empower patients to make informed treatment decisions
- Ensure access to treatment and continuity of care
- Support patients through prevention, diagnosis and treatment

Smoking Cessation

It is widely recognized that the single most important preventable cause of lung cancer is cigarette smoking. It is estimated that 1 in 15 people will be diagnosed with lung cancer during their lifetime, with smokers having a significantly higher risk than non-smokers.

*Pack years = packs smoked per day X number of years smoked
For example, 10 pack years = 1 pack smoked per day for 10 years
Healthy Life:

Exercise Regularly

Eat Healthy

Reduce Stress

Drink Plenty of Water
Advance Directives

When people have cancer, those who love and care for them are affected, too.

What is an advance directive?
Anybody who has recently been to a hospital has probably been asked if he or she has filled out advance directives or have a Living Will. These documents are rarely explained well, and many people mistakenly believe they are only appropriate for hospice patients. The most common form of an advance directive is the Living Will. You will find a copy of the Florida Living Will in the back of this book. An advance directive tells your doctor what kind of care you would like to have if you become unable to make medical decisions.

Should I have an advance directive?
By creating an advance directive, you are making your preferences about medical care known before you’re faced with a serious injury or illness. This will spare your loved ones the stress of making decisions about your care should you become sick. Any person 18 years of age or older can prepare an advance directive.

People who are seriously or terminally ill are more likely to have an advance directive. For example, someone with terminal cancer might write that she does not want to be put on a ventilator if she stops breathing. This action can reduce her suffering, increase her peace of mind, and increase her control over her death. However, even if you are in good health, you might want to consider writing an advance directive. An accident or serious illness can happen suddenly, and if you already have a signed advance directive, your wishes are more likely to be followed.

If you would like to talk more about advance directives, please bring the Living Will in this section to your healthcare provider to discuss it.
Caregivers

Taking Care of Yourself

It is quite possible that you, as a caregiver, may neglect yourself or feel isolated and unsupported by your family, friends and neighbors, because you are focusing so intently on your loved one’s needs and desires. We hope that you will find the following topics, hints and suggestions informative and helpful. We welcome your input for future additions to this section of the manual.

In order to take proper care of your loved one with cancer, you must take care of yourself. It’s important that you look after your own health, including regular doctor and dentist visits, get proper rest, eat well, exercise frequently and find some time to spend on yourself.

Taking care of someone who is ill can be an around-the-clock job. The emotional and physical aspects of caregiving can often lead to feelings of fatigue and burnout.

Take Time for Yourself

Be aware of the signs of stress in your life so that you can take steps to alleviate them.

These can include:

- Impatience
- Loss of appetite
- Difficulty sleeping
- Difficulty concentrating
- Difficulty remembering
- Changes in mood
- Decreased interest in usual activities
- Inability to accomplish usual tasks

Additionally, it is very important that you eat a well-balanced diet.

When you are encouraging your loved one to eat properly, it’s crucial you do the same.

A well-balanced diet includes:

- Plenty of water and juice every day
- Energy foods:
  - Fresh fruits
  - Vegetables
  - Grains
  - Rice
  - Pasta
  - Meats
  - Cheeses
- Multi-vitamins
- Decrease or avoid:
  - Caffeine
  - Sugar
  - Concentrated sweets
  - Alcohol

Exercise helps alleviate tiredness and depression and will give you a new lease on life as well.

Exercise:

- One of the best and easiest methods to reduce stress
- Continue types of exercise you have used in the past
- Try a short walk, walk in place or walk stairs
- Check local shopping malls for a place to walk
- Try to get some exercise every day

While you may feel that you never get a chance to relax, it is important that you do so as often as possible. Relaxation combined with exercise can do a lot to relieve stress and help you feel rejuvenated.
Suggestions on how to relax:
- Listen to relaxation tapes
- Listen to music
- Listen to books on tape
- Do progressive muscle relaxation exercises
- Mini relaxation tips:
  - Take a break
  - Find a comfortable place
  - Sit down
  - Close your eyes
  - Create a quiet scene in your mind
  - Enjoy the peace
- Take a warm bath
- Meditate or pray
- Breathe deeply and slowly
- A quick relaxation tip:
  - Breathe deeply and slowly three times

Being a manager of your time will assist you in relieving stress and will help you get through the day in a more efficient manner. Family, friends and neighbors are usually willing to help you, but they usually do not know what you may need. Ask for help when you need that.

