

patient
education

Update

Information and resources for patients at the Swedish Cancer Institute

WINTER 2011

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

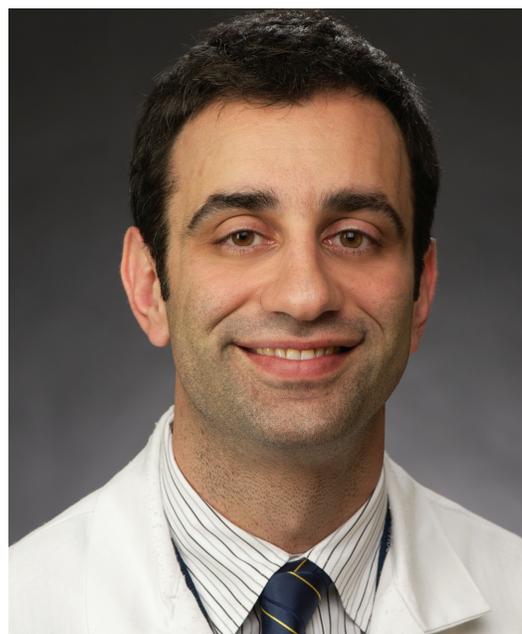
www.swedish.org/cancer

Robotic Lung Surgery: A Less Invasive Way to Treat Early Lung Cancer

By Alexander S. Farivar, M.D.

An Historical View on Lung Cancer Surgery

The surgical treatment of lung cancer has evolved dramatically over the past 20 years. Surgeons historically performed lung resection (removal) for cancer through an incision between the ribs. This incision is called a thoracotomy, and would typically be at least six inches in length. As the techniques, tools, minimally invasive skills and surgical technology in thoracic surgery have evolved, some surgeons began to promote a technique called Video-Assisted Thoracic Surgery (VATS) which utilizes smaller incisions, a fiber-optic camera, specialized instruments and monitors to perform surgery. When performing VATS, the camera, called a thoracoscope, is used to relay images from inside the chest cavity to a video monitor. This was a dramatic shift from the prior techniques for lung resection, and allowed surgeons to remove abnormal or cancerous lung tissue while focusing on a monitor and not looking directly into the chest cavity. Surgeons would operate on the lung using long instruments through small incisions, avoiding the larger incision used typically for these cases. However, as recently as last year, national databases reported that for early lung cancer only 16% of lobectomies (a procedure where one of five functional lung units is removed) were performed using VATS techniques. This is partially due to the difficulty



Alexander S. Farivar, M.D.

of performing advanced lung operations through smaller incisions. Nevertheless, a few pioneering thoracic surgeons worked diligently to establish that VATS can be done safely for cases of advanced lung cancer, and that appropriately selected patients do benefit from the smaller incisions without jeopardizing their overall survival. Some benefits of VATS are less pain, shortened hospital and recovery times, and if chemotherapy is required it is easier for patients to receive.

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Developments in Robotic Assisted Lung Surgery

Thoracic surgeons at Swedish Medical Center believe the medical community is now at another crossroad in the surgical treatment of early lung cancer. This is based on an exciting new technologic advance involving the da Vinci® robot for lung cancer resections.

Despite the widespread use of minimally invasive technology in today's hospitals, adoption of VATS, for the most part, has been limited to routine or easy-to-accomplish procedures. This is due mostly to the limited capabilities of older instruments, as well as the traditional video technology surgeons must rely on to operate through small incisions.



By dramatically enhancing visualization, precision, control and surgical dexterity, the da Vinci® system overcomes the limitations of traditional minimal invasive technology, helping us perform complex surgery in a manner never before experienced.

With enhanced surgical capabilities, surgeons are now able to extend the benefits of minimally invasive surgery to the broadest possible range of thoracic patients.

