Understanding Palliative Care

Specialized Care in Times of Serious Illness

What is it?

If you have a serious health problem, palliative [PAL-ee-uh-tiv] care may help.

This is a special type of health care that can ease pain and other symptoms. It can also help you and your family cope with stress and practical concerns. We offer this care to people of all ages, at any stage of illness.

How can it help?

The palliative care team includes doctors, nurses and others. We will review your needs and offer a plan that supports your personal values and choices. For example, we can help with:

- Pain
- Breathing problems
- Sleep problems and fatigue (feeling very tired)
- Nausea and vomiting (feeling sick to your stomach or throwing up)
- Constipation (hard stools)
- Loss of appetite
- Depression
- Emotional support for you and your family
- Making health care decisions
- Finding financial resources
- Planning for the future

Do I have to change doctors?

No. This care is an extra layer of support for you and your doctors. You can keep your current doctors—and you can keep your treatment plan.

How can I learn more about palliative care?

Your doctor will have you see a palliative care specialist at one of these locations.

Edina
- Supportive Care Clinic
  6363 France Ave. S., Suite 610, Edina, MN 55435
  952-836-3640

Minneapolis
- Masonic Cancer Clinic
  Masonic Memorial Building, 1st Floor, Suite M100, 424 Harvard St. SE, Minneapolis, MN 55455
  612-625-5411
- Palliative Care Clinic
  Phillips-Wangensteen Building, 1st Floor, Clinic 1C, 516 Delaware St. SE, Minneapolis, MN 55455
  612-626-3444

Wyoming
- Fairview Lakes Medical Center
  5200 Fairview Blvd, Wyoming, MN 55092
  651-982-7000, 800-571-7344