Welcome to the winter 2017 issue of Life to the Fullest, the newsletter from the Swedish Cancer Institute (SCI) dedicated to cancer patients, survivors, and their family members and caregivers.

In this issue we have included important information that may help you at various points of your course of treatment. You will find articles about how to manage cancer and your career, the experience of one of Swedish's nurse/social workers with cancer, and about Breast Microseed Treatment.™

We hope you find the information helpful and we encourage you to save and share your Life to the Fullest newsletter.

Coping with Cancer

By Shamim H. Nejad, M.D., medical director, Psycho-Oncology Services

For those with cancer, treatment is often about survival. However, it is imperative to maintain the highest quality of life possible during this difficult experience. Thirty-three percent of cancer patients experience serious psychological and cognitive distress. However, because of the lack of available resources, lack of providers who provide specialty care and ongoing stigma, less than 10 percent seek professional care. This is unfortunate since symptomatic management with medications, therapy and counseling can significantly reduce or eliminate the

symptoms of depression, anxiety, fatigue and cognitive changes, improving the overall quality of life.

If you are trying to decide if you need help handling your emotions, it is often helpful to know that you are not alone. There is no "normal" response to the stress of being diagnosed with, treated for, or surviving cancer. We all have different life experiences and challenges that affect how we respond to states of adversity, and the degree of medical illness can vary considerably from person to person.

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Coping with Cancer
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When people first realize they may have cancer, they usually experience fear and anxiety as they wait for results of laboratory tests and imaging. When they receive a cancer diagnosis, many experience feelings of disbelief and denial. Following a new diagnosis of cancer, one often slowly begins to accept the diagnosis and may experience emotional turmoil that includes anxiety, depression, poor concentration, loss of appetite, trouble sleeping and an inability to complete tasks. Thoughts of dying may begin to dominate the person’s thoughts and persistent worries about the future and their families may begin to affect multiple spheres of their life. Once treatment begins many patients become more hopeful and experience a decrease in their anxiety because there is often a concrete and hopeful plan to treat their cancer.

Over the next few weeks and months, most patients will adjust to the emotions and changes that come with cancer treatment, recovery and survival. This period may be accompanied by new emotional crises if there are treatment side effects, body changes or disfigurements, or cancer recurrence.

These reactions are the most common or “usual” emotions experienced with those who have cancer. However, there are a wide variety of emotional reactions and any time one feels they need help, they should not hesitate to seek guidance and assistance.

When you may want to seek guidance
While periods of sadness, grief, fear and anxiety are common throughout the cancer experience, if you’re finding yourself unable to adjust to your diagnosis after weeks or months, you may be suffering from a serious psychological disorder that requires evaluation and treatment. Some signs that you may want to seek assistance include:

- Having five or more symptoms of depression for two weeks or more, including: feelings of sadness or tearfulness, irritability or anger, loss of interest in activities you usually enjoy, sleep disturbances, changes in appetite, slowed thinking or problems with concentration, anxiety or restlessness, feelings of guilt or worthlessness, social isolation
- Experiencing sustained anxiety that prevents you from functioning in your daily life and/or getting the cancer treatments you need
- Denying your diagnosis to the point that you refuse to get treatment

- Feeling unable to concentrate or function in daily life
- Feeling “numb” or paralyzed, unable to make decisions or take action
- Losing your motivation to go anywhere, do anything or interact with others
- Experiencing multiple panic or anxiety attacks
- Feeling hopeless, helpless or fixated on thoughts of death and dying
- Having thoughts of ending your life or that you would be better off dying

If you have any emotional or psychological issue that you want to overcome but can’t, and it is affecting your quality of life or cancer treatment, please notify your cancer team. Ask for a referral to a mental health professional who can help you feel more in control and develop coping strategies that will support you during your cancer journey. Anxiety and depression can be severe and disabling by themselves. In combination with a cancer diagnosis, they can stand in the way of your treatment, survival and recovery. With the help of a professional, you have a two in three chance of eliminating the symptoms of a psychological disorder entirely in the course of a few months. Do not hesitate to seek help and give yourself every advantage you can in your fight against cancer.

For information about psychiatry or to schedule an appointment with Dr. Nejad, please call 206-215-2275.
Managing Cancer with Your Career

By Dillon van Rensburg, health education intern

With more than one million new cases of cancer reported in America this year, you are not alone in this battle. COPING with cancer is hard, especially when balancing family, life and a career. In fact, almost half of cancer patients are of working age at the time of their diagnoses. Because people rely on employment to successfully support themselves, balancing a career with cancer can be a critical step.

