

# Survivor Wellness

## Physical Symptoms



### NUTRITION COUNSELING

#### **Dietitian, Coborn Cancer Center**

320-229-4900 • CENTRACARE.COM • 1900 CentraCare Circle, St Cloud, MN 56303

One-on-one nutrition consultations with a registered dietitian to assist with nutrition education and counseling, therapeutic diets, nutrition support such as enteral nutrition (tube feeding) or parenteral nutrition (IV nutrition therapy) and the management of side - effects such as appetite, nausea, vomiting, diarrhea or constipation.

### PAIN MANAGEMENT

#### **Advanced Practice Providers, Coborn Cancer Center**

320-229-4900 • CENTRACARE.COM • 1900 CentraCare Circle, St Cloud, MN 56303

In addition to oncologists, advanced practice providers are available by appointment to help manage symptoms that may arise during and after treatment.

#### **Palliative Care Clinic, Coborn Cancer Center**

320-656-7117 • CENTRACARE.COM • 1900 CentraCare Circle, St Cloud, MN 56303

Focuses on providing patients with relief from the symptoms, pain and stress of a serious illness to improve quality of life. Palliative care is appropriate at any age and at any state in a serious illness. The cost of the services is covered by most health plans. Please speak with your provider regarding a referral.

#### **Center for Pain Management**

320-230-7788 • 166 19<sup>th</sup> St S, Ste 101, Sartell, MN 56377

Offers thorough evaluations to develop a successful pain management treatment plan. Specialties include individualized treatment for acute, chronic and cancer pain. Techniques include interventional treatments that are skillfully performed under x-ray guidance, and IV sedation for patient comfort.

*Coborn Cancer Center provides this list for the convenience of our patients. We cannot guarantee the accuracy, completeness or usefulness of any information provided. We are not responsible for the availability or content of external services, nor do we endorse, warrant or guarantee the products, services or information described or offered by these organizations. Patients should always consult their health care provider about any medical needs or health-related questions. If you have suggestions for adding / removing resources from this list, please contact our Social Worker at 320-229-4900.*

## REHABILITATION THERAPY

### **Rehabilitation Services, CentraCare Health Plaza or outreach sites**

320-229-4922 • CENTRACARE.COM

Offers comprehensive physical therapy, occupational therapy and/or speech therapy. We provide personalized care and education that will get you back to an active lifestyle. Please speak with your provider about a referral.

### **SPOT Rehab**

320-259-4151 • [www.spot-rehab.com](http://www.spot-rehab.com) • 2385 W St. Germain St, #300, St Cloud, MN 56301

SPOT Rehabilitation & Home Health Care also offers adult rehabilitation therapy and pediatric rehabilitation in addition to other services listed on their website. Please speak with your provider about a referral.

## SLEEP MEDICINE

### **St Cloud Hospital Sleep Center**

320-251-0726 • CENTRACARE.COM • 1586 County Road 134, St. Cloud, MN 56303

Provides testing, diagnosis and treatment of sleep disorders. Please speak with your provider about a referral.

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