

patient  
education

# Update

Information and resources for patients at the Swedish Cancer Institute

FALL 2011

## QUICK REFERENCE

American Cancer Society  
 Cancer Resource Navigator  
 206-215-6557

Art Therapy  
 206-215-6178

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](http://www.swedish.org/cancer)

## Cancer IS a Family Affair

A cancer diagnosis can affect everyone in the family. We are working with the University of Washington School of Nursing on two research studies that evaluate the effectiveness of educational programs to support families.

*By Mary Ellen Shands, edited by Briana Brewer and Anne Vurdelja*

If a woman you care about has breast cancer and you would like to help her through this experience or have questions about her health, **Helping Her Heal** is a program offering coping strategies and support techniques for spouses\* of women with breast cancer. The program is specifically designed to explore self-care, communication and support for the spouse to help their partner during cancer treatment. The program was created in response to men who have experienced challenges while supporting their spouses who are undergoing treatment for breast cancer.



*"She seems to be happier, more energetic and more confiding in me than she was. She was better able to explain some of the difficulty she was having with the breast cancer and even now with the fears that she has that it is going to recur. And I think that it's made it easier for her to do that because of me being a better listener."*

The program is offered through the University of Washington School of Nursing. Nurse clinicians and other health professionals have created materials for this program based on over 15 years of research and clinical experience.

The **Helping Her Heal** study randomly selects spouses into either one of two groups. One group will receive printed materials in the mail

about couples and breast cancer while another group will meet with a patient educator for five one-hour sessions offered at two-week intervals in the clinic. The materials and sessions are available at no charge. As part of the research study, the spouse will be asked to complete a set of questions before the program begins, immediately after the program ends, and three to six months after program completion to evaluate the effectiveness of the educational program.

The **Helping Her Heal** program is available to men living in the Puget Sound area, who can speak and read English, and who are in a married or committed partnered relationship with a woman who has been diagnosed with early stage breast cancer (Stage 0, I, II or III).

\*Spouses include intimate male partners, not just married partners.

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*“The program gave my husband an active role in trying to be a good partner. This was a very specific set of tools to try. So it was a very focused learning experience.”*

If you're interested in learning more about the **Helping Her Heal** study, please contact Cynthia Sessoms at **206-386-2572** or email her at **Cynthia.Sessoms@swedish.org**.

**When Mommy or Daddy Get Cancer** is another program offered in collaboration with the University of Washington School of Nursing. The program is available for parents with any cancer diagnosis that are wondering about the best approach to handle their cancer with their children. It includes ways to enhance communication with their child about cancer, draw out the child's feelings and concerns about cancer, and support the child to decrease stress related to cancer. This program was created in response to parents who have experienced challenges helping their child during their treatment for cancer.

The **When Mommy or Daddy Get Cancer** program includes five one-hour sessions at two-week intervals with a trained Masters prepared patient educator. A *Parent's Workbook* and interactive booklet are given to guide the parent through carefully designed interactive learning and reading activities.

The **When Mommy or Daddy Get Cancer** program is available to parents who have a 5 to 12 year old who is aware of the cancer diagnosis. The parent must be diagnosed within the last 7 months with early stage cancer (Stage 0, I, II or III). The non-ill parent may participate in the program if the ill



parent is unable. Sessions are offered either in the clinic or by telephone if traveling to the clinic is a hardship.

*“I started realizing how much of the problem...communication problem, was me, not him. I thought I was listening, but I really wasn't. When I really had to sit down and go through this program, that was the only thing that made the light go on. It made me realize, ‘Oh, I'm really not listening. I thought I was. I meant to.’ But I wasn't. I was hearing. But I wasn't listening.” – A mother realizes the communication skills she learned from the program*

If you are interested in learning more about the **When Mommy or Daddy Get Cancer** study, please contact Mary Ellen Shands at **206-685-0837**, toll free at **866-577-8062**, or email her at **ffrp@uw.edu**.



## Online Education

### Swedish Cancer Institute's Cancer Podcast Program

Are you unable to attend a class in person yet still want the educational experience and information? Join us anytime, online, at [www.swedish.org/cancerpodcasts](http://www.swedish.org/cancerpodcasts), for a full list of offerings and discover what our experts have to say.

