

patient
education

Update

INFORMATION AND RESOURCES FOR PATIENTS AT THE SWEDISH CANCER INSTITUTE

FALL 2012

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

True Family Women's Cancer Center Now Open

By Mandi deSouza

Opened in June 2012, the True Family Women's Cancer Center (True Center) at the Swedish Cancer Institute is making it easier than ever for patients to access cancer care and treatment services. This one-of-a-kind facility is home to some of the leading experts in women's cancer care, including oncologists, surgeons and other clinicians and integrated care specialists. Housed in one central location, providers are better able to work together as a comprehensive team to design the most effective treatment plan for each individual.

With beautiful woodwork, rounded edges, soft lighting and large windows, the True Center provides patients and family members a comforting and serene environment unlike traditional medical settings. As a nonprofit organization, Swedish raised the funds for the \$11 million state-of-the-art facility entirely through donations from the community, including contributions from over 2,500 donors. The True Center caters to the needs of both women and men living with cancer.

Located on the fifth and sixth floors of the Arnold Building at the Swedish Cancer Institute's First Hill campus, the True Center offers most services related to the treatment of cancer. This reduces the amount of traveling patients have to do during their treatment. The goal is to help make the entire process, from cancer diagnosis to recovery, go as smoothly as possible for both patients and their family members. By making all of these services available within just two floors of the Swedish Cancer Institute, patients can often attend two or more appointments in the same day.



Services available in the True Center include:

- **American Cancer Society Patient Navigation:** The American Cancer Society Patient Navigator helps patients find resources related to financial assistance, transportation, access to wigs and prosthetics and much more.
- **Genetic Counseling:** Genetic testing can help individuals determine their risk for developing certain cancers.
- **Nutritional Care:** Nutritionists are available to help patients and their families make healthy dietary choices during cancer treatment.
- **Naturopathic Medicine:** Combining modern science with natural remedies, naturopathic doctors are available for consultation and treatment through coordination with the patient's oncologist.
- **Psychiatric Care:** Psychiatrists help patients and family members maintain the emotional and mental well-being needed to cope with the stress of cancer.
- **Social Work:** Licensed oncology social workers provide patients and family members ongoing counseling and assistance.
- **Massage Therapy:** Massage therapy may help with cancer-related pain, fatigue and nausea.

Swedish Opens New Cancer Facility Continued from page 1

- **Sellen Construction Education Center (SCEC):** Similar to the Cancer Education Center located on A-floor West of the Arnold Building, the SCEC is an additional resource hub that provides educational materials on a variety of cancer topics. The SCEC also has items available for purchase, including hats, camisoles and jewelry.
- **Patient Education Classes:** Several patient education classes will be offered this fall in the Robin Erzinger Knepper Healing Forum (Healing Forum), a tranquil and quiet space within the True Center. These classes include:
 - **After Breast Cancer: What's Next?**
Wednesdays, Sept. 26-Nov. 14, 4:30-6 p.m.
 - **After Cancer Treatment: What's Next?**
Tuesdays, Sept. 25-Nov. 13, 4:30-6 p.m.
 - **Chair Yoga**
Wednesdays, Sept. 19-Oct. 24, 2-3 p.m.
 - **Hair Alternatives**
Sept. 14, 10:30 a.m.-noon
 - **Healing the Whole Person: Body, Mind and Spirit**
Sept. 18, 10-11:30 a.m. or Nov. 5, 5-6:30 p.m.
 - **Meditation for People with Cancer**
Oct. 23 and 30, 3:30-5 p.m.

Come stop by the True Center to check out the new facility or to attend one of the free patient education classes. **For more information about the True Center or to schedule an appointment, please call 1-855-TRUECTR (1-855-878-3287) or go to www.swedish.org/truecenter.**



True Family Women's Cancer Center nurses' station



Online Education

Swedish Cancer Institute's Cancer Podcasts Program

Are you unable to attend a class but still looking for cancer-related information? Check out the Swedish Cancer Institute's video podcasts. Your Swedish health-care team has recorded a series of lectures for patients, family members and caregivers on topics ranging from treatment options to meditation.

Join us online anytime at www.swedish.org/cancerpodcasts for a full list of offerings and discover what our experts have to say.

This month's featured podcasts:

- **Living Well After Cancer Treatment:** Dr. Patricia Dawson discusses survivorship and living well after cancer treatment.
- **Understanding Pathology: Breast Cancer:** Dr. Sean Thornton of Cellnetix Pathology & Laboratories explains pathology for breast cancer.
- **What to Expect During Art Therapy:** Art therapist Nicole Stiver explains what art therapy is and what to expect in an appointment.

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

Fall 2012 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 or go to www.swedish.org/classes.**

Class locations are listed below:

Swedish/First Hill Arnold Building, 1221 Madison St. Seattle, WA	Swedish/Issaquah 751 N.E. Blakely Dr. Issaquah, WA	Issaquah Library 10 W. Sunset Way Issaquah, WA	Sammamish Library 825 28th Ave. S.E. Sammamish, WA	Lake Hills Library 15590 Lake Hills Blvd. Bellevue, WA
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Acrylic Painting

Create your own work of art using acrylic paints. Paints, brushes, canvas and art instruction provided. All skill levels welcome.

Monday, Oct. 8, 10 a.m.-noon

*Swedish/First Hill Campus - 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 life after breast cancer treatment.

Wednesdays, Sept. 26-Nov. 14, 4:30-6 p.m.

*Swedish/First Hill Campus - True Family Women's
Cancer Center, Healing Forum*

or

Thursdays, 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.