But how can we manage both a career and cancer treatment?

This article aims to address this question by providing skill sets to overcome obstacles. Take into account that everything is on an individual basis so apply aspects that relate to you. If you can apply some of these ideas into your life, you can develop a pathway towards thriving in the workplace during cancer treatment.

Discussing cancer with your boss and coworkers

Sometimes, one of the hardest tasks can be addressing your health to your boss and coworkers. Keep in mind that you do not have to talk about your health at work. Disclosing your health status is a personal choice and your medical privacy is protected under the HIPPA law. This means that your boss and coworkers do not have access to your personal health information unless you provide authorization. However, choosing to discuss your diagnosis can allow you to access disability protections such as the Family Medical Leave Act and Reasonable Accommodation. What is important is that you feel comfortable. You may tell only your boss, some or all coworkers. If you feel it is right then share your truth.

If you do decide to talk about your health status, here are a few tips to take into consideration:

• Converse with your boss in private. This can make the conversation a little easier.
• Talk to your coworkers in smaller groups. This can allow you to slowly inform more coworkers as you feel comfortable.
• Explain to your coworkers that you may update your health status if needed. You can then stay focused at work and only talk about your health when necessary.
• Discuss possible changes in your work productivity. Your boss and/or coworkers will then be well aware and can adjust your workload accordingly.

Making an action plan

An action plan will help bring more control of your life and allow you to coordinate a treatment plan with your job. An action plan is a list of ideas and questions for you and your doctor to know. Examples would be:

• Inform your doctor about the circumstances of your work. The doctor may be able to adjust some treatments to compensate for the type of work you perform.
• State that you want to make positive decisions for both your health and your career. The doctor will then be informed about your choice of actions.
• Find details about your medication and treatments. Certain medication and treatments may impact your ability to work, so it is important to know all the side effects.
• Ask if there are any treatments that make it easier to work. Treatments can respond differently for each person, so finding the right treatment for both your health and career is essential.

An action plan can help add some balance to your life. When you organize yourself, you can better the results when it comes to the next step.

Maintaining your energy at work

Trying to find balance between work and treatment is vital in sustaining energy throughout the day. Some suggestions for retaining your energy are:

• Talk to your doctor about creative options for scheduling treatment. This might mean scheduling your treatment on weekends or days you do not work.
• Discuss with your family or friends on how they can support you at home. Getting help with daily chores can mean more time to recuperate.
• Record your work schedule and duties. This record can help you see how well you are maintaining your work schedule and if there are any adjustments to be made.
• Converse with your doctor about any changes you experience in your energy level. It is always important for the doctor to know how you are feeling so she/he can personalize your care.

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Managing Cancer with Your Career

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Cancer and your career
Remember that taking care and evaluating your health is essential to balancing work with cancer. Although it can be difficult, many patients share the same determination and prove that working during cancer treatment is possible.

If you are interested in learning more information about this topic, visit the Cancer Education Center located in A Floor West of the Arnold Pavilion. A few additional resources include:

- Tips on cancer and careers
  https://www.cancerandcareers.org/en
- Legal rights as an employee with cancer
  https://www.eeoc.gov/eeoc/publications/ada18.cfm
- Triage cancer survivorship tools
  http://triagecancer.org/resources/
- General information
  http://www.cancer.org/

The Swedish Cancer Institute is proud to help individuals fight cancer and maintain their daily activities. We hope that you can include these tips into your life and find balance with your career.

References

Book Recommendation – The Human Side of Cancer: Living With Hope, Coping With Uncertainty
By: Patti Kwok, ARNP, Ph.D., Cancer Survivorship Clinic

Written by Jimmie C. Holland, M.D., and Sheldon Lewis, this book reflects over two decades of research working directly with cancer patients and their families. Jimmie Holland is a psychiatrist who has worked at Memorial Sloan Kettering for over thirty years. Sheldon Lewis is a journalist with a special interest in the human side of medicine. The authors share from a patient’s perspective what it is like to navigate the land of uncertainty, describing deep seated fears and the significant challenges that families and loved ones face caring for those with cancer. As one patient told Dr. Holland, “write the book and forget the science — just tell it from the heart.” There is significant insight and wisdom in the 300 pages of this book, revealing perhaps the most important side of cancer—the one that is often overshadowed by science, countless procedures and technology. There are diverse chapters addressing a wide range of important topics, such as dealing with psychological concerns, discovering a healthier physical and emotional lifestyle, finding more meaning in life and critical issues for families and caregivers. The final chapter is called “How Do I Go On?” There are no quick fixes or prescriptions in this body of work. The heart of what Dr. Holland offers is “my suggestions, impartial information, and sharing of what I have learned over many years of clinical work can make your own journey a little easier and keep you from losing hope.” Their work is a powerful reminder that we all have fears and must discover our own internal sources of strength, healing and courage. Although this is an older book, there are few others that describe with such depth of personal experience what it means to be human facing life-threatening illness.


