

patient education Update

Information and resources for patients at the Swedish Cancer Institute

WINTER 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

Cancer Rehabilitation – Learning How to Live Well with Cancer

ON ANY GIVEN DAY AT THE SWEDISH CANCER INSTITUTE,

you may meet someone on his or her way to a workout. Really, a workout? No doubt you may also meet other patients who are stressed and dealing with a cancer diagnosis, chemotherapy treatments and many other challenges perhaps all too familiar to you and your loved ones. Some of these same patients, perhaps you along with them, may find the way over to Outpatient Rehabilitation Services and be curious to see other cancer patients exercising and sharing a heartfelt hallway giggle with their physician or physical therapist.

What actually goes on in the ACTIVE program?

The ACTIVE program (Addressing Cancer Through Individualized Exercise) is based on clinical and research experience demonstrating that rehabilitation is essential in helping patients deal with the physical, mental and emotional challenges that arise from living with cancer. ACTIVE is a rehabilitation program in which cancer patients can participate before, during and after treatment.

To “live well with cancer” is the vision shared with each person in treatment with the ACTIVE

program. The ACTIVE team, including physical therapists and a physician, describe this as optimizing function or bringing back abilities lost due to the effects of cancer and treatment.



David Zucker,
 M.D., Ph.D.

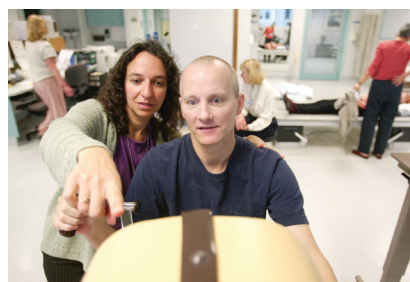
Medical director David Zucker, M.D., Ph.D., describes it this way, “When a person is diagnosed with cancer, it’s often the first time they realize that ‘mortality applies to me.’ Often the only thing a person has to hang on to is their cancer diagnosis and treatment. This is understandable and appropriate in the early stages of disease, but it is important for each person to gradually shift their attention to the trillions of healthy cells in their body. Our job is to give those healthy cells the attention they need.”

Once patients understand what they can do to improve their well-being, they are more in control and better able to handle the ups and downs that are part of the cancer journey.

How does the vision translate into cancer rehabilitation treatment? Like other rehabilitation patients, cancer patients benefit from a team approach. The needs of each person are assessed by both a medical doctor and by a physical therapist.

Dr. Zucker’s evaluation of patients referred to the program includes assessing the disease process, treatment side effects, fatigue, pain, mood problems and pre-existing medical conditions specific to each person. He uses the term “oncophysiatry” (cancer rehabilitation medicine) to describe his medical practice.

Physical therapists evaluate problems common to cancer patients,



including loss of muscle strength, reduced aerobic capacity and skin integrity. They work with each patient

to establish an individualized exercise program. The physical therapist also evaluates and treats other problems which may occur as a result of cancer and treatment, such as lymphedema, loss of motion, muscle pain and skin tightness after surgery or radiation treatment.

(continued on page 3)

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., Jan. 28, 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. Meal provided.

Tues., April 14, 21 and 28, noon-1:30 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. Meal provided.

Tues., Feb. 24, 1-2:30 p.m.

Cancer: Recovering the Mind, Body and Spirit

Learn about recovering your physical health, mental well-being and life energy through and beyond cancer treatment.

Gilda's Club Seattle (1400 Broadway)

Thurs., Jan. 8, 7-8:30 p.m. Light refreshments at 6:45

"Chemo Brain" Uncovered

Join Wendy France, R.N., to discover the mystery and reality of "chemo brain," including the cause, symptoms and management.

Gilda's Club Seattle (1400 Broadway)

Thurs., Jan. 29, 7-8:30 p.m.

*Complementary Medicine, Part I

Learn how complementary medicine can help with-out interfering with cancer treatment. Meal provided.

Tues., March 10, 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., 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.

Mon., Jan. 26, noon-1 p.m.

Explore Your Artistic Side

Ignite your creative spark in this relaxed and fun art class designed for all skill levels. Art materials provided. Attend one or all classes offered.

