Community Partnerships

Swedish has partnered with several organizations to offer an array of support services, classes and emotional support to cancer patients and their families. These include:

**Gilda’s Club** – Offers support and networking groups, lectures, workshops and social events. Call 206-709-1400 or go to www.gildasclubseattle.org.

**CancerLifeline** – Features a 24-hour telephone counseling service that provides emotional support, information, community referrals and classes. Call 1-800-255-5505 or go to www.cancerlifeline.org.

**American Cancer Society** – Offers services in this region, including a wig bank and Look Good, Feel Better, a program to help cope with appearance-related side effects of cancer. Call 1-800-ACS-2345 or go to www.cancer.org.

**Thrive** – Brings together young adults who have cancer and gives them age-appropriate resources, events, non-medical financial aid and Hope Totes (baskets filled with useful items for young adults who are about to begin treatment). Learn more at www.thrivethroughcancer.org.

**Northwest Hope and Healing** – Provides needs-based financial assistance to women who are fighting breast or gynecological cancers at the Swedish Cancer Institute. Their Patient Assistance Fund can cover child care, groceries, reliable transportation and emergency rent. They offer “healing baskets,” which are designed to comfort and bring hope to women going through their cancer treatments. To learn more about qualifying for assistance or receiving a healing basket, please call 206-386-3228 or visit www.nwhopeandhealing.org.

**Team Survivor Northwest** – Helps women who have or have had cancer rebuild their physical and emotional strength through exercise. Fitness groups and events are offered throughout the year at no cost to Team Survivor Northwest members. To learn more about this nonprofit organization and how you can join, please visit http://teamsurvivornw.org/.
American Cancer Society’s Cancer Patient Navigator
Our ACS patient navigator links Swedish cancer patients with appropriate resources in the community. She provides information on coping with illness and treatment and can refer patients to support groups and classes. She helps find resources for financial assistance, medication, home-health care and transportation. For information, please call 206-215-6557.

Art Therapy
Art therapy helps patients express emotions, reduce side effects and enhance relaxation through the use of painting, drawing, sculpting and other visual media. No previous artistic training or experience is necessary. For more information, please call 206-215-6178 for more information or to schedule an appointment.

The Hereditary Cancer Clinic
This clinic offers genetic testing and counselling to patients and families at risk for hereditary cancers, including breast, ovarian and colon. The genetic counselor will meet with you to review medical and family histories and determine which tests are appropriate for you. Testing requires a blood draw with results back in about four weeks. Please call 206-215-4377 for First Hill, 425-673-8349 for Edmonds and 425-313-4200 for Issaquah.

Cancer Education Center
The unique resource center provides patient education materials as part of your total care package. Here you’ll find a variety of brochures, books, videos and audiotapes about cancer, along with a computer database that you can use to search for specific cancer types or clinical trials. Cancer Education Centers are located at First Hill, Issaquah and Edmonds campuses. Please call 206-386-3200 for more information.

Online Cancer Education Center
Swedish has partnered with Cancer Consultants, Inc. to set up an online Cancer Education Center that offers several free services, including the latest treatment news, a cancer and drug dictionary, information on numerous cancer types and links to current research studies. To access this service, go to www.swedish.org/cancer.

Cancer Rehabilitation
The main goal of cancer rehabilitation is to teach basic exercise skills to help patients maintain energy and strength. Cancer rehabilitation may include physical and occupational therapy as well as personalized, supervised fitness programs. Cancer rehabilitation helps patients return to their highest level of functioning. Call 206-215-6333 for more information.

Counseling and Support: Cancer Psychiatry and Oncology Social Work
Cancer can lead to difficulties for patients’ social, emotional, physical and spiritual well-being. Our staff psychiatrists and oncology social workers focus on helping patients and families maintain the emotional well-being needed to cope with the stress of a cancer diagnosis, treatment and survivorship. These counselors offer:

- Emotional support for coping with distress, anxiety and depression
- Assessment and care coordination in the areas of insurance, financial and legal concerns; assistance with practical concerns such as housing, employment, child care and transportation; and help with long-term care planning, ranging from home care to hospice care
- Support groups for patients and caregivers that focus on a variety of topics, including breast cancer, gynecological cancers and advanced cancers

Please call 206-386-3228 for more information.