To schedule an appointment with either of our Survivorship Clinics, please call:
First Hill:  206-860-6488
Edmonds: 425-673-8300
Personalized Medicine with the Breast Microseed Treatment™
By Carisa Almquist, health education intern

With many cancer treatment methods available, it can be difficult to know what the best option is for you personally. Thankfully, the team at the Swedish Cancer Institute (SCI) provides the most personalized care plan possible by offering the highest level of treatment options.

An example of the innovative options that SCI provides for patients is the Breast Microseed Treatment™ from Concure Oncology.® SCI is the first cancer center in the United States to offer this treatment option to patients with early-stage breast cancer. The goal of Breast Microseed Treatment is to provide simpler and more convenient treatment so that patients can return back to daily life while still receiving the highest level of treatment that they deserve.

Brachytherapy radiation
Breast Microseed Treatment uses brachytherapy radiation following a lumpectomy (the surgical removal of cancerous breast tissue, or tumor). Brachytherapy radiation has been effectively used for several decades, most commonly for prostate cancer but for many other cancer types as well. Brachytherapy radiation is the precise placement of radioactive “seeds” within the body. Over time, these seeds slowly release a prescribed dose of radiation to the cancerous area. Seeds are inserted where the tumor once was, specifically targeting the places where cancer could return. A patient choosing Breast Microseed Treatment will have seeds placed in locations unique to them, in order to best target the cancerous area and ensure that the cancer will be successfully treated.

Benefits of Breast Microseed Treatment
There are many benefits to choosing Breast Microseed Treatment as part of a treatment plan. Patients are able to have the seeds implanted in a one-time, one-hour outpatient procedure and are able to resume their normal activities the next day. These seeds cannot be felt within the breast, and the procedure results in minimal to no scarring. The internal radiation poses very minimal risk of exposure to loved ones. Due to the seed’s titanium covering, they are safe to leave in the body, safe for MRIs, and women can continue with routine mammograms after the radiation dose is complete.

Extra excitement for traveling patients
SCI radiation oncologist Dr. Stephen Eulau identifies Breast Microseed Treatment as a historic and groundbreaking treatment option for early-stage breast cancer patients. Reasons include not only the simplicity and convenience of a one-hour treatment, as opposed to daily radiation appointments, but also because patients are able to benefit from reduced symptoms and side effects of conventional treatment. Compared to conventional radiation, patients using Breast Microseed Treatment experience less burning, pain and cosmetic damage to their breasts. Dr. Eulau is excited for patients who do travel great distances to receive treatment at SCI, as they will benefit the most from the convenience this radiation method provides. Many early-stage breast cancer patients who travel for their care are faced with the difficult decision to have a mastectomy (the surgical removal of the whole breast), whereas nearby patients have the option to conserve their breasts with a less-invasive lumpectomy surgery and conventional radiation. The reason a patient may choose to have a mastectomy is to protect their health and keep the cancer from spreading because either moving or traveling daily to receive radiation treatment would be impossible. Now, with Breast Microseed Treatment, traveling patients can conserve their breasts, receive the treatment and return home sooner. No matter how near or far a patient must travel, there are many advantages of Breast Microseed Treatment when it comes to cosmetic outcomes and overall quality of life.

Eligibility
You may be eligible for this new treatment if:
• Diagnosis is early-stage breast cancer (stage 0, 1, 2)
• 50 years of age or older
• Tumor measures 3 cm or smaller and is removed by lumpectomy
• No involvement of lymph nodes

Although Breast Microseed Treatment can be effective and convenient for many patients, not all patients are eligible due to personal factors. As always, it is best to consult with your doctor regarding the best treatment plan for you.

If you have any questions about Breast Microseed Treatment, or wish to schedule a consultation with one of our providers, please call 1-855-XCANCER or visit Swedish.org/cancer.