Conference Room C

Mon., Jan. 26, Feb. 2, 9, March 9, 16, 23; 10 a.m.-noon

Family Jam: Riding the Highs and Lows With Music

Join us for music-making that celebrates health and family. All ages welcome. Facilitated by music therapist Barbara Dunn.

Gilda's Club Seattle (1400 Broadway)

Sat., Jan. 24, 10 a.m.-noon

Genetics and Cancer

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

Gilda's Club Seattle (1400 Broadway)

Thurs., Feb. 5, 7-8:30 p.m.

Light refreshments at 6:45 p.m.

Gentle Yoga

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

Thurs., Jan. 22 and 29, Feb. 5 and 12 (*four sessions*)

and Thurs., March 26, April 2 and 9 (*three sessions*)
2:30-3:30 p.m.

Hair Alternatives

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

Tues., Jan. 20, or Tues., Feb. 10, or Tues., March 10, or Tues., April 7, 1-2:30 p.m.

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., Jan. 20 and 27 or Wed., March 4 and 11
5:30-7:30 p.m.

Life on Your Terms – Communicating Your Wishes to Your Family and Physician

Health-care decisions are for everyone, whether you're 18 or 80, healthy or undergoing medical treatment. Come learn about health care directives and communicating your wishes to your family and physician.

First Hill:

1-East Conference Room

Tues., Jan. 13, 6-8 p.m. or Tues., May 12, 6-8 p.m.

Ballard:

Conference Room BC

Tues., March 10, 6-8 p.m.

Look Good, Feel Better

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

Conference Room C

Mon., Feb. 9, 6-8 p.m. or Mon., April 6, 1-3 p.m.

Making Your Wishes Known – The ABC's of Estate and Legacy Planning

Come learn from a legal professional the basics of wills, beneficiary designations, powers-of-attorney, community property agreements, estate tax planning, and charitable giving.

First Hill:

Glaser Auditorium, Tues., Feb. 10, 6-8 p.m.

Ballard:

Conference Room BC, Tues., April 14, 6-8 p.m.

*Meditation for People With Cancer

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

Mon., Jan. 12 and 19, 10:30 a.m.-noon

Music Therapy: Use Music as a Complementary Tool for Cancer Treatment

This workshop will use music to address physical and psychosocial symptoms related to cancer. Participants will develop an individualized plan for their own health and healing.

Mon., Feb. 23, 12:30-2:30 p.m., or

Wed., April 22, 6-8 p.m.

Optimal Health During Cancer Treatment

Diet, nutrition and lifestyle recommendations can help you remain strong and healthy during cancer treatment. Meal provided.

Tues., Feb. 17, 6-7:30 p.m.

Resilience: Strengthening Ourselves and Our Families

When the stress of a cancer diagnosis tugs at family relationships, there are opportunities to heal on many levels.

Gilda's Club Seattle (1400 Broadway)

Thurs., March 5, 7-8:30 p.m.

Light refreshments at 6:45 p.m.

Songs for the Soul

Music therapist and singer/songwriter Barbara Dunn will explore the use of songs as a regular practice to enhance healing and wellness.

Thurs., March 19, 10:30 a.m.-12:30 p.m.

(continued on page 4)

Cancer Rehabilitation – Learning How to Live Well with Cancer

(continued from page 1)

The medical and physical therapy evaluations reveal a path or plan to the team, including an exercise prescription, that allows the patient to improve function, increase his or her sense of well-being, and reach specific activity goals.

Both mind and spirit are “fed and cared for” during treatment. Guidance and support is provided by Dr. Zucker, who holds a Ph.D. in counseling psychology and, in addition to his medical training, had formal Buddhist monastic training. At one point he contemplated

to well-being, even while living with cancer. This kind of reflection helps patients weather the physical, psychological and emotional rigors of treatment.”

Exercise and activity pacing instruction and practice is another important team effort. Patients prioritize activities they want to do, but have not been able to. Physician, therapist and patient all work together to have sessions that are challenging, but not too tiring. Over time, this helps to improve energy levels. Guidance and moni-



“Rather than view exercise as an act of performance, I ask patients to view exercise as an act of self-care and kindness” says Zucker.

