

Update

Information and resources for patients at the Swedish Cancer Institute

Patient Education Classes

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Life After Treatment

The completion of cancer treatment offers opportunities for personal growth, but also new challenges. Explore and share personal experiences. *Three sessions.*

*Tuesdays, Oct. 13, 20 and 27
10:30 a.m.-noon
or
Thursdays, Nov. 5, 12 and 19
5:30-7 p.m.*

Living Well With the Challenge of Cancer

Learn to live well, retain control of your life while facing the challenge of cancer and be an active part of your health-care team. Appropriate for both patients and caregivers. *Four sessions.*

*Wednesdays, Oct. 7, 14, 21 and 28
10-11:30 a.m.*

Look Good, Feel Better

This American Cancer Society class focusing on skin care, cosmetics, hair care and hair loss is designed for women undergoing cancer treatment.

*Monday, Oct. 5, 1-3 p.m.
Monday, Dec. 7, 1-3 p.m.
Conference Room C*

*Meditation for People with Cancer

Swedish physical therapist Carolyn McManus teaches mindfulness meditation. *Two sessions.*

Mondays, Nov. 2 and 9, 10:30 a.m.-noon

Music & Spirituality

Learn how music can enhance one's sense of sacredness.

Wednesday, Dec. 9, 5:30-8:30 p.m.

Music Therapy and Cancer Care

This workshop explores the benefits of using music to address cancer and promote health and healing. It includes related information about music therapy along with experiential learning.

Tuesday, Oct. 6, 10 a.m.-noon

Optimal Health During Cancer Treatment

Diet, nutrition and lifestyle as well as other complementary and alternative medicine strategies can play an important role in keeping you as strong and healthy as possible during cancer treatment. Learn from the experts how to use these strategies as part of your plan to maintain performance status, quality-of-life and ability to continue your life as normally as possible.

Wednesday, Nov. 4, 6-7:30 p.m.

Options for Treating Metastatic Breast Cancer

Join us for an overview of metastatic (advanced) breast cancer and the most current treatment options, including chemotherapy, hormone therapy and novel agents. Our speaker is Kristine Rinn, M.D., an oncologist from the Swedish Cancer Institute who has expertise treating breast cancer.

*Gilda's Club Seattle (1400 Broadway)
Thursday, Oct. 15, 7-8:30 p.m.*

FALL 2009

QUICK REFERENCE

American Cancer Society
Cancer Resource Navigator
206-215-6557

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

Patient Navigators Go Online

By Liz Lamb-Ferro, Communications Manager, American Cancer Society



Sarah Mathison, American Cancer Society patient navigator

For those on the cancer journey, sometimes simply getting to the resources available can be a daunting task. The American Cancer Society's Online Patient Navigator Program is helping to break down those barriers, getting the right resources to the right people at the right time.

Helping patients navigate the many programs and resources needed during their

cancer journey is something that comes naturally to Sarah Mathison, American Cancer Society patient navigator.

"Everyday, I help the people who come through my door find the resources that can make their cancer experience easier. A meeting with someone, addressing their transportation needs and insurance advocacy options, can make a world of difference in their ability to cope."

Now, with the American Cancer Society’s Online Patient Navigator Program, Sarah’s reach can extend far beyond the four walls of her office. Online patient navigators are available to chat Monday, Wednesday and Friday between the hours of 9 a.m. and 4 p.m. PST by simply logging on to www.navigatchat.org.

How can an online patient navigator help patients?

For patients and their families unable to come see their local patient navigator in person, online interaction can help offset the burdens that come with cancer. During a patient’s live chat session, your online patient navigator can:

- Provide literature on coping with cancer, what to expect during chemotherapy and radiation, and how to deal with the side effects of treatment
- Refer you to cancer support groups, classes and other programs for information and understanding
- Help identify resources for financial assistance, medication needs, home health care, insurance questions and transportation
- Be a listening, caring confidant as a patient progresses through treatment
- Identify activities that can help ensure a better quality of life
- Help patients and their families learn to self-navigate

How is a chat session with an online patient navigator different from an in-person conversation?

The only difference is that the support can be provided from miles away so that the patient does not have to make the drive to visit the patient navigator’s office. Patient navigators provide the same support online as they do in person, and it is still both free and confidential.

Can patients get a copy of their chat session so they don’t have to take notes?

Yes. A transcript of the patient’s chat session can be e-mailed to them upon request at the end of the session. Often, online patient navigators provide a wealth of information about local resources in a short period of time. Having a transcript allows the patient to revisit the conversation when they need the information immediately.

Is a patient’s chat conversation confidential and secure?