Good time-management tips:
- Make a list every day
- Prioritize that list
- Delegate everything possible to people who have offered to help
- Try not to over-schedule
- Take time for yourself
- Space activities with short resting periods
- Be realistic
- Don’t overload yourself with daily “to-do” lists
- Realize that your old schedules probably will not work now, as a large amount of time will be taken up with caregiving activities.
- Try not to do everything for your patient. Allow your loved one to be as self-sufficient as possible and set limits with him or her.

Setting limits:
- Determine which self-care tasks the patient can perform
- Encourage independence when appropriate
- Create a climate that encourages and supports the sharing of feelings
- Let the patient make as many personal decisions as possible

Remember that your life continues. Be sure to set aside time to do the things you enjoy and bring you pleasure.

Being kind to yourself:
- Find time for enjoyable activities several times a week
- Visit friends
- Participate in your hobbies
- Do gardening or yard work
- Look for humor in daily activities
- Try to simplify your life
- Tend to your spiritual needs
- Talk to others if and when you experience stress or feelings of anxiety, anger, guilt, etc.
- Share your feelings
- Find a support group

Ask family and friends to help. Most of them want to be engaged in caring for the patient, too, and they can be a big help to you.

Ask volunteers to:
- Do household chores
- Make meals
- Provide childcare
- Go shopping
- Run errands
- Drive to doctor appointments
- Pick up medications

Remember:
- The care you give makes a difference
- Realize that your role as a caregiver is important
- Do the best job you can do
- Look around for help and keep looking until you find it!
Since people who are undergoing treatment are often feeling a lot of stress and are tired from the effects of their treatment, they may act irritable and have short fuses. They may be more emotional than usual, and often, they feel as though they are burdens on the people who love and care for them.

Additionally, they may dread the days that they will go in for treatment and may say that they do not want to go. Usually, they do keep their treatment appointments, but sometimes, getting there is hard work, as they anticipate the side effects of their medications. Frequently, patients say that they are grateful for the drugs that are helping them, but at the same time, they are not happy with the side effects.

They may have little or no appetite and food often “tastes funny.” Therefore, trying to feed a chemo or radiation patient may be frustrating and difficult. In the section on Chemotherapy and Nutrition, we have included some hints and recipes which we hope will be helpful to you. Foods that are wholesome and easy to eat are generally tolerated better.

Oftentimes, they would like to continue with their normal schedules and continue their normal chores around the house; however, since their energy may be depleted, they may be unable to do as much as usual. Try to include the patient in as much as he or she feels like doing — but remember some days will be better than others. One day they may feel like taking out the trash; the next, the thought of walking so far may seem like an overwhelming task.

Remember to continue to include the patient in daily decisions — treat him or her as you normally would, but with just a little more tender loving care and understanding. Occasionally, making decisions is too difficult, so, try and be sensitive to them when that happens.

When people have cancer and are undergoing treatment, they may feel very much out of control. Let them continue to have as much control over their lives as possible.

Many patients undergoing treatment have expressed they would like their caregivers to know they do not intend to upset those who care for them — but sometimes they just cannot help it!
Resources & Support

While undergoing treatment at the Health First Cancer Institute, it is important to develop a support system. Your support system can consist of anyone you feel comfortable sharing with and someone you can rely on. At times, you may need help with transportation, running errands, light housework or just someone to listen. This is the time to talk with your friends and family to learn who can help with specific tasks.

At Health First Cancer Institute, we understand the support needed in dealing with the financial pressures associated with health care, and we have associates in our sites who can provide valuable information and offer assistance to our patients and their families.