References
http://www.breastmicroseed.com/
Eulau, Stephen. Personal interview, 6 July 2016.
She was healthy. She was a runner. She was a nurse and social worker. She had learned to listen to her body and pay attention. How could she possibly be diagnosed with lymphoma? This was surreal.

Kelly Schneider is a nurse/social worker at the Swedish Primary Care Clinic in West Seattle, yet she was still shocked by her own diagnosis of cancer. She had the benefit of knowing physiology and the privilege of understanding the way things work in health care, but she didn’t feel prepared for this complete shift in perspective.

Ignoring her body’s signals of night sweats and cough for some time, Kelly finally went to the Emergency Department when radiating pain from her arm to her jaw was impossible to ignore. The doctor examined the mass that she had found and ordered a biopsy. The surgeon who did the biopsy reported the diagnosis of lymphoma to her, and made the referral to an oncologist at the Swedish Cancer Institute (SCI) with lightning speed. She found an immediate rapport with the cancer specialist, Dr. Hank Kaplan, who told her she would be cured and assured her that, “you will take care of me in the nursing home.”

Describing the first few days as being paralyzed, she noticed that her capacity to mobilize was diminished — not Kelly’s typical modus operandi. She recalls receiving a binder created for new patients at SCI and found it to be a comfort and resource that she referred to in order to help her anticipate what would be happening through the months of treatment. She found the sections on diet and side effects particularly helpful.

Kelly completed six rounds of chemo and 25 radiation treatments over eight months. Even though she found her family and friends to be supremely supportive, Kelly experienced what she describes as “the loneliness of cancer.” She found herself feeling sick and scared. The attentive and kind interactions with staff helped to allay these feelings during her episodes of treatment. Family members of others with cancer were very friendly and empathetic in the SCI Treatment Center, although she found it challenging to connect due to the drowsiness that accompanied her treatments. The gift of a puppy, aptly named Faith, kept her spirits up throughout her course of treatment.

Kelly discovered, Living Life Loudly: How Will You Face Your Speedbump? (2015), a book about a young mother’s experience with breast cancer and found it very inspirational. Victoria Porter Cramer is a mountain bike racer and had eight-month old twins when she was diagnosed, and recounts her story with humor as well as describing the realities that treatment brings. When you meet Kelly, you will immediately see that she is also a person who takes life seriously and approaches it with gusto. Victoria was an inspiration who demonstrated how to live life with cancer with integrity and passion, even when you feel out of control. Kelly took her advice to heart. She recalls the day her brother, an avid Seahawks fan and sports photographer, took her to a game between the Seahawks and the Panthers and one of the fans asked her for her autograph. She did feel special; she was competing against cancer. High fives and cheers from strangers kept Kelly’s spirits up while she continued to run with a bald head.

Reflecting on her cancer experience, Kelly considers the ways that she changed and realizations about herself that occurred during this time:

“I am stronger than I thought, I have wonderful people in my life, living in the gray is possible and it doesn’t always have to be black and white, some of the most powerful moments on this journey came from strangers, worrying won’t stop the bad stuff from happening — it just stops you from enjoying the good, we don’t always have choices when bad stuff happens to us but you can choose to throw in the towel or use it to wipe your face, some of my greatest pains become my greatest strengths.”

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ABC – After Breast Cancer: What’s Next?
A free six-week group for women to learn practical life skills to help rebuild after active breast cancer treatment is completed.

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. Ten sessions.

American Cancer Society: Look Good Feel Better
This class focuses on skin care, cosmetics, hair care and hair loss and is designed for women undergoing cancer treatment.

Cancer and Finances 101
When you or a loved one received a cancer diagnosis, money is likely the last thing you want to think about. Taking control of your financial concerns right from the start can help alleviate some of that stress. The class will help you understand the direct and indirect costs of treatment, and introduce you to community resources and governmental programs that are available to assist with health care costs.

Don’t Keep Putting It Off
An oncology social worker will explain the elements of end-of-life planning, including medical power of attorney, living wills and hospice. Relevant handouts will be provided.

Gentle Yoga
Create balance in the body, breath and mind in this therapeutic class with registered yoga instructor Ann Ford. No experience necessary. Bring a mat or a blanket.

PCC Walk, Talk and Taste Tour — Foods that Help Prevent the “Big C”
Learn some basic nutrition principles that will help you stay healthy throughout your life, and sample some delicious foods that may help prevent cancer and other diseases. Nick, PCC nutrition educator, will share many tips and tricks to help you incorporate more cancer-preventing foods into your daily diet, and answer your food and nutrition questions in this fun, informal class. You will leave with new recipe ideas, tips for eating well on a budget and a PCC coupon to help you put what you learn into practice.

