

Patient Education update

INFORMATION AND RESOURCES FOR PATIENTS AT THE SWEDISH CANCER INSTITUTE

SPRING 2014

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
 206-386-3228

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

Swedish Cancer Institute's Survivorship Clinic

By Helene Geraci, RN, MN, ARNP

Because your needs change throughout your personalized course of care, the Swedish Cancer Institute (SCI) offers a full service Survivorship Clinic at the First Hill campus. Your team of health-care providers at the SCI feels strongly about offering the same level of care after treatment that you received during active treatment.

The Survivorship Clinic is designed to bridge the gap between oncology specialty care and your primary-care provider. The clinic supports patients transitioning from active treatment to routine medical care. During this transition, it is common for patients to experience a sense of separation anxiety or fear as they begin to visit their oncology team less frequently.

The Survivorship Clinic helps patients address concerns that may arise after completing treatment and while transitioning to follow-up care. These concerns may relate to a variety of topics, including:

- Bone loss
- Cardiovascular risks
- Fear of recurrence
- Living with uncertainty
- Lymphedema
- Memory issues
- Neuropathy
- Sexual dysfunction
- Situational depression
- Spiritual health

Patients interested in setting up an appointment at the Survivorship Clinic need a referral from their oncologist. Most insurance plans include survivorship under the umbrella of coverage, but we recommend that you check with your insurance company prior to your consultation to review your coverage and learn about any out-of-pocket expenses. To learn more or to schedule a consultation in the Survivorship Clinic, call 206-215-6558.



Meet **Helene Geraci, RN, MN, ARNP**, program coordinator for the SCI's Survivorship Clinic. Helene received her graduate training from the University of Washington and undergraduate education at the University of Cincinnati.

Her clinical interests include oncology, survivorship, health maintenance, prevention and patient education.

Helene's philosophy of care is to listen to the patient and provide a high level of compassionate care while collaborating with multiple disciplines. Her personal interests include travel, hiking, climbing and skiing.

Spring 2014 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**.

Swedish Seattle

Class locations are listed below:

Swedish/First Hill

Arnold Pavilion
1221 Madison St.
Seattle, WA

Northwest Natural Health

6135 Seaview Ave. N.W., Suite 300
Seattle, WA

After Breast Cancer: What's Next?

An eight-week group for women to learn practical life-skills to help rebuild after breast cancer treatment is completed.

Wednesdays, March 12 – April 30, 4:30-6 p.m.
Swedish/First Hill – 5th Floor, Healing Forum

After Cancer Treatment: What's Next?

An eight-week group designed for men and women to learn practical life-skills to help rebuild after cancer treatment is completed.

Tuesdays, March 11-April 29, 4:30-6 p.m.
Swedish/First Hill – 5th Floor, Healing Forum

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 6, 4-5:30 p.m.
Swedish/First Hill – 5th Floor, Healing Forum

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 challenges faced during treatment and recovery of cancer and illness in general. Naturopathic physician Kathleen Pratt will provide practical tips on ways to maintain balance and wellness. Co-sponsored by Northwest Natural Health.

Wednesday, May 7, 7-8:30 p.m.
Northwest Natural Health Clinic

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 or other chronic illnesses.

Wednesday, April 16, 2-3:30 p.m.
Swedish/First Hill – 5th Floor, Healing Forum

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, May 21, 7-8:30 p.m.
Northwest Natural Health Clinic

Meditation for People with Cancer

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

Tuesdays, June 3 and June 10, 3:30-5 p.m.
Swedish/First Hill – A-Floor West, Conference Room A

Swedish North End

Class locations are listed below:

Swedish/Edmonds

21601 76th Ave. W.
Edmonds, WA

After Breast Cancer: What's Next?

An eight-week group for women to learn practical life-skills to help rebuild after breast cancer treatment is completed.

Thursdays, March 13 – May 1, 4:30-6 p.m.
Swedish/Edmonds – 3rd Floor, Auditorium A



Antioxidants & Cancer: Helpful or Harmful?

