

patient  
education

# Update

Information and resources for patients at the Swedish Cancer Institute

SPRING 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)

## Minimally Invasive Laser and Robotic Surgery for Head and Neck Cancers

By Namou Kim, M.D.

Cancers of the head and neck region include cancers arising from the tongue, tonsils, base of tongue, mouth, jaw and larynx (throat). The National Institute of Cancer estimates that head and neck cancers affect approximately 39,000 individuals in the U.S. annually (3-5% of all cancers). Many of these patients have large tumors which require us to use multiple treatment methods. This involves the coordination of many specialists across multiple disciplines to achieve the best outcome, with the least amount of side effects.

These cancers often need complex open surgeries to remove the cancer and require difficult reconstructive operations as well. Despite advances in cancer surgery and reconstructive techniques, these cases often lead to debilitating functional deficits, such as difficulty swallowing and speaking. In many cases where cancers recur after chemotherapy and radiation therapy, these complex and life-altering surgeries are often the only options.

However, for patients newly diagnosed with head and neck cancer, a new horizon is within reach at Swedish Cancer Institute. Cancers of the mouth, tongue and throat can now be removed through the mouth, with the help of specialized tools and lasers.

The TLM (Trans-Oral Laser Microsurgery) technique originated in Germany in the late 1980s and in the past decade has become



Namou Kim, M.D.

accessible to only select comprehensive cancer centers in the U.S. This innovative concept utilizes the mouth as the entrance for surgery. Fine endoscopic instruments are inserted and a microscope is utilized to see the cancer. Then a special carbon dioxide laser is used to precisely cut away the tumor, leaving all vital structures intact. In such a fashion, cancers that were previously removed by opening the entire neck and jaw bone can now be safely removed in a minimally invasive perspective.

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*Namou Kim, M.D., performing a TLM.*

There are multiple benefits of TLM:

1. A much quicker return to daily life
2. An overwhelming majority of patients retain normal swallow, taste and saliva function
3. No need for a surgical airway (tracheotomy)
4. Speech remains normal
5. No need for extensive open surgery, such as breaking the jaw bone to access the tumor
6. Very often, a single TLM procedure is curative
7. It can be repeated if cancer comes back
8. Many patients can then avoid chemotherapy and radiation. This helps patients avoid possible side effects of chemotherapy and radiation treatment.
9. TLM is cost and time efficient

In the past few years, further advancements were achieved by incorporating the DaVinci® Surgical Robotic System. Using the Robotic System, TORS (Trans-Oral Robotic Surgery) was pioneered by head and neck surgeons at the Mayo Clinic and the University of Pennsylvania to improve the outcome of head and neck cancers. TORS is truly a major innovation and is only available in very few select centers in the entire nation, including the Swedish Cancer Institute.

TORS is a natural transition from TLM, and incorporates all the inherent benefits of TLM, but has additional advantages:

1. Much improved access to areas that were previously difficult to reach (such as cancers in the base of the tongue)
2. Visualization of cancers via 3-D magnified (10x) High-Definition (HD) scopes
3. Use of multiple tools simultaneously inside the mouth and throat
4. Use of specialized laser (thulium laser) that minimizes blood loss
5. Complete elimination of even the finest tremor of the surgeon
6. Decreased operator fatigue, leading to improved outcome
7. Continuously evolving technology

The option of minimally invasive trans-oral surgery is not frequently offered elsewhere. Thus, patients at SCI have access to a truly multidisciplinary tumor board, where every modern treatment option is available, from the latest radiation delivery technique to the most up-to-date surgical techniques.

For more information, please contact the Swedish Head and Neck Clinic at **206-292-6464** or visit us online at **[www.swedish.org/Services/Cancer-Institute/Services/Head-Neck-Cancer](http://www.swedish.org/Services/Cancer-Institute/Services/Head-Neck-Cancer)**

## SPRING SPOTLIGHT

### Follow us on Facebook!

The Swedish Cancer Institute has joined the Facebook community. “Like” our page so you can get information on a wide range of resources we offer. We want to hear from you, so tell us what you think!

Find us at **[www.Facebook.com/SwedishCancerInstitute](https://www.facebook.com/SwedishCancerInstitute)**



# Spring 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 here are offered at the Swedish Cancer Institute's First Hill location (Arnold Building, 1221 Madison, A-Floor West, Conference Room A and B). We also offer, on occasion, classes at the Swedish Cherry Hill campus (500 17th Ave.) and at 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 make a small painted masterpiece of your own. Art instructor Tiffany Thiele will guide you through basic color mixing and composition. All materials provided.

*Monday, March 21, 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

Have you ever wondered how to make a beautiful necklace or a pair of earrings? In this class, basic beading techniques will be taught by art instructor Tiffany Thiele. All materials provided.

*Monday, March 14, 10 a.m.-noon*  
Donald A. Tesh, M.D., Conference Rooms A and B

## Breast Cancer and Nutrition

Join Kathleen Pratt, N.D., to learn how vitamins, minerals, herbs and other nutritional strategies can affect breast cancer risk and treatments. *Co-sponsored by Northwest Natural Health.*

*Thursday, May 5, 10:30-11:30 a.m.*  
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 the changes a body goes through at the end of life, hospice care and talking to your family.