Savvy Solutions for Side Effects
Cancer treatment can cause several side effects, including fatigue, sleep disturbance, chemo brain, neuropathy and possible lymphedema, all of which can be disruptive to your daily life and routines. Join us to discuss how to manage and minimize these side effects through the use of strategies, equipment and gadgets to maintain an optimal life style during cancer treatment.
Creative Expression Programs

**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. Please call 206-215-6178 for more information.

**Swedish First Hill:** Swedish Cancer Institute, Arnold Pavilion, fifth floor
Mondays, Tuesdays, and Wednesdays, 45-minute sessions available between 8:30 a.m. and 3:30 p.m.

**Feel the Beat**
Drop by to meet with SCI’s music therapists about unique and individualized ways that you can incorporate music into your everyday life to promote relaxation and wellness while reducing pain, anxiety and stress.

**Swedish Issaquah:** Medical Office Building, SCI Cancer Education Center
Every second Monday of the month, 12:30-2:30 p.m.

**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.

**Swedish First Hill:** Swedish Cancer Institute, Arnold Pavilion, Healing Forum, fifth floor
Tuesdays, 10 a.m. to noon

**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 Edmonds:** Swedish Cancer Institute, first floor lobby
Tuesdays, noon to 2 p.m.

**Swedish First Hill:** Swedish Cancer Institute, Arnold Pavilion, first floor lobby
Thursdays, 1-3 p.m.

**Music Wellness**
Join us in a group setting to experience how music can improve your mood and promote healthy coping skills. This group focuses on restoration, meditation and rejuvenation through music. No music confidence or prior experience required. For more information, call 206-386-6711.

**Swedish First Hill:** True Family Women’s Cancer Center, Healing Forum, fifth floor
Thursdays, 12:30-1:30 p.m.

**Ukulele Club**
Experience how playing the ukulele can improve your mood while reducing stress and anxiety. We’re here to have fun and spread the music love! No prior music experience required. This drop-in group is open to patients, family members and caregivers.

**Swedish First Hill:** True Family Women’s Cancer Center, Healing Forum, fifth floor
Wednesdays, 2-3 p.m.
SCI Spotlight – Spreading the Music Love: Swedish Music Therapy Program Expands

Swedish Medical Center is pleased to announce the expansion of the music therapy (MT) program at the Swedish Cancer Institute (SCI) and the Swedish Multiple Sclerosis Center (MS Center). In October 2016, the Wilson Trust Music Therapy Project, a project of the American Music Therapy Association (AMTA), awarded a $56,875 matching grant to the Swedish Medical Center Foundation. The award will be used to increase and develop music therapy services over the next two years to 27 hours of weekly music therapy programming at First Hill, Cherry Hill, Edmonds and Issaquah.

The MT program provides services to patients, family members and caregivers of those living with or caring for individuals with cancer or neurologic diagnosis. The goal of the MT program is to increase clients’ awareness and ability to cope with their diagnosis, treatment plan and prognosis. Additionally, the program supports patients with neurologic disorders addressing motor, speech and language, and cognitive goals. Currently, the MT program is housed under the Supportive Care Services department at SCI and functions as part of an interdisciplinary team, providing holistic, patient-centered care.

Although the program has come a long way in the past two years, there is still growth that needs to occur. Currently at 19 hours per week, the MT program is nearly at capacity, leading three weekly groups, providing outpatient one-to-one support, and following individuals during their inpatient stay. The program requires additional support to continue to meet patient demand; we confidently step into the new year believing that this growth will happen!

To learn more about the music therapy program or to participate, please call 206-386-6711.

If you would like to consider donating to the music therapy program, please call the Swedish Medical Center Foundation at 206-386-2738 or visit Swedishfoundation.org.

Bereavement Support Services

**Swedish First Hill and Swedish Issaquah**

Swedish is pleased to offer a wide range of bereavement support services through its affiliation with Providence Hospice of Seattle. Visit Providence.org/grief-support-seattle or call 206-320-4000 for a current list of grief support services.

**Partner/Spouse Loss:** A monthly drop-in group for adults who have experienced the death of a spouse or partner in the past 15 months.

**Growing Through Grief:** A six-week support group for adults coping with the death of a loved one. Registration required.

