

patient education INFORMATION AND RESOURCES FOR PATIENTS AT THE SWEDISH CANCER INSTITUTE

WINTER 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

Resources for Social Support

By Brian Aylward, BS, CHES

ere at the Swedish Cancer Institute (SCI), we understand that individuals cope in their own unique ways, and that receiving personalized education and support is important in the healing process. For this reason, the SCI is devoted to providing supportive services for newly diagnosed patients, those undergoing treatment, and those who have completed treatment, as well as their caregivers.



The SCI offers programs that promote education, hope and healing. Many of these programs are offered free of charge, while others are offered on a sliding scale. These integrated care programs include:

- American Cancer Society Patient Navigation:
 The American Cancer Society Patient Navigator helps patients find resources related to financial assistance, transportation, access to wigs and prosthetics, and much more.
- Art Therapy: Art therapy is a confidential, supportive and individualized experience for examining health issues through visual and verbal self-exploration.
- Cancer Rehabilitation: Cancer rehabilitation integrates medical management of cancer treatment-related side effects with a variety of exercise therapies.

- Health Education: The Swedish Cancer Education Centers offer complementary educational materials, innovative learning opportunities and patient education classes.
- **Genetic Counseling and Testing:** Genetic testing is available for individuals to determine their risk for developing certain cancers.
- Massage Therapy: Massage therapy may help with cancer-related pain, fatigue and nausea.
- Naturopathic Medicine: Combining modern science with natural remedies, naturopathic doctors are available for consultation and treatment through coordination with the patient's oncologist.
- Nutrition Care Services: Nutritionists are available to help patients and caregivers make healthy dietary choices during cancer treatment.
- Psychiatry: Psychiatrists help patients and caregivers maintain the emotional and mental well-being needed to cope with stresses of cancer.
- Oncology Social Work: Licensed oncology social workers provide patients and caregivers ongoing counseling and assistance.
- Support Groups: Support groups for patients and caregivers are offered weekly, creating an environment for people to share their feelings with others going through similar experiences.

Patients often hear that it's important to find a strong support system during and after treatment; this may include a partner, sibling, parent, child or close friend. These are the people patients rely on to help with decision making, emotional and spiritual support, daily tasks like transportation to and from appointments, and chores such as meal preparation.

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However, it's not only close friends and family that patients can rely on for support. There are many other channels to valuable information, guidance and comfort. Many online social networking sites have been developed in the past few years that help connect patients with other patients or survivors who have had similar experiences. These sites create a platform for patients to engage in conversation with other people locally or nationally, and they can benefit greatly from these connections.

· www.caringbridge.org

Caring Bridge is an online space where you can connect, share news and receive support from your own health social network.

www.cancercare.org

CancerCare is a comprehensive network of free support services including telephone, online and in-person counseling and support groups, resource referrals, education and financial assistance.

· www.cancersupportcommunity.org

Cancer Support Community is an online resource center for education, information and social support services.

· www.metacancer.org

MetaCancer is a community of survivors and caregivers that provide an online space for patients diagnosed with metastatic cancers.

Patients may also benefit from other community support services. Numerous organizations offer education, support groups, resource sharing and peer connections for those undergoing treatment or who have completed it. The SCI has partnered with many such groups to provide patients with a wide range of supportive services. The following are some of our community partners:

- American Cancer Society
- Cancer Lifeline
- · Gilda's Club Seattle
- · Harmony Hills Retreat Center
- Team Survivor Northwest
- Thrive Through Cancer
- Northwest Hope & Healing
- Susan G. Komen Puget Sound Affiliate
- Young Survival Coalition

These organizations, along with the SCI, can connect patients, family members and their caregivers to education and support services throughout the greater Puget Sound and beyond.

To learn more about services available at the SCI, call 206-215-3600 or toll free 855-XCANCER (855-922-6237), or visit www.swedish.org/cancer.

