

Community partnerships

Swedish has partnered with several organizations to offer an array of support services, classes and emotional support to cancer patients and their families. These include:

Cancer Pathways – Offers support and networking groups, lectures, workshops and social events. Call 206-709-1400 or go to www.cancerpathways.org.

CancerLifeline – Features a 24-hour telephone counseling service that provides emotional support, information, community referrals and free classes and support groups. Call 1-800-255-5505 or go to www.cancerlifeline.org.

American Cancer Society – Offers services in this region, including a wig bank, transportation and lodging. Call 1-800-ACS-2345 or go to www.cancer.org.

Harmony Hill – Provides support for those affected by a cancer diagnosis, including caregivers and health professionals. Harmony Hill offers several programs, including classes and retreats. Call 360-898-2363 or visit www.harmonyhill.org.

Northwest Hope & Healing – Supports newly diagnosed breast cancer patients in the Puget Sound area. This nonprofit organization provides financial assistance to women in need who are battling breast and gynecological cancers. The funds provide assistance for everyday living expenses such as child care, groceries, transportation and emergency rent. Northwest Hope & Healing also assembles and delivers Healing Baskets to the Swedish Cancer Institute for newly diagnosed patients. To learn more about qualifying for assistance or receiving a Healing Basket, please call 206-386-3228 or visit www.nwhopeandhealing.org.

Team Survivor Northwest – Helps women who have or have had cancer rebuild their physical and emotional strength through exercise. Fitness groups and events are offered throughout the year at no cost to Team Survivor Northwest members. Visit www.teamsurvivornw.org/.



swedish.org/cancer

We do not discriminate on the basis of race, color, national origin, sex, sexual orientation, gender identity or expression, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711)
注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)

SUPPORTIVE CANCER CARE

Services for the mind, body and spirit



SWEDISH
CANCER INSTITUTE

The Swedish Cancer Institute offers many therapies and services that can be integrated into an individual's care to complement their treatment plan. Please ask your care team for more information.

Acupuncture

Meet with a physician who practices acupuncture to help devise and carry out a treatment plan that emphasizes safe, effective and sustainable approaches to minimizing unwanted symptoms and enhancing overall wellness proactively and preventively. For more information and scheduling at First Hill, Edmonds, and Issaquah please call **206-386-2717**.

Art Therapy

Art Therapy provides a safe space to explore and express feelings about cancer. Research shows Art Therapy may also help reduce the pain and anxiety often associated with cancer, as well as reduce stress. No previous artistic training or experience is necessary. For more information or registration, email SCIArtTherapy@swedish.org or call **206-309-5437**.

Hereditary Cancer Clinic

This clinic offers genetic testing and counseling to patients and families at risk for hereditary cancers, including breast, ovarian and colon. The genetic counselor will meet with you to review medical and family histories and determine which tests are appropriate for you. Testing requires a blood draw, from which results come back in about four weeks. For more information and scheduling, please call **206-215-4377** for First Hill, Edmonds and Ballard; for Issaquah please, call **425-313-4200**.

Cancer Education Center

The unique resource center provides patient education materials as part of your total care package. Here you'll find a variety of brochures, books, videos and audiotapes about cancer, along with a computer database that you can use to search for specific cancer types or clinical trials. Cancer Education Centers are located at all of our network sites. For more information, please call:

First Hill and Ballard **206-386-3200**

Cancer Rehabilitation

The main goal of cancer rehabilitation is to teach basic exercise skills to help patients maintain energy and strength. Our team of expert cancer rehabilitation professionals, including cancer rehabilitation physicians and physical, occupational and speech language therapists help you to:

- Learn how to reduce fatigue, pain and emotional distress
- Better tolerate the rigors of treatment
- Engage as fully as possible in everyday life
- Enhance your sense of well-being while living with cancer

Please call **206-215-6333** for information and scheduling at First Hill.

Counseling and Support: Cancer Psychiatry and Oncology Social Work

Cancer can present challenges to patients' social, emotional, physical and spiritual well-being. Our staff psychiatrists and oncology social workers focus on helping patients and families maintain the emotional well-being needed to cope with the stress of a cancer diagnosis, treatment and survivorship. The social work team provides programming for patients, their families, caregivers and children.

For more information or to speak with a social worker, please call:

- First Hill **206-386-3228**
- Ballard **206-781-6359**
- Edmonds **425-673-8328**
- Issaquah **425-313-4224**

For information about psychiatry, please call **206-215-2275** for First Hill, Edmonds and Issaquah.

Knit for Life

This class uses knitting as a healing experience to enhance the lives of cancer patients, their families and caregivers. It provides a supportive environment for beginning and experienced knitters. **All materials are provided.** For more information about this program available at Edmonds, First Hill and Issaquah, please call **206-386-3200**.

Massage Therapy

Licensed massage therapists will apply pressure to the soft tissues of the body to stimulate nerves and increase blood flow. Massage can relieve symptoms related to cancer, as well as side effects from treatments, such as nausea, fatigue and pain. All massages are tailored to the individual patient's needs. Please call **206-527-9709** to schedule at First Hill.

Music Therapy

Music therapy is the clinical use of music activities such as singing, songwriting, instrument playing and listening to music to support therapeutic goals during or after cancer treatment. All sessions are led by a board certified music therapist. No music experience or confidence is required to participate. Please call **206-386-6711** for First Hill, Edmonds and Issaquah.

Naturopathic Medicine

The goal of naturopathic care is to complement your oncology treatments by supporting your immune system and reducing side effects. Treatments include clinical nutrition, herbal medicines and mind-body therapies. All treatments are coordinated directly with your oncologist. For more information, call **206-386-3015** for First Hill, Issaquah and Ballard.

Nutrition Counseling

The Nutrition Care Clinic offers individualized nutritional counseling by registered dietitians to help patients make the best dietary decisions during their cancer treatment. No referral is needed for this service. For more information or to schedule an appointment, please call:

- First Hill and Ballard **206-215-6213**
- Edmonds **425-640-4329**
- Issaquah **425-313-4200**

Palliative Care/Symptom Management Clinic

The palliative care team improves care for all people with serious or life-threatening diseases. The goal is to prevent or treat symptoms of the disease and any side effects of treatment. Palliative care helps patients manage physical, emotional, practical and spiritual issues throughout the entire experience with cancer, starting even at the time of diagnosis. For more information, please call:

- First Hill **206-386-2126**
- Edmonds **425-640-4636**

Survivorship Clinic

After active cancer treatment is completed, the survivorship program is available to help with concerns that may arise when making the transition back to "normal" life. The clinic is open to cancer survivors, defined as anyone who has been diagnosed with cancer, or anyone else that the diagnosis may have affected, including family, friends or caregivers. As part of the survivorship care plan, specialty services may be identified to help you transition to your "new normal." Before receiving services, you must have a referral from your oncologist. For more information, please call:

- First Hill and Issaquah **206-320-8266**
- Edmonds **425-673-8300**