

patient  
 education

# Update

INFORMATION AND RESOURCES FOR PATIENTS AT THE SWEDISH CANCER INSTITUTE

WINTER 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](http://www.swedish.org/cancer)

## Swedish Launches New Lung Cancer Screening Program

By Brian Aylward; Contributor, Ralph Aye, M.D.

Screening for lung cancer has the potential to save more lives than any other type of cancer screening in history. As the number one cancer killer in the United States, lung cancer causes more deaths each year than breast, colon and prostate cancers combined. Unfortunately, lung cancer has traditionally been undetectable until it has reached an advanced, often incurable stage. Research on early detection has been underway for many years, and the Swedish Cancer Institute (SCI) has been a major participant in an international study designed to improve our understanding of the role of lung cancer screening. Focused on patient safety, the SCI has the most experience at performing low-dose CT scans for lung cancer screening in the Pacific Northwest region.

Ralph Aye, M.D., FACS, Swedish thoracic and esophageal surgeon and program leader for thoracic oncology, is one of two principal investigators at the SCI for the International Early Lung Cancer Action Program (I-ELCAP). The I-ELCAP is a large-scale, multi-center, international study that began in August 2000. This on-going lung cancer screening study is dedicated to learning more about early detection through the use of low-dose CT scanning. The 10-year survival rate for lung cancer for participants in this study was more than 80% compared to the 15% five-year survival rate with standard approaches. Dr. Aye expects screening of high-risk patients will save hundreds of lives and increase survivorship. Over the past 12 years, the SCI has screened over 1,000 patients with lung cancer and is positioned



to provide safe and effective lung cancer screening for even more patients as we move forward.

Low-dose CT scans have been shown to be effective in screening for lung cancers. Results from the National Lung Screening Trial (NLST) conducted by the National Institutes of Health showed that low-dose CT scans were associated with a 20% lower risk of dying from lung cancer than traditional screening with chest X-Rays. The I-ELCAP study findings were consistent with these numbers. Lung cancer screening using a low-dose CT scan is the most effective technique for early cancer detection and is recommended for individuals who:

1. Are between 55 and 74 years of age\* AND
2. Have a 30 or more year "pack year" history of smoking\*\* AND
3. Either currently smoke or have quit smoking within the last 15 years

\* For individuals over the age of 74, a low-dose CT scan for lung cancer screening may still be appropriate and should be discussed with a member of the Swedish Lung Cancer Screening Program team.

\*\*A pack year is a way of measuring the amount of smoking an individual has done over a period of time. A 30-pack year history of smoking is equivalent to smoking one pack of cigarettes per day for 30 years. You can learn how to calculate your number of pack years by visiting [www.swedish.org/LCSP](http://www.swedish.org/LCSP).

# Swedish Launches New Cancer Screening Program

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Ralph Aye, MD.

Low-dose CT scans help detect lung cancer in earlier, more treatable and curable stages, ultimately increasing survival. The Lung Cancer Screening Program uses an experienced, multidisciplinary team with over twelve years of experience in lung cancer screening and research to deliver the most effective care possible. This team offers personalized, comprehensive, tobacco-related disease evaluation and risk assessments, and lung cancer screening when appropriate.

The team includes:

- **Medical Oncologists:** Doctors who specialize in using chemotherapy and other drugs to treat cancer.
- **Thoracic Surgeons:** Doctors who specialize in surgery of the chest.
- **Radiation Oncologists:** Doctors who specialize in using radiation therapy to treat cancer.
- **Radiologists:** Doctors who specialize in reading X-Ray/CT scans of certain areas of the body.
- **Interventional Pulmonologists:** Doctors who specialize in the management and surgical treatment of airway problems.
- **Expert Lung Pathologists:** Doctors with specific training and expertise in understanding lung tissue.
- **Thoracic Surgery Nurse Practitioners:** Advanced practice nurses with specialized graduate training to take care of patients with problems in the chest or who have had chest surgery.

These team members consistently work together and are each experienced with using low-dose CT scanning. Low-dose CT scans also identify coronary artery disease, chronic obstructive

pulmonary disease (COPD) and many other lung abnormalities. Therefore, in addition to the 20% reduction in lung cancer deaths, low-dose CT scans are also associated with a 7% reduction for all other lung disease deaths.