A member of our Care Team can:

- Provide support to both patients and families
- Assist patients in accessing resources in community, pharmaceutical and professional agencies
- Aid patients and families in assessing needs and making appropriate referrals
- Provide information regarding support groups for both patients and family members

We have also listed a number of resources that might be a benefit to you. Take the time to look over the information here. Please do not hesitate to contact our office if you need anything, and one of our associates will be able to help you.
Resources

Health First Home Care
200 S. Courtenay Parkway
Merritt Island, FL 32952
321.434.5909
Fax: 321.453.4709

1912 Dairy Road
West Melbourne, FL 32904
321.434.7300
Fax: 321.676.5824

1623 U.S. Highway 1, Suite A-1
Sebastian, FL 32958
772.589.1930
Fax: 772.589.1931

Health First Hospice
321.434.1744

Hospice of Health First – Cape Canaveral
Inpatient Unit 4th Floor
701 W. Cocoa Beach Causeway
Cocoa Beach, FL 32931
321.779.7100
321.434.1744 (main Hospice of Health First number and referrals)

Hospice of Health First – Melbourne
1131 W. New Haven Ave.
West Melbourne, FL 32904
321.434.1744 (main number and referrals)

William Childs Hospice House
381 Medplex Parkway
Palm Bay, FL 32905
321.434.8400
321.434.1744 (main Hospice of Health First number and referrals)

Bright Star Center for Grieving Children & Families
1131 W. New Haven Ave.
West Melbourne, FL 32904
321.434.7672
321.434.1744 (Main Hospice of Health First number and referrals)

Health First Hospitals
Health First’s Cape Canaveral Hospital
701 W. Cocoa Beach Causeway
Cocoa Beach, FL 32931
321.799.7111
ED: 321.799.7150

Health First’s Holmes Regional Medical Center
1350 S. Hickory St.
Melbourne, FL 32901
321.434.7000
ED: 321.434.7298

Health First’s Palm Bay Hospital
1425 Malabar Road NE
Palm Bay, FL 32907
321.434.8000
ED: 321.434.8015

Health First’s Viera Hospital
8745 N. Wickham Road
Melbourne, FL 32940
321.434.9000
ED: 321.434.9300
Resources

Health First Outpatient Medical Rehabilitation
Melbourne: 321.434.5231
Merritt Island: 321.434.5820
Palm Bay: 321.722.5950
Viera: 321.434.9122

Holmes Regional Medical Center:
321.434.7182

Palm Bay Hospital:
321.434.8019

Health First Pain Management
S. Babcock St. NE
Palm Bay, FL 32905
321.434.1700 ext. 5191

Health First Pro-Health & Fitness Centers
Melbourne
611 Sheridan Road
Melbourne, FL 32901
321.434.7149

Merritt Island
255 Borman Drive (Healthplex)
Merritt Island, FL 32953
321.434.5801

Viera
8705 N. Wickham Road (Viera)
Melbourne, FL 32940
321.434.9149

Hours of Operation
Monday through Thursday: 5:30 a.m. to 10 p.m.
Friday: 5:30 a.m. to 9 p.m.
Saturday: 8 a.m. to 5 p.m.
Sunday: 10 a.m. to 4 p.m.

Health First Rehab Services
Cape Canaveral Hospital
Cocoa Beach
321.799.7131

Urgent Care – Health First Now – HFnow.org
Cocoa Beach
105 S. Banana River Blvd.
Monday through Friday: 8 a.m. to 7:30 p.m.
Saturday: 9 a.m. to 4 p.m.
Sunday: 9 a.m. to 1 p.m
321.868.8313

Indialantic
1220 N. Highway A1A, Suite 147
Monday through Friday: 8:30 a.m. to 5 p.m.
321.984.1333

Malabar
730 Malabar Road
Monday through Sunday: 9 a.m. to 6 p.m.
321.725.4505

Melbourne
1223 Gateway Drive
Monday through Friday: 8 a.m. to 7:30 p.m.
Saturday and Sunday: 8 a.m. to 6 p.m.
321.725.4505

Titusville
603 N. Washington Ave.
Monday through Friday: 9 a.m. to 7 p.m.
Saturday and Sunday: 9 a.m. to 5 p.m.
321.264.7688