#### ***This month's featured podcasts:***

##### **A Guide for the Newly Diagnosed Woman**

Join Susan M. Gardner, R.N., as she explains what breast cancer is, types of breast cancer, diagnosis and surgical options.

##### **How to Prepare for Lung Surgery and What to Expect after Your Operation**

Kathy Witmer, ARNP, explains what should be done to prepare for surgery, what to expect immediately after surgery, when it will be time to go home, and what instructions will be given before leaving the hospital.

##### **Prostate Cancer**

John Fitzharris, M.D., discusses prostate cancer, diagnosis, determining the advanced stages, and the best treatment for each individual.

***For a full listing of our podcasts please visit us online at [www.swedish.org/cancerpodcasts](http://www.swedish.org/cancerpodcasts)***

# Fall 2011

## 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](http://www.swedish.org/classes).**

Most classes listed are offered at the Swedish Cancer Institute. **The Swedish Cancer Institute's class locations are listed below:**

**Swedish First Hill Campus** (Arnold Building, 1221 Madison Street, A-Floor West)

**Swedish Cherry Hill Campus** (500 17th Ave.)

**Swedish Ballard Campus** (5300 Tallman Ave. N.W.)

**Swedish Edmonds Campus** (21601 76th Ave. W.)

**Swedish Issaquah Campus** (751 N.E. Blakely Drive)

**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.

### After Breast Cancer: What's Next?

An eight-week group for women who are preparing to live their life after breast cancer treatment.

*Wednesdays, Sept. 28-Nov. 16, 4:30-6 p.m.  
Swedish First Hill Campus – Clearwater  
Conference Room C or*

*Tuesdays, Sept. 27-Nov. 15, 4:30-6 p.m.  
Swedish Edmonds Campus – Auditorium A*

### After Cancer Treatment: What's Next?

An eight-week group for all patients who are preparing to live life after cancer treatment.

*Thursdays, Sept., 29-Nov. 17, 4:30-6 p.m.  
Swedish First Hill Campus – Clearwater  
Conference Room C*

### 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.

### Card Making Workshop

Get ready for winter with art instructor Tiffany Thiele. She will show you how to make your own festive cards. Experiment with stamps, inks and embossing techniques. All materials provided.

*Monday, Nov. 14, 10 a.m.-noon  
Swedish First Hill Campus – Donald A. Tesh, M.D.,  
Conference Rooms A and B*

### Demystifying Death

Oncology social worker, Sylvia Farias, MSW, teaches a class for cancer patients and their loved ones to answer questions about end-of-life issues. Topics include a general overview of the dying process, tips on how to bring up difficult topics, important planning and choices, and available services including hospice — when and how to enroll.

*Tuesday, Oct. 4, 6:30-8:30 p.m.  
Lake Hills Library (15590 Lake Hills Blvd.,  
Bellevue)*

### Eating Well When Dealing With Cancer

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

*Monday, Sept. 26 or Wednesday, Nov. 2  
Noon-1 p.m.  
Swedish First Hill Campus – Donald A. Tesh, M.D.,  
Conference Rooms A and B*

### Fall Foliage Printmaking

The leaves are turning and falling as the season changes. Learn how to easily use plant material to make spectacular prints. All materials provided.

*Monday, Sept. 19, 10 a.m.-noon  
Swedish First Hill Campus – Donald A. Tesh, M.D.,  
Conference Rooms A and B*

### Fighting Cancer with Naturopathic Nutrition Strategies

Join naturopathic doctor Kathleen Pratt, N.D., and learn how food and nutrition can affect cancer. What works and what to avoid. Participants will learn about the benefits of anti-inflammatory foods, the best foods for immune support and what foods have apparent cancer-fighting properties.

*Thursday, Sept. 15, 7-8:30 p.m.  
Issaquah Library (10 W. Sunset Way)*

### 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. *Seven sessions.*

*Tuesday, Sept. 20-Oct. 25, 2:30-3:30 p.m.  
Swedish First Hill Campus – Donald A. Tesh, M.D.,  
Conference Rooms A and B*

### Hair Alternatives

Appearance consultant Janet Bowman will show you how to create different hair alternatives with scarves, hats and accessories.

