

patient
education

Update

INFORMATION AND RESOURCES FOR PATIENTS AT THE SWEDISH CANCER INSTITUTE

SPRING 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

Oncology Counseling Services Now Available at Swedish/Issaquah

By Emma Hughes, MS, LMFTA and Meghan Wilkins, BA, MS Candidate

There are many elements that make up the cancer experience and the Swedish Cancer Institute strives to provide comprehensive support for anyone facing cancer. Oncology counselors are available to provide individuals and families with emotional and coping support as well as patient and family support groups. Our goal is to create a positive and supportive treatment experience. All of these services can be accessed at any point, even beyond active treatment.

For many, counseling is often misunderstood. Many people think that counseling implies something personal about them that is out of the ordinary. Our goal here is to clarify the purpose of counseling and broaden the scope of what it really means. Diagnosis of cancer as well as the treatment process of cancer can take a toll on you physically, emotionally and spiritually; we are here to accompany you and be a form of support. Integrating your medical and mental health care can awaken a connection that inspires growth of your psychosocial self. The concept behind counseling is to aid in your own personal growth and how your own self relates to others around you.

While some feel that engaging in a support group and remaining active in one or two activities keeps them supported and cared for, others may need a different level of care. Seeing a social worker or an oncology counselor can have many benefits to you and your family. Our counselors are educated and skilled in incorporating pieces of psychosocial care within your medical care and diagnosis.



The Swedish/Issaquah Campus (Photo: Benjamin Benschneider)

All pieces are important, and all should be accounted for to achieve the understanding that your body, mind and spirit are integral to your overall health. Whether you desire counseling for yourself or your family all can be integrated into your care at the Swedish Cancer Institute.

The Swedish Cancer Institute at the Swedish/Issaquah campus is excited to have their first active support group: "Linking the Cancer Connection." This group meets twice a month and is open to all cancer patients, family and friends. "Linking the Cancer Connection" provides the opportunity for people facing cancer (and their support systems) to meet other individuals in a similar situation. The group setting provides a safe environment to encourage the development of supportive relationships and the ability to learn from others. As with many experiences in life, it can be comforting to gain knowledge and strength from those in the same community. Participation in a support group can go beyond the walls of the room and the faces you see there.

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Benefits of Counseling:

- Build resilient coping skills
- Help manage and reduce feelings of depression, anxiety and stress
- Improve communication in couples and families
- Foster self-confidence and awareness
- Support in life's many transitions

Contacts:

Emma Hughes, MS, LMFTA

Oncology Counseling Intern
Swedish Cancer Institute, Issaquah, 206-416-5574

Meghan Wilkins, BA, MS Candidate

Oncology Counseling Intern
Swedish Cancer Institute, Issaquah, 425-313-4229

Christina Barrows, MS Candidate

Oncology Counseling Intern
Swedish Cancer Institute, Ballard, 206-405-6547

Kayla Pippitt, MS LMFTA

Oncology Counseling Intern
Swedish Cancer Institute, Edmonds, 206-425-6447

For information on support groups and classes, please refer to the enclosed support group flyer and class listings.

Genetic Counseling, Now at Swedish/ Issaquah



Eliza Stroh, MS, CGC, is a board-certified and licensed genetic counselor at the Swedish Cancer Institute's Hereditary Cancer Clinic. As a genetic counselor, she meets with patients and families to assess their risks for hereditary cancers and to discuss options for genetic testing, management of hereditary

cancer, and future disease prevention. For more information or to schedule an appointment, call 206-215-4377 (First Hill Campus) or 425-313-4200 (Issaquah Campus).

Spring 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. Registration is also available online at www.swedish.org/classes.**

Most classes listed are offered at the Swedish Cancer Institute. **The Swedish Cancer Institute's class locations are listed below:**

- Swedish First Hill Campus (Arnold Building, 1221 Madison St., A-Floor West)
- Swedish/Cherry Hill Campus (500 17th Ave.)
- Swedish/Ballard Campus (5300 Tallman Ave. N.W.)
- Swedish/Edmonds Campus (21601 76th Ave. W.)
- Swedish/Issaquah Campus (751 N.E. Blakely Dr.)
- Issaquah Library (10 W. Sunset Way)
- Sammamish Library (825 28th Ave. S.E.)
- Lake Hills Library (15590 Lake Hills Blvd., Bellevue)

After Breast Cancer: What's Next?

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

*Wednesdays, March 21-May 9, 4:30-6 p.m.
Swedish/First Hill Campus – Clearwater
Conference Room C or*

*Thursdays, March 22-May 10, 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, March 20-May 8, 4:30-6 p.m.
Swedish/First Hill Campus – Clearwater
Conference Room C*

Beauty Over 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.

Breast Cancer Basics

Tanya Wahl, M.D., and Kasra Karamlou, M.D., will discuss breast cancer staging, pathology and new molecular testing. There will be plenty of time available for a question-and-answer session.

*Thursday, March 29, 6-7 p.m.
Swedish/Issaquah Campus, Room "Leadership,"
2nd Floor Conference Center*

Colon Cancer — New Techniques in Treatment

Colon cancer is a common disorder which affects thousands of people each year. There are new mechanical and molecular technologies recently developed to treat colon cancer at all stages. Amir Bastawrous, M.D., will review what patients might expect when diagnosed and how these new treatments may affect them and their outcomes.

