Today more than ever, cancer survivors are leading healthy and fulfilling lives due to the many advances in early detection, diagnosis, and treatment. Long-term effects of cancer and cancer-related therapies, however, require ongoing surveillance. Cancer survivors, therefore, face a number of distinct psychosocial and medical challenges that last well beyond the diagnostic and primary treatment phases.

The National Coalition of Cancer Survivorship defines an individual as a cancer survivor from the time of diagnosis, through the rest of his or her life. Family, friends, and caregivers of those affected by cancer are also part of the survivorship experience. Although there is abundant literature on how best to deal with post-cancer-treatment medical and psycho-social issues, navigating through the flood of information can be extremely daunting. The Robert H. Lurie Comprehensive Cancer Center of Northwestern University and its Cancer Survivorship Institute are providing leadership and excellence in research, clinical care, and trusted resources for survivors and their families.

The Cancer Survivorship Institute at Northwestern Medicine is exceptionally well-positioned to integrate the best medical care with evidence-based programs that attend to the unique medical, physical, and psychosocial changes and needs that come with cancer survivorship. The Institute’s approach centers on patients and provides comprehensive supportive oncology services including psychosocial, rehabilitative, integrative, and palliative care. Our specialized survivorship medical clinics address the unique needs of specific groups of cancer survivors and their families. The Cancer Survivorship Institute will position Northwestern Medicine and the Lurie Cancer Center as a world leader in cancer survivorship clinical care and research.

**CANCER SURVIVORSHIP INSTITUTE AT NORTHWESTERN MEDICINE**

The Lynn Sage Breast Cancer Survivorship Program offers comprehensive care and management strategies for the unique challenges that women who are treated for breast cancer face as they transition to post-treatment survivorship care. These issues include hot flashes, osteoporosis, fatigue, weight gain, depression, anxiety, cognitive impairment, sexual dysfunction, neuropathy, fertility problems, and lymphedema.

The Survivors Taking Action & Responsibility (STAR) Program is a comprehensive, long-term follow-up program for adult survivors of pediatric cancer. The STAR Program follows survivors through adulthood focusing on their special medical and psychological needs. Effective integration between the Lurie Cancer Center and the Ann & Robert H. Lurie Children’s Hospital of Chicago STAR programs improves the care throughout a survivor’s lifetime.

The Senior Oncology Outcomes, Advocacy, and Research Program (SOAR) is a cancer survivorship program specifically tailored to meet the needs of older individuals. The focus of SOAR is to help improve their health-related quality of life and

“Cancer survivors face many challenges that can compromise quality of life and health outcomes well beyond completing primary treatment. The unique medical and psychosocial needs of cancer survivors should be managed in the context of a long-term comprehensive, holistic, and evidence-based approach guided by clinical investigations spanning from basic mechanisms to translational and community research models. The Cancer Survivorship Institute integrates these clinical and research efforts seamlessly to improve the lives of cancer survivors, their families, and the community.”

Frank J. Penedo, PhD
Institute Director, Cancer Control and Survivorship Research Program Leader
Collaboration with our clinics. Other innovative programs are using
complementary therapies to aid the healing process are
Integrative Oncology services that combine conventional and
Community-Engaged Survivorship research is aimed
at eliminating health disparities among low income, medically
underserved survivors across the lifespan. It integrates health
services research with social epidemiologic models and
studies interventions (such as patient navigation and
community health outreach workers) that aim to reduce and
eliminate such disparities. Within this context, culture and
community are leveraged. Consistent with the mission of the Institute and our Survivorship Research Program,
organizations such as the Coleman Foundation and the
Lynn Sage Cancer Research Foundation have made these
efforts a priority. Many of our faculty are actively engaged
in collaborations with community organizations and hospitals
in the Chicagoland region.

The Lurie Cancer Center and its Cancer Survivorship Institute
are committed to integrating research-based therapies and a
continuum of care for its patients and their families to help turn
the life-changing trials of dealing with cancer into something
positive. We offer hope and inspiration that there is truly life
after cancer.

Northwestern Medicine
Northwestern Memorial HealthCare and Northwestern
University Feinberg School of Medicine are seeking to impact the
health of humankind through Northwestern Medicine. We aspire
to be the destinations of choice for people seeking quality
healthcare; for those who provide, support, and advance that
care through leading-edge treatments and breakthrough
discoveries; and for people who share our passion for educating
future physicians and scientists. Our commitment to transform
healthcare and to be among the nation’s top academic medical
centers will be accomplished through innovation and excellence.

The Cancer Institutes within our world-class Robert H. Lurie
Comprehensive Cancer Center of Northwestern University
are providing exciting opportunities to bring our best people,
programs, and resources together to plan, coordinate, and
implement patient care, research, education, community
service, and advocacy across the realm of cancer. In addition
to creating a breakthrough Department of Cancer Biology, we
will establish several new institutes and centers within the
next few years to facilitate the work of our cancer physicians
and scientists. These robust interfaces and collaborations
will undoubtedly lead to clinical advances that benefit patients
and their families locally, nationally, and across the globe.

