

patient
education

Update

Information and resources for patients at the Swedish Cancer Institute

SUMMER 2010

QUICK REFERENCE

American Cancer Society
 Cancer Resource Navigator
 206-215-6557

Art Therapy
 206-386-3200

Cancer Education Center
 206-386-3200

Cancer Rehabilitation
 ACTIVE Program
 206-215-6333

Hereditary Cancer Clinic
 206-215-4377

Massage Therapy
 206-215-3007

Naturopathic Services
 206-386-3015

Nutrition Care Clinic
 206-781-6228

Oncology Social Work
 206-540-0477

www.swedish.org/cancer

Acupuncture: A Useful Treatment Option in Cancer Care

By Gregory Rudolf, M.D., Physician Acupuncturist,
 Swedish Pain and Headache Center

Acupuncture is widely known as an ancient medical art originating from China more than 2000 years ago. It is still practiced all over the world as an evidence-based modern medical treatment. Awareness of acupuncture in the U.S. increased dramatically in 1971 when a *New York Times* reporter visiting China developed acute appendicitis and was treated very successfully for pain after his surgery with nothing more than three acupuncture needles.

He then wrote a front page article in the *Times* about his experience. After the article was published interest gained momentum, leading to formal evaluation and eventual endorsement of acupuncture's effectiveness in a wide variety of medical contexts by the World Health Organization (WHO) and the National Institutes of Health (NIH).

For patients battling cancer, acupuncture may be a very useful and effective addition to a patient's overall regimen. Acupuncture has shown excellent benefit in research studies for cancer pain, as well as for a range of other pain syndromes including back and neck pain, headache, and joint pains such as shoulder and knee. It is also effective for treating chemotherapy-induced nausea, shown in several studies to be more effective than standard anti-nausea medications when



Gregory Rudolf, M.D.

compared directly. When added to an anti-emetic medication regimen, acupuncture plus the medication proved more effective than medication alone.

In addition to improving common physical symptoms associated with cancer and its treatment, acupuncture has demonstrated effectiveness in addressing psycho-emotional issues typically encountered by cancer patients, such as depression, anxiety, and

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insomnia. One large controlled study found acupuncture to be equally effective to antidepressant medication in treating depression, without any of the common side effects associated with those medications.

Acupuncture is generally extremely safe and well-tolerated. One-time-use sterile needles make risk of infection insignificant. The needles are very fine and when inserted may be sensed as a very brief pinch-like sensation which resolves in seconds; often there may be no discomfort at all with insertion. Most practitioners employ the use of local heat sources over the needles to provide additional comfort and to boost the effectiveness of the treatment input. Other techniques are often employed to maximize relaxation such as keeping the room warm and dimly lit, and playing relaxing music.

A treatment may last 20-30 minutes and typically patients leave the clinic feeling immediately better. Optimal clinical benefit is often seen after several sessions performed on a weekly basis, as the effects are generally cumulative. Frequency of visits and the overall treatment approach would depend on the specific treatment goals outlined by the patient and practitioner as a team.

If you are interested in acupuncture, you can call 206-386-2013 for more information or to schedule an appointment.

Dr. Rudolf is a diplomate of the American Board of Medical Acupuncture. He completed his initial acupuncture training through the Helms Medical Institute, Stanford University School of Medicine, in 2007. He practices medical acupuncture at the Swedish Pain and Headache Center. Dr. Rudolf is also board certified in Addiction Medicine and Family Medicine, having done his residency and fellowship training at Swedish Medical Center in Seattle.



SUMMER SPOTLIGHT

The Cancer Podcast Series provides educational material on many different cancers, treatment options, and integrated care services available at the Swedish Cancer Institute. The podcasts are created and presented by medical experts to provide you with a wide range of accurate information. You can download the podcasts from the Swedish website, or you can visit the Cancer Education Center, located on A-Floor West in the Arnold Pavilion, to hear the podcasts on our complimentary iPod Nanos.

To access the Cancer Podcasts online, go to www.swedish.org/cancerpodcasts.

You will be able to view all the cancer podcasts online that are currently available. Keep checking back for more podcasts, including our new video podcasts!

Patient Education Classes

The Swedish Cancer Institute offers programs to assist you, your family and your caregivers in making treatment decisions, managing your symptoms and accessing complementary programs to help your mind, body and spirit to heal. **Registration is required for all classes unless otherwise indicated. To register, call 206-386-2502. Registration is also available online at www.swedish.org/classes.**

Most classes listed here are offered at the Swedish Cancer Institute's First Hill location (Arnold Building, 1221 Madison, A-Floor West, Conference Room AB). We also offer, on occasion, classes on the Swedish/ Cherry Hill campus (500 17th Ave.) and on the Swedish/Ballard campus (5300 Tallman Ave. N.W.).

