



For links to information about various therapies, please visit our website, ghs.org/CIOS.



The Center for Integrative Oncology and Survivorship (CIOS) at Greenville Health System (GHS) is a patient-centered program integrating traditional cancer care with evidenced-based complementary therapies to treat the “whole patient,” encompassing mind, body and spirit. CIOS embraces the concept that an individual is a cancer survivor from the time of diagnosis, throughout treatment and beyond.

CIOS is one of the first of its kind in the area, providing a holistic approach that helps patients and their families during treatment and through survivorship to optimize health outcomes and efforts to prevent cancer. It houses a multidisciplinary team of physicians, nurses and other healthcare professionals who provide either direct services or referrals for patients throughout their cancer experience.

Center for Integrative Oncology and Survivorship

GHS Cancer Institute, First Floor

900 W. Faris Road
Greenville, SC 29605
(864) 455-1346

GHS Life Center Health & Conditioning Club

875 W. Faris Road
Greenville, SC 29607

ghs.org/CIOS

For an appointment, call (864) 455-1346.



Center for Integrative Oncology and Survivorship

Cancer Institute





Before your initial appointment, you may receive in the mail a questionnaire to help us better assess your needs. Please fill out the questionnaire and take the completed form to your appointment.

Note: The fee for the “survivorship visit” will be billed to your insurance carrier. Depending on your policy, a co-payment may be required at the visit.

Integrative Oncology Therapies

Complementary therapies, in concert with traditional therapies, provide holistic, patient-centered care encompassing mind, body and spirit. Therapies include oncology rehabilitation, yoga, acupuncture, massage therapy, music therapy, nutrition counseling, smoking cessation program, lymphedema management and counseling services.

Moving On Oncology Rehabilitation: This 12-week exercise program is tailored for patients according to their individual needs. Offered at GHS’ Life Center® Health & Conditioning Club, it centers on aerobic conditioning and strength training. The program is supervised by a rehabilitation nurse and trainers certified to work with cancer survivors.

Yoga classes: Yoga classes also are offered at the Life Center. Some are specifically geared to Moving On rehabilitation participants and graduates.

Acupuncture: Acupuncture therapy is a family of procedures that stimulates specific points on the body to decrease pain, stress and fatigue.

Massage Therapy: Massage therapy is a systematic manipulation of muscles and connective tissues that improves blood flow to the heart and lymph flow throughout the body. It is provided by a

certified oncology-trained massage therapist. To schedule an appointment or for additional information regarding cost, call (864) 455-4231.

Music Therapy: Music therapy is clinically developed therapeutic music and relaxing sounds to create a calming environment. Our board-certified music therapist leads individual and group sessions that involve passive listening and/or playing various musical instruments.

Nutrition Counseling: Specific strategies are useful to maintain and enhance nutrition during and after cancer treatment. Nutrition counseling can be scheduled with our registered dietitian by calling (864) 455-1346.

Smoking Cessation: Using the QuitSmart Smoking Cessation Program, nurse practitioners manage medications for smoking cessation and follow a multidisciplinary approach to help smokers stop tobacco dependence.

Lymphedema Management Program: Lymphedema is swelling that occurs when the lymphatic system has been disrupted because of surgery, radiation, infection, disease or trauma and cannot move fluid and proteins well. This program helps patients prevent and control lymphedema that is related to cancer. Treatment depends on the severity and extent of the condition. Physician referral is required for evaluation by a specially trained and certified physical therapist.

NOTE: Free pre-surgery screening for lymphedema is offered to patients with breast cancer to measure arm size before surgery.

Counseling Services: Psychosocial care is an integral part of high-quality survivorship. A licensed clinical social worker facilitates counseling, educational programs, support and connections to appropriate community resources to increase each patient’s support network and to address individual needs.

Cancer Support Community (CSC) at GHS: CIOS is an affiliate of CSC, the largest not-for-profit agency providing psychosocial services to cancer survivors and a leader in research to determine evidence-based psychosocial programming. This is the first hospital partnership with CSC in the nation. CSC at GHS offers free educational classes, healthy lifestyle programs, social events and supportive counseling. For information, please contact (864) 455-5809 or CSCatGHS@ghs.org.

The Lifetime Clinic

The Lifetime Clinic offers a new model of long-term maintenance care for cancer survivors whereby they receive follow-up surveillance tests according to national guidelines for that cancer and are monitored for new cancers. The clinic’s oncology team is part of the GHS Cancer Institute and will provide direct access to treating oncologists if needed in the future.

Survivorship Clinic

The Survivorship Clinic helps survivors move seamlessly from treatment to follow-up care. At a survivorship clinic visit, each survivor will receive the following:

- A “survivorship care plan” or treatment summary and copies of pathology reports
- Education on long-term effects of treatment
- Recommendation of national guidelines for cancer screenings
- Psychosocial assessment and assistance
- Nutrition assessment and plant-based diet education
- Referrals to assist with integrative therapies during and after treatment
- List of local community resources

Connect with us! Visit our blog with great entries on survivorship and optimal living: blog.ghs.org/category/surviveandthrive