**Swedish First Hill:** Arnold Pavilion, True Family Women’s Cancer Center, Healing Forum, fifth floor
Jan. 12-Feb. 16: Thursdays, 6-8 p.m.
April 6-May 11: Thursdays, 6-8 p.m.
July 13-Aug. 17: Thursdays, 6-8 p.m.
Oct. 5-Nov. 9: Thursdays, 6-8 p.m.

**Swedish Issaquah:** Medical Office Building, second floor Conference Center, Teamwork Room
July 10-Aug. 14: Mondays, 9:30 a.m. to 12:30 p.m.

**Swedish Edmonds**

Swedish offers bereavement support services at Edmonds. If you have any questions about the program or would like to register for a group, please contact the bereavement coordinator, Kathy Albin, at 425-640-4404 or kathy.albin@swedish.org.

**The Early Days of Grief:** This monthly drop-in group is for those who are in the first year of their mourning after the death of a loved one. It will provide an overview of grief responses and coping ideas. This class is held at Auditorium C, fourth floor. It is held every second Wednesday of each month from 6:30-8 p.m.

**Ongoing Grief Support Group:** Offered two times a month, this group does not require registration. You may attend once, or as often as you wish, for as long as two years. The class is held at The Center for Healthy Living, Lynnwood.

**Journey of Grief Support Group:** This six-week support group provides a safe, confidential time and place for people to learn about grief and loss after the death of a loved one. Please call 425-640-4404 to register and for room locations.
Support Groups at SCI

The Swedish Cancer Institute offers a variety of support groups. The groups provide an opportunity to meet with others having experiences similar to your own. Each group is facilitated by an experienced Swedish Cancer Institute support group facilitator and is open to all patients and caregivers, whether you are receiving care at Swedish Medical Center or another cancer facility in the community. Please call 206-386-3228 for more information.

Caregivers Support Group
A drop-in group for caregivers.
- **Swedish Edmonds:** The first and third Wednesdays of each month, 1-2:30 p.m., Radiation Oncology Building, second floor
- **Swedish First Hill:** Every Thursday, 1:30-3 p.m., Arnold Pavilion, A-floor West

Gynecological Cancers Support Group
A group for women with gynecological cancers.
- **Swedish First Hill:** Last Tuesday of each month, 10:30 a.m. to noon, Arnold Pavilion, A-floor West

Prostate Cancer Educational Support Group
For more information, please call Leo Ward, prostate cancer survivor, at 425-957-7440.
- **Swedish First Hill:** Third Thursday of the month, 8:30-9:30 a.m., Arnold Pavilion, A-floor West

Living with Cancer Support Group
A group for those living with any type of cancer.
- **Swedish Edmonds:** The first and third Wednesdays of each month, 1-2:30 p.m., Radiation Oncology Building, second floor
- **Swedish First Hill:** Every Thursday, 1:30-3 p.m., Arnold Pavilion, A-floor West
- **Swedish Issaquah:** The second and fourth Tuesdays of the month, 10-11:30 a.m., Second floor Conference Room Center
Community Resources

The Swedish Cancer Institute partners with local and national organizations to offer services, classes and emotional support for cancer patients, their families and caregivers.

American Cancer Society
The American Cancer Society is a national health organization that provides local cancer education and services. Their resources include:

- **Patient navigation at Swedish**, designed to help cancer patients, families and caregivers navigate the many services needed after diagnosis
- **Look Good Feel Better**, a program to help women who have cancer cope with appearance-related side effects
- **Road to Recovery**, a program that provides transportation for cancer patients to and from chemotherapy or radiation treatments
- **Rooms for Life**, providing complimentary lodging for cancer patients who live 50 miles or further from their treatment facility
- **Reach to Recovery**, a peer-to-peer support program for women who have had breast cancer
- **A complimentary wig and prosthesis bank**
- **Around-the-clock support at a toll-free number, 1-800-ACS-2345**

Cancer Lifeline
Cancer Lifeline is a local organization that provides free services to cancer patients, family members, caregivers, coworkers and friends. Cancer Lifeline offers a toll-free, 24-hour telephone counseling service for emotional support, information and community resource referrals. Other services include a family support program, workplace consultation, movement awareness workshops, relaxation and stress reduction programs, pain management and nutrition classes. To register for classes or to get more information, call 206-297-2500 or toll-free at 1-800-255-5505, or visit CancerLifeline.org.

