

patient
education

Update

Information and resources for patients at the Swedish Cancer Institute

SPRING 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

Clearing Up Confusion Over Breast Screening Guidelines

In November 2009, the United States Preventive Services Task Force (USPSTF) released revised breast screening guidelines, causing mixed reactions among health-care providers and patients. The controversial recommendations include:

Mammograms

- For women aged 40 to 49, with no known genetic risk or history of chest radiation, the USPSTF does not recommend routine mammograms. They suggest each individual decide with her health-care provider whether or not biennial mammograms (every two years) are necessary.
- For women aged 50 to 74, the USPSTF recommends a biennial mammogram.
- For women aged 75 and older, no recommendation is made. The USPSTF cites lack of evidence regarding the benefits and harms of screening mammograms for this age group.

Clinical Breast Exams

The USPSTF makes no recommendation, citing a lack of evidence that clinical breast exams provide any additional benefit to mammography.

Breast Self Exams

The USPSTF does not recommend breast self exams, stating there is adequate evidence that self exams do not reduce breast cancer deaths.



Pat Dawson, M.D., Swedish Breast Surgeon

Mixed Reactions

The USPSTF is a group of reviewers comprised of mostly primary care and public health physicians. Their recommendations for various conditions are made by attempting to weigh potential patient benefit against potential harm. Unfortunately, the way the breast screening review was conducted has led to

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some controversial conclusions and mixed reactions among physicians and specialty organizations. Many physicians and organizations believe that the USPSTF analysis underestimated the benefits of screening and overestimated the potential harms. The review also failed to consider the improved testing accuracy that is possible at centers-of-excellence such as the Swedish Cancer Institute. Applying national averages to all health providers equally is misleading when facilities like Swedish are able to deliver testing, diagnosis and treatment quality that cannot reasonably be expected from less specialized facilities. While it is true that mammograms carry potential harms, there is concern that discouraging routine mammograms will reverse the current trend of less women dying from breast cancer due to early diagnosis.

Some Important Statistics

- 20 percent of breast cancers are currently detected in women under age 50, allowing for potentially life-saving early treatment. The goal is to increase the percentage of cancers detected early, not rule out the opportunity for early intervention.
- Studies show a 30 percent reduction in breast cancer deaths in the U.S. over the past ten years. This reduction is largely related to early detection with mammography and diagnostic technology that is becoming increasingly advanced.
- History has shown the earlier a breast cancer is detected, the less likely it is to have spread.

Our Recommendations

After carefully reviewing the USPSTF materials, commentaries, critiques and reviews, the Swedish Cancer Institute Breast Program has decided to join with other organizations* in continuing to endorse the guidelines of the American Cancer Society. These guidelines recommend that women aged 40 and older receive annual screening mammograms, have an annual clinical breast exam, and consider performing regular self breast exams. Women with a 20 percent or greater lifetime risk for breast cancer should also obtain an annual breast MRI.

To learn more about the differences of opinion regarding the USPSTF recommendations, please plan on attending a public educational forum, “Revisiting Breast Cancer Screening Recommendations,” at Swedish Medical Center Glaser Auditorium May 13, 6-8 p.m. Please call 206-386-2502 for registration.

* American Society of Clinical Oncology, American College of Obstetricians and Gynecologists, American College of Surgeons, American College of Radiology, American Society of Breast Disease, American Society of Breast Surgeons, National Comprehensive Cancer Network, National Consortium of Breast Centers, Society of Breast Imaging, and others.

SPRING 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 Web site, 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. 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).

Antioxidants and Chemo-therapy: A medical oncologist and naturopathic doctor sort out what's important for patients to know

There has been much written about using antioxidants during chemotherapy, some of it accurate and some of it not. Drs. Kaplan and Labriola will provide insight on the potential benefits, potential risks and strategies for getting the best of both.

Tuesday, May 4, 6-7:30 p.m.
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.

Care for the Caregivers: Health, Quality of Life and Stress Management

Join naturopathic doctor Kathleen Pratt, N.D., and breast surgeon Patricia Dawson, M.D., to learn more about how to take care of yourself so you are better able to take care of your loved ones. You deserve to be well cared for and feel good during this potentially stressful time.