Online Education

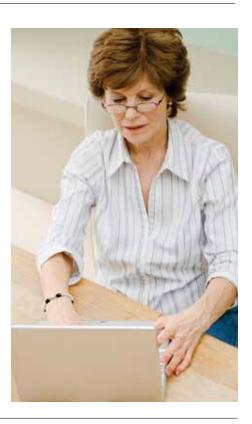
Swedish Cancer Institute's Cancer Podcast Program

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:

- Caring Bridge: Sandi Johnson, Supervisor of Oncology Social Work, introduces Caring Bridge, a free online tool that aims to ease communication with loved ones and increase support through cancer treatment.
- Resources in the Community: Breast Cancer:
 Shannon Marsh, Patient Navigator, reviews
 breast cancer resources available in the Seattle
 community and at Swedish Cancer Institute.
- Supporting the Cancer Patient: Sylvia Farias, Oncology Social Worker, offers important strategies for supporting cancer patients during treatment.



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

Winter 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**.

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 Mercer Island Library 4400 88th Ave. S.E Mercer Island, WA

Beauty & Cancer

Hair Alternatives

Appearance consultant Janet Bowman will show you how to create different hair alternatives with scarves, hats and accessories.

Thursday, Jan. 16, 1-2:30 p.m. Swedish/First Hill – A-Floor West, Conference Rooms A and B

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. 13, 1-3 p.m.*

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

Swedish/First Hill – True Center, Healing Forum, 5th Floor

and

Monday, March 3, 6-8 p.m. Swedish/First Hill – A-Floor West, Conference Rooms A and B

or

Monday, Jan. 20, 6-8 p.m. Monday, Feb. 17, 6-8 p.m.

Monday, March 17, 6-8 p.m.

Swedish/Edmonds – 3rd Floor Conference Room or

Monday, March 17, 1-3 p.m.

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

Coping

After Breast Cancer: What's Next?

Join other women in this eight-week group who have completed breast cancer treatment to discuss coping, relationships, fear of recurrence, resilience and hope.

Wednesdays, Jan. 8-Feb. 26, 4:30-6 p.m. Swedish/First Hill – True Center, Healing Forum, 5th Floor

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Thursdays, Jan. 9-Feb. 27, 4:30-6 p.m. Swedish/Edmonds — Auditorium A

After Cancer Treatment: What's Next?

Join others who have completed cancer treatment in this eight-week group to discuss coping, relationships, fear of recurrence, resilience and hope.

Tuesdays, Jan. 7-Feb. 25, 4:30-6 p.m.

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

or

Tuesday, March 11, 7-8:30 p.m. Issaquah Library

Getting the Most Out of Cancer Education

Explore resources and services available to patients and caregivers at the Swedish Cancer Institute with patient navigator Shannon Marsh, art therapist Nicole Stiver, and health education specialist Brian Aylward. Hear about innovative education programs, integrated care services such as naturopathy, nutrition services and genetic counseling, and learn more about available support services in our community.

Thursday, Feb. 20, 3-5 p.m. Swedish/First Hill – Cancer Education Center, A-Floor West

Nutrition & Cancer

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. *Tuesday, Feb. 11, 7-8:30 p.m. Issaquah Library*

Food for the Fight: Battling Cancer with Nutrition

Join registered dietitian Brian Higginson for a class on healthy eating and maximizing nutritional intake while undergoing cancer treatment. Learn how to use different foods to manage cancer symptoms and side effects of treatment. Recipe, cooking demonstration and sampling included. Wednesday, March 5, 3-4 p.m. Swedish/First Hill — A-Floor West, Conference Rooms A and B

Mind-Body Classes

Chair Yoga

Registered yoga instructor Ann Ford offers a modified traditional yoga class for cancer patients and those with other chronic illnesses. Chair yoga increases blood circulation, flexibility, range of motion, balance and overall energy, and explores light meditation and breathing techniques, too.

Wednesday, Jan. 15, 2-3 p.m. Wednesday, Jan. 22, 2-3 p.m. Wednesday, Jan. 29, 2-3 p.m. Mercer Island Library

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, Feb. 19, 2-3:30 p.m.

Swedish/First Hill – True Center, Healing Forum, 5th Floor

Meditation for People with Cancer

Join physical therapist Carolyn McManus for a twopart class that focuses on mindfulness meditation. Tuesdays, Feb. 18 and Feb. 25, 3:30-5 p.m. Swedish/First Hill – A-Floor West, Conference Rooms A and B

Creative Expression Program

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 - Cancer Education Center, A-Floor West

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 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 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/Issaguah

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 to learn more.