Viera Fertility
3160 Alzante Cir
Melbourne, FL 32940
321.751.4673
Resources

Brevard County Community Resources

Emergency/Hotline
2-1-1 Brevard – Crisis Hotline .................. 211/321.632.6688
American Red Cross ............................ 321.890.1002
Children’s Home Society Crisis Screening ........................................ 321.752.3170
Circles of Care – 24-Hour Inpatient Assessments .................................. 321.914.0640
Domestic Violence Hotline
(Salvation Army) ................................... 321.631.2764
Florida Abuse Hotline
(Child/Vulnerable Adult) ...................... 1.800.962.2873
Florida HIV/AIDS Hotline ..................... 1.800.352.2437
Missing and Exploited Children Hotline ........................................ 1.800.843.5678
National Child Abuse Hotline
(Salvation Army) .................................. 1.800.422.4453
National Domestic Violence Hotline ........................................... 1.800.799.7233
National Runaway Safeline ..................... 1.800.786.2929
National Sexual Assault Hotline ............. 1.800.656.4673
Poison Control Hotline ........................................ 1.800.222.1222
Serene Harbor – 24-Hour Helpline ........... 321.726.8282
Women’s Center – 24-Hour Hotline .......... 321.607.6809
Women’s Center .................................. 321.242.3110

Associations
Brevard Alzheimer’s Foundation ............ 321.253.4430
American Cancer Society ..................... 321.253.0361
American Diabetes Association ................ 407.660.1926
American Heart Association ................. 321.255.3557
American Lung Association of Florida ......... 407.425.5864
Child Care Association ......................... 321.726.2962
March of Dimes – Space Coast Division ........................................ 321.633.3047
Mental Health Association of Central Florida ........................................ 407.898.0110
Multiple Sclerosis Society – Mid Florida ........................................ 407.478.8880
Space Coast Center for Independent Living ........................................ 321.633.6011
United Way of Brevard ......................... 321.631.2740

Basic Needs, Financial Assistance, Food, Clothing and Shelter
Aging Matters in Brevard – Seniors at Lunch/Meals on Wheels .................. 321.639.8770
Brevard County Community Resources – Action Agency ..................... 321.633.1951
Brevard Rescue Mission – Casa Carol ........................................ 321.505.8605
Brevard Sharing Centers
North Brevard Sharing Center ................. 321.269.6555
Central Brevard Sharing Center .............. 321.631.0306
South Brevard Sharing Center – Melbourne ........................................ 321.727.8581
South Brevard Sharing Center – Palm Bay ......................................... 321.676.2965
Catholic Charities ........................................ 321.338.2986
CITA Rescue Mission ........................................ 321.725.5160
Community of Hope ........................................ 321.474.0966
First Baptist Church Merritt Island ....... 321.453.2144
Florida Department of Children & Families/Access Florida .................. 1.866.762.2237
North & Central Region ......................... 321.690.3710
Client Relations – Brevard ..................... 321.604.4333
Genesis House ........................................ 321.723.3133
His Place Ministries ........................................ 321.674.9009
Salvation Army – North Central Brevard ........................................ 321.632.6060
Salvation Army – South Brevard ............... 321.724.0494
Second Harvest Food Bank ..................... 321.733.1600
Social Security
Automated Phone Services ..................... 1.800.772.1213
Administration – Central ....................... 1.800.772.1213
Administration – South ........................ 1.866.716.7667
Society of St. Vincent de Paul
Cocoa Beach ........................................ 321.799.3677
Indialantic ........................................ 321.777.9593
Palm Bay ........................................ 321.799.3677
The Haven for Children ........................................ 321.676.6888
Women’s Center – Titusville .................. 321.607.6811

Counseling
Alcoholics Anonymous (AA) – Melbourne ........................................ 321.724.2247
Al-Anon/Al-Teen ................................. 321.639.0220
Brevard Outpatient Alternative Treatment (B.O.A.T.) ..................... 321.773.1111
Resources