The Robotic System cannot be programmed, nor can it make decisions on its own. The da Vinci System® requires that every surgical maneuver be performed by direct input from the operating surgeon. Only a few physicians in the country utilize this technology for lung cancer resection. The Swedish thoracic surgical group, which includes Drs. Brian Louie, Alex Farivar, Ralph Aye and Eric Vallières, has performed more than 50 robotic cases in the last year. From this early experience, it appears that patients appear to require less pain medication after robotic lung surgery and may have an earlier return to work and normal activity. This surgical group has recently submitted a paper describing its early observations with this technology as an abstract to the most prominent society annual meeting, the Society for Thoracic Surgery.

Future Trends in Thoracic Surgery

Moving forward, the Swedish thoracic surgical group continues to develop research protocols, further analyze patient related data and apply for teaching fellowships to further clarify and define the appropriate use of the robot for the surgical treatment of lung cancer as well as other thoracic and esophageal conditions. The surgical group's goal is to ensure the best possible outcome in the safest and most comfortable manner for their patients with lung cancer.

WINTER SPOTLIGHT

After Breast Cancer: What's Next?

A Psycho-Education Group for Women Finished with Breast Cancer Treatment

Completing treatment for breast cancer presents a new set of questions. Join other women in this eight-week series where you will have the opportunity to discuss:

- Coping through treatment
- Relationships
- Fear of recurrence
- Resilience and hope

In a safe and supportive environment, women who have completed breast-cancer treatment are invited to sign up for this eight-session group. We will gently explore life after treatment and share plans for survivorship.

Wednesdays, 4:30-6 p.m.

January 12-March 2, 2011

March 23-May 11, 2011

September 28-November 16, 2011

Swedish Cancer Institute

This series runs every eight weeks, January through November. Advance registration is required.

To register, call **206-386-2502** or go online at

www.swedish.org/classes.

Winter 2010-2011 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 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.), at the Swedish Ballard campus (5300 Tallman Ave. N.W.), and at the American Cancer Society (2120 1st Ave. N., Seattle).

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.

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

Much has been written about using antioxidants during chemotherapy, some of it accurate and some of it not. Henry Kaplan, M.D., and Dan Labriola, N.D., will provide insight on the potential benefits, potential risks and strategies for getting the best of both. Co-sponsored by Northwest Natural Health. Complimentary parking is adjacent to the building.
Thursday, Feb. 10, 6-7:30 p.m.
American Cancer Society (2120 1st Ave N., Seattle)

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.

Collage Making

Join art instructor Tiffany Thiele and express your creative side with a fun-to-create collage project. Wood boxes, assorted papers and fun ephemera will be provided.

Monday, Nov. 1, 10 a.m.-noon
Donald A. Tesh, M.D., Conference Rooms A and B

Coping with the Holidays: Recognizing National Caregiver Month

Oncology social worker Sylvia Farias, MSW, teaches a class for cancer caregivers that will offer practical tips on how to get through the holidays during a trying

time. Learn ways to deal with the demands of the holiday season and take the opportunity to meet with others who are caring for a person with cancer.

Wednesday, Nov. 17, 2:30-4 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.

Wednesday, Dec. 1 or Wednesday, Feb. 16
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, 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. This class is taught by a board certified music therapist, Sha'ari Garfinkel.

Monday, Nov. 15, 6-8 p.m.
Cleanwater Conference Room C
or
Monday, Feb. 28, 10 a.m.-noon
Donald A. Tesh, M.D., Conference Rooms A and B

Food, Mood and You: Learn about the benefits of healthy food choices for cancer survivors

Good food, good mood! Northwest Natural Health co-sponsors a class where you discover how foods can affect your mood and see connections between what you eat and how you feel. Learn how this applies to the challenges faced during

treatment and recovery of cancer and other illnesses. Patrick Bufi, N.D., will provide some practical tips on what you can do to maintain balance and wellness. Complimentary parking is adjacent to the building.

Tuesday, Nov. 16, 6-7:30 p.m.
American Cancer Society (2120 1st Ave N., Seattle)

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. *Five sessions.*

Thursdays, Jan. 27-Feb. 24, 3:30-4:30 p.m.
Donald A. Tesh, M.D., Conference Rooms A and B

Glass Fusing

Make your own small plate or dish. Art instructor Tiffany Thiele will do the glass cutting and firing. You do the fun part — putting it together! All materials provided.

