

## What is Palliative Care?

“Palliate” means to ease, and the focus of palliative care is to ease the suffering that results from illness and to improve the quality of life for you and for your family. Palliative care provides expert treatment for your uncomfortable symptoms and can be provided at the same time as curative treatments. Palliative care also helps you live with serious physical illness, even when the underlying disease cannot be cured.



# UPMC

LIFE CHANGING MEDICINE

### UPMC Palliative and Supportive Institute

Iroquois Building, Suite 308  
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[UPMC.com/PSI](http://UPMC.com/PSI)

### How to Contribute

Charitable gifts are an important source of funding for the UPMC Palliative and Supportive Institute (UPMC PSI). Your contribution will help us continue to assist patients and families during times of great sadness and anxiety.

To learn more about the ways in which you can support the programs of the Palliative and Supportive Institute, call Anne Immekus at **412-647-2434** or send an email to [ianne@pmhsf.org](mailto:ianne@pmhsf.org).

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UPMC PALLIATIVE AND  
SUPPORTIVE INSTITUTE

## Living Better with Serious Illness

Palliative and Supportive Care  
Outpatient Clinics





## Promoting quality of life by treating symptoms

If you are living with a serious illness, palliative and supportive care can help you live more comfortably. At the UPMC Palliative and Supportive Institute, our palliative program provides specialists who work with you and your medical team to help with many aspects of your illness. We can assist you with managing pain and physical symptoms and with anxiety, depression, and how to cope with a serious illness.

Our team of physicians, nurse practitioners, nurses, and psychologists are highly trained and experienced. Our job is to collaborate with your primary doctor and treating specialists and provide an extra layer of support to ensure you are getting the best care possible and have the best possible quality of life.

### Navigating serious illness

You and your family may be facing some hard choices. You may want help in considering the options presented to you. We can work with you in making difficult decisions about treatment issues based on your goals and needs.

### How to Request Palliative and Supportive Care

To request a consultation, speak with your treating physician, or contact the appropriate clinic.

**Palliative Care at Benedum Geriatric Center**  
3459 Fifth Ave., 4<sup>th</sup> floor  
Pittsburgh, PA 15213  
412-692-4200 option 3

**Palliative Care at St. Margaret Clinic**  
100 Delafield Rd., Suite 105  
Pittsburgh, PA 15215  
412-784-5050

**Palliative Care at Hillman Cancer Center**  
5115 Centre Ave.,  
Pittsburgh, PA 15232  
412-692-4724

**Palliative Care at Magee in the GynOnc Clinic**  
300 Halket St., Suite 1750  
Pittsburgh, PA 15213  
412-641-5411

**Palliative Care at Magee in the Women's Cancer Center**  
300 Halket St., Suite 4628  
Pittsburgh, PA 15213  
412-641-4530

**Palliative Care at Kidney Clinic**  
120 Lytton Ave., Suite 201  
Pittsburgh, PA 15213  
412-802-3043

**Palliative Care at Presbyterian Heart Failure Clinic**  
200 Lothrop St., Suite 5B  
Pittsburgh, PA 15213  
412-647-7061

**Palliative Care at Passavant Clinic**  
9100 Babcock Blvd.  
Ground Floor Cancer Center  
412-748-5790

**Palliative Care at Mercy Oncology Clinic**  
1400 Locust Street,  
Suite G103  
Pittsburgh, PA 15219  
412-232-7328

**Palliative Care at East Clinic**  
2775 Mossdale Blvd  
Monroeville, PA 15146  
412-357-3604