SWEDISH CANCER INSTITUTE

patient education Update

INFORMATION AND RESOURCES FOR PATIENTS AT THE SWEDISH CANCER INSTITUTE

SUMMER 2013

New Cancer Center Opens at Swedish/Edmonds

By Brian Aylward, BS, CHES and Swedish Marketing Communications

Swedish is committed to improving the health and wellbeing of each person we serve. One way in particular Swedish is doing this is by making it easier than ever for patients to access high-quality health-care services closer to home.

In response to the growing need for medical oncology and infusion services in the south Snohomish and north King County area, a new two-story, 17,102-square-foot Swedish Cancer Institute (SCI) facility opened on Highway 99 in early April 2013.

The new outpatient cancer center offers high-quality, comprehensive medical oncology services to patients at the Swedish/Edmonds campus. The cancer center is home to an infusion unit, laboratory and pharmacy. The new location also provides greater access to clinical trials and is part of Swedish's network-wide electronic medical record system. With the addition of medical oncology, Swedish/Edmonds is now fully equipped to see patients undergoing cancer treatment at both its medical oncology and radiation oncology facilities.

As a hospital-based department and as the newest Swedish Cancer Institute location, patients will also have access to the following resources and services:

- **American Cancer Society Cancer Resource Center:**
  Staffed by American Cancer Society volunteers, the cancer resource center offers a wide variety of complimentary educational resources, including books and brochures about specific cancer types and information about services available at Swedish and in our communities. For more information stop by in person or call **425-673-8319**.
- **Patient Education Classes:**
  The Swedish Cancer Institute offers programs to assist the patient, their family members and caregivers in making treatment decisions, managing symptoms, and accessing complementary programs to help mind, body and spirit. For a complete list of Swedish Cancer Institute classes please go online to www.swedish.org/classes or call **206-386-2502**.

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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

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- **Social Work:**
  Oncology social workers at Swedish Cancer Institute/Edmonds are available to assist patients and their families coping with the challenges of living with cancer. Social workers are available for supportive counseling; consultation around financial, legal and insurance questions; long-term care planning; and linkages to community resources. They can be reached at **425-673-8328**.

As a nonprofit organization, Swedish welcomed support from the community to help with the $10.9 million cancer center. The new center at Edmonds joins the Swedish Cancer Institute's comprehensive network of community-based cancer centers throughout the Puget Sound area including: SCI downtown Seattle (First Hill and Cherry Hill), Ballard, Bellevue, Issaquah and Burien.

Swedish oncology social worker Erin Frobenius and American Cancer Society mission manager Jerri Wood outside the new SCI/Edmonds building

Come stop by the new medical oncology building at the Swedish Cancer Institute/Edmonds to learn more! **For more information about services available, or to schedule an appointment, please call 1-855-XCANCER (1-855-922-6237) or go to www.swedish.org/edmonds.**

Summer 2013 Patient Education Classes

The Swedish Cancer Institute offers programs to assist you, your family, friends and 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 Pavilion
1221 Madison St.
Seattle, WA

Swedish/Edmonds
21601 76th Ave. W.
Edmonds, WA

Swedish/Issaquah
751 N.E. Blakely Dr.
Issaquah, WA

Issaquah Library
10 W. Sunset Way
Issaquah, WA

Lake Hills Library
15590 Lake Hills Blvd.
Bellevue, WA

Sammamish Library
825 28th Ave. S.E.
Sammamish, WA

Artistic Classes

Exploring the Journey Through Creative Expression
Expressing yourself through art and play has been shown to promote healing. It helps reduce stress and provides an opportunity to find closure and healing through forms of expression that access our deeper ways of knowing. In this two-hour workshop, participants will be offered simple forms to express themselves that do not require any artistic skills. Co-sponsored by Harmony Hill Retreat Center.

Monday, July 15, 10 a.m.-noon
Swedish/First Hill – A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B

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.