Monday, Nov. 8, 10 a.m.-noon
Donald A. Tesh, M.D., Conference Rooms A and B

Hair Alternatives

Join appearance consultant Janet Bowman to create different hair alternatives with scarves, hats and accessories.

Tuesday, Nov. 2, 1-2:30 p.m.
Wednesday, Dec. 8, 1:30-3 p.m.
Thursday, Jan. 20, 1-2:30 p.m.
Wednesday, Feb. 2, 1-2:30 p.m.
Donald A. Tesh, M.D., Conference Rooms A and B

Hot Flashes and Related Symptom Management: Learn how natural medicine can offer safe solutions

Northwest Natural Health co-sponsors a class that shows how natural medicine offers safe ways to manage hot flashes, without the use of hormone therapy. With

these simple, practical tips, you will sleep better and feel better all day. Diet, lifestyle tips and nutritional supplementation will be covered by Kathleen Pratt, N.D. Complimentary parking is adjacent to the building.

Thursday, Dec. 9, 6-7:30 p.m.
American Cancer Society (2120 1st Ave N., Seattle)

***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, Nov. 3, 1-2:30 p.m.
Tuesday, Dec. 7, 10-11:30 a.m.
Monday, Jan. 10, 4-5:30 p.m.
Wednesday, Feb. 9, 1-2:30 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.
Tuesdays, Feb. 1, 8, 15, 7-8:30 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, Dec. 6, 1-3 p.m.
Monday, Jan. 24, 1-3 p.m.
Monday, Feb. 7, 6-8 p.m.
Donald A. Tesh, M.D., Conference Rooms A and B

Patient Education Classes

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Linocut Printmaking

Join art instructor Tiffany Thiele and learn how to create prints made from your own block. The easy-cut materials make the process simple, but the results are extraordinary. It is a great way to make beautiful holiday note cards. All tools and materials provided.

Monday, Dec. 13, 10 a.m.-noon

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

Meditation & Wellness with Tibetan & Crystal Singing Bowls

Taught by board certified music therapist Sha'ari Garfinkel, this hands-on class will teach you how to play these fascinating, resonant instruments and explore ways to use them as tools in your meditation practice and to achieve your wellness goals. No experience necessary in music or meditation! Bring a cushion and singing bowls if you have any. Practice instruments provided.

Monday, Feb. 7, 10 a.m.-noon

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, Jan. 24 and 31, 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. Art instructor Tiffany Thiele will show you how buttons, beads and small figures can be easily created. All materials and tools provided.

Monday, Nov. 15, 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 anticancer lifestyle by eating beneficial foods, protecting yourself from environmental threats and enhancing your physical and emotional wellbeing.

Tuesday, Dec. 14, 7-9 p.m.

Issaquah Library (10 W. Sunset Way)

or

Wednesday Jan. 12, 6-8 p.m.

Swedish Lakeside (6520 226th Place S.E.)

Tuning Forks for Health & 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. No experience necessary. This class is taught by a board certified music therapist, Sha'ari Garfinkel. No experience necessary. Bring a cushion or mat.

Monday, Dec. 6, 10 a.m.-noon

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

Valentine Card Making

Come join art instructor Tiffany Thiele to design and create your own valentines for family and friends. Stamps, beautiful papers and colorful ephemera will be provided.

Monday, Feb. 14, 10 a.m.-noon

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

Weight Loss after Cancer Treatment: Learn how to take the weight off after treatment

Northwest Natural Health co-sponsors a class that shows how diets frequently don't work. Join Kathleen Pratt, N.D., and Patrick Bufi, N.D., to learn how to take the weight off permanently. Complimentary parking is adjacent to the building.

Tuesday, Jan. 18, 6-7:30 p.m.

American Cancer Society (2120 1st Ave. N., Seattle)

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 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.