*Wednesday, May 30, 7-8:30 p.m.
Sammamish Library*

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

Join Lisa Price, N.D., to learn how to care for yourself, so you are able to take care of your loved ones. You deserve to be well cared for and feel good during this potentially stressful time. Co-sponsored by Northwest Natural Health.
Tuesday, April 10, 7-8:30 p.m.
Issaquah Library

Getting your Cardiovascular and Physical Strength Back after Cancer Treatment

Join Dan Labriola, N.D., and learn how to restore your cardiovascular and physical health after cancer treatment. Co-sponsored by Northwest Natural Health.
Tuesday, May 8, 7-8:30 p.m.
Issaquah Library

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. Topics include tips on how to bring up difficult topics, important planning and choices, and available services including hospice – when and how to enroll.
Tuesday, May 29, 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.
Tuesday, March 27, 5-6 p.m.
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B

Fighting Cancer with Naturopathic Nutrition Strategies

Join Lisa Price, N.D., and learn how food and nutrition can affect cancer. What works and what to avoid. Co-sponsored by Northwest Natural Health.
Tuesday, May 1, 5-6:30 p.m.
Lake Hills Library

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. Six sessions.
Tuesdays, April 3-May 8, 3-4 p.m.
Swedish/First Hill Campus – 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.
Tuesday, April 10, 1-2:30 p.m.
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B or
Wednesday, May 2, 10:30 a.m.-noon
Swedish/Issaquah Campus, Room "Leadership," 2nd Floor Conference Center

Healing the Whole Person: Body, Mind, and Spirit

Explore Dr. Jeremy Geffen's *Seven Levels of Healing* with health educator, Carol Robl. These provide guidelines that can greatly enhance the lives of those with cancer, those who have completed treatment and their family members.
Wednesday, March 28, 6-7:30 p.m. or
Wednesday, May 9, 10-11:30 a.m.
Swedish/First Hill Campus – 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 12, 6-8 p.m.
Monday, April 16, 1-3 p.m.
Monday, May 14 1-3 p.m.
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B or
Monday, April 30, 6-8 p.m.
Swedish/Issaquah Campus, Room "Knowledge," 2nd Floor Conference Center

Meditation for People with Cancer

Join Swedish physical therapist Carolyn McManus for a two-week session that teaches mindfulness meditation. Two sessions.
Tuesdays, May 15 and 22, 3:30-5 p.m.
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B

Music Therapy and Mandalas for Reflection and Insight

Join Sha'ari Garfinkel, MSW, LICSW, MT-BC, FAMI, board certified music therapist to discover how you can use music and the creation of simple mandalas as tools to foster self-reflection and personal insight. Sha'ari is trained in MARI mandala assessment and will share some hidden gems on how mandalas can reflect our daily and inner lives.
Wednesday, May 16, 6-8 p.m.
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B

Music Therapy to Enhance Healing Imagery

Join Sha'ari Garfinkel, MSW, LICSW, MT-BC, FAMI, board certified music therapist and Fellow of the Association for Music & Imagery to hear the latest research findings about how music enhances imagery and experience how you can use music to develop your own personal healing imagery.
Wednesday, May 9, 6-8 p.m.
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B

Paper Art Workshop

There are so many ways to use paper to make wonderful gift items for you or a loved one. This is a great class for all skill-levels. All materials provided. Class taught by art instructor Tiffany Thiele.
Monday, May 14, 10 a.m.-noon
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B

Printmaking

Learn easy ways to print images. It's a fun and rewarding class for all skill-levels. All materials provided. Class taught by art instructor Tiffany Thiele.
Monday, April 9, 10 a.m.-noon
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B

Spring Jewelry Making

Celebrate the day making a lovely piece of jewelry inspired by the colors of spring. All materials provided. Class taught by art instructor Tiffany Thiele.
Monday, May 7, 10 a.m.-noon
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B

Talk with Your Doc about Lung Cancer

Join Kasra Karamlou, M.D., and James Spiegel, M.D., for a discussion on lung cancer. Both physicians will be reviewing current treatments and new advancements with lung cancer. The discussion will be followed by an open question-and-answer session.
Tuesday, March 6, 7-8:30 p.m.
Issaquah Library

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, April 3, 6-7:30 p.m.
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B or
Tuesday, May 15, 7-8:30 p.m.
Issaquah Library

Watercolor Workshop

Come explore the wonders of watercolor. Experiment with various techniques and materials. All supplies provided. No previous art experience necessary. Class taught by art instructor, Tiffany Thiele.
Monday, April 2, 10 a.m.-noon
Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B

Woman's Health and Cancer

Join Kathleen Pratt, N.D., to learn strategies for maintaining overall good health. Co-sponsored by Northwest Natural Health.
Tuesday, May 22, 7-8:30 p.m.
Lake Hills Library

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)

Art Therapy Open Studio Group For people with cancer and the loved ones who support them

Haven't played with art supplies since elementary school? That's okay. Join us and experience the expressive, healing nature of art in a confidential and supportive group setting. A variety of art materials will be provided; no art experience or confidence required. Please drop in!
Ongoing, Tuesdays 1-3 p.m.
Swedish/First Hill Campus – Clearwater Conference Room C

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.

Online Education

Swedish Cancer Institute's Cancer Podcast Program



Are you unable to attend a class in person, yet still want the educational experience and information? 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:

Overview: Colon and Rectal Cancer

Dr. John Fitzharris presents an important overview of colon and rectal cancer in this podcast. Learn about risk factors, common symptoms and treatments available for colon and rectal cancers.

Understanding Clinical Trials

Patra Grevstad, registered nurse, presents an important overview of clinical trials available for cancer patients. In this podcast, learn how to gain access to a trial, what determines if someone can participate, and what happens if you join a trial.

Getting a Second Opinion

Dr. Gary Goodman gives patients a better understanding of getting a second medical opinion. Dr. Goodman reviews what getting a second opinion entails and how you can go about getting one.

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

 **“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.



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