

# Palliative Care: What You Should Know

The goal of palliative care is to improve the quality of life for both the patient and the caregiver. It is a specialized type of care that is focused on relieving symptoms and stress when dealing with a serious illness. Palliative care is provided by a team of doctors, nurses, social workers, chaplains and other specialists who are trained in this type of holistic approach. Palliative care can be provided alongside curative treatment and is available in the hospital, clinic or home.

## Who can benefit from palliative care?

- Patients at any stage in their serious illness such as advanced cancer, congestive heart failure, end stage renal disease, dementia, chronic obstructive pulmonary disease, neurological diseases, HIV/AIDS, etc.
- Patients with uncontrolled symptoms such as cancer-related pain, fatigue, nausea, shortness of breath and other symptoms associated with serious illness
- Patients and families who wish to discuss advance care planning

Palliative care works in partnership with your doctors to provide an additional layer of support.

We can assist you in understanding your condition and offer options in achieving your healthcare goals.



To learn more about palliative care, visit [TorranceMemorial.org/palliativecare](https://www.torrancememorial.org/palliativecare)

## For general inquiries

Main: 310-784-4880

Fax: 424-529-6575

Email: [palliativecare@tmmc.com](mailto:palliativecare@tmmc.com)

## Hunt Cancer Center

3285 Skypark Drive

Torrance, CA 90505

310-750-3300

*\*must be referred by a medical oncologist in the center*

## Care Coordination Center

3640 Lomita Blvd., Suite 106

Torrance, CA 90505

310-784-8713

## Home-based palliative care

310-784-3739

*\*needs a physician order*

**Talk with your doctor to find out if palliative care is right for you.**