*Wednesday, Sept. 7, 10:30 a.m.-noon or  
Tuesday, Nov. 15, 1-2:30 p.m.  
Swedish First Hill Campus – Clearwater  
Conference Room C or  
Tuesday, Oct. 25, 6-8 p.m.  
Swedish Issaquah Campus, G-Level Conference  
Rooms Serenity and Courage #G109  
(751 N.E. Blakely Drive)*

### Jewelry Workshop

It's easy and fun to make your own jewelry. Art instructor Tiffany Thiele will help each person design and create a necklace or bracelet. All materials provided.

*Monday, Nov. 7, 10 a.m.-noon  
Swedish First Hill Campus – Donald A. Tesh, M.D.,  
Conference Rooms A and B*

### Life after Treatment Workshop

The completion of cancer treatment offers opportunities for personal growth and new challenges. Join health educator Carol Rohl to explore and share personal experiences.

*Saturday, Sept. 17, 1-3:30 p.m.  
Issaquah Library (10 W. Sunset Way)*

### 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, Sept. 12, 1-3 p.m.  
Monday, Oct. 17, 6-8 p.m.  
Monday, Nov. 14, 1-3 p.m.  
Swedish First Hill Campus – Donald A. Tesh, M.D.,  
Conference Rooms A and B*

### \*Meditation for People with Cancer

Join Swedish physical therapist Carolyn McManus for a two-week session that teaches mindfulness meditation.

*Two sessions.  
Tuesdays, November 1 and 8, 3:30-5 p.m.  
Swedish First Hill Campus – Donald A. Tesh, M.D.,  
Conference Rooms A and B*

# Patient Education Classes

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## **Naturopathic Recovery Plan and Weight Loss after Conventional Cancer Treatment**

Cancer treatment is done, now to make a plan for the future. Join naturopathic doctor Patrick Bufi, N.D., and learn how to identify obstacles to optimal health, ways to help the body heal and repair after conventional medical treatment, and how to keep as strong and healthy as possible after conventional medical treatment.

Co-sponsored by Northwest Natural Health.

*Thursday, September 22, 7-8:30 p.m.*

*Issaquah Library (10 W. Sunset Way)*

## **Seven Levels of Healing — Healing the Whole Person: Body, Mind and Spirit**

Explore Dr. Jeremy Geffen's Seven Levels of Healing. These provide guidelines that can greatly enhance the lives of those with cancer, those who have completed treatment and their family members.

*Tuesday, Oct. 11, 6-7:30 p.m.*

*Swedish First Hill Campus — 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 anti-cancer lifestyle by eating beneficial foods, protecting yourself from environmental threats, and enhancing your physical and emotional well-being.

*Wednesday, Sept. 21, 7-8:30 p.m.*

*Swedish Issaquah Campus — Rooms 2022 and 2023 (751 N.E. Blakely Drive) or*

*Tuesday, Nov. 29, 6-7:30 p.m.*

*Swedish First Hill Campus — Donald A. Tesh, M.D.,*

*Conference Rooms A and B*

## **Watercolor Painting**

Join art instructor Tiffany Thiele to learn some fun and surprising watercolor techniques. All levels welcome. Materials provided.

*Monday, Sept. 12, 10 a.m.-noon*

*Swedish First Hill Campus — Donald A. Tesh, M.D.,*

*Conference Rooms A and B*

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

## **Art Therapy: An approach for healing**

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

*A-floor West, Cancer Education Center*

*Ongoing weekly sessions, by appointment only,*

*9 a.m.-5 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.*



**“Like”  
us on**

# Facebook

The Swedish Cancer Institute's Survivors Facebook page is a great way to hear about the latest cancer research, find useful resources and learn about classes that are offered. Don't forget to "like" us on Facebook to show your support for the Swedish Cancer Institute! Visit [www.facebook.com/SwedishCancerInstitute](http://www.facebook.com/SwedishCancerInstitute) to learn more.



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