Center for Drug-Free Living – Brevard
Outpatient Center
   Cocoa...........................................321.631.4578
   Palm Bay......................................321.726.2889
Central Florida Treatment Centers
   Cocoa...........................................321.631.4578
   Palm Bay......................................321.951.9750
Circles of Care – Outpatient
   Titusville............................321.269.4590
   Rockledge..............................321.634.6264
   Melbourne..............................321.952.6000
Consumer Credit
   Counseling Service.....................1.866.285.0833
Devereux Florida Viera
Outpatient Center..........................321.631.6753
Episcopal Counseling Center
   Melbourne..............................321.952.5482
   Titusville..............................1.800.544.1817
Exchange Club Yellow Umbrella
   Cocoa...........................................321.433.3570
   Palm Bay......................................321.723.2927
Family Counseling Center of Brevard..........................321.632.5792
Florida Tech – Community
   Psychological Services.................321.674.8106
   Intervention Services..................321.639.1224
   Links of Hope.............................321.690.0080
   Narcotics Anonymous...............321.631.4357
   Project Response HIV/AIDS........321.724.1177
   Specialized Treatment, Education &
   Prevention Services (STEPS).........321.637.7730
   Treatment Alternatives for Safer
   Communities (TASC)
      Melbourne.............................321.255.0118
      Palm Bay...............................321.956.0061

Domestic Violence
Children’s Advocacy Center of Brevard..........................321.241.6610
Florida Department of Children and
Families’ Child Abuse Hotline ... 1.800.962.2873
Florida’s Domestic Violence Hotline 1.800.500.1119
   Nana’s House.............................321.724.5111
Salvation Army Domestic
   Violence Hotline.........................321.631.2764
   Serene Harbor Domestic
   Violence Center..........................321.726.8282

Sexual Assault Victim
   Services (SAVS) – Information....321.617.7533
The Haven for Children.................321.676.6888
   Women’s Center – Melbourne...321.607.6809

Housing
Brevard County Housing &
   Human Services.........................321.633.2007
   Housing Authority of
   Brevard County..........................321.775.1592
   Housing for Homeless
   and Veterans...........................321.639.0166

Legal
Brevard County Guardian
   Ad Litem.................................321.690.6823
Brevard County Legal Aid..............321.631.2500
   Center for Drug-Free Living
Drug Court/DUI Programs..............321.632.5958
   Western Judicial Services
      Cocoa......................................321.631.6976
      Melbourne.............................321.752.7557

Medical Insurance
Florida Kid Care..........................1.888.540.5437
   Medicaid Customer Call Center. 1.866.762.2237
      1.877.254.1055
Medicare.................................1.800.633.4227

Pregnancy/Maternity/Children’s Services
Brevard Family Partnership –
   Community Based Care..............321.752.3183
   Child Care Resource & Referral Service
      Rockledge.............................321.637.1800
      Melbourne.............................321.752.3290
Children’s Home Society –
   Shelter/Counseling/Adoption....321.752.3170
   Children’s Medical Services.....321.639.5888
   Crosswinds Youth Services....321.452.0800 x130
Department of Children & Families
   Tallahassee..............................1.850.487.1111
   Client Relations – Brevard........321.604.4333
   Grandparents Raising
   Grandchildren of Brevard......321.727.3947
   Healthy Start Coalition..........321.634.6101
   KIDS Medical Club....................321.253.2000
Resources

Transportation
Space Coast Area Transit (SCAT) ... 321.633.1878

Veteran’s Affairs
National Veteran Homeless Support ........ 1.888.787.6847 or 321.208.7562
Veterans Outpatient Center ....... 321.637.3788
Veterans Transitional Housing Facility ............ 321.409-8167

Brevard Health Alliance
Federally Qualified Health Center

Rockledge Clinic
Family Medicine, Pediatrics, Behavioral Health, Dental
Dental Clinic ........................................ 321.433.8350
Family Medicine .................. 321.639.5177
Pediatrics........................................ 321.433.8361
220 Barton Blvd., Rockledge, FL 32955

Malabar Clinic
Family Medicine, Behavioral Health ........................................ 321.733.0642
Pediatrics........................................ 321.722.8435
775 Malabar Road, Suite 105
Malabar, FL 32950
Monday through Friday: 9 a.m. to 6 p.m.