Absolutely. Patient chat conversations with their online patient navigator are completely confidential and secure. The online patient navigator program complies with all HIPAA policies for privacy and security of data.

For assistance after hours, cancer information specialists are available around the clock on the American Cancer Society’s 24-hour hotline: 1-800-227-2345.

Chat with a patient navigator
Monday, Wednesday and Friday
9 a.m.-4 p.m. PST
www.navigatchat.org

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).

Breast Cancer Education: Powered by Knowledge

Learn about therapies for early stage breast cancer, managing common side effects, insights for living through and beyond breast cancer, maintaining your health through nutrition and exercise and follow-up care.

Gilda’s Club Seattle (1400 Broadway)
Thursday, Oct. 8, 7-8:30 p.m.

Breast Cancer, Complementary and Alternative Medicine and Nutrition

Complementary and alternative medicine strategies include diet, vitamins, minerals, herbs, other nutritional supplements and many other treatments. When it comes to the unique and important issues with breast cancer, learn from the experts how these strategies really work, which are safe and helpful and which are not.

Tuesday, Oct. 6, 6-7:30 p.m.

*Cancer and Finances 101

This series will help you navigate the maze of insurance benefits. *Three sessions.* Session 1: Social Security disability/eligibility criteria and the application process. Session 2: COBRA and disability insurance benefits. Session 3: Medicaid and Medicare benefits, the difference between them, eligibility criteria and the application process.

Mondays, Nov. 16, 23 and 30,
10-11:30 a.m.

Circles & Spirals-the Arts in Transition and Transformation

A creative workshop for anyone going through, anticipating or desiring life changes with a board-certified music therapist.

Wednesday, Nov. 18, 5:30-8:30 p.m.

*Complementary and Alternative Medicine and Cancer, Part I

Learn from the experts which complementary and alternative medicine treatments are being promoted for cancer, how they really work, potential benefits, potential side effects and potential interactions with each other as well as conventional cancer treatment.

Tuesday, Sept. 22, 6-7:30 p.m.

*Complementary and Alternative Medicine and Cancer, Part II

Learn from the experts how to develop and integrate a personalized medicine strategy into your plan. Concepts include getting and staying as strong and healthy as possible, avoiding unwanted interactions and supporting basic immune function. Complementary and Alternative Medicine and Cancer Part I is recommended but not a required prerequisite.

Thursday, Sept. 24, 6-7:30 p.m.

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.

CyberKnife... New Cancer Fighting Technology

CyberKnife Robotic Radiosurgery system sounds like surgery... but isn’t. It delivers highly precise radiation beams to tumors anywhere in the body bringing many patients new treatment options. Find out about this exciting new cancer fighting technology.

Gilda’s Club Seattle (1400 Broadway)
Thursday, Nov. 12, 6:45-8:30 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.

Wednesday, Sept.30, noon-1 p.m.

Exploring Awareness, Well-Being, and Compassion Through Meditation and Yoga

Mindfulness meditation and yoga are age old disciplines that support the cultivation of awareness, well-being, and compassion. Re-vision your life with cancer through the lens of these ancient practices.

Gilda’s Club Seattle (1400 Broadway)
Friday, Oct. 9, 1:30-3:30 p.m.

Exploring Your Creativity

Celebrate your artistic side in this class that explores a new medium each week. Previous classes have included collage, watercolor, printmaking and glass. All experience levels are welcome and all materials are provided.

4 sessions (sign up for one or all)
Mondays, Oct. 5, 12, 19 and 26,
10 a.m.-noon

General Principles and Treatment Options for Lung Cancer in 2009

This informative lecture is about the causes of lung cancer, role of screening, approach to work-up and general plus new and emerging treatment options for lung cancer.

Wednesday, Nov. 11, 2-3:30 p.m.

Gentle Yoga

Create balance in the body, breath and mind in this therapeutic class. Bring a mat and blanket.

Thursday, Sept. 24 – Oct. 29 (6 sessions)
2:30-3:30 p.m.

Hair Alternatives

Join us as we create different hair alternatives with scarves, hats and accessories.

Wednesday, Sept. 23, or
Tuesday, Oct. 13, or
Monday, Nov. 23
1-2:30 p.m.

Jewelry Design

Make a gift for you or your loved-one in this fun and informative beginning jewelry-making class. All materials provided.

Monday, Dec. 7, 10 a.m.-noon

*Is Cancer Hereditary?

Genetic testing for hereditary breast and ovarian cancer can offer important medical information for you, your family and your doctor.

Wednesday, Nov. 4, 1-2 p.m.