Note: Classes marked with an asterisk (*) will be videotaped and available in the Cancer Education Center's Loan Library collection three weeks after the date of the class. The Cancer Education Center is located at the Swedish Cancer Institute, Arnold Building, 1221 Madison, A-Floor West.

Acrylic Painting

Come explore your creative side in this beginning painting class facilitated by art instructor Tiffany Thiele. Acrylic paint and mediums are fun to work with. We bring all the supplies and instruction, you bring the inspiration!

Monday, Sept. 27, 10 a.m.-noon

Donald A. Tesh, M.D., Conference Rooms A and B

Beauty and Cancer

Gary Manuel Salon is proud to announce *Beauty over Cancer*, a new program to help people with cancer. In the program, patients can receive complimentary services at Gary Manuel Salon such as last-hair parties, wig advice and trims, and head shavings. Guests can call Gary Manuel Salon to make a hair appointment at 206-728-1234.

Beginning Jewelry Making

Make your own beautiful jewelry to keep for yourself or give to friends. Learn how to use jewelry making tools and wire in this beginning jewelry workshop lead by art instructor Tiffany Thiele. All materials provided.

Monday, Sept. 13, 10 a.m.-noon

Donald A. Tesh, M.D., Conference Rooms A and B

Card-Making

Join art instructor Tiffany Thiele to create treasured cards for your friends and family. We'll explore different ways of embellishing cards with a variety of techniques, including stamping and paper folding. (If you attended the printmaking with foliage class, bring the papers you created to incorporate into your cards.) All materials provided.

Monday, Oct. 11, 10 a.m.-noon

Donald A. Tesh, M.D., Conference Rooms A and B

CaringBridge Workshop

Learn how to create a free, simple website to keep friends and family connected during your cancer treatment. CaringBridge allows you to schedule meal deliveries, provide health updates, and receive messages — easing the burden during your cancer journey. Join Shannon Marsh, American Cancer Society patient navigator, for this unique class.

Wednesday, Sept. 29, 10:30 a.m.-noon

Donald A. Tesh, M.D., Conference Rooms A and B

Circles & Spirals

Using the ancient imagery of the circle and spiral, this expressive arts workshop will explore how these powerful symbols are both metaphors for our current lives and organic models for change. Please bring a special circular or spiral object with you to the workshop. This class is led by a board certified music therapist, Sha'ari Garfinkel.

Wednesday, Aug. 11, 9:30 a.m.-noon

Gilda's Club Seattle (1400 Broadway)

Continuing Jewelry Making

Now that you know the basics of jewelry-making, art instructor Tiffany Thiele will show you how to take it to the next level and work on a piece that is more elaborate. Basic wire-wrapping adds a whole new element to your jewelry pieces. All materials provided.

Monday, Sept. 20, 10 a.m.-noon

Donald A. Tesh, M.D., Conference Rooms A and B

Create-a-Soundscape

Together we will use Tibetan singing bowls, crystal singing bowls, bells, chimes and other instruments to create our own music for relaxation and meditation. Each participant will receive a sound file or CD to listen to at home. This class is led by a board certified music therapist, Sha'ari Garfinkel. No experience necessary. Bring a cushion or mat.

Wednesday, Oct. 6, 7-9 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

Demystifying Death

Margo Bykonen, R.N., M.N., and oncology social worker Sylvia Farias, MSW, teach a class for cancer patients and their loved ones to answer questions about end-of-life issues. Topics include the changes a body goes through at the end of life, hospice care, and talking to your family.

Thursday, Sept. 9, 4-5:30 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

Eating Well When Dealing With Cancer

Join Brian Higginson, R.D., as we cover healthy eating, side-effect management and maximizing nutritional intake. Recipe sampling provided.

Wednesday, Sept. 22, noon-1 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

Fighting Cancer with Naturopathic Nutrition Strategies

Join naturopathic doctor Kathleen Pratt, N.D., to discover foods that have anti-inflammatory properties, foods that will support your immune function and foods that have apparent cancer fighting properties.