Dr. Aye's involvement in the I-ELCAP study has added to his 30 years of experience in thoracic surgery, leading him to believe that over time, lung cancer screening for high-risk groups will be as common and life-saving as mammography. When the 20% reduction in lung cancer deaths is achieved nationwide, it will be one of the biggest cancer advances in our lifetime; no other type of cancer screening has the potential to save as many lives as lung cancer screening will.

To find out more about the Lung Cancer Screening Program at the Swedish Cancer Institute, please visit our website at [www.swedish.org/LCSP](http://www.swedish.org/LCSP) or call **206-386-6800**.

## Featured Class

### Screening for Lung Cancer: The Time Has Come!

Catch your breath after the holidays and join thoracic surgeon Ralph Aye, M.D., as he discusses the latest in lung cancer screening and current recommendations. Hear about state-of-the-art detection strategies and practical tips to determine whether screening is right for you or a loved one.

*Thursday, Feb. 21, 6:30-8 p.m.*

*Swedish/First Hill Campus – Arnold Pavilion, A-Floor West, Donald A. Tesh, M.D., Conference Rooms A and B*

## References:

[www.swedish.org/LCSP](http://www.swedish.org/LCSP)

[www.lung.org/lung-disease/lung-cancer/resources/facts-figures/lung-cancer-fact-sheet.html](http://www.lung.org/lung-disease/lung-cancer/resources/facts-figures/lung-cancer-fact-sheet.html)

[www.cancer.gov/clinicaltrials/noteworthy-trials/nlst](http://www.cancer.gov/clinicaltrials/noteworthy-trials/nlst)

[www.mskcc.org/cancer-care/screening-guidelines/screening-guidelines-lung](http://www.mskcc.org/cancer-care/screening-guidelines/screening-guidelines-lung)

[www.cdc.gov/cancer/lung/statistics/index.htm](http://www.cdc.gov/cancer/lung/statistics/index.htm)

## 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](http://www.swedish.org/cancerpodcasts) for a full list of offerings and discover what our experts have to say.

#### This month's featured podcasts:

- **Introduction: Esophageal Cancer – Parts 1 & 2:** Thoracic surgeon Brian Louie, M.D., explains esophageal cancer in this two-part cancer podcast.
- **Surgery, Diagnosis and Staging: Lung Cancer:** Thoracic surgeon, Eric Vallières, M.D., provides an introduction to lung cancer surgery and treatment.
- **What to Know About Lung Cancer Screening:** Thoracic and esophageal surgeon Ralph Aye, M.D., discusses the benefits of lung cancer screening options available.

For a full listing of our podcasts, please visit us online at [www.swedish.org/cancerpodcasts](http://www.swedish.org/cancerpodcasts)

# Winter 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](http://www.swedish.org/classes).**

## Class locations are listed below:

Swedish/First Hill	Swedish/Edmonds	Swedish/Issaquah	Issaquah Library	Lake Hills Library
Arnold Building, 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

### After Breast Cancer: What's Next?

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

*Wednesdays, Jan. 9-Feb. 27, 4:30-6 p.m.*  
Swedish/First Hill Campus – True Family Women's Cancer Center, Healing Forum, 5th Floor  
or  
*Thursdays, Jan. 10-Feb. 28, 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, Jan. 8-Feb. 26, 4:30-6 p.m.*  
Swedish/First Hill Campus – 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, Jan. 22, 7-9 p.m.*

Issaquah Library

or

*Wednesday, Feb. 20, 6-7:30 p.m.*  
Swedish/First Hill Campus, A-Floor West,  
Donald A. Tesh, M.D., Conference Rooms A and B

### Breathing for Stress Reduction

Learn different breathing techniques and explore physical relaxation and meditation exercises that help reduce stress. This class focuses on calming the body and mind while reducing side effects from cancer treatment and medications.

*Wednesday, Jan. 23, 2-3 p.m.*

or

*Wednesday, Feb. 13, 2-3 p.m.*  
Swedish/First Hill Campus, A-Floor West,  
Donald A. Tesh, M.D., Conference Rooms A and B

### Card-Making Workshop

Come join us to make special notes for those you love and appreciate, just in time for Valentine's Day! No previous art experience necessary. All materials provided.

*Monday, Feb. 11, 10 a.m.-noon*  
Swedish/First Hill Campus, A-Floor West,  
Donald A. Tesh, M.D., Conference Rooms A and B

### Collage Workshop

Come learn how to create a collage from beautiful papers, quotes and ephemera. No previous art experience necessary. All materials provided.