Cancer Pathways
Cancer Pathways provides education, support and community resources for adults, teens and children with cancer, as well as for their families and friends. Activities are held in Seattle and other areas of the state in locations such as hospitals, community centers and schools. For information, call 206-709-1400 or visit CancerPathways.org.

Harmony Hill Retreat Center
Harmony Hill is a nonprofit organization that focuses on transforming the lives of those affected by cancer and inspiring healthy living for all. Harmony Hill offers:

- Three-day, on-site residential retreats, which offer group and community support, guided imagery, yoga and meditation, expressive arts, nutrition education, healthy organic meals, comfortable lodging and a spectacular natural setting overlooking Hood Canal and the Olympic Mountains
- Off-site workshops on various topics, offering resources, inspiration and tools for supporting those on the cancer journey
- Webinars on nutrition and other topics of interest

For more information, call 360-898-2363 or visit HarmonyHill.org.

Komen Puget Sound
Founded in 1993, Komen Puget Sound has been a part of the western Washington community for more than 20 years, raising money to fund:

- Local breast health education programs
- Breast cancer screening
- Treatment support
- Research to better diagnose, treat and ultimately cure breast cancer

Komen Puget Sound now ranks as the fifth largest out of 120 Komen affiliates nationwide. To learn more about local breast health education, screening opportunities and treatment support, call 206-633-0303 or visit Komenpugetsound.org/grants/community-grants/

Northwest Hope & Healing
Northwest Hope & Healing is a nonprofit organization that supports women in the Puget Sound area who are battling breast and gynecological cancers. The group provides financial assistance to women who need help with everyday living expenses, such as child care, groceries, transportation and rent. Northwest Hope & Healing also assembles and delivers special healing baskets to the Swedish Cancer Institute for newly diagnosed patients. To learn more, visit NWHopeAndHealing.org.

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Team Survivor Northwest
Team Survivor Northwest provides fitness and health education programs for women diagnosed with any type of cancer. These programs help with physical and emotional healing and are for all ages, fitness levels and abilities. The majority of programs are free to members and scholarships are available. To join Team Survivor Northwest or to get more information, call 206-732-8350, email info@teamsurvivornw.org or visit TeamSurvivorNW.org.

Thrive Through Cancer
Thrive Through Cancer is a nonprofit organization that helps young adult cancer patients connect with one another, find hope and thrive. For newly diagnosed cancer patients ages 18 to 39, the group provides Hope Totes, filled with items that are helpful during cancer treatment. Thrive Through Cancer hosts support groups and social events for anyone who had cancer as a young adult. They also offer online forums where patients and survivors can connect. To learn more, visit ThriveThroughCancer.net.

Thrivorship
The mission of Thrivorship is to help women navigate the hidden challenges of recovering from cancer and thrive! The Thrivorship curriculum was born from many years of listening to the needs of women struggling to overcome cancer treatment. This organization recognizes that the completion of urgent clinical care is just the beginning of a long process of recovery — one that is little recognized or supported. Thrivorship wants to change that by providing thrivors, providers and supporters a way to structure a personalized recovery plan and create a sustainable way forward into the optimal quality of life. To learn more, visit livethrivorship.com.

Young Survival Coalition
Young Survival Coalition provides support for the unique issues young women face when they have been diagnosed with breast cancer. Young Survival Coalition offers resources, outreach and education to empower young women affected by breast cancer and to provide hope. For more information, visit YoungSurvival.org.

Easy Banana Bread

Ingredients
1 (8-ounce) package reduced-fat cream cheese, softened
1 cup of sugar
3 medium bananas, mashed
1 large egg, beaten
2 large egg whites
2 cups biscuit baking mix
½ teaspoon ground cinnamon

Instructions
• Preheat oven to 350 degrees.
• Coat a 9x5x3-inch loaf pan with nonstick cooking spray.
• In a mixing bowl, beat together the cream cheese and sugar until light.
• Mix in the bananas, egg and cinnamon until blended.
• Place in the coated pan.
• Bake for 45 minutes to 1 hour, or until a toothpick inserted into the center of the bread comes out clean.
• Let cool for 15 minutes.

Servings
Makes 12 slices

Nutritional information per serving
168 calories
3 grams protein
28 grams carbohydrates
1 gram dietary fiber
267 milligrams sodium
20 milligrams cholesterol
5 grams fat (2 grams saturated fat)

Courtesy of Eating Well Through Cancer
Giving Back

The Swedish Cancer Institute is looking for people like you!
We would like to provide our current and former patients with an opportunity to participate in our newly formed Patient Education Review Committee (PERC) — a workgroup to provide feedback and ideas on patient education impacting our patients’ experience.

