Supporting Kids of a Caregiver with Cancer

by Isabell Sakamoto, health education intern

Introduction
Because stronger families make stronger survivors, starting in September the Swedish Cancer Institute will offer a children’s support group, Children’s Lives Include Moments of Bravery, or CLIMB. Created by The Children’s Treehouse Foundation, a nonprofit organization, CLIMB is a support group designed for children ages 6-11 who have a caregiver with cancer. A caregiver is considered any person who provides care for a child, and can include a parent, foster parent, aunt, uncle or other head of a household. The child’s caregiver can be receiving care at any institution in the community to join this program.

CLIMB provides emotional support for children, as well as education and advice for caregivers on how to enhance communication with their children about cancer. Through conversation and art activities, children will learn to identify and appropriately express feelings they might be having related to their caregiver’s cancer. These groups will be facilitated by Swedish oncology social workers who have been specially trained in the CLIMB curriculum. Children will benefit from the peer support of other children sharing similar experiences, and they’ll also be given a workbook they can use to share their experiences and progress at home.

Children’s support
Children feel a lot of emotions when they find out a caregiver has cancer, and each child reacts differently to the situation. Some children might have a lot of questions and others might not know how to react. CLIMB will encourage children to express their feelings and concerns in a healthy way. CLIMB aims to create a supportive community to help children cope with a cancer diagnosis in the family. Not only will children have the tools to deal with their current feelings, they will be able to use the same coping skills for future events.

Caregiver education, advice and support
Caregivers will have their own group session that takes place at the same time as the children’s support group. Caregivers will be given tools and support to have an open dialogue with their children about the cancer diagnosis and treatment. Partners of participants are welcome to attend. The care and support given to both caregivers and children can help the whole family decrease the stress and challenges associated with a cancer diagnosis.

Registration
CLIMB is open to the community free of charge and self-referral is welcomed. Sessions are held at the Swedish Cancer Institute’s First Hill campus in Seattle on Thursdays from 5:30-7:30 p.m. beginning Sept. 17. Registration is required. To register, or for more information, please contact Danielle McLaughlin, MSW, oncology, at 206-215-6127.
Online Education Program

Plugged-In to Your Health: Cancer Podcast Program

The Plugged-In To Your Health: Cancer Podcast Program provides information on many different cancers, treatment options and resources available at the Swedish Cancer Institute.

The cancer podcast program is intended for patients, family members and caregivers to learn more about topics of their choice. The podcasts are video clips, created and presented by medical experts here at the SCI, ensuring patients have access to the most relevant and accurate information.

Use the podcasts to answer the most frequently asked questions that patients have and be more prepared with questions for your doctor at your next appointment.

You can watch the podcasts from the Swedish website or on one of our iPads that can be checked out during your time at the SCI. To access the cancer podcasts online, go to www.swedish.org/cancerpodcasts.

If you have any questions about the cancer podcast program, please contact the Swedish Cancer Education Center at 206-386-3200.

Featured podcasts:

• Swedish Cancer Institute Music Therapy Program
  Betsy Hartman, MT-BC, utilizes music as a way to address therapeutic goals, some of which are to increase relaxation as well as reduce anxiety and stress. (5:50)

• Introduction to Northwest Hope and Healing
  Shari Sewell, the director of the Northwest Hope and Healing Foundation, gives an introduction to the services and programs they offer. (5:58)

• Nausea and Vomiting — Side Effects of Cancer Treatment
  Julie Herbst, registered dietitian at the Swedish Cancer Institute, talks about how to cope with nausea and vomiting, two common side effects of cancer treatment. (4:11)

• What to Expect When Dealing with Breast Cancer
  Claire Buchanan, M.D., a breast surgeon, provides an important overview of what to expect when dealing with breast cancer. (8:24)

Save the date!

Leukemia & Lymphoma Society
Light the Night Walk

Light the Night is a fundraising event that benefits the Leukemia & Lymphoma Society and honors blood cancer survivors as well as those who lost their lives to these diseases. During the Light the Night event, participants walk while carrying an illuminated lantern, symbolizing shining a light on the importance of finding cures.

Date: Saturday, Oct. 24
Time: 4 p.m.
Location: Seattle Center, 305 Harrison St., Seattle, WA 98109
For more information or to register, visit www.lightthenight.org/wa/.

Leukemia & Lymphoma Society 10th annual
Winter Pineapple Classic 5K

The Winter Pineapple Classic is a family-friendly 5K obstacle course race benefiting the Leukemia & Lymphoma Society. Racers compete while holding a pineapple during the entire race. At the finish line, participants celebrate with a luau for all and a beer garden for adults.

Date: Sunday, Nov. 8
Time: 8 a.m.
Location: Marymoor Park, 6046 W. Lake Sammamish Parkway NE, Redmond, WA 98052
For more information or to register, visit www.lls.org/washingtonalaska.

"Cancer is a word, not a sentence."
— John Diamon
The Do’s and Don’ts of Eating After a Cancer Diagnosis

By Tori Sanchez, health education intern

A cancer diagnosis can prompt you to change unhealthy habits that are a part of your everyday life. As a registered dietitian who specializes in oncology nutrition, Julie Herbst, RD, CSO, CD, says it’s common for people to want to eat more healthy foods after being diagnosed with cancer.