For information about psychiatry, please call 206-991-2383 for First Hill and Issaquah.

For information about speaking with a social worker, please call 206-386-3228 for First Hill, 425-673-8328 for Edmonds; 425-313-4224 for Issaquah; and 206-781-6359 for Ballard.

Knit for Life
This class uses knitting as a healing experience to enhance the lives of cancer patients, their families and caregivers. It provides a supportive environment for beginning and experienced knitters. All materials are provided. Please call 206-386-3200 for more information.

Locations and Times:

Swedish Edmonds: Medical Oncology Building, 1st Floor Lobby, Tuesdays (ongoing) noon-2 p.m.

Swedish First Hill: Swedish Cancer Institute, 1st Floor Lobby, Thursdays (ongoing). 1-3 p.m.

Swedish First Hill: True Family Women’s Cancer Center, Healing Forum, 5th Floor, Wednesdays (ongoing), 1-3 p.m.

Swedish Issaquah: Medical Office Building Main Lobby, in front of the fireplace, Mondays (ongoing). 1-3 p.m.

Massage Therapy
Licensed massage therapists will apply pressure to the soft tissues of the body to stimulate nerves and increase blood flow. Massage can relieve symptoms related to cancer, as well as side effects from treatments, such as nausea, fatigue and pain. All massages are tailored to the individual patient’s needs. Please call 206-215-3007 for an appointment.

Meditation
Mindfulness meditation is a class designed to help cancer patients better cope with their stress and physical symptoms. This class offers group instruction in relaxation and meditation, along with stretching exercises to enhance mobility. This service is included in your total care package here at Swedish. Call 206-386-3200 for more information.

Music Therapy
Music therapy is the use of music to improve emotional, physical, physiological and spiritual well-being. A typical session consists of talking with a counselor followed by an activity that involves music and sound. No musical experience is necessary. Some techniques used include drumming, singing, chanting and songwriting. Call 206-386-3200 for more information.

Naturopathic Medicine
The goal of naturopathic care is to complement your oncology treatments by supporting your immune system and reducing side effects. Treatments include clinical nutrition, herbal medicines and mind-body therapies. All treatments are coordinated directly with your oncologist. For more information, call 206-386-3015.

Nutrition Counseling
The Nutrition Care Clinic offers individualized nutritional counseling by registered dietitians to help patients make the best dietary decisions during their cancer treatment. No referral is needed for this service. To schedule an appointment, call 206-215-6213 for Swedish First Hill, Issaquah and Ballard. To schedule an appointment at Swedish Edmonds, please speak with your care team. Phone consultations are also available in Highline and Bellevue. To schedule an appointment, please call 206-215-6213.

Palliative Care/Symptom Management Clinic
The palliative care team improves care for all people with serious or life-threatening disease. The goal is to prevent or treat symptoms of the disease and any side effects of treatment. Palliative care helps patients manage physical, emotional, practical and spiritual issues throughout the entire experience with cancer, starting even at the time of diagnosis. For more information, please call 206-386-2126.

Survivorship Clinic
After active cancer treatment is completed, the survivorship program is available to help with concerns that may arise when making the transition back to “normal” life. The clinic is open to cancer survivors, defined as anyone who has been diagnosed with cancer or anyone else that the diagnosis may have affected whether it be family, friends or caregivers. As part of the survivorship care plan, specialty services may be identified to help you transition to your “new normal.” Before receiving services, you must have a referral from your oncologist. For more information, please call 206-215-6558 for the Swedish First Hill Survivorship Clinic, 425-673-8300 for the Swedish Edmonds Survivorship Clinic, or 425-313-7124 to learn more about the Swedish Issaquah Breast Cancer Survivorship Clinic.

The Swedish Cancer Institute offers the following services to enhance and personalize your care. We want to meet your needs every step of the way.