

Information and resources for patients at the Swedish Cancer Institute

SUMMER 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

The Anticancer Lifestyle —

Fighting Cancer Every Day in Every Way

By Carol Robl, M.Ed., M.T.

Are you embracing every opportunity to fight cancer? Do you know what the latest research says about beneficial foods, exercise and lifestyle habits? In *The Anticancer Lifestyle* class you will learn how to protect yourself from dietary and environmental threats and how to enhance your physical and emotional well-being. This class is an opportunity to learn new ways for you and your family to fight the threat of cancer.

Since 1940 there has been a significant increase in the number of cancers in industrialized countries. This trend, which has picked up speed since 1975, is particularly evident in the young. Some would say we are experiencing a cancer epidemic in the western world.

The lifestyle discussed in this class contributes to preventing the development of cancer, and to the enhancement of treatment for cancer. Benefits of the anticancer lifestyle apply to cancer, as well as to other diseases such as cardiovascular disease and diabetes. Building upon the foundation of the cancer prevention guidelines of the American Cancer Society, the class discusses recent research findings on causes of cancer and on cancer prevention.

An important source of information for the class is the book by Dr. Servan-Schreiber entitled *Anticancer: A New Way of Life*. The



author, a physician who was himself diagnosed with a malignant brain tumor, sought to explore ways to complement his traditional medical treatment with the goal of preventing a relapse. He spent years researching ways to enhance the body's natural cancer-fighting abilities. This class discusses his recommendations for lifestyle changes based upon his extensive research. His recommendations focus on the benefits of a healthy diet, a pollution-free environment, physical activity and emotional balance.

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Examples of changes that have been shown to increase the risk for cancer include the additions of large amounts of highly refined sugar and omega-6 fatty acids to our foods. In contrast, there are foods that can be added to our diet that can decrease our risk for cancer, such as green tea, the spice turmeric, dark chocolate, and fruits and vegetables. It is now known that foods that decrease inflammation are beneficial in reducing the risk of cancer. Environmental concerns discussed in the class include the increased use of pesticides and certain types of plastic containers. Many personal-care products are also now known to contain carcinogens. The class presents healthy alternatives to these threats.

Participants are invited to share their experiences in pursuing a healthy lifestyle. They are also encouraged to plan specific changes that would lead to a healthier lifestyle.

The Anticancer Lifestyle class will be offered at the Swedish Cancer Institute in Seattle, at the new Swedish/Issaquah Highlands facility, and at other Eastside locations. The next classes will be offered on the following two dates:

- June 4th at 9 a.m. at the Arnold Building on A-Floor West
- July 27th at 7 p.m. at the Sammamish Library

For more details on *The Anticancer Lifestyle* class, or for registration, please refer to the back of this publication. You may also visit us online at www.swedish.org/classes, or call 206-386-2502. There is no cost for this class; however, registration is required.

Summer 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.** Most classes listed 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, June 6, 10 a.m.-noon Donald A. Tesh, M.D., Conference Rooms A and B

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 p.m.-6 p.m. Clearwater Conference Room C

After Cancer Treatment: What's Next?

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

Thursdays, July 7-Sept.1 (no class on Aug. 11), 4:30-6 p.m.

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.

Cancer and Finances

Oncology social worker Sandi Johnson, MSW, LICSW, will help you navigate the maze of insurance benefits. The following topics will be discussed in this course:

- Social Security disability/eligibility criteria and the application process
- COBRA and disability insurance benefits
- Medicaid and Medicare benefits, the difference between them, eligibility criteria and the application process

Thursday, August 11, 6:30-8 p.m. Swedish Issaquah, Medical Office Building

Hot Flashes & Related Symptom Management

Natural medicine offers safe ways to manage hot flashes without the use of hormone therapy. With simple, practical tips, you'll sleep better and feel better all day. Diet, lifestyle tips and nutritional supplementation will be covered by naturopathic physician Dr. Kathleen Pratt, ND. Co-sponsored by Northwest Natural Health.

Tuesday, June 21, 7-8 p.m. Issaquah Library (10 W. Sunset Way) or Tuesday, July 19, 1-2 p.m. Lake Hills Library (15590 Lake Hills Blvd., Bellevue)

Food, Mood and You: Benefits of health food choices for cancer survivors

Good food, good mood! Discover how foods can affect your mood and discover the connections between what you eat and how you feel. Learn how this applies to the challenges you face during treatment and recovery from cancer and illness in general. Naturopathic physician Patrick Bufi, N.D., will provide some practical tips on what you can do to maintain balance and wellness. Co-sponsored by Northwest Natural Health.

Tuesday, June 14, 7-8 p.m. Issaquah Library (10 W. Sunset Way) or Tuesday, August 9, 7-8 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.

Wednesday, June 29 or Tuesday, Aug. 9, 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, July 21- Aug. 25, 3:30-4:30 p.m. 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, June 1, 10:30 a.m.-noon or Tuesday, July 26, 1-2:30 p.m. Clearwater Conference Room C

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, Aug. 3, 10 and 17, 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, June 20, 6-8 p.m.

Monday, July 18, 1-3 p.m.

Monday, August 29, 6-8 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, June 20 and 27, 10:30 a.m.-noon Donald A. Tesh, M.D., Conference Rooms A and B

New Advancements in Skin Cancer

Join skin cancer surgeon Scott Isenhath, 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. Thursday, June 2, noon-1 p.m. Donald A. Tesh, M.D., Conference Rooms A and B

Survivorship – living with, through and beyond cancer

Life after diagnosis and treatment may bring questions as to how do I live my life now. Sandra Johnson, MSW, LICSW, leads a two hour session that will explore the nature of hope, resilience and reestablishing your relationship to life. Saturday, June 4, 10:30-11:45 a.m. 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.

Saturday, June 4, 9-10:15 a.m.

Donald A. Tesh, M.D., Conference Rooms A and B or Wednesday, July 27, 7-8:30 p.m.

Sammamish Library (825 228th Ave. S.E.)

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.

Appointment necessary.

A-floor West, Cancer Education Center (ongoing 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.

Online Education

Swedish Cancer Institute's Cancer Podcasts 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**, for a full list of offerings and discover what our experts have to say.

This month's featured podcasts:

The Chemotherapy Experience

Join Nancy Thompson, R.N., as she explains chemotherapy, what side effects to expect, and how to get the best outcome.

Lymphedema

Peg Mass, P.T., explains what lymphedema is, how it can be prevented, and who is at risk.

The Radiation Experience

Astrid Morris, M.D., talks in detail about what to expect with radiation treatment, how the radiation is delivered, and what side effects are possible.

For a full listing of our podcasts please visit us online at www.swedish.org/cancerpodcasts



SAVE THE DATE!

2011 Life to the Fullest – Survivorship Workshop

Join us for two workshops on Saturday, June 4, 9 a.m.-noon at the Swedish Cancer Institute in the Arnold Building. **To register for this event go to www.swedish.org/classes or call 206-386-2502**. When registering, please indicate which workshop(s) you would like to attend. You must register for each workshop you plan to attend. To receive the Swedish Cancer Institute Survivorship newsletter on a regular basis, please send an e-mail to **full.life@swedish.org**.

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