Cancer Survivorship Research
As part of our National Cancer Institute-designated
comprehensive cancer center, the Cancer Control and
Survivorship Research Program is committed to research that
identifies the most successful paths to ensure best outcomes
for patients. As such, faculty members from across
Northwestern University are brought together to focus on
secondary cancer control, survivorship quality of life, state-of-
the-art assessment of patient-reported outcomes, and the
palliation of cancer-related physical and psychosocial
symptom burden. The Cancer Control and Survivorship Program
targets three thematic areas: Measure, Analyze and Interpret
Quality of Life; Understand and Improve Cancer Survivorship;
and Symptom Management and Supportive Care.

Our areas of research investigation include studies of the
interactions among environmental, behavioral, psychosocial,
neuroendocrine, immunological, neurobiological, and genetic
factors in cancer survivorship. We also are examining the
associated psychosocial and physical effects on the cancer
patient, the family, and the community. Combining clinical
care and bio-behavioral oncology research provides ideal
translational research platforms to enhance the survivorship
experience. Many of our studies use community-engaged
approaches to deliver psychosocial interventions to improve
quality of life in survivors. Our work also aims at understanding
biological mechanisms underlying associations between
behavior and health outcomes. The Supportive Oncology Program and Specialty Clinics work directly with clinical
researchers who are members of the Cancer Control and
Survivorship Program and facilitate studies such as clinical
trials aimed at improving health outcomes in cancer survivors.

The Translational Research Program within the Institute aims
to implement patient-centered outcomes research in close
collaboration with our clinics. Other innovative programs are using
new technologies to deliver stress management interventions to
manage treatment symptoms at the patient’s home.

The Institute is in the planning and
development stages of expanding specialty clinics in GI
Oncology, Stem Cell Transplant, and Neuro-oncology.

Integrative Oncology services that combine conventional and
complementary therapies to aid the healing process are
provided by the Northwestern Integrative Medicine program.
The therapeutic strategies engage the mind, body, spirit and
community, and focus on lifestyle choices. Wellness plans
may include functional nutrition, traditional Chinese medicine
and acupuncture, relaxation, biofeedback, cognitive-
behavioral therapy, and massage therapies.

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Learn more about the Lurie Cancer Center’s patient care, services and programs, research and education, clinical trials, and faculty at cancer.northwestern.edu.

**Cancer Institutes within the Lurie Cancer Center**

- Cancer Survivorship Institute
- Cellular Immunotherapy Institute
- Developmental Therapeutics Institute
- Early Cancer Detection Technologies Institute
- Gastrointestinal Oncology Institute
- Hematologic Malignancies Institute
- Northwestern Brain Tumor Institute
- Oncology Nursing Institute
- Prostate and Genitourinary Malignancies Institute
- Sarcoma Institute
- Skin Cancer Institute
- Thoracic Oncology Institute
- Women’s Cancers Institute

**THROUGH NORTHWESTERN MEDICINE, WE ARE CREATING A NATIONAL EPICENTER FOR HEALTHCARE, EDUCATION, RESEARCH, COMMUNITY SERVICE, AND ADVOCACY.**

**About the Lurie Cancer Center**

- The Robert H. Lurie Comprehensive Cancer Center of Northwestern University—one of 47 National Cancer Institute-designated Comprehensive Cancer Centers in the nation—is committed to being a national leader in the battle to overcome cancer.

- Recognized as a national leader in cancer treatment, the Lurie Cancer Center supports care for a broad range of cancer types through comprehensive research; distinguished and dedicated faculty and staff; a world-class teaching program; and ongoing advances in medical, surgical, radiation, and interventional oncology.

- We are a founding member of the National Comprehensive Cancer Network (NCCN): an alliance of 27 of the nation’s leading cancer centers dedicated to improving the quality, effectiveness, and efficiency of cancer care so that patients can live better lives.

- Northwestern’s Lurie Cancer Center is a founding member of the Big Ten Cancer Research Consortium, which collaborates on oncology clinical trials that leverage the scientific and clinical expertise of the Big Ten universities.

- The Lurie Cancer Center has established major research strengths in breast, genitourinary, gastrointestinal, aero-digestive, neurologic, and gynecologic cancers; hematologic malignancies, sarcoma, melanoma, cutaneous lymphoma, and pediatric oncology.

- Our research programs in hormone action/signal transduction, angiogenesis, gene regulation, biologic therapies, mathematical modeling, and nanotechnology are nationally and internationally recognized.

- Our outstanding basic, translational, and clinical research complements a full range of prevention, early detection, treatment, rehabilitation, and palliative care programs for all types of cancer.

- Our nationally recognized supportive oncology programs and survivorship specialty clinics include fertility preservation services for young adult cancer survivors.