

Listening to your story:

*Cancer care that
meets your needs.*



At Thyme Care, we understand that cancer affects every part of your life. **That's why we offer Enhanced Supportive Care (ESC).**

It's a special type of medical care that helps you live as well as possible while you're treated for cancer. We aim to guide you and your loved ones through cancer treatment and to give extra support to improve your quality of life.



What is Enhanced Supportive Care (ESC)?

Enhanced Supportive Care means we meet you where you are and make a plan that fits your needs. We care about all of you, not just your illness. We help reduce pain and other tough symptoms like feeling sick, tired, or lacking an appetite. Our care covers everything—your body, feelings, and relationships. We're here to help you live better and handle the symptoms and side effects of cancer and its treatment.



Can you get ESC with other treatments?

Absolutely! You can receive ESC alongside other cancer treatments like chemotherapy, immunotherapy, and radiation. It's also available if you're not currently undergoing other treatments.



How does ESC help you?

- **Feel better faster:** If treatments cause side effects that make you feel bad, we can suggest new foods to try, give you medicines, or offer other ideas to help you feel better.
- **Make daily tasks easier:** When simple things like getting dressed or cooking seem hard, we give you tips so you can save your energy.
- **Talk and get support:** If you're feeling sad or worried, we have a safe place for you to talk about your feelings. We listen and help you through tough times.
- **Think ahead with confidence:** We talk with you about what you want for your future care and help plan for decisions that might need to be made if you can't make them yourself later. This makes sure your wishes are known and respected.

Enhanced Supportive Care is all about helping you feel better, supported, and more in control during your treatment.



Meet Dr. Julia Frydman

She believes that every person should receive care that fits their unique needs. She has an MD from Harvard Medical School and has received additional training that makes her an expert in managing pain and symptoms associated with serious illnesses, improving patients' quality of life, and helping them and their families make important healthcare decisions. Dr. Frydman and her team are committed to ensuring you and your loved ones receive all the necessary support.

Get started with Enhanced Supportive Care.

Phone: **201-526-8484**

Thyme Care's doctors are available **Monday to Friday, from 9 AM to 5 PM EST**. All visits are done virtually through video calls, so you can easily get care from your home. An outpatient co-pay will apply.