Thursday, Sept. 23, 6-7:30 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

Gentle Yoga

Create balance in the body, breath and mind in this therapeutic class with registered yoga teacher Ann Ford. Bring a mat and blanket. *Six sessions.*

Tuesdays, Aug. 24-Sept. 28, 3:30-4:30 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

Getting your Cardiovascular and Physical Strength Back After Cancer Treatment

Join Naturopathic doctor Dan Labriola, N.D., and cardiologist Sarah Speck, M.D., and learn how to restore your cardiovascular and physical health after cancer treatment.

Thursday, Sept. 16, 6-7:30 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

Hair Alternatives

Join appearance consultant Janet Bowman to create different hair alternatives with scarves, hats and accessories.

Thursday, Sept. 2, 10:30 a.m.-noon or

Tuesday, Oct. 5, 1-2:30 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

*Improving the Chemotherapy Experience

Join Nancy Thompson, R.N., for a class that explains chemotherapy, its common side effects and how you and your health-care team can work together to prevent or manage those side effects.

Wednesday, Sept. 8, 1:30 -3 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

Patient Education Classes

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Life After Treatment

The completion of cancer treatment offers opportunities for personal growth, but also new challenges. Join health educator Carol Robl to explore and share personal experiences. *Three sessions.*

Tuesdays, Oct. 5, 12 and 19, 5:30-7 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

Look Good, Feel Better

This American Cancer Society class focusing on skin care, cosmetics, hair care and hair loss is designed for women undergoing cancer treatment.

Monday, Aug. 30, 1-3 p.m.

Clearwater Conference Room C or

Monday, Oct. 25, 1-3 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

*Meditation for People with Cancer

Swedish physical therapist Carolyn McManus teaches mindfulness meditation. *Two sessions.*

Mondays, Oct. 18 and 25, 10:30 a.m.-noon

Donald A. Tesh, M.D., Conference Rooms A and B

Naturopathic Recovery Plan After Conventional Cancer Treatment

Are you finishing up cancer treatment? Come join naturopathic doctor Patrick Bufi, N.D., and learn natural ways to help your body heal and repair after conventional medical treatment.

Thursday, Oct. 7, 6-7:30 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

New Advancements in Skin Cancer

Join skin cancer surgeon Scott Iseinhath, M.D., for a discussion on the latest research and screening guidelines for skin cancer. Topics to be discussed include how to do self-screening, how to pick a safe sunscreen, and news on the most recent cancer medications. Learn how to better protect you and your family from this potentially life-threatening disease.

Tuesday, Aug. 3, 6-7:30 p.m.

Donald A. Tesh, M.D., Conference Rooms A and B

Printmaking

Autumn is in the air and the foliage is perfect for print-making. Join art instructor Tiffany Thiele and you'll be amazed with the beautiful and lasting impressions the fall leaves can make. All materials provided.

Monday, Oct. 4, 10 a.m.-noon

Donald A. Tesh, M.D., Conference Rooms A and B

The Anticancer Lifestyle

Explore recent findings on ways to increase your resistance to cancer with health educator Carol Robl. Learn how to create an anticancer lifestyle by eating beneficial foods, protecting yourself from environmental threats, and enhancing your physical and emotional well-being.

Tuesday, Oct. 26, 7-9 p.m.

Issaquah Library (10 W. Sunset Way)

Tuning Forks for Health & Wellness

Learn some basics about the use of tuning forks on acupuncture points throughout the body for pain, relaxation and toning with a focus on cancer care. This class is led by a board certified music therapist, Sha'ari Garfinkel. No experience necessary.

Monday, Aug. 2, 10-noon

Donald A. Tesh, M.D., Conference Rooms A and B

To register for either of the following sessions, please call 206-386-3200.

Art Therapy: An Approach for Healing

Art therapy is a confidential, supportive and individualized experience for visually and verbally examining health issues through self-exploration. No artistic confidence or experience necessary. Offered by registered art therapist, Nicole Stiver.

Appointment necessary.

A-floor West, Cancer Education Center

(ongoing with 50-minute appointments)

Tuesdays and Thursdays, 9 a.m.-6 p.m.

Wednesdays, 9 a.m.-1 p.m.

Knit for Life™

This network of volunteers uses knitting as a healing experience to enhance the lives of cancer patients, their families and caregivers during treatment and recovery. It provides a supportive environment for beginning and experienced knitters. All materials are provided.

Cherry Hill: Hospital Lobby Starbucks

Mondays (ongoing), 6-8 p.m.

First Hill: Swedish Cancer Institute, First-floor Lobby

Thursdays (ongoing), 1-3 p.m.

