



PATIENT
EDUCATION

Update



Information and resources for patients at the Swedish Cancer Institute

SPRING 2008

QUICK REFERENCE

American Cancer Society
Cancer Resource Navigator
206-386-2587

Art Therapy
206-386-3200

Cancer
Education Center
206-386-3200

Cancer Rehabilitation
ACTIVE Program
206-215-6333

Hereditary Cancer Clinic
206-386-2552

Massage Therapy
206-215-3007

Naturopathic Services
206-386-3015

Nutrition Care Clinic
206-781-6228

Oncology Social Work
206-540-0477

www.swedish.org/cancer

Oncology On Canvas Art Exhibit Comes to Swedish During its National Tour

The day someone is diagnosed with cancer is the day that he or she embarks on one of life's most profound journeys. The Lilly Oncology on Canvas international art competition and exhibition provides everyone affected by cancer the opportunity to express visually and in narrative the life-affirming changes that give that journey meaning. The Swedish Cancer Institute will display the Lilly Oncology on Canvas art exhibit at the First Hill campus from April 7-May 2, 2008. Twenty-five pieces will be on exhibit in the Arnold Building, Level-A West. The art exhibit (242 pieces in total) began to tour the world in December 2006 starting at the Metropolitan Museum of Art, making an appearance on the Live with Regis and Kelly television show, and continues to travel the world. Additional information regarding the Oncology on Canvas art exhibit can be found at: www.lillyoncology.com/oncology_canvas/2006_index.jsp



Third Place: "Embrace Life"



Second Place: "Tranquility"



First Place: "This Is Not the Dress Rehearsal"



Expressions of a Cancer Journey

Patient Education Classes

The Swedish Cancer Institute offers programs to assist you, your family and your 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.** To register, call (206) 386-2502 unless otherwise indicated.

Most classes listed here are offered at the Swedish Cancer Institute's First Hill location (Arnold Building, 1221 Madison, A-Floor West, Conference Room AB). We also offer, on occasion, classes on the Swedish/Cherry Hill campus (500-17th Ave.) and on the Swedish/Ballard campus (5300 Tallman Ave. N.W.).

Note: Classes marked with an asterisk (*) will be videotaped and available in the Cancer Education Center's Loan Library collection three weeks after the date of the class. The Cancer Education Center is located at the Swedish Cancer Institute, Arnold Building, 1221 Madison, A-floor West.

Breast Cancer and Nutrition

Learn how vitamins, minerals, herbs and other nutritional strategies can affect breast cancer risk and treatments. Meal provided.
Wed., May 7, 6-7:30 p.m.

The Cancer Caregiver's Experience

Join us to learn about self-care, navigating the health-care system, family needs and other helpful information.

Gilda's Club Seattle (1400 Broadway)
Thurs., May 29, 7-8:30 p.m.

*Cancer and Finances 101

Disability insurance, medical insurance, Medicare, Medicaid, COBRA and Social Security disability — what cancer patients need to know!
Tues., May 27, 10:30 a.m.- noon

"Chemo Brain" Uncovered

Join Wendy France, R.N., to discover the mystery and reality of "chemo brain," including the cause, symptoms and management.
Wed., May 21, 10-11:30 a.m.

*Complementary Medicine, Part I

Learn how complementary medicine can help without interfering with cancer treatment. Meal provided.
Tues., May 27, 6-7:30 p.m.

*Complementary Medicine, Part II

Learn advanced concepts about how diet, nutrition, mind-body and other complementary therapies can help during cancer treatment. Meal provided.
Thurs., May 29, 6-7:30 p.m.

Creating Your Legacy

An ethical will is an opportunity to share your values, your life lessons, and your hopes and dreams for your family.
Wed., May 14, 1-2:30 p.m.

*Detox Diets

Learn how cancer survivors can maximize the benefits and avoid the risks associated with popular detoxification diets. Meal provided.
Wed., April 30, 6-7:30 p.m.

Eating Well When Dealing With Cancer

Join registered dietitian Brian Higginson as we cover healthy eating, side-effect management and maximizing nutritional intake. Recipe sampling provided.
Wed., May 7, noon-1 p.m.

Frequently Asked Questions Following Treatment for Breast Cancer

Breast cancer surgeon Patricia Dawson, M.D., will lead the session, which will include a presentation, discussion and opportunity for questions.

Gilda's Club Seattle (1400 Broadway)
Thurs., May 15, 7-8:30 p.m.

Gentle Yoga

Create balance in the body, breath and mind in this therapeutic class. Bring mat and blanket. *Six sessions.*
Thurs., May 1-June 5, 2:30-3:30 p.m.

Hair Alternatives

Join us as we create different hair alternatives with scarves, hats and accessories.
Tues., April 29, 1-2:30 p.m. or
Wed., May 28, 1-2:30 p.m.

*Learning About Lymphedema

Join Swedish physical therapist Cora Trujillo for an informative discussion on lymphedema prevention, treatment and management.
Tues., May 6, 10:30 a.m.-noon

Life After Treatment

The completion of cancer treatment offers opportunities for personal growth, but also new challenges. Explore and share personal experiences. Meal provided. *Two sessions.*
Tues., May 6 and 13, 6-8 p.m.

Look Good, Feel Better

Designed for women undergoing cancer treatment, this class focuses on skin, hair care, cosmetics, hair loss and nutrition.
Mon., June 16, 1-3 p.m.

*Meditation for People With Cancer

Swedish physical therapist Carolyn McManus teaches mindfulness meditation. *Two sessions.*
Thurs., May 22 and 29
10:30 a.m.-noon

Music and Spirituality

Learn how music can enhance one's sense of sacredness.
Wed., June 4, 10:30 a.m.-noon

Music Therapy + Art Therapy = Wonderful

A healing exploration of your cancer journey. No experience required for this hands-on, dual-therapeutic workshop.