Monday, June 24, 10 a.m.-noon
Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor

Cancer Events

Chemo-Con!
Brought to you by Thrive Through Cancer, this social expo is an opportunity for young adults, their families, friends and caregivers to learn more about community partners, resources and services available. Come meet Rose Egge, founder of Thrive, and join Julie Herbst, RD, as she explains healthy eating, and Jacci Thompson-Dodd, MA, MSSS, as she talks about intimacy and cancer. *Exhibition tables open at 5:30 p.m.*

Thursday, June 20, 6-8:30 p.m.
Swedish/First Hill – A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B

Cancer & Fitness

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, July 10-Aug. 14, 6-7 p.m.
Swedish/Issaquah – Medical Office Building, First Floor, Yoga Flex Space
or
Thursdays, July 11-Aug. 15, 10-11 a.m.
Swedish/First Hill – A-Floor West, 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 instructor Ann Ford. Bring a mat and blanket. *Six sessions.*

Wednesdays, July 10-Aug. 14, 2-3 p.m.
Swedish/First Hill – A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B

Summer 2013 Patient Education Clases

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Getting Your Cardiovascular and Physical Strength Back After Cancer Treatment
Join naturopathic physician Dan Labriola for a class focused on restoring your cardiovascular and physical health after cancer treatment. Co-sponsored by Northwest Natural Health.

Tuesday, Aug. 6, 7-8:30 p.m.
Issaquah Library

Northwest Natural Health
A Specialty Care Clinic

Cancer & Nutrition

Breast Cancer and Nutrition
Complementary and alternative medicine strategies include diet, vitamins, minerals, herbs and many other nutritional supplements and treatments. When it comes to the unique and important issues experienced with breast cancer, learn which strategies work and which do not from naturopathic physician Kathleen Pratt. Co-sponsored by Northwest Natural Health.

Tuesday, July 23, 7-8:30 p.m.
Lake Hills Library

Eating Well When Dealing With Cancer
Join Brian Higginson, RD, as he explains healthy eating, side-effect management, and maximizing nutritional intake. Recipe, demonstration and sampling provided.

Monday, Aug. 5, 3-4 p.m.
Swedish/First Hill – A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B

Let's Cook it Right: Fighting Cancer with Food
Learn to make several meals containing nutrients that are especially helpful during and after treatment with naturopathic physician Lisa Price. Co-sponsored by Northwest Natural Health.

Wednesday, Aug. 14, 7-8:30 p.m.
Sammamish Library

Coping

After Cancer Treatment: What's Next?
A four-week group for all patients who are preparing to live life after cancer treatment.

Tuesdays, June 4-June 25, 4:30-6 p.m.
or
Tuesdays, July 16-Aug. 6, 4:30-6 p.m.
Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor

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, July 9, 7-8:30 p.m.
Issaquah Library
or
Thursday, Aug. 1, 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, 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, June 21, 2-4 p.m.
or
Tuesday, July 30, 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, July 15, 1-3 p.m.
Monday, Aug. 12, 1-3 p.m.

Look Good, Feel Better *(continued)*
Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor
and
Monday, Sept. 16, 6-8 p.m.
Swedish/First Hill – A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B
or
Monday, July 15, 6-8 p.m.
Monday, Aug. 19, 6-8 p.m.
Monday, Sept. 16, 6-8 p.m.
Swedish/Edmonds – 3rd Floor Conference Room
or
Monday, Sept. 23, 1-3 p.m.
Swedish/Issaquah – Room "Knowledge," 2nd Floor Conference Center

Mind-Body Classes

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, July 16, 10-11:30 a.m.
or
Tuesday, Aug. 13, 10-11:30 a.m.
Swedish/First Hill – True Family Women's Cancer Center, Healing Forum, 5th Floor

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

Tuesdays, July 9 and July 16, 3:30-5 p.m.
Swedish/First Hill – A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B

Creative Expression Programs

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

Online Education

Swedish Cancer Institute's Cancer Podcast 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 at **www.swedish.org/cancerpodcasts** to view our podcast library and discover what our experts have to say.

This quarter's featured podcasts:

- **What to Expect When Dealing With Breast Cancer:** Breast surgeon Dr. Claire Buchanan provides an important overview of what to expect when dealing with breast cancer.
- **The Chemotherapy Experience:** Nancy Thompson, registered nurse, gives patients an understanding of what to expect in their chemotherapy treatment.
- **Survivorship and Cancer Rehabilitation:** Doctor of Physical Therapy Laura Bouma talks about survivorship and cancer rehabilitation.

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.