Melbourne Clinic
Family Medicine ........................................ 321.733.2021
17 Silver Palm Ave.
Melbourne, FL 32901
Monday through Thursday: 8 a.m. to 7 p.m.
Friday: 8 a.m. to 5 p.m.
Saturday: 8 a.m. to 1 p.m.

Mobile Unit ............. 321.914.5863 or 321.914.5033 (Contact for monthly schedule)

Palm Bay Clinic
Family Medicine, Behavioral Health ........................................ 321.722.5995
Pediatrics........................................ 321.676.5996
5270 Babcock St., NE, Suite 1
Palm Bay, FL 32905

Port St. John Clinic
Family Medicine, Pediatrics ........... 321.877.2740
7227 N. U.S. Highway 1, Cocoa, FL 32927

Sarno Clinic
Family Medicine, Pediatrics, Dental, Behavioral Health .............. 321.241.6800
2120 Sarno Road, Melbourne, FL 32935
Monday through Friday: 8 a.m. to 5 p.m.

Titusville Clinic
Family Medicine, Pediatrics, Behavioral Health ......................... 321.268.0267
500 N. Washington Ave., Suite 105
Titusville, FL 32796

Florida Department of Health

Brevard County
Health Department .............. 321.726.2913
Melbourne Clinic – 2275 S. Babcock St.
Melbourne, FL 32901
Monday through Friday: 8 a.m. to 5 p.m.

Brevard County
Health Department .............. 321.634.6392
Merritt Island Clinic
2575 N. Courtenay Parkway, Suite 202
Merritt Island, FL 32953
Monday through Friday: 8 a.m. to 5 p.m.

Brevard County
Health Department .............. 321.637.7300
Titusville Clinic
611 N. Singleton Ave.
Titusville, FL 32796
Monday through Friday: 8 a.m. to 5 p.m.

Brevard County
Health Department .............. 321.634.6392
Viera Clinic
2555 Judge Fran Jamieson Way
Viera, FL 32940
Monday through Friday: 8 a.m. to 5 p.m.

Health First Breast Center
1223 Gateway Drive
Melbourne, FL 32901
321.728.6002
Cancer-Related Resources

American Cancer Society
Brevard Office
5545 N. Wickham Road, Suite 107
Melbourne, FL 32940
321.253.0361
Fax: 321.253.8308
Patient Service Center: 1.800.227.2345
www.cancer.org

Health First Cancer Institute
www.HFcancer.org

The Leukemia & Lymphoma Society
Phone: 1.800.955.4572
http://www.lls.org/
Central Florida Chapter
3319 Maguire Blvd., Suite 101
Orlando, FL 32803
407.898.0733
407.896.8645 (fax)

Professional Organizations which may be helpful to you:

Brevard Senior Nutrition Programs
Meals on Wheels – 321.639.8770
- Homebound seniors
- Hot nutritious meal at noon
- Fellowship dining at 15 locations in Brevard

Food with Care Inc. 1.877.578.9938

Caregiver Support Center
To identify the services you or a family member qualify for, call 321.631.2746

Be prepared;
- For a 20-minute telephone interview
- To have income and asset information on hand (this will help determine which services you qualify for)
Online Resources

Health First does not endorse any website. Health First takes no responsibility for the accuracy of information contained in these sites. These websites are provided as an informational tool only.

American Brain Tumor Association
1.847.827.9918
www.abta.org

American Cancer Society
www.cancer.org

American Lung Association
www.lungusa.org

Association of Cancer Online Resources
www.acor.org

ASTRO – American Society for Therapeutic Radiology and Oncology
www.astro.org

CancerCare®
www.cancercare.org

Cancer Information Service of the National Cancer Institute
www.nci.nih.gov

Conquer Cancer Foundation of the American Society of Clinical Oncology
www.conquercancerfoundation.org

International Myeloma Foundation
1.800.452.2873
www.myeloma.org

Leukemia and Lymphoma Society
1.800.785.0733
www.LLS.org

Living Beyond Breast Cancer
610.645.4567
www.lbbc.org

LIVESTRONG Foundation
http://www.livestrong.org

Lungcancer.org, A program of CancerCare 1.877.646.5864
www.lungcancer.org
Online Resources

