

# Welcome to the *Houston Cancer Institute, PA*



*Dr. Maria Scouros  
HCI Founder and Director*

## Calendar of Events

- **HCI Support Groups**

Every Monday at 11AM in Suite 200, Oncology Nurse Nancy Ponterella, leads a peer support group to help patients share information about dealing with cancer treatment. Caregivers are invited, too.

On the last Monday of the month at 2 PM, HCI physicians lecture on a variety of topics that provide medical insight.

- **HCI Nutrition Counseling**

HCI Registered Dietitian, Debra Latimer, holds ADA approved classes in diabetes and proper nutrition for patients undergoing cancer treatment. Ask about other class times and nutrition topics.

- **HCI Cancer Counseling**

Trained cancer counselors conduct individual and group sessions to lift the burden and promote understanding of the psychological effects of cancer.

- ***Look Good ... Feel Better***

The American Cancer Society joins HCI in offering classes in cosmetics and grooming tips for patients in cancer treatment.

## Houston Cancer Institute's Pledge To You.

The Houston Cancer Institute (HCI) offers a variety of programs and workshops to assist you with your journey to better health, in addition to state-of-the-art medical care and services.

The programs listed on this flyer are a sample of our most popular. Other programs and support services can also be found on our Website, which is updated daily. Family and friends are always invited to join you at our programs.

Most of our programs are offered free of charge or are covered by your health insurance. Our staff and physicians will assist you with selecting support programs to make *your* recovery personal.

If you have questions or comments on any of our services that will make your visit better, please tell us or put your comments and suggestions in the little red boxes located throughout our office. We want your visits at HCI to be convenient and stress free.

***We are here to serve you.***

