



Unity Hospital's Palliative Care Services team is focused on caring for the whole patient: we help to ease the pain and stress of your body, mind, and spirit.



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### How can I get palliative care?

Simply let your doctor know you would like a palliative care consultation. A member of Unity's Palliative Care team will then come to meet with you and your family to discuss whether you would benefit from our services. For more information on Unity's Palliative Care Services, call (585) 723-7870.



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[www.unityhealth.org](http://www.unityhealth.org)

# Caring for your body, mind, and spirit.

## Palliative Care Services

How health care should be





### What is palliative care?

Palliative care is a field of medicine that helps patients and their families deal with the many challenges brought on by serious illness. Unlike hospice, palliative care can be delivered at any stage of an illness and alongside conventional treatments that are meant to cure you.

Your palliative care providers can:

- Help control your pain and other symptoms, such as breathlessness, nausea, fatigue, anxiety, and depression
- Assist with tough medical decisions by reviewing choices and coordinating the recommendations of your specialists
- Aid each individual patient in defining their goals of care
- Provide support for patients and families facing the stress of illness
- Identify whether hospice care is an appropriate option

### Who provides palliative care?

Our Palliative Care team works with your primary doctors at Unity Hospital and affiliated nursing homes. Our specially trained team includes:

- Doctors
- Nurse practitioners
- Social workers
- Nurses
- Chaplains
- Pain specialists

#### What is the difference between hospice care and palliative care?

Hospice is end-of-life care provided to patients expected to live 6 months or less.

Palliative Care is for patients that need assistance managing their symptoms — who may or may not be experiencing a terminal illness. Treatment options are not limited and care can be provided at any stage of illness to improve quality of life.

### Do I need palliative care?

If your life is impacted by a serious illness, you may benefit from a palliative care consultation. Palliative care is appropriate for people of any age and at any point during an illness—whatever your diagnosis or prognosis may be. Many of our patients are affected by:

- Advanced cancer
- Advanced heart disease
  - ~ Congestive heart failure
- Advanced lung disease
  - ~ COPD
  - ~ Pulmonary fibrosis
- Advanced kidney disease
- Neurological illness
  - ~ Stroke
  - ~ ALS
  - ~ Advanced dementia
  - ~ Multiple sclerosis