

Update

Information and resources for patients at the Swedish Cancer Institute

Patient Education Classes

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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. Prior art experience is not a requirement. 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 use 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.



Art Therapy at Swedish

WINTER 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
206-386-2552

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

Healthy Eating During Cancer: Tips for the Kitchen



Brian Higginson, R.D., C.D., the clinical nutrition specialist in the Nutrition Care Clinic at Swedish

A healthy diet and lifestyle is always useful to help you feel your best, especially during cancer treatment. There are a number of easy strategies you can use to keep your energy and comfort levels as close to normal as possible.

While everyone should try to eat a lot of fruits, vegetables and whole grains, some nutritional recommendations for cancer patients can differ from universal “healthy

eating” guidelines. Brian Higginson, R.D., C.D., is the clinical nutrition specialist in the Nutrition Care Clinic at Swedish Medical Center who talks with patients experiencing cancer. “My approach is to get people to focus on smaller, more frequent meals, eat a good breakfast with some protein and to not wait much more than about five hours without eating something,” says Brian. “This will help keep the metabolism moving along,

whereas if people wait too long, avoid protein or eat large meals, then their blood sugar levels will be up and down and they can feel worse.”

There are some simple ways to make snacking easier, both at home and when you are on the go. Keep a bowl of fruit on the kitchen table or a sack of trail mix in the cupboard. Hard boiling eggs in advance and keeping them in the fridge is a great way to combine easy snacking with a great source of protein. Bring a snack with you whenever you leave home to remind yourself to keep snacking even when you are in and out of the house.

Eating breakfast is a great way to start the day. Though it's important to eat a variety of foods, eating protein in the morning helps to control blood sugar levels and makes you feel more satisfied after eating. Breakfasts that include protein can include some meat, whole grains, eggs, dairy or beans. Eggs with cheese on them, breakfast burritos or turkey bacon are great options for a protein-filled breakfast.

Keep your meals easy to conserve energy when you are feeling tired. Make straightforward, familiar meals that are simple to prepare and don't require a lot of clean up. When you do choose to cook, make larger quantities of food and freeze or refrigerate for consumption later. This is especially easy with meals like lasagna, casserole dishes, enchiladas or meatloaf.

It is also extremely important to stay hydrated. The National Cancer Institute recommends drinking at least eight 8-ounce glasses every day. “Water is necessary because our body needs fluids every day to maintain electrolyte balance, remove wastes and keep our body's cells hydrated,” says Brian. “Plain water is the best choice because it does not contain any sugars, salts or other micronutrients.” The absence of other nutrients in plain water is easier for your body to digest. Juices and sports drinks that contain sugar can cause your blood sugar and your energy levels to spike and then crash. They can also stress your kidneys by putting more salt in your body, which will actually draw more water out of your body as it tries to dispose of the salt.

Keep in mind that the food recommendations given here are general and your personal diet will be as unique as your individual body and digestive system.

Treatment effects, including side effects, are also unique between people and can call for some different approaches to nutrition. For example, a decrease in appetite may call for an increase in calorie intake, especially through increased protein consumption. These diets may include fish, poultry, meats and dairy such as milk, cheese and eggs. The protein you choose should include foods that agree with you and avoid those that you don't respond well to. For example, dairy works fine for some, but is a poor choice for those allergic to dairy products or if constipation is an issue. While sauces or gravy can be a good nutritional source for some, especially if home made, they may be too rich for others.

If digestion, absorption, elimination or food interactions with treatment are an issue, contact your physician, nutritionist or naturopath for more personal advice. You can also come talk with Brian at “Eating Well When Dealing with Cancer,” a complementary health class offered by the Swedish Cancer Institute, on Tuesday, March 30, 2010 at noon. You may also be interested in attending “Food, Mood, Cancer and Quality of Life” on Thursday, February 11, 2010 at 6-7:30 p.m. Naturopath doctor Patrick Bufi, N.D., will provide some practical tips on what you can do to maintain balance and wellness. Breast surgeon Patricia Dawson, M.D., will discuss ways to improve quality of life both to tolerate cancer treatment and maintain optimum health. Register for this, or any other complementary Swedish Cancer Institute class, at www.swedish.org/classes or by calling 206-386-2502.

TIPS

- Choose foods that you enjoy and avoid those that you may be allergic to or upset your digestive system
- Eat smaller, more frequent meals
 - Hard boiled eggs
 - Apple with peanut butter
 - Cottage cheese with fresh pears, blueberries or any seasonal fruit
- Eat breakfast with some protein
 - Eggs with cheese
- Hydrate all day long
 - Bring a water bottle with you everywhere you go
 - Drink plain water – it's cheaper and better for you!