Thursday, June 17, 6-7:30 p.m.
Donald A. Tesh, M.D. Conference Rooms A and B

Creating Healing Spaces

Learn how to structure special moments in your day for de-stressing, prayer and meditation. This workshop will focus on combining elements of ritual, music and physical environment to help you create an individualized space conducive to personal healing. *Optional:* Bring a meaningful prayer, meditation or chant with you — leave with a step-by-step plan!

Monday, July 26, 10 a.m.-noon
or
Wednesday, June 30, 6-8 p.m.
Donald A. Tesh, M.D. Conference Rooms A and B

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.

Monday, July 19, noon-1 p.m.
Donald A. Tesh, M.D. Conference Rooms A and B

EnCHANTment Circle

Learn simple, universal chants for relaxation, meditation and positive thinking. Creating vocal sounds within a group is a rich, stress-free and enjoyable experience. Using this time-tested technique, we can benefit from and link with human beings throughout the centuries. No singing ability or experience necessary.

Wednesday, June 16, 6-8 p.m.
Donald A. Tesh, M.D. Conference Rooms A and B

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.

Gentle Yoga

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

Tuesdays, June 29-July 27,
3:30-4:30 p.m.
Donald A. Tesh, M.D. Conference Rooms A and B

Glass Fusing

Make your own pocket vase or small plate. It's like collage with glass. Instructor will do the glass cutting and firing. You do the fun part — putting it together! All materials provided.

Monday, June 7, 10 a.m.-noon
Donald A. Tesh, M.D. Conference Rooms A and B

Hair Alternatives

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

Monday, June 7, 1-2:30 p.m. or
Tuesday, July 6, 1-2:30 p.m. or
Wednesday, August 4, 1-2:30 p.m.
Conference Room AB
Donald A. Tesh, M.D. Conference Rooms A and B

*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.

Tuesday, July 27, 1-2:30 p.m.
Donald A. Tesh, M.D. Conference Rooms A and B

Jewelry Workshop

Have you ever wondered how earrings you see in the store are made? You'll be thrilled with how easy and fun it is to make your own earrings. All materials and tools provided.

Monday, July 26, 1-3 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, but also new challenges. Explore and share personal experiences. *Three sessions.*

Tuesdays, June 15, 22 and 29,
5:30-7 p.m.
or
Wednesdays, July 28, August 4 and 11,
10-11:30 a.m.

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

Lino-Cut Printing

Learn to create prints made from your own block. New materials make the process easy, but the results are breathtaking. It's a great way to make beautiful notecards. All tools and materials provided.

Monday, June 21, 1-3 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, June 14, 6-8 p.m.
Monday, August 30, 1-3 p.m.
Clearwater Conference Room C

Patient Education Classes

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*Meditation for People with Cancer

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

*Mondays, June 21 and 28, 10:30 a.m.-noon
Donald A. Tesh, M.D. Conference Rooms A and B*

Polymer Clay Workshop

Come play with clay and see all the amazing things you can make with it! Buttons, beads and small figures can be easily made. All materials provided.

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

Reflux, Heartburn, Cancer and Quality of Life

Reflux and heartburn not only affect quality of life but can also lead to serious complications, including cancer if left unchecked. Fortunately, there are very effective tools for controlling symptoms and remarkably reducing the

risks for more serious problems. Come hear thoracic surgeon Ralph Aye, M.D., and naturopathic doctor Dan Labriola, N.D., discuss the least invasive strategies and treatments that can change your life.

*Tuesday, May 18, 6-7:30 p.m.
Donald A. Tesh, M.D. Conference Rooms A and B*

Revisiting Breast Cancer Screening Recommendations

Are you confused about the screening recommendations made in November by the U.S. Preventive Services Task Force? You are not alone. When should you get a mammogram and how often? Swedish specialists, including a breast surgeon, breast radiologist and family medicine physician, will help answer your questions and sort out the confusion. This information is important for all women, no matter your age, so bring your mothers, sisters and friends for this important information.

*Thursday, May 13, 6-8 p.m.
Glaser Auditorium*

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 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.*



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