



WINTER 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

Improving Communication: How Podcasts Can Help Patients

Anyone who knows someone with cancer is probably aware that there is an incredible amount of medical information in the world, ranging from news stories about new treatments to Web sites from cancer organizations to multiple recommendations from different doctors. Gathering this information, then figuring out whether or not it is trustworthy, can be overwhelming. But now, getting quality information about cancer has just gotten a whole lot easier. The Swedish Cancer Institute has a new and exciting program just for patients and family members. It's called **Plugged-In To Your Health: Cancer Podcast Program**.

What is Podcasting?

If you don't know a lot about podcasts, you're not alone. This term has only been around since 2004. A podcast is typically a recorded audio file that is available for public use – usually by internet download or by internet subscription through a service such as iTunes. You can usually listen to a podcast on the internet or download the audio file onto your computer for your own personal

use. Podcasting has become very popular in the last couple of years on radio stations such as NPR (National Public Radio), where weekly shows are recorded and then uploaded on the internet for listeners to download.

Podcasting Comes to Swedish

What does podcasting have to do with cancer care? Podcasting provides a simple and timely method for providers, such as 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.

The SCI cancer podcast program consists of 18 different podcasts, each written and



recorded by SCI providers. 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.

The podcast program is not limited to medical information. Three podcast programs provide an escape from the medical world of cancer by introducing and then guiding the listener through "mindfulness meditation." David Zucker, M.D., a cancer rehabilitation specialist at the SCI, felt that meditation should be included in the cancer podcast program. Dr. Zucker has taught and

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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., March 26, 6-7:30 p.m.

*Cancer and Finance 101

Disability insurance, medical insurance, Medicare, Medicaid, Cobra and Social Security disability — what cancer patients need to know!
Wed., Feb. 13, 2-3:30 p.m.

The Cancer Caregiver's Experience

Learn about self-care, navigating the health-care system and other helpful information.
Tues., March 11, 10-11:30 a.m.

*Complementary Medicine, Part I

Learn how complementary medicine can help without interfering with cancer treatment. Meal provided.
Tues., Feb. 19, 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., Feb. 21, 6-7:30 p.m.

*Detox Diets

Learn how cancer survivors can maximize the benefits and avoid the risks associated with popular detoxification diets. Meal provided.
Wed., March 12, 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., March 5, noon-1 p.m.

General Principles and Treatment Options for Lung Cancer

Join Howard West, M.D., for a discussion about the causes of lung cancer, role of screening, approach to workup and treatment options.
Wed., Feb. 6, 1-2:30 p.m.

Gentle Yoga

Create balance in the body, breath and mind in this therapeutic class. Bring mat and blanket. *Four sessions.*
Thurs., March 6-27, 2:30-3:30 p.m.

Gifts of the Imagination: Guided Imagery for Surviving and Thriving Beyond Cancer

Join noted meditation expert Belleruth Naparstek for a discussion about using guided imagery to increase the effectiveness of cancer treatments and improve quality of life.

First Hill:

Glaser Auditorium
Fri., April 4, 9 a.m.-3:30 p.m.
Fee: \$125 if paid by March 15; \$150 after March 15

Hair Alternatives

Join us as we create different hair alternatives with scarves, hats and accessories.
Tues., Feb. 5, 1-2:30 p.m. or
Wed., March 26, 1-2:30 p.m.

*Is Cancer Hereditary?

Genetic testing for hereditary breast and ovarian cancer can offer important medical information for you, your family and your doctor.
Wed., March 19, 1-2:30 p.m.

*Learning About Lymphedema

Join Swedish physical therapist Peg Maas for an informative discussion on lymphedema prevention, treatment and management.
Tues., Feb. 12, 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.

First Hill:

Thurs., Feb. 7-21, 10:30 a.m.-noon
Gilda's Club (1400 Broadway):
Wed., March 5 and 12, 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., Feb. 25, 6-8 p.m.

*Meditation for People With Cancer

Swedish physical therapist Carolyn McManus teaches mindfulness meditation. *Two sessions.*
Wed., March 19 and 26
10:30 a.m.-noon

Music and Spirituality

Learn how music can enhance one's sense of sacredness.
Wed., Feb. 20, 6-7:30 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., Feb. 26, 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.

