

patient
education

Update

INFORMATION AND RESOURCES FOR PATIENTS AT THE SWEDISH CANCER INSTITUTE

SPRING 2013

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

Swedish Cancer Institute
 206-215-3600
 Toll Free: 855-922-6237

True Family Women's
 Cancer Center
 206-215-5900
 Toll Free: 855-878-3287

www.swedish.org/cancer

Thrive Through Cancer

By Rose Egge

Those of us in our 20s and 30s are a diverse crowd. We could be college students, new mothers, young professionals, musicians or countless other things. But no matter how different we are, we likely have one thing in common: None of us are ready for cancer.

On May 11, 2011, I was 25 years old. I was working a job I loved for a major news organization, finishing grad school and living with the love of my life in a beautiful condo we had purchased. Things were good — until that afternoon.

That afternoon my doctor told me I had a mass on my spine, and that it was likely lymphoma. My entire world changed at that moment because, suddenly, I was fighting for my life.

Weeks later I was diagnosed with stage IV b-cell acute lymphoblastic lymphoma — a type of non-hodgkins lymphoma. Over the next six months I was treated with Hyper CVAD chemotherapy — which I believe could take down a small elephant. I had a dozen spinal taps, two bone marrow biopsies, spinal surgery and spent at least 36 days in the hospital.

But today, I am nearly one-year cancer free and my life is more joyful than ever — largely due to the challenges cancer dealt me. I have learned many things since my doctor said the “c word,” including the fact that love and kindness can sometimes also help treat cancer.

People have often told me how strong I am to have survived cancer, but the truth is I'm no tougher than anybody else. I believe I am alive because of the amazing people who carried me through the most difficult time of my life. I am



here today because of my dad, who drove me to the doctor's office nearly every day; because my mom cooked me eggs at 4 a.m. before my first surgery; because my fiancé dressed me one morning when I could not open my eyes; and because of the countless visits, meals and gifts my friends and family offered to keep my spirits high.

Not everyone is so lucky. That is why I have started a program through the Swedish Medical Center called *Thrive Through Cancer*. There is no good time to have cancer, but I experienced first-hand how uniquely-challenging the experience is as a young adult. Patients at this age are less likely to be financially stable or have health insurance. We may not have parents or a spouse to take care of us. We don't expect our lives to be threatened so soon.

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To bring joy to these patients, Thrive Through Cancer volunteers create “Hope Totes” — backpacks stuffed with gifts for newly diagnosed patients. Our goal is to help young adults conquer cancer and go on to live amazing lives. None of the gifts are life changing — cozy

socks, ginger candies, journals — but they demonstrate to patients that they are not alone. Whether these people have met us or not, we are thinking of them. We care about their survival.

The most amazing thing about Thrive Through Cancer is that a number of patients who have received our bags have reached out to give a “Hope Tote” to others. They felt the love in their gift, and wanted to offer the same compassion to others fighting this terrible disease.

Thrive Through Cancer will continue to grow and develop to meet the needs of young adult patients. If funding allows, we will host patient events and offer financial assistance to those in treatment. No matter how we do it, Thrive Through Cancer will offer love, compassion and joy to patients who we know will go on to do incredible things and live amazing lives.

If you would like to learn more about Thrive Through Cancer please check out our website at ThriveThroughCancer.org or email Rose Egge at thrivingwithcancer@gmail.com.

Save the Date for Chemo-Con!

Thursday, June 20, 2013 at 6 p.m.

Thrive Through Cancer will be hosting a social expo for young adults, their families, friends and caregivers at the Swedish Cancer Institute/First Hill on Thursday, June 20th at 6 p.m. Come meet Rose Egge, founder of Thrive Through Cancer, and join us for two educational and interactive workshops focused on issues commonly experienced by young adults affected by cancer. Learn more about community partners, resources and services available in areas near you.

This is an opportunity for young adults who have been touched by cancer in the Seattle area to come together and network with a proactive and dynamic community. Stay tuned for more information. We are very excited to share with you!

Please go online to register for this event at www.swedish.org/classes or call **206-386-2502**.

If you have any questions about Thrive Through Cancer, contact Rose Egge at thrivingwithcancer@gmail.com.



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 **Plugged-In To Your Health: Cancer Podcast Program**. 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:

- **Preserving Reproductive Potential After the Diagnosis of Cancer:** Julie Lamb, M.D., and Rose Egge explore fertility options and treatment when cancer is a factor.
- **Reconstructive Surgery: Breast Cancer:** Plastic surgeon Wandra Miles, M.D., explains what to expect with breast reconstruction.
- **Resources in the Community: Breast Cancer:** Patient Navigator Shannon Marsh reviews the breast cancer resources available in the Seattle community and at the Swedish Cancer Institute.

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

Spring 2013 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	Swedish/Edmonds	Swedish/Issaquah	Issaquah Library	Lake Hills Library	Sammamish Library
Arnold Pavilion 1221 Madison St. Seattle, WA	21601 76th Ave. W. Edmonds, WA	751 N.E. Blakely Dr. Issaquah, WA	10 W. Sunset Way Issaquah, WA	15590 Lake Hills Blvd. Bellevue, WA	825 28th Ave. S.E. Sammamish, WA

After Breast Cancer: What's Next?

