You are never alone in the battle against cancer at McGlinn Cancer Institute at Reading Hospital. Through every stage of your treatment, you have access to a variety of resources that are designed to help nurture your body and mind. Because here, clinical expertise comes hand-in-hand with compassion, and extraordinary support is always close to home.

**Personalized Cancer Rehabilitation**
No matter where you are in your cancer treatment, we’re here to help you fully recover — mind and body. Our cancer rehabilitation program offers research-based healing methods, strengthening exercises, mental support and physical health services to help boost your immune system and energy levels. Throughout your journey, you’ll be supported by dedicated physicians, physical therapists, occupational therapists, speech and swallowing therapists, registered dietitians and nutritionists and mental health professionals — each focused on you. Through this program, you will be able to heal and return to the highest level of function possible.

**Nurse Navigator Program**
Learning you have cancer is one of the most overwhelming experiences you may face in life. Our nurse navigators are your advocates — answering any questions you may have and alleviating your concerns. These registered nurses have extensive expertise in cancer care and can help you find your way from diagnosis through treatment and beyond. You’ll be equipped with the support and knowledge you need, every step of the way — at no cost to you.

**Your nurse navigator provides:**
- Assistance navigating through the complexity of the healthcare system
- Enhanced access to health services and information
- Efficient delivery of care to prevent delays and missed appointments along your treatment path
- Compassionate support whenever it’s needed
- Additional connections to community resources and support services such as nutrition, social services and psychological support

**Image Recovery Center**
You’ll find hope, healing, personalized counseling and resources to help you adjust to the physical and emotional changes that often come during treatment, right at our Image Recovery Center. In this relaxed and private setting, you’ll work one-on-one with highly skilled professionals, including Licensed Massage Therapists, Certified Breast Fitters and even Licensed Cosmetologists.

**Services offered include:**
- Postsurgical breast products
- Eyebrow tweezing, shaping and waxing
- Synthetic and human hair wigs, including consultation, conditioning, styling and professional care services
• Professional massage services
• Skin, nail and hand care
• Oral hygiene products
• Relaxation tapes and CDs
• Mood-lifting aromatherapy items
• Lymphedema and compression garments
• Pocketed swimwear, activewear and nightwear
• All-natural, mineral-based makeup

Outpatient Social Services
Sometimes, you and your family need more than medical treatment as you navigate your cancer treatment. Our qualified social workers can significantly help your healing process — from coping mechanisms and communication tips to family conflict resolutions, legal, financial or insurance support. Together, they will help you move forward with your treatment in the smoothest possible manner. These services are free and available to all of our cancer patients and their family members.

Nutrition Counseling Services
Cancer can take a major toll on your nutrition. That’s why we have Registered Dietitians available to help you address every nutritional need. Together with your dietitian, you’ll develop a personalized nutrition plan by reviewing your medical history, medications, weight history, eating habits and lab levels — so you can stay healthy during and after treatment. You’ll learn how to read labels, make healthy decisions when dining out as well as offering you quick, easy and healthy cooking ideas.

Financial Counseling
Covering costs for cancer treatment can be expensive — even with insurance coverage. Our financial coordinators can educate you on the options available to ease your financial burden. You’ll receive an estimate of the cost of the treatment prescribed, along with possible means to fund the expenses based on specific financial criteria.

Wellness Services
Take advantage of our additional wellness services to help exercise your mind and body, including:

• Tai Chi: An experienced instructor will lead you through slow, relaxed, graceful movements. With a focus on breathing and meditation, Tai Chi is known to have many health benefits.
• Hatha Yoga: Experience improved posture, flexibility and strength, enhanced sleep and lower blood pressure with this stress-reducing yoga.
• Healing Yoga: This therapeutic yoga will enhance your overall well-being and maintain and restore your health.
• Aquatic Fitness: Enjoy the comfort of a heated pool while working to build your strength, improve your balance, increase cardiovascular conditioning and decrease pain.

Discover how our team supports you every step of the way at RHOncoology.org.