First Hill:

Gilda's Club (1400 Broadway):
Sat., Feb. 23 or Sat., Mar. 22
3:30-5 p.m.

Writing an Ethical Will — 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., Feb. 27, 6-7:30 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
Wednesdays and Thursdays (ongoing, with 45-minute appointments available 10 a.m.-3 p.m. on Wednesday and 9 a.m.-5 p.m. on Thursday)

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 (NOW AT STARBUCKS):
Hospital Lobby Starbucks**
Mondays (ongoing)
6-8 p.m.

First Hill:

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

Swedish Cancer Institute Celebrates 75 Years

In 1932, the Swedish Board of Trustees made a momentous decision. Although it was the period of the Great Depression, they allocated funds for the purchase of a 1-million volt X-ray machine for the treatment of cancer. With the machine's installation and the opening of the Swedish Tumor Institute, the hospital became one of only eight institutions in the United States offering high-energy radiation therapy for cancer and the only one west of the Mississippi. It was the beginning of a 75-year commitment by Swedish to provide cancer patients with the best, most innovative care available. Here are some of the milestones that have occurred along the way:

1932

Swedish Tumor Institute opens to become first radiation therapy center west of the Mississippi

1939

Eleanor Roosevelt visits Swedish Tumor Institute

1954

A 2-million volt X-ray machine, one of only seven in the country, is installed

1969

First chemotherapy oncologist joins Swedish

1975

Fred Hutchinson Cancer Research Center founded on Swedish premises by long-time Swedish surgeon

1985

First radioactive seeds implanted for prostate tumors by a physician who later affiliates with Swedish

1996

Marsha Rivkin Center for Ovarian Cancer Research opens

1999

Tumor Institute renamed the Swedish Cancer Institute

2000

Swedish joins International Early Lung Cancer Action Project



2001

Cancer program at Seattle Providence Medical Center joins the Swedish Cancer Institute

2002

Swedish Cancer Institute expands, celebrates 70 years

2004

Breast Care Express mobile mammography clinic hits the road

2005

Robotic surgery performed for the first time at Swedish

2005

An Image Guided Radiation Therapy system, one of the first in the country, is implemented, allowing physicians to "see" a tumor at the same time radiation is applied

2006

Advanced CyberKnife treatment made available through Swedish Cancer Institute

2007

Swedish Cancer Institute is first in world to offer Calypso 4D Localization System for prostate-cancer treatment

2007

Swedish Cancer Institute celebrates 75th anniversary



How Podcasts Can Help Patients

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studied mindfulness meditation and believes that “mindfulness can really support one’s journey through the cancer experience.”

Podcasting is a wonderful and simple way for patients to access information they need, when they are ready for it. But podcasting isn’t just helping patients, it is also helping providers. Astrid Morris, M.D., a radiation oncologist, asks each of her new patients to listen to her podcast, called The Radiation Experience, before their appointment. Patients listening to this podcast learn about the basics of radiation. According to Dr. Morris, this allows her to “move into much more specific and relevant issues” with each patient.

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.

Finally, there is a third way to use the Cancer Podcast Program but it does require some technical knowledge. For patients and family members who own iPods, MP3 players or cell phones that play audio files, our podcast program can be uploaded to your personal listening device. Because the podcasts are in a standard MP3 format, the files can be downloaded from the internet, and then uploaded to your device in the same way you would upload any music or audio file. This way you can take the SCI podcast program with you to your car, your office or on a walk.

What Next for the Cancer Podcast Program?

The purpose of this program is to improve communication between patients and providers, improve the quality of health information that patients receive, and allow patients to access this information at their own pace. How well is the program working? That is what we want you to tell us. You will find our evaluation form online, and an evaluation form is handed out with each requested iPod.

Your input will let us know how well the program is working and you’ll have a chance to give us ideas for future podcast programs. Providing quality patient care requires a continuing conversation between providers, staff members, patients and family members. We hope you’ll enjoy using this program as much as we enjoyed developing it. For more information on the podcast program, contact the Cancer Education Center at 206-386-3200 or listen online at www.swedish.org/cancerpodcasts.



SWEDISH
CANCER INSTITUTE

CANCER EDUCATION CENTER

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