

GOSHEN CENTER FOR CANCER CARE YOUR INTEGRATIVE CARE TEAM



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FABNO
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Mind-Body Counselor



Kim Mathews, MS,
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Mind-Body Counselor



Bethany Swope, LMFT
Mind-Body Counselor



Maricel Lopez-Colon,
RDN, LD
Registered Dietitian



Maria Brown, RDN, CD
Registered Dietitian

At Goshen Center for Cancer Care, we have a team that will strive to support your mind and body before, during and after cancer treatment. If you are under the care of one of our oncologists, there is no charge associated with these appointments. **You can request an appointment with any of our integrative team providers at any time; please ask the scheduler.**

NATUROPATHIC MEDICINE

Naturopathic doctors (NDs) are trained to integrate conventional medical care with non-pharmaceutical options such as herbs, vitamins/supplements and lifestyle modifications. At Goshen Center for Cancer Care, naturopathic doctors offer support during and after treatment. Meet with an ND when you start, change or complete treatment to:

- Reduce side effects from treatment
- Improve quality of life
- Review supplements to avoid interference with treatment
- Filter information from the internet and well-meaning family and friends
- Reduce risk of cancer recurrence in the future
- Address other health concerns or conditions

MIND-BODY COUNSELORS

Mind-body counselors look at how mental, emotional and physical states affect overall health and well-being. Counseling services are available to a patient's care providers and family members as well. An appointment with a counselor can address:

- Coping with stress and anxiety related to your diagnosis and treatment

- Relaxation techniques to support healing
- Common problems such as sleep difficulties or coping with treatment side effects
- Language and tools to explain cancer to your children or grandchildren

DIETITIANS

Our cancer center dietitians are knowledgeable about the side effects of cancer treatment and how to prevent or reduce them. They can make recommendations about the following:

- Food choices to help with taste changes, poor appetite, weight loss or gain or changes in bowel habits
- Nutrition information to increase your health and wellness during and after treatment
- Answers to your questions about confusing and often contradictory nutrition information
- Meal idea resources for patients or caregivers



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