WHAT IS PALLIATIVE CARE?
“Palliate” means to ease, and the focus of palliative care is to ease the suffering that results from illness. Palliative care provides treatment for your symptoms, even when the underlying disease cannot be cured. The main goals are to relieve your pain and other discomfort and to reduce your family’s stress. Palliative care also provides information to help you live with serious physical illness. It considers emotional, social, and spiritual needs as well. During your illness, palliative care can help you and your family to experience a better quality of life.

OUR PALLIATIVE CARE SPECIALISTS
Through the UPMC Supportive and Palliative Care Program, our palliative care specialists work with you to help with many aspects of your illness. We can help you with managing pain and physical symptoms and with fears and anxieties. We also can work with you in making serious medical decisions and with practical needs. Our palliative care specialists are highly trained and experienced. We are dedicated to you and your family and will work closely with your primary doctor.
**OUR PALLIATIVE SERVICES**

**Cooperative Treatments**
Our palliative care specialists collaborate with your doctor to recommend treatments to help ease pain, nausea, shortness of breath, and other distressing symptoms. In addition, we can recommend alternative forms of treatment, such as music therapy or pet therapy.

**Supportive Care**
Our program can help you to determine personal treatment goals and choose among treatment options. We can help you plan for your discharge from the hospital and for palliative care after you leave. The program offers counseling for psychological and spiritual concerns, as well as bereavement support for families.

**Medical Decision-Making**
If you are living with a serious illness, you and your family may be facing some difficult choices. You may want help in considering the options presented to you. Experts are available through the UPMC Supportive and Palliative Care Program to work with you and your family in making difficult decisions about treatment issues, even near the end of life.

**HOW TO REQUEST PALLIATIVE CARE**
You or your family can request a consult with a supportive and palliative care specialist after a discussion with your physician and health care team.

**For Inpatients**
For a consult or more information, ask your physician to order a palliative care consult. The numbers are listed below. We are available seven days a week. A specialist will visit you within 24 hours of a request.

Our program will work with your primary doctor to make suggestions for your care. The specialists will visit you throughout your hospital stay.

**UPMC Presbyterian/Montefiore**
Call the hospital operator at 412-647-2345 and page 8511.

**For Outpatients**
For information or an appointment, call the numbers below:

- **Advanced Heart Disease Center at UPMC Presbyterian**
  Call 412-647-6000.

- **Cancer Pain and Supportive Care Clinic at Hillman Cancer Center**
  Call 412-692-4724.

- **Cancer Pain and Supportive Care Clinic at Magee Women’s Cancer Center**
  Call 412-641-4530.

- **Cancer Pain and Supportive Care Clinic at Magee, Division of Gynecologic Oncology**
  Call 412-641-5411.

- **Supportive Care Clinic at Benedum Geriatric Center**
  Call 412-692-4200.

- **Renal Supportive Care Clinic**
  At UPMC Kidney Clinic, University Center
  Call 412-802-3043.

**Other services provided by our partner, the UPMC Palliative and Supportive Institute include:**

- Continuing education for physicians, nurses, and caregivers to enable them to be supportive advocates for palliative care patients and their families.
- Discussions of hospice care and evaluation of patients for inpatient hospice services.
- Holistic and expert symptom management for the dying patient.
- Support for withdrawal of life-sustaining therapies.