Gilda's Club Seattle (1400 Broadway)
Wed., May 28, 5:30-8:30 p.m.

Optimal Health During Cancer Treatments

Diet, nutrition and lifestyle recommendations can help you remain strong and healthy during cancer treatment. Meal provided.
Tues., June 3, 6-7:30 p.m.

Sound Therapy for Beginners

Learn how sound therapy works. Experience the benefits of healing gongs, Tibetan bowls and bells. Bring a mat or blanket.
Tues., May 20, 3:30-5:30 p.m.

To register for any of the following sessions, please call (206) 386-3200

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. Prior art experience is not a requirement. *Appointment necessary.*

First Hill:

Swedish Cancer Institute
A-floor West, Cancer Education Center
Tuesdays and Thursdays (ongoing with 50-minute appointments)

Knit for Life™

This network of volunteers use knitting as a healing experience to enhance the lives of cancer patients, their families and caregivers during treatment and recovery. It provides a supportive environment for beginning and experienced knitters. All materials are provided.

Cherry Hill:

Hospital Lobby Starbucks
Mondays (ongoing)
6-8 p.m.

First Hill:

Swedish Cancer Institute
First-floor Lobby
Thursdays (ongoing), 1-3 p.m.

Podcasts Available at the Swedish Cancer Institute

Podcasting provides a timely method for physicians and other clinical staff to communicate with their patients. In 2007, the Swedish Cancer Institute received an educational grant from Genentech to start a podcasting program for cancer patients. The goal of the SCI podcast program is to provide quality cancer information that patients can access at their convenience. Providers at the SCI know there is a lot of information to take in during visits. The podcast program allows patients to listen to this information in the comfort of their own home, or while at Swedish in the treatment center. Each topic is written specifically for cancer patients and their families. The podcasts cover a broad array of topics, ranging from a general overview of services offered at the SCI, to suggestions on how to support cancer patients, to information about common treatments such as radiation or chemotherapy.

How Do I Listen to the SCI Podcasts?

Because it is important for this program to be accessible to patients and their family members, there are a few ways in which listeners can access the podcast series. First, all of the podcasts are available online at www.swedish.org/cancerpodcasts. At the Web site, listeners can just click a podcast topic and the audio file will begin playing. In addition to the recording, with just another click, the listener can view and print an outline of the topic being discussed. For patients and family members who do not have internet access at home, the Douglas Education Center and the Cancer Education Center at Swedish have computers available for public use.

Second, patients and family members can participate in our iPod delivery program. While visiting Swedish, patients and family members can contact the Cancer Education Center and request to borrow an iPod. These iPods are loaded with all 18 podcast programs and come with a helpful booklet that includes podcast outlines and resources for further information.

Podcast Collection

The SCI cancer podcast program consists of 18 different podcasts, each written and recorded by SCI providers:

- Welcome to the Swedish Cancer Institute
- Cancer 101
- Supporting the Cancer Patient
- Financial Aspects of Cancer Care
- Surviving Cancer
- Getting a Second Opinion
- The Chemotherapy Experience
- Complementary Medicine and Nutrition
- The Radiation Experience
- Understanding Clinical Trials
- An Overview of Lung Cancer
- Breast Cancer: A Guide for Newly Diagnosed Women
- An Overview of Prostate Cancer
- Overview of Colorectal Cancer
- Cancer-Related Fatigue
- Introduction to Mindfulness Meditation
- 20-Minute Mindfulness Meditation
- 5-Minute Mindfulness Meditation



Cancer Support Groups

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 oncology social worker.

Support group members experience and receive:

- Practical information
- An understanding of diagnosis and treatment
- A safe and caring place to share feelings and learn self-care skills
- A place to develop coping skills and discover how one lives life fully in the midst of cancer

We offer the following groups for all patients and caregivers, whether you are receiving care at Swedish Medical Center or at another cancer center in the community. For more information, call 206-540-0477.

Swedish/Ballard Campus

SCI Ballard Cancer Support Group: A drop-in group for those living with any type of cancer. Meets weekly on Thursdays, 4-5:30 p.m. on the Swedish/Ballard campus in the 3 North Conference Room. Facilitated by a chaplain from the Spiritual Care Department.

Swedish/First Hill Campus

Breast Cancer Support Group: A drop-in group for those recently diagnosed with breast cancer. Meets the first and third Wednesdays, 1:30-3 p.m., and the second and fourth Wednesdays, 4 - 5:30 p.m.

After Breast Cancer: What's Next? A 16-week group limited to eight to 10 women who are preparing to live life after breast cancer. Participants must have completed treatment to be eligible for the group. Meets on Wednesdays. Advance registration is required for this group.

Caregivers Support Group: A drop-in group for caregivers. Meets weekly on Thursdays, 1:30-3 p.m.

Gynecological Cancers Support Group: A group for women with gynecological cancers. Meets weekly on Tuesdays, 10:30 a.m.-noon.

Living with Cancer Support Group: A group for those living with any type of cancer. Meets weekly on Thursdays, 1:30 p.m.-3 p.m. Facilitated by an oncology social worker and a chaplain from Swedish's Spiritual Care Department.

Man-to-Man Prostate Cancer Education and Support Group: A drop-in group that meets the third Thursday of the month. For further information, call 425-957-7440.



SWEDISH
CANCER INSTITUTE

CANCER EDUCATION CENTER

Arnold Building
1221 Madison St., A Floor West
(206) 386-3200