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. To register, call 206-386-2502 unless otherwise indicated.

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).

Art Escapes

Come get in the flow of art and discover your creative side while having fun. No art experience needed. All materials supplied. *Three-session series.*

Class 1-Exploring Collage
Monday, March 1, 10 a.m.-noon

Class 2-Simple Printmaking
Monday, March 8, 10 a.m.-noon

Class 3-Painting Fundamentals
Monday, March 15, 10 a.m.-noon
Conference Room AB

Eating Well When Dealing With Cancer

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

Tuesday, March 30, noon-1 p.m.
Conference Room AB

Food, Mood, Cancer and Quality of Life: Discussion with a Breast Surgeon and Naturopathic Doctor

Good food, good mood! Discover how foods can affect your mood and see the connections between what you eat and how you feel. Learn how this applies to the challenges faced during treatment and recovery of cancer and illness in general. Naturopath doctor Patrick Bufi, N.D., will provide some practical tips on what you can do to maintain balance and wellness. Breast surgeon Patricia Dawson, M.D., will discuss other ways to improve quality of life both to tolerate cancer treatment and maintain optimum health.

Thursday, Feb. 11, 6-7:30 p.m.
Conference Room ABC

Gentle Yoga

Create balance in the body, breath and mind in this therapeutic class. Bring mat and blanket.

Tuesdays, March 2, 9, 16, 23, 30, April 6, 13, 20 and 27 (9 sessions)
2:30-3:30 p.m.

Conference Room AB

Hair Alternatives

Join us as we create different hair alternatives with scarves, hats and accessories.

Tuesday, Feb. 23, 1-2:30 p.m. or
Wednesday, March 31, 1-2:30 p.m. or
Thursday, April 29, 1-2:30 p.m.
Conference Room AB

*Improving the Chemotherapy Experience

This class explains chemotherapy, its common side effects and how you and your health-care team can work together to prevent or manage those side effects.

First Hill: Swedish Cancer Institute
Tuesday, Feb. 16, 1-2:30 p.m.
Conference Room AB

Jewelry Class

Come learn to make a necklace and pair of earrings in this beginning jewelry class. Beginners welcome. All materials supplied.

Monday, April 5, 10 a.m.-noon
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.

Life After Treatment

The completion of cancer treatment offers opportunities for personal growth, but also new challenges. Explore and share personal experiences. *Three sessions.*

Tuesdays, Feb. 9, 16 and 23
10:30 a.m.-noon or
Wednesdays, March 17, 24 and 31
5:30-7 p.m.
Conference Room AB

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, Feb. 22, 6-8 p.m.
Monday, April 26, 6-8 p.m.
Conference Room C

Music Therapy and Cancer Care

This workshop explores the benefits of using music to address cancer and promote health and healing. It includes related information about music therapy along with experiential learning.

First Hill: Swedish Cancer Institute
Monday, Feb. 8, 10 a.m.-noon or
Monday, March 22, 1-3 p.m.
Conference Room AB

Music Therapy Tool Kit — 10 Tools You Can Use

Learn simple, portable music therapy self-help techniques for relaxation, rejuvenation, release and reconnection. No prior music experience necessary.

Monday, March 29, 10-11:30 a.m.
Conference Room AB

Sound Therapy 101

Great way for beginners to learn how sound therapy works. Experience the healing benefits of gongs, Tibetan bowls and bells. Bring a mat or blanket.

Monday, Feb. 22, 6-8 p.m.
Conference Room AB

Sound Therapy 102

Practice new techniques and refine your sound therapy skills. Prior attendance at Sound Therapy for Beginners highly recommended. Bring former handouts and a mat or blanket.

Monday, March 1, 6-8 p.m.
Conference Room AB

Turn Down the Heat: Important Advice from a Medical Oncologist and Naturopathic Doctor on Dealing with Hot Flashes and Other Estrogen Withdrawal Symptoms

Natural medicine offers safe ways to manage hot flashes — without the use of hormone therapy. With these simple, practical tips you'll sleep better and feel better all day. Diet, lifestyle tips and nutritional supplementation will be covered by medical oncologist Erin Ellis, M.D., and naturopathic doctor Kathleen Pratt, N.D.

Tuesday, March 9, 6-7:30 p.m.
Conference Room ABC