*Monday, Jan. 21, 10 a.m.-noon*  
Swedish/First Hill Campus, 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, March 15, 1:30-3:30 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, Jan. 29, 3-4 p.m.*

or

*Wednesday, March 6, 3-4 p.m.*  
Swedish/First Hill Campus, A-Floor West,  
Donald A. Tesh, M.D., Conference Rooms A and B

### Fighting Cancer with Naturopathic Nutrition Strategies

Join naturopathic physician Lisa Price, and learn how food and nutrition can affect cancer; what works and what to avoid. Co-sponsored by Northwest Natural Health.

*Tuesday, Feb. 12, 7-9 p.m.*

Lake Hills Library

or

*Wednesday, Feb. 27, 6:30-8:30 p.m.*  
Swedish/Issaquah Campus – Room "Knowledge,"  
2nd Floor Conference Center

### Hair Alternatives

Come join appearance consultant, Janet Bowman for a drop-in session that addresses issues experienced with chemotherapy. Find new ways to address eyebrows, eye lashes and hair loss and learn how to create hair alternatives with scarves, hats and accessories.

*Wednesday, Jan. 16, 10 a.m.-noon*

*Wednesday, Feb. 13, 10 a.m.-noon*

*Wednesday, March 13, 10 a.m.-noon*

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

### 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. Concepts based off Dr. Jeremy Geffen's *Seven Levels of Healing*.

*Tuesday, Feb. 5, 10-11:30 a.m.*

or

*Tuesday, March 12, 3-4:30 p.m.*

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

### 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, Jan. 14, 1-3 p.m.*

*Monday, Feb. 11, 1-3 p.m.*

*Monday, March 11, 6-8 p.m.*

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

or

*Monday, Jan. 21, 6-8 p.m.*

*Monday, Feb. 25, 6-8 p.m.*

*Monday, March 18, 6-8 p.m.*

Swedish/Edmonds Campus – 3rd Floor Conference Room

or

*Monday, March 18, 1-3 p.m.*

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

### Meditation for People with Cancer

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

*Tuesdays, Feb. 19 and 26, 3:30-5 p.m.*

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

### Screening for Lung Cancer: The Time Has Come!

Catch your breath after the holidays and join thoracic surgeon Ralph Aye, M.D., as he discusses the latest in lung cancer screening and current recommendations. Hear about state-of-the-art detection strategies and practical tips to determine whether screening is right for you or a loved one.

*Thursday, Feb. 21, 6:30-8 p.m.*

Swedish/First Hill Campus, A-Floor West,

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

### Transition to Recovery – Reclaiming Your Life

How do you transition to recovery? How do you move from active cancer treatment to redefining the rest of your life? Join psychiatrist Dorcas Dobbie, M.D., for a discussion about moving forward with meaning and purpose.

*Tuesday, March 5, 7-8:30 p.m.*

Issaquah Library

### Weight Loss After Cancer Treatment

Northwest Natural Health co-sponsors a class that shows how diets frequently don't work. Come join naturopathic physician Patrick Bufi to learn how to take the weight off after cancer treatment and how to keep it off for good!

*Tuesday, Jan. 29, 7-9 p.m.*

Lake Hills Library

### Women's Health and Cancer

Join naturopathic physician Kathleen Pratt, and learn strategies for maintaining good health. Co-sponsored by Northwest Natural Health.

*Tuesday, Feb. 26, 7-9 p.m.*

Lake Hills Library

*Continued on back*

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# Winter 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.

*Wednesday, Feb. 6, 10 a.m. -noon*

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

## **Yoga for Relaxation and Stress Relief**

Learn gentle yoga poses and breathing techniques that will help relax the body and nervous system during cancer treatment.

No previous yoga experience necessary.

Bring a large beach towel and dress comfortably. Chairs and other modifications are available.

*Wednesday, Jan. 30, 2-3 p.m.*

or

*Wednesday, Feb. 20, 2-3 p.m.*

*Swedish/First Hill Campus, A-Floor West,*

*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 Campus – 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 Campus – 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 families 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 Campus*

*Swedish Cancer Institute, First-floor Lobby  
Thursdays (ongoing), 1-3 p.m.*

or

*Swedish/Issaquah Campus*

*Medical Office Building, Main Lobby, in front of 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](http://www.facebook.com/SwedishCancerInstitute) to learn more.