*Tuesday, April 26, 6:30-8:30 p.m.*  
Lake Hills Library (15590 Lake Hills Blvd., Bellevue)

## \*Dental Considerations for Head and Neck Cancer

Radiation and chemotherapy can have significant and sometimes permanent side effects. Join Amy Winston, DDS, and Bart Johnson, DDS, MS, for a course that is designed to help head and neck cancer patients understand, prepare for, and manage these side effects for the best long-term outcomes.

*Wednesday, April 13, 6-7 p.m.*  
Donald A. Tesh, M.D., Conference Rooms A and B

## Eating Well When Dealing With Cancer

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

*Monday, March 28 or Monday, April 25, Noon-1 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. *Seven sessions.*

*Thursdays, April 7-May 19, 3:30-4:30 p.m.*  
Donald A. Tesh, M.D., Conference Rooms A and B

## Hair Alternatives and Free Wig Fits

Appearance consultant Janet Bowman teams up with American Cancer Society Patient Navigator Shannon Marsh. They will show you how to create different hair alternatives with scarves, hats and accessories. Shannon will guide you through finding the perfect wig, provided by a complimentary wig bank for cancer patients.

*Tuesday, March 15, 1-2:30 p.m.*  
*Monday, April 4, 10-11:30 a.m.*  
*Wednesday, May 4, 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, common side effects, and how you and your health-care team can work together to prevent or manage those side effects.

*Wednesday, March 9, 10-11:30 a.m.*  
*Tuesday, April 12, 1-2:30 p.m.*  
*Wednesday, May 11, 10-11:30 a.m.*  
Donald A. Tesh, M.D., Conference Rooms A and B

## Internet Claims and Cancer

Join Dan Labriola, N.D., to determine how to separate fact from fiction and understand the potential benefits and risks of using highly promoted, non-conventional cancer treatments. *Co-sponsored by Northwest Natural Health.*

*Tuesday, April 5, 6-7 p.m.*  
Donald A. Tesh, M.D., Conference Rooms A and B

## Life after Treatment

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

*Wednesdays, May 4, 11 and 18, 6-7:30 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, March 14, 1-3 p.m.*  
*Monday, April 18, 6-8 p.m.*  
*Monday, May 16, 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.*

*Tuesdays, May 10 and 17, 3:30-5 p.m.*  
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 Patrick Bufi, N.D., and learn natural ways to help your body heal and repair after conventional medical treatment. *Co-sponsored by Northwest Natural Health.*

*Thursday, April 21, 10:30-11:30 a.m.*  
Donald A. Tesh, M.D., Conference Rooms A and B

## Paper Craft Workshop

Welcome to the wonderful world of paper. Paper can be made into the most amazing items. Join art instructor Tiffany Thiele and be surprised at the variations of paper and designs that are easy and fun to create.

*Monday, May 2, 10 a.m.-noon*  
Donald A. Tesh, M.D., Conference Rooms A and B

# Patient Education Classes

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## **Prostate Cancer: Health and Wellness for Men of all Ages**

Join Patrick Bufi, N.D., for a discussion on common health issues for men of all ages, including prostate cancer. *Co-sponsored by Northwest Natural Health.*

*Tuesday, May 24, 6-7 p.m.*

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

## **Sound Therapy 101**

Board certified music therapist Sha'ari Garfinkel will show you how therapy works by experiencing the benefits of healing gongs, Tibetan bowls and bells. Bring a mat or blanket.

*Thursday, March 10, 6-8 p.m.*

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

## **Sound Therapy 102**

Practice new techniques and refine your sound therapy skills. Prior attendance at *Sound Therapy 101* is recommended.

Bring handouts from that class and a blanket and cushion.

*Thursday, March 17, 6-8 p.m.*

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

## **Spark Your Creativity**

Spring has sprung and it's time to get the creative juices flowing. Come ready to play and get immersed in the creative process with art instructor Tiffany Thiele. It's sure to be great fun.

*Monday, May 9, 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 anti-cancer lifestyle by eating beneficial foods, protecting yourself from environmental threats, and enhancing your physical and emotional well-being.

*Tuesday, March 8, 7-8:30 p.m.*

*Issaquah Library (10 W. Sunset Way) or*

*Tuesday, April 19, 6-7:30 p.m.*

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

## **\*The Importance of Oral Health During Chemotherapy**

Amy Winston, DDS, and Bart Johnson, DDS, MS, will explain how your mouth is affected by chemotherapy. You will learn what can be done to minimize discomfort and prevent complications.

*Wednesday, April 20, 6-7 p.m.*

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

## **Tuning Forks for Health and 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 taught by a board certified music therapist, Sha'ari Garfinkel. No experience necessary. Bring a cushion or mat.

*Monday, April 25, 6-8 p.m.*

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

## **What to Do When Your Doctor Says There are No More Treatments Available for Your Cancer**

Join Dan Labriola, N.D., to learn strategies for maintaining quality of life.

*Co-sponsored by Northwest Natural Health.*

*Thursday, March 3, 6-7 p.m.*

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

## **Women's Health and Cancer**

Join Patricia Dawson, M.D., and Kathleen Pratt, N.D., to learn strategies for maintaining good health. *Co-sponsored by Northwest Natural Health.*

*Tuesday, March 15, 6-7:30 p.m.*

*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, Wednesdays, and Thursdays,*

*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.*