Lung Cancer Alliance for Advocacy, Support and Education
1.800.298.2436
www.lungcanceralliance.org

Lymphoma Research Foundation
www.lymphoma.org

National Cancer Institute at the National Institutes of Health
www.cancer.gov

National Coalition for Cancer Survivorship
www.canceradvocacy.org

National Hospice and Palliative Care Organization
707.837.1500
www.nhpco.org

The Oley Foundation
This foundation helps people whose daily survival depends on home intravenous or tube-fed nutrition.
www.oley.org

Radiation Therapy Answers
www.rtanswers.org

Social Security Administration
Manages social security, supplemental security income, Medicare, and parts of Medicaid
www.ssa.gov

State of Florida, Department of Elder Affairs
http://elderaffairs.state.fl.us

Support for People with Oral and Head and Neck Cancer
spohnc.org

United Ostomy Associations of America, Inc.
1.800.826.0826
ostomy.org
Online Resources

My Care Team

Primary Care Physician (P) __________________________ (F) __________________________

Breast Friends of Florida
1103 Hibiscus Blvd., Suite 405
Melbourne, FL 32901
321.474.4159 or 321.474.6900
breastfriends.com/aff/Florida

Health First Cancer Institute
Resource Center
1130 S. Hickory St., Building B (2nd Floor)
Wigs and Cancer Information
Monday through Friday
9:00 a.m. to 4:30 p.m.
321.361.5603

Leukemia & Lymphoma Support Group
Meets the fourth Tuesday of the month
11:30 a.m. to 1 p.m.
Cancer Program Conference Room
Health First’s Holmes Regional Medical Center, first floor
321.361.5603

Man to Man
Support group for men with prostate cancer
Meets the fourth Mondays of the month
7 to 8:30 p.m.
Health First’s Holmes Regional Medical Center, Auditorium B
1350 S. Hickory St.
Melbourne, FL 32901
321.361.5603

Ovarian Cancer Advocacy Group
Meets last Tuesday of every month
5 to 7 p.m.
Health First Cancer Institute
1130 S. Hickory St.
Melbourne, FL 32901
321.752.0944
Online Resources

Transportation Assistance:

Space Coast Area Transit (SCAT)
321.952.4672

Volunteers In Motion
321.635.7999

Curb to Curb
321.952.4672

American Cancer Society (Road to Recovery)
1.800.227.9954

Joe’s Club Senior Transportation
321.253.4430

2-1-1 Brevard

2-1-1 is the national abbreviated dialing code for free access to health and human services information and referral (I&R). They can answer or direct you to available resources for your social service needs in Brevard County.

www.211brevard.org

Co-payment Assistance with Medications

- HealthWell Foundation
  1.800.675.8416
  www.healthwellfoundation.org

- Patient Advocate Foundation Co-Pay Relief
  1.866.512.3861
  www.copays.org

- Patient Access Network
  1.866.316.7263
  www.panfoundation.org

- CancerCare® Co-Payment
  1.866.552.6729
  www.cancercarecopay.org

- Leukemia & Lymphoma Society
  1.877.557.2672
  www.lls.org/copay
Please use this section to write down any thoughts, questions or concerns that you might have for the Health First Cancer Institute team.
Please use this section to write down any thoughts, questions or concerns that you might have for the Health First Cancer Institute team.
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Melbourne
1130 S. Hickory St.
Melbourne, FL 32901
Phone: 321.434.7676
Fax: 321.952.6179

Merritt Island
225 Cone Road
Merritt Island, FL 32952
Phone: 321.268.4200
Fax: 321.452.4939

Palm Bay
1264 Malabar Road
Melbourne, FL 32907
Phone: 321.434.8216
Fax: 321.952.1043

Titusville
490 N. Washington Ave.
Titusville, FL 32796
Phone: 321.268.4200
Fax: 321.268.1386

Viera
8725 N. Wickham Road
Suite 103
Viera, FL 32940
Phone: 321.268.4200
Fax: 321.253.4338

1.855.894.HOPE (4673)
HF.org/cancer