

IS NORTHSTAR PALLIATIVE CARE RIGHT FOR YOU?

Ask yourself these questions:

1. Do you suffer from one or more serious illnesses such as:

- Cancer
- Congestive heart failure (CHF)
- Chronic obstructive pulmonary disease (COPD), emphysema, lung disease
- Kidney failure
- Liver failure
- Neurological diseases (e.g., ALS, Parkinson's)

2. Do you have symptoms that are not responding to treatment and are impacting your quality of life? These symptoms might include:

- Pain or discomfort
- Shortness of breath
- Fatigue
- Anxiety
- Depression
- Lack of appetite
- Nausea
- Constipation

3. Have you, or someone close to you, experienced the following:

- Difficult side effects from treatment
- Eating issues due to a serious illness
- Frequent emergency room visits
- Three or more admissions to the hospital within 12 months, and with the same symptoms
- Limited ability for self-care

4. Do you, or someone close to you, need help with:

- Making medical decisions about treatment choices/options
- Matching your goals and values to your medical care
- Understanding the pros and cons (benefits/burdens) of treatments (e.g., dialysis, additional cancer treatments, surgery, etc.)
- Learning about programs and resources that are available to you

5. Do you, or someone close to you, need help with:

- Coping with the stress of a serious illness
- Emotional support
- Psychological support
- Spiritual or religious support
- Talking with your family about your illness and what is important to you



If you or a loved one is experiencing any of the challenges above, you might benefit from the extra layer of support that NorthStar Palliative Care can provide.

For more information, please contact us:  **877-227-8823 • 9am-5pm**