“What I gained by participation in the ACTIVE program was a wonderful compliment to the other treatment. It also helped me move through ‘life after treatment’ with more positive energy.”

ACTIVE program patient

“My therapist taught me how to use my body again! Today I am able to walk for 25-30 minutes; I can walk in my garden and cook meals. It has been amazing beyond description.”

ACTIVE program patient

“I found the ACTIVE program to be the most significantly positive experience I had in all of my recovery.”

ACTIVE program patient

spending his life in a Buddhist monastery. Instead, he says, “I realized that my training in medicine, psychology and meditation was fairly unique. I wanted to see if I could combine it in a way to support patients with serious illness.”

Zucker’s expertise as a physician is thus not only to ‘find and fix,’ but also to support patients in understanding the impact that cancer has on everyday activity. Discussions often bring to the surface the difficult realities of living with cancer, including feelings of isolation and the threat of death. “Exploring one’s relationship to illness and the activity limitations imposed by it set the stage for understanding the path

toring of each person’s exercise response keeps the team on target while practicing and planning for self management at home.

The length of the outpatient treatment program varies depending on an individual’s health and goals. When a patient is self managing their home fitness program they are ready to learn about ways they can maintain and build on the gains they made during treatment. The ACTIVE program remains a source of encouragement and support after program completion, and frequently is called on for other complimentary services such as biofeedback, meditation, counseling and care of the back. These services are also available during the program.

A note from the ACTIVE program

We are both inspired and grateful to meet graduates of the ACTIVE program, at all sorts of activities, such as the Danskin Triathlon, the Swedish Summerun and at community fundraisers, smiling as they mention their ACTIVE experience. The ACTIVE program wishes to acknowledge all our patients for their accomplishments and thank them for the many important life lessons they have shared.

More than 500 patients have been treated in the ACTIVE program since its opening in 2005. The ACTIVE program is supported by both the Swedish Cancer Institute and Outpatient Rehabilitation Services. To make an appointment or learn more about the program call **206-215-6333**.

Patient Education Classes *(continued from page 2)*

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.

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.

The following four classes are offered by Senior Rights Assistance, a program of Senior Services. All meet in the Arnold Building, A-Floor West, Conference Room AB.

Debt Management: Leaving Debt Behind

Is mounting debt getting you down? Stop debt collectors in their tracks by knowing your rights. Explore ways to deal with debt, the ins and outs of bankruptcy and learn what options are available to you.

Tues., Jan. 13, 1-2:30 p.m.

Estate Planning: Good Health is Not a Guarantee

Unfortunately, there's no way to predict what tomorrow will bring. Come and discover ways to plan ahead for an uncertain future. Wills, Trusts, Probate and more will be covered!

Wed., Feb. 11, 1-2:30 p.m.

Identity Theft: The Fastest Growing Financial Crime in America

Learn about ways to protect your identity, signs to look for and what to do if you become a victim.

Wed., Feb. 4, 10:30 a.m.-12 p.m. or

Tues., Feb. 17, 1-2:30 p.m.

Substitute Decision-Making: Why You Should Care

Explore different substitute-decision making options, the pros and cons of each type and why it's necessary to life planning. Family members welcome!

Mon., March 16, 1-2:30 p.m.

E-Newsletter for Cancer Survivors

THE SWEDISH CANCER INSTITUTE'S new *Life to the*

Fullest e-newsletter is designed for cancer survivors and includes a wide range of articles of interest to survivors as well as family members, loved ones and friends.

Future issues of this quarterly newsletter will address an array of topics that impact people who have lived with cancer – whether they're still in treatment or are longer-term survivors. Topics will focus on: emotional issues, social issues, practical concerns, ongoing and late effects of treatment, educational and lifestyle resources, genetic testing and counseling, survivorship research news, healthy living and eating, and advocacy skills and empowerment.

To be added to the *Life to the Fullest* e-mail subscription list, please e-mail: full.life@swedish.org.



**SWEDISH
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CANCER EDUCATION CENTER

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