Tuesdays, Sept. 25-Nov. 13, 4:30-6 p.m.

*Swedish/First Hill Campus - True Family Women's
Cancer Center, Healing Forum*

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.

Monday, Sept. 24, 7-8:30 p.m.

Issaquah Library

or

Thursday, Nov. 1, 6-7:30 p.m.

*Swedish/First Hill Campus - Donald A. Tesh, M.D.,
Conference Rooms A and B*

Chair Yoga

The perfect class for individuals with physical challenges who find it difficult to participate in traditional yoga. Chair yoga increases blood circulation, flexibility, range of motion, balance and overall energy. Light meditation and breathing techniques are taught as well. Six sessions.

Wednesdays, Sept. 19-Oct. 24, 2-3 p.m.

*Swedish/First Hill Campus - True Family Women's
Cancer Center, Healing Forum*

Don't Keep Putting It Off: A class to discuss living wills, medical and financial POA, and hospice

Oncology social worker Sylvia Farias, MSW, teaches a class for cancer patients and their loved ones to answer questions about end-of-life issues and available resources.

Tuesday, Oct. 23, 5-6 p.m.

Lake Hills Library

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.

Thursday, Sept. 27, 5-6 p.m.

or

Tuesday, Nov. 6, 5-6 p.m.

*Swedish/First Hill Campus - Donald A. Tesh, M.D.,
Conference Rooms A and B*

Fall Foliage Print Making

Celebrate the season by learning how to use fall foliage to create beautiful images. All skill levels welcome and all materials provided.

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

*Swedish/First Hill Campus - Donald A. Tesh, M.D.,
Conference Rooms A and B*

Food, Mood and You

Good food, good mood! Discover how foods can affect your mood and see the connections between what you eat and how you feel. Learn how this applies to the challenges faced during treatment and recovery of 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.

Friday, Oct. 19, 4-6 p.m.

Lake Hills Library

Hair Alternatives

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

Friday, Sept. 14, 10:30 a.m.-noon

*Swedish/First Hill Campus - True Family Women's
Cancer Center, Healing Forum*

or

Wednesday, Nov. 7, 1:30-3 p.m.

*Swedish/Issaquah Campus, Room "Leadership,"
2nd Floor Conference Center*

Healing the Whole Person: Body, Mind and Spirit

Join health educator Carol Robl as she explores guidelines that can enhance the lives of those with cancer, those who have completed treatment, and their family members. Based off concepts from Dr. Jeremy Geffen's book *Seven Levels of Healing*.

Tuesday, Sept. 18, 10-11:30 a.m.

or

Monday, Nov. 5, 5-6:30 p.m.

*Swedish/First Hill Campus - True Family Women's
Cancer Center, Healing Forum*

Hot Flashes and Related Symptom Management

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

Tuesday, Oct. 9, 7-9 p.m.

Issaquah Library

Look Good, Feel Better

This American Cancer Society class focuses on skin care, cosmetics, hair care and hair loss and is designed for women undergoing cancer treatment.

Monday, Sept. 10, 1-3 p.m.

Monday, Dec. 3, 6-8 p.m.

*Swedish/Issaquah Campus, Room "Knowledge,"
2nd Floor Conference Center*

or

Monday, Sept. 17, 6-8 p.m.

Monday, Oct. 22, 1-3 p.m.

Monday, Nov. 12, 1-3 p.m.

Monday, Dec. 10, 1-3 p.m.

*Swedish/First Hill Campus - Donald A. Tesh, M.D.,
Conference Rooms A and B*

Meditation for People with Cancer

Join Carolyn McManus, Swedish physical therapist, for class that teaches mindfulness and meditation. *Two sessions.*

Tuesdays, Oct. 23 and 30, 3:30-5 p.m.

*Swedish/First Hill Campus - True Family Women's
Cancer Center, Healing Forum*

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"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 to learn more.

Fall 2012 Patient Education Classes

Continued

Stress Less This Holiday Season: Caring for the Caregivers

The holiday season can be a particularly overwhelming time of year, especially for caregivers. This 90-minute workshop is designed to teach both patients and caregivers a variety of mind-body strategies for dealing with physical and emotional stress. By learning to skillfully manage stress, the holidays can be even more joyful!

Tuesday, Dec. 11, 4-5:30 p.m.

*Swedish/First Hill Campus - Donald A. Tesh, M.D.,
Conference Rooms A and B*

Watercolor Workshop

Learn different techniques to achieve texture and pattern in this exploratory watercolor class. All skill levels welcome and all materials provided.

Monday, Nov. 12, 10 a.m.-noon

*Swedish/First Hill Campus - Donald A. Tesh, M.D.,
Conference Rooms A and B*

Creative Expression

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 experience or confidence in art-making necessary. All materials provided. Ongoing weekly sessions available by appointment only. Please call 206-215-6178 to make an appointment.

*Swedish/First Hill - A-Floor West, Cancer
Education Center*

Healing Arts Group

Experience the healing benefits of art-making in a supportive setting. This drop-in art therapy group is open to cancer patients, their family members, and caregivers. No experience or confidence in art-making necessary. All materials provided. Questions? Please call 206-215-6178.

Thursdays (starting Oct. 18), 10 a.m.-noon

*Swedish/First Hill Campus - True Family Women's
Cancer Center, Healing Forum*

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. For more information, call 206-386-3200.

Swedish/First Hill

Swedish Cancer Institute, First-floor Lobby

Thursdays (ongoing), 1-3 p.m.

Swedish/Issaquah

*Medical Office Building Main Lobby, in front of
the fireplace*

Mondays (ongoing), 1-3 p.m.