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

*Wednesdays, March 20-May 8, 4:30-6 p.m.
Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor
or
Thursdays, March 21-May 9, 4:30-6 p.m.
Swedish/Edmonds – 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 19-May 7, 4:30-6 p.m.
Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor*

Active Women, Healthy Women

Women of all fitness levels are encouraged to join this certified instructor led class. From cancer patients to survivors, there is an exercise activity appropriate for you. Co-sponsored by Team Survivor Northwest, this class focuses on stretching, strength training and cardio-workouts. Six sessions.

*Wednesdays, April 3-May 8, 6-7 p.m.
Swedish/Issaquah – Medical Office Building, First Floor, Yoga Flex Space
or
Thursdays, April 18-May 23, 10-11 a.m.
Swedish/First Hill – A-Floor West, 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, May 7, 7-9 p.m.
Issaquah Library
or
Thursday, June 13, 4-5:30 p.m.
Swedish/First Hill – A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B*

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.

*Friday, April 19, 2-4 p.m.
Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor
or
Friday, June 21, 2-4 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, demonstration and sampling provided.

*Tuesday, April 30, 3-4 p.m.
or
Tuesday, June 11, 3-4 p.m.
Swedish/First Hill – A-Floor West, 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 Kathleen Pratt will provide some practical tips on what you can do to maintain balance and wellness. Co-sponsored by Northwest Natural Health.

*Tuesday, May 21, 7-9 p.m.
Lake Hills Library*

Gentle Yoga

Create balance in the body, breath and mind in this therapeutic class with registered yoga instructor Ann Ford. Bring a mat and blanket. Six sessions.

*Wednesdays, May 1-June 5, 2-3 p.m.
Swedish/First Hill – A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B*

Getting Back to the Real You After Cancer Treatment

Join naturopathic physician Lisa Price for a class focused on natural ways to help your body heal and repair after cancer treatment. Co-sponsored by Northwest Natural Health.

*Tuesday, May 14, 7-9 p.m.
Issaquah Library*

Healing the Whole Person: Body, Mind & 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. Concepts based off Dr. Jeremy Geffen's *Seven Levels of Healing*.

*Tuesday, April 9, from 10-11:30 a.m.
or
Thursday, June 6 from 3-4:30 p.m.
Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor*

Heartburn: Don't Ignore It

Left unchecked, heartburn and reflux can lead to serious complications, including cancer. Come learn how to control symptoms and reduce risks in the least invasive way with naturopathic physician Dan Labriola. Co-sponsored by Northwest Natural Health.

*Wednesday, April 24, 7-9 p.m.
Sammamish Library*

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. Co-sponsored by Northwest Natural Health.

*Tuesday, June 11, 7-9 p.m.
Lake Hills 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, April 15, 1-3 p.m.
Monday, May 13, 1-3 p.m.
Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor
and
Monday, June 10, 6-8 p.m.*

*Swedish/First Hill – A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B
or
Monday, April 15, 6-8 p.m.
Monday, May 20, 6-8 p.m.
Monday, June 17 6-8 p.m.
Swedish/Edmonds – 3rd Floor Conference Room
or
Monday, June 17, 1-3 p.m.
Swedish/Issaquah – Room "Leadership," 2nd Floor Conference Center*

Meditation for People with Cancer

Join Swedish physical therapist Carolyn McManus for a two-part class that focuses on mindfulness meditation.

*Tuesdays, May 28 and June 4, 3:30-5 p.m.
Swedish/First Hill – A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B*

Sexual Function and Prostate Cancer

Come join naturopathic physician, Patrick Bufi for a discussion of common health issues for men of all ages. Co-sponsored by Northwest Natural Health.

*Tuesday, April 23, 7-9 p.m.
Issaquah Library*

Women's Natural Guide to Avoiding Cancer

Come join naturopathic physician Lisa Price to learn how to maintain good health and minimize your risk of getting cancer. Co-sponsored by Northwest Natural Health.

*Wednesday, June 12, 7-9 p.m.
Sammamish Library*

Spring 2013 Patient Education Classes *Continued*

Writes of Passage – Poetry for Revealing Depth, Truth and Meaning

Join Vicky Edmonds, Seattle poet, to learn simple ways to use poetic elements to access the deepest parts of ourselves, and find relief and inspiration in the most genuine places in our human lives. No previous writing experience necessary.

Tuesday, April 16, 10 a.m.-noon

Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor

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 (ongoing), 10 a.m.-noon

Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor

Knit for Life™

This network of volunteers uses knitting as a healing experience to enhance the lives of cancer patients, their family members and caregivers during treatment and recovery. It provides a supportive environment for beginners and experienced knitters. All materials are provided. For more information, call 206-386-3200.

Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor

Wednesdays (ongoing), 10 a.m.-noon

or

Swedish/First Hill – Swedish Cancer Institute, First-floor Lobby

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

or

Swedish/Issaquah – Medical Office Building, Main Lobby, in front of the fireplace

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

“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.