A popular way of getting more healthy foods into your diet is “juicing,” which extracts juice from fruits and vegetables resulting in a glass of juice that can have a large amount of vitamins, minerals and antioxidants. Sounds great, right? Unfortunately, drastically changing the way you eat isn’t always an appropriate way to improve your health. Extremely high levels of antioxidants can actually have negative side effects for those going through cancer treatments. Research says that greatly increasing antioxidant levels while going through cancer treatment may actually protect cancer cells, making treatment unsuccessful. A general rule to follow is if you wouldn’t eat a whole bag of carrots, don’t juice a whole bag of carrots. Continue with your regular diet and make small changes over time if you or your doctor or dietitian feel they’re necessary.

The same can be said for using oral vitamin and mineral supplements as an “at-home” cancer treatment. Again, high levels of antioxidants can interfere with your cancer treatment. If you choose to take a daily vitamin, be sure to check that each vitamin is no more than 100 percent of your daily need. Also, be sure to tell your doctor if you are taking any daily vitamin supplements.

Don’t be discouraged if you want to make healthy changes in your diet — you can still do this without negative side effects. Herbst suggests following an anti-inflammatory diet to improve your health while going through cancer treatment. Foods that decrease inflammation are:

- Water
- Fresh fruits and vegetables
- Legumes and beans such as lentils and dried beans
- Healthy fats that can be found in nuts, seeds and avocados
- Lean meats like poultry, fish and eggs
- Whole grains such as brown rice, quinoa and buckwheat
- Herbal teas

To get the best results from an anti-inflammatory diet, it’s good to stay away from or decrease the foods you eat that may create inflammation. Examples of these foods include:

- Sugar
- Refined grains such as white bread, processed snack foods, crackers and bagels
- Red meat, fatty meat and processed meats
- Fried foods
- Excessive caffeine (drink no more than two cups a day)
- Alcohol

Having a healthy diet is important to consider when you have cancer. Making realistic changes in the way you nourish your body and avoiding extreme diets may help you improve your health while going through cancer treatment. If you’d like to talk with a dietitian or learn more about nutrition services at Swedish, call 206-215-6213.

Sharing your thoughts about the Patient Education Update

We continually look for ways to improve our Patient Education Update. Because you, our readers, are the reason we produce this newsletter, your feedback is very important to us. Please take a few minutes to complete our online survey at www.surveymonkey.com/s/8FTRYPJ. The survey should take about three minutes to complete. We look forward to hearing from you.
Nutritional Recipe

Turkey, Spinach and Apple Wrap

A healthy combination of plant-based, cancer-fighting foods and turkey easily turns into a quick lunch. The wrap’s appeal comes from the variety of textures — crunchiness from the apples and spinach, firmness from the turkey and creaminess from the simple dressing — surrounded by a nutty lavash wrap (a thin flatbread).

Ingredients
- 1 tablespoon reduced-fat mayonnaise
- 2 teaspoons honey mustard
- 2 (8-inch) whole-wheat lavash wraps or flour tortillas
- 2 cups (washed and dried) baby spinach leaves, loosely packed, or two large leaves of a soft, leafy green lettuce
- 4 thin slices turkey breast (4 ounces)
- ¼ Granny Smith apple, sliced paper-thin

Directions
1. Combine mayonnaise and mustard. Lay out both wraps and spread with the mayonnaise mixture.
2. Leaving a margin free on the side closest to you, arrange a layer of greens on top of wraps. Top each layer with half the turkey. Evenly divide apple slices and lay lengthwise across turkey. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side.
3. Cover each wrap tightly in plastic wrap and refrigerate, seam side down, up to 4 hours before serving. When ready to serve, remove plastic wrap and cut each wrap in half, at an angle.

Grocery list
- Reduced-fat mayonnaise
- Honey mustard
- Whole-wheat lavash wraps or flour tortillas
- Baby spinach leaves (or a soft, leafy green lettuce)
- Turkey breast
- Granny Smith apple

Makes 2 servings.

Per serving: 260 calories, 6 g total fat (1 g saturated fat), 28 g carbohydrate, 22 g protein, 3 g dietary fiber, 444 mg sodium

Adapted from AICR Health-e-Recipes

Nutrition counseling is available on-site at Swedish First Hill, Issaquah and Ballard campuses and by phone at our satellite sites at Highline and Bellevue. To schedule an appointment, please call 206-215-6213. Services are also available at Edmonds; please speak with your care team about getting scheduled.

Cancer Awareness Months

Throughout the year, cancer awareness campaigns bring attention to specific types of cancers. The goal of each awareness month is to prevent the disease and increase early detection through education and screening. Please join us in observing the following cancer awareness topics for this quarter.

September
- Childhood Cancer Awareness Month
- Gynecological Cancer Awareness Month
- Leukemia and Lymphoma Awareness Month
- National Ovarian Cancer Awareness Month
- National Prostate Cancer Awareness Month
- Thyroid Cancer Awareness Month

October
- National Breast Cancer Awareness Month
- Liver Cancer Awareness Month

November
- Lung Cancer Awareness Month
- Pancreatic Cancer Awareness Month
- National Stomach Cancer Awareness Month