Learn about the potential benefits, risks and strategies of using antioxidants during chemotherapy with naturopathic physician Dan Labriola. Co-sponsored by Northwest Natural Health.

Tuesday, May 13, 7-8:30 p.m.
Swedish/Edmonds – 4th Floor Conference Room

Fighting Cancer with Naturopathic Nutrition Strategies

Join naturopathic physician Lisa Price for a class on how food and nutrition affects cancer; explore what works and what to avoid. Co-sponsored by Northwest Natural Health.

Wednesday, June 25, 7-8:30 p.m.
Swedish/Edmonds – 3rd Floor Conference Room

Tools for the Journey

Learn practical resources and strategies for how to live fully despite the challenges of cancer in this two-hour workshop. This includes breath work, guided imagery, group support and information about healing books and resources. Co-sponsored by Harmony Hills Retreat Center.

Thursday, April 24, 1-3 p.m.
Swedish/Edmonds – 4th Floor Conference Room

Swedish Eastside

Class locations are listed below

Swedish/Issaquah

751 N.E. Blakely Dr.
Issaquah, WA

Issaquah Library

10 W. Sunset Way
Issaquah, WA

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, June 10, 7-8:30 p.m.
Issaquah Library

Fighting Cancer with Naturopathic Nutrition Strategies

Join naturopathic physician Lisa Price for a class on how food and nutrition affects cancer; explore what works and what to avoid. Co-sponsored by Northwest Natural Health.

Tuesday, May 20, 7-8:30 p.m.

Swedish/Issaquah – 2nd Floor Conference Center, Teamwork Room

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 or other chronic illnesses.

Saturday, May 17, 10:30 a.m.-noon

Issaquah Library

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.

Tuesday, April 29, 7-8:30 p.m.

Issaquah Library

American Cancer Society Classes

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. To register, call our patient navigator at 206-215-6557.

Monday, April 7, 1-3 p.m.

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

Monday, June 16, 6-8 p.m.

Swedish/First Hill – A-Floor West, Conference Room A

or

Monday, June 2, 1-3 p.m.

Swedish/Issaquah – 2nd Floor Conference Center, Teamwork Room

or

Monday, April 14, 6-8 p.m.

Monday, May 19, 6-8 p.m.

Monday, June 16, 6-8 p.m.

Swedish/Edmonds – 3rd Floor Conference Room

Ongoing Supportive Care Programs

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.

Mondays (ongoing), 6:30-7:30 p.m.

Swedish/Issaquah – First Floor, Yoga Flex Space

Art Therapy: An Approach for Healing

Art therapy is a combination of counseling and expressive arts and can help you reduce stress, increase self-awareness, explore feelings and build positive coping skills. Sessions are confidential, supportive and individualized. 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. For more information call 206-215-6178.

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

Swedish/First Hill – 5th Floor, Healing Forum

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.

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

Swedish/First Hill – 5th Floor, Healing Forum

or

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

Swedish/First Hill – First-floor Lobby

or

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

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

Online Education Program

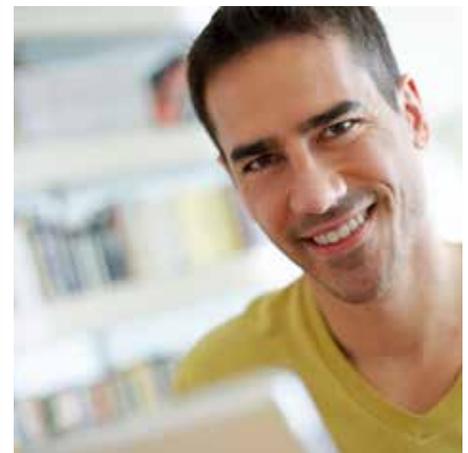
Swedish Cancer Institute's Cancer Podcast Program

Are you unable to attend a class yet 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.

Featured Colorectal Podcasts:

- **Anal Fissure:** Dr. Darren Pollock discusses what an anal fissure is and ways you can treat it.
- **Constipation:** Dr. Raman Menon discusses causes for constipation and ways to treat it.
- **Incontinence:** Dr. Raman Menon discusses incontinence and ways to treat it.

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.