PERC member expectations:
• Attend semi-annual meetings for continued education regarding SCI programs and services available to patients
• Commit to one full year
• Provide feedback on patient education materials and ideas
• Connect with future committee members about how to get involved
• Mentor new committee members

This is a chance to give back to the community at Swedish, and impact the information that is available to all patients.

To learn more about PERC, contact the Cancer Education Center at 206-386-3200.

Swedish Medical Center Foundation
Your generosity can provide vital specialty care for those in critical need, help physicians find new ways to treat patients, build new training labs to teach the next generation of caregivers and support many more exciting developments in patient care.

If you are interested in learning more about how you can give back to the Swedish Cancer Institute, please call 206-386-2738 or visit Swedishfoundation.org.

Save the Date!

The Art of Living Well – Young Survivors Day
This event addresses the unique issues that young women and men with cancer face, as well as special wellness activities, up-to-date evidence-based information and tools. Topics range from parenting to intimacy, art to diet. You’ll also have the opportunity to connect with a community of other young survivors. Registration is required.

Date: Saturday, April 8th
Time: 10 a.m. to 2 p.m.
Location: Ballard Homestead
6451 Jones Ave. NW
Seattle, WA 98117

For more information or to register, please call 206-215-1743.

The Art of Living Well – Cancer Survivorship Day
Join us for a special conference dedicated to coping and managing physical and emotional wellness once treatment is complete. Speakers include experts in the field. Registration is required.

Date: Saturday, June 3rd
Time: 9 a.m. to 1 p.m.
Location: To be determined

For more information or to register, please call 206-215-1743.
Patient education and support services
The Cancer Education centers at the Swedish Edmonds, First Hill and Issaquah campuses are unique resources that provide patient education to the public free of charge. Each center offers a wide variety of brochures, books, videos and audiotapes about cancer, and an expansive computer database that can be used to search for and print information about specific types of cancer.

Locations:
Swedish Edmonds .................................................... 425-673-8319
Swedish First Hill ...................................................... 206-386-3200
Swedish Issaquah ..................................................... 425-313-4485

Classes
Swedish.org/classes
The Swedish Cancer Institute (SCI) offers programs and classes to assist patients and their families and caregivers making treatment decisions, managing symptoms and accessing supportive programs.

Locations:
Classes are offered in multiple locations. Go to Swedish.org/classes for locations of specific classes.
Class information/registration .................................... 1-800-SWEDISH (1-800-793-3474)

Counseling, social work services, support, financial counseling
Swedish.org/counseling-support
The Swedish Cancer Institute offers a variety of support services. Support groups at SCI are led by experienced support group facilitators and are open to anyone in the community. Individual and group counseling sessions are also available at SCI. These sessions help patients and their family members and caregivers cope with treatment, improve communication, manage depression or anxiety and connect with community agencies and services. They also provide resources for relaxation techniques and stress management.

Locations:
Swedish Edmonds. ...................................................... 425-673-8328
Swedish First Hill ...................................................... 206-386-3228
Swedish Issaquah ..................................................... 425-313-4224

Palliative care and symptom management
Palliative care is a service which helps people define their goals for their care with a focus on improving their quality of life during or following a serious illness. This service provides support as long as people need it, focusing on each person’s unique experience in order to provide relief from the symptoms and stress of living with serious illness.
Swedish First Hill ...................................................... 206-386-2126
Swedish Edmonds and Swedish Cherry Hill, ................. 425-640-4636

Survivorship Clinic
Survivorship services are available to enhance and complement the care provided by our oncologists. The Survivorship Program, led by qualified, experienced oncology advanced registered nurse practitioners (ARNPs), is a valuable service. This program is designed to be an additional resource to supplement the care you will continue to receive and to bridge the gap between oncology specialty care and your primary care provider.
First Hill Survivorship .................................................. 206-860-6488
Edmonds Survivorship Clinic ........................................ 425-673-8300
Issaquah Breast Cancer Survivorship Clinic .................. 425-313-7124
Sharing your thoughts about Life to the Fullest

We continually look for ways to improve Life to the Fullest. 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 Surveymonkey.com/s/83CQK79. The survey should take only about three minutes to complete. We look forward to hearing from you.

If you have any questions or concerns about the Life to the Fullest newsletter, please call the Cancer Education Center at 206-386-3200.