

patient  
education

# Update

INFORMATION AND RESOURCES FOR PATIENTS AT THE SWEDISH CANCER INSTITUTE

WINTER 2012

## QUICK REFERENCE

American Cancer Society  
Cancer Resource Navigator  
206-215-6557

Art Therapy  
206-215-6178

Cancer Education Center  
206-386-3200

Cancer Rehabilitation  
ACTIVE Program  
206-215-6333

Hereditary Cancer Clinic  
206-215-4377

Massage Therapy  
206-215-3007

Naturopathic Services  
206-386-3015

Nutrition Care Clinic  
206-781-6228

Oncology Social Work  
206-540-0477

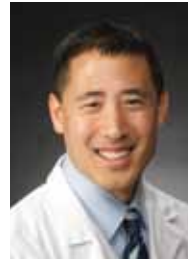
[www.swedish.org/cancer](http://www.swedish.org/cancer)

## Prostate Cancer and Radiation Therapy Update

By Robert Takamiya, M.D.

Prostate cancer is the number one cause of cancer and second-leading cause of cancer death in men in the United States.<sup>1</sup> Estimates show that one in six men will develop prostate cancer in their lifetime. The American Cancer Society revised guidelines in 2010 recommending that healthy men should discuss prostate cancer screening with their physician at the age of 50.\* Early diagnosis and effective treatment with radiation therapy or surgery has resulted in improved outcomes in the U.S. Active surveillance is an appropriate strategy for carefully selected patients.

The prostate gland is part of the male reproductive system. The prostate's function is to produce fluid that is part of the semen. Prostate cancer is the uncontrolled growth of cells that line the ducts of the prostate gland. These abnormal cells can spread beyond the prostate and into nearby organs. If not caught early, the cancer can spread (metastasize) to other regions of the body through the lymph or



Robert Takamiya, M.D.

vascular systems. Irritable or obstructive urinary symptoms may be a sign of prostate cancer, although most men do not have any symptoms. Possible signs of advanced prostate cancer include blood in the urine, inability to pass urine

or bone pain. To be safe, these or any urinary symptoms should be brought to the attention of your physician.

If your physician determines that you are at risk for prostate cancer based on the prostate-specific antigen (PSA) and the physical exam, a prostate biopsy is performed. A biopsy is the removal of tissue for the purpose of studying it under a microscope. A pathologist will determine whether prostate cancer is present. Prostate cancer is graded on a scoring system from 2-10, called the Gleason score. The Gleason score indicates the aggressiveness of the cancer. Additional studies may be required to determine the extent of the cancer. If prostate cancer is diagnosed, there are many treatment options including active surveillance, surgery, external beam radiation and radioactive seed implantation. Hormonal therapy may be delivered in conjunction with any of the above treatments.

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1. Jemal, A. et al. CA Cancer J Clin,59:225-249, 2009.

\*Certain men will require earlier screening based upon risk factors. Please consult your family physician



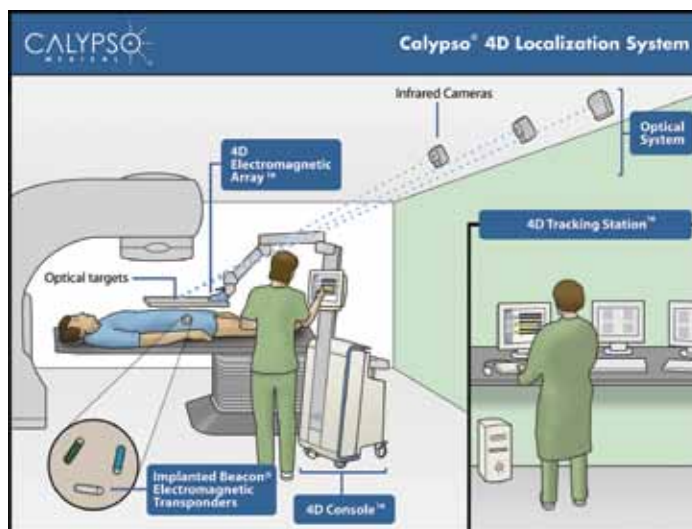
*Continued from page 1*

Radiation therapy for prostate cancer has an extensive background in Seattle at the Swedish Cancer Institute (SCI). In the mid 1980s, our group pioneered a treatment for prostate cancer called brachytherapy. “Brachy” is Greek for “close to” or “within” and involves the precise placement of radioactive seeds into the cancer itself. Our group went on to form the Seattle Prostate Institute, a worldwide leader in prostate cancer treatment. We use brachytherapy, external beam radiation and hormonal therapy as ways to effectively treat prostate cancer without surgical removal of the prostate gland with minimal side effects.

Radiation therapy relies heavily on technology. A CAT scan is used to make a three-dimensional map of the area in need of treatment. Radiation doses can be controlled and shaped to treat our target while limiting dose to nearby organs through intensity modulation radiation therapy or IMRT. This is paramount in lowering side effects. Prostate motion may pose a targeting problem. The solution is image-guided radiation therapy, or IGRT, which allows us to see and target the prostate before each treatment. Together IMRT and IGRT have demonstrated safe delivery of higher doses of radiation with improved protection.

The Swedish Cancer Institute offers the latest technology around IGRT and IMRT. The latest generation of IMRT called volume modulated arc therapy (VMAT) gives even better radiation dose conformity with shorter treatment times (few minutes). Image guidance with an electromagnetic beacon system provides real-time, automated tracking of the prostate gland. Cone beam CT allows us to see the prostate during radiation therapy. The radiation oncology physicians and staff at SCI are leaders in this new technological frontier. We have an active and robust research program. The staff at SCI educate other physician teams who are adopting these technologies through our IGRT-IMRT course. We are pushing the envelope with new treatment modalities. A member of our team is the lead scientist in the treatment of prostate cancer using the Cyberknife radiosurgical device, an advanced robotic radiation delivery system. Our advanced, cutting-edge technology along with our professional expertise and compassionate care gives our patients the best chance at beating prostate cancer.

For questions or additional information on radiation treatment for prostate cancer, please contact the radiation oncology department at the Swedish Cancer Institute at 206-386-2323 or visit [www.swedish.org/cancer](http://www.swedish.org/cancer).



## Online Education

### **Swedish Cancer Institute's Cancer Podcast Program**

Are you unable to attend a class in person yet still want the educational experience and information? Join us anytime, online, at [www.swedish.org/cancerpodcasts](http://www.swedish.org/cancerpodcasts), for a full list of offerings and discover what our experts have to say.

#### ***This month's featured podcasts:***

##### **Exercise During Treatment**

Just in time for New Year's resolutions, David Zucker, M.D., Ph.D., highlights the role exercise plays in combating treatment-related fatigue and gives listeners tips