



Taking Charge *of* Your Cancer Experience

*A Physician-led Intensive for People with Cancer
and Those Who Love Them*



Insight
Medical Consultants

Taking Charge *of* Your Cancer Experience

When you receive the diagnosis – “cancer” – your whole life changes. Suddenly, nothing can be taken for granted.

Life becomes a confusing maze of doctors, treatment plans and medical decisions, as you endure difficult medical procedures, unexpected side effects, and complex emotional reactions.

Wouldn't it be wonderful if a doctor could sit with you for as long as you want, attentively listen to your concerns, frustrations, and questions, and provide concrete, individualized guidance?

Welcome to Insight Medical Consultants and our program: ***Taking Charge of Your Cancer Experience: A Physician-led Intensive for People with Cancer and Those Who Love Them.***

How Can We Help You?

Our aim is to put **you** back in charge of your life, regardless of your diagnosis. To do this, we:

- » **Educate** you about your diagnosis, your treatment options and what you can expect as you face your cancer.
- » **Facilitate** communication between you, your doctors, and your support team.
- » **Guide** you in every aspect of your cancer experience, from medical decisions to locating specialists to managing stress.

“The diagnosis left my entire family anxious and overwhelmed. Where does one start? What questions do you ask your doctor? What do we need to know about our insurance coverage? In Dr. Chiamonte we found someone who could guide us in finding the right specialists, offer suggestions about how to discuss treatment options, and evaluate the efficacy of each. Her medical expertise provided us with invaluable information and allowed us to speak with confidence to the myriad of specialists who now populate our lives. Her warmth, care and genuine concern is evident in everything she does. My family and I owe a great deal to Dr. Chiamonte’s compassionate and intelligent care.”

– Adriane R.

Who We Are

We are Private Medical Care Advisors. Insight Medical Consultants are Board Certified primary care physicians with broad experience in clinical medicine, teaching, and patient advocacy. Our practice is dedicated to educating, supporting, and guiding you...caring for your mind, body and spirit as you fight the toughest battle of your life. ***Our services augment, but do not replace, the care you are currently receiving from your primary care doctor and specialists.***



Our Philosophy

We understand that cancer doesn't just affect your body – it affects your entire life. We are deeply committed to helping you get the best medical care, but we won't stop there. We will address the ways that your illness has affected the physical, emotional, spiritual, personal and professional dimensions of your life. We believe that, with the right coaching, you can take charge of your cancer experience and regain a sense of control over your life.

How the Program Works

Our program is designed as an in-depth conversation in which we tackle all of the questions that having cancer can raise. Then we work with you to create a realistic, practical coping plan.

We begin with a half-hour telephone consultation, during which we will discuss your diagnosis, medical history and most pressing questions and concerns.

Next, we set up a convenient time for you and your loved ones to meet with us for a 2 hour session at our Baltimore or Philadelphia office. We hope that you will bring all of your primary supporters (3-6 people is ideal) to this session. This will allow everyone to hear the same information at the same time, helping your support team to function more smoothly.

One week later, we schedule a half-hour follow-up with you to present your Personalized Health Portfolio (PHP). Self-contained and efficiently designed, the PHP provides an illness and treatment summary, symptom logs, and individualized sections to cover every aspect of your condition. It summarizes all the information and feedback gathered during the learning session, and includes your personalized coping plan.



The Program

Part One: Understanding the Diagnosis

In order to regain a sense of control, you must fully understand what is happening to you. That is why we begin our intensive with a detailed conversation about your diagnosis. How serious is your form of the disease? How does it usually progress? Has the diagnosis been confirmed? We will devote the time necessary to ensure that you and your support team get your questions answered.

Part Two: Treatment

When you are battling cancer you may find yourself evaluating complex medical information and facing difficult medical decisions. Should you start chemotherapy? Join a research study? Seek an expert second opinion? Try alternative therapies? It can be overwhelming. To help you cope with this challenging time, our physicians can:

- » **Help you understand all of your treatment options**
- » **Help you find expert second opinions**
- » **Research available clinical trials**
- » **Locate alternative practitioners**
- » **Help you define your treatment goals**
- » **Help you manage the side effects of treatment**
- » **Help you communicate with your treatment team**



“Delia Chiamonte was absolutely invaluable to me during office visits during my cancer treatments. She knows the vocabulary and can ask the question as one colleague to another, but she also has tremendous heart and a very deep intuitive grasp of any situation.”

– Paul Y.



Part Three: Your Support Team

One of the most important lessons that cancer can teach is one of trust... turning to your loved ones for support in a time of need. This is the focus of this part of the program: the discovery that ***you are not alone in this experience.***

Your support team is made up of those who love you and are willing to help you cope with the physical, emotional, spiritual, and practical challenges of cancer. Many people will want to help you but most will not know how to give you the practical day-to-day support that you need. An effective support team matches tasks to skills, interest, and availability. Your squeamish best friend might not be a good chemotherapy companion, but she might be great at playing with your kids so you can rest.

Coordinating an effective support team takes time and energy... resources that you may find to be in short supply. We can help you by:

- » **Assessing the talents and availability of your key supporters**
- » **Identifying your support needs and matching them to the appropriate helpers**
- » **Giving your support team practical tips for how to help you**
- » **Exploring difficult issues such as barriers to asking for help, caregiver stress, and communication challenges**
- » **Identifying untapped sources of support**



Part Four: Coping

Cancer can be the ultimate test of the coping skills you've developed throughout your life. Everyone copes differently, and we want to help you get through this experience with as little stress and discomfort as possible.

Many people experience difficulties with sleep, pain, treatment side effects, depression and anxiety. We will offer effective solutions and practical resources to meet ***your*** most pressing needs. These solutions and recommendations will be incorporated into your PHP and presented at your follow-up consultation.

Insight Medical Consultants



Delia Chiaramonte, M.D.

Dr Chiaramonte is a Board Certified Family Physician. She attended medical school at The Medical College of Pennsylvania (Drexel University) and completed her Family Medicine Internship, Residency, and Faculty Development Fellowship at Thomas Jefferson University Hospital in Philadelphia, Pennsylvania.

She has practiced family medicine in both office and hospital settings and taught doctors-in-training as a family medicine attending physician in a suburban Baltimore residency program. She has served as Chairperson of a Family Medicine Department, created and chaired multiple hospital committees and published in medical journals. She currently serves as an Assistant Hospice Medical Director for Gilchrist Hospice in Towson, MD.

Dr. Chiaramonte has won awards for teaching excellence and has experience training patient advocates. A member of the American Psychosocial Oncology Society, she has particular interest in patient education, patient advocacy, and the effect of stress on health and wellness. She lives with her husband, two children, and two dogs in Baltimore, Maryland.



Elizabeth Reimet, M.D.

Dr. Reimet is a Board Certified Internist. She attended medical school at The Medical College of Pennsylvania (Drexel University) and completed her Internal Medicine Internship and Residency at the New York-Presbyterian Hospital and Memorial Sloan Kettering Hospital in New York City. She pursued post-graduate training in oncology at Fox Chase Cancer Center and practiced general internal medicine in Philadelphia, Pennsylvania.

She has experience in insurance advocacy and in the training of patient advocates. She has a special interest in advocacy for those with disabilities and she serves on the Children's Services Board of the Association of Retarded Citizens of Montgomery County (MARC).

Prior to attending medical school, Dr. Reimet was trained and practiced as a physical therapist. She lives with her husband and two children in Fort Washington, Pennsylvania.



“Dr. Reimet was able to think outside the box during my recent illness. She provided me with additional information that my doctors had not considered. What a wonderful resource and comfort to my family and me at a time of much uncertainty.”

-Joseph M.

Navigating Your Toughest Journey

Cancer challenges you in every aspect of your life. We provide you with the guidance and a plan to ensure that you have what you need to successfully navigate this demanding journey.

Taking Charge of Your Cancer Experience: A Physician-led Intensive for People with Cancer and Those Who Love Them consists of two 30-minute private consultations, the 2-hour program and all materials including your Personalized Health Portfolio. The all-inclusive program fee is \$750.

Call Us Today

To learn more about this program, please call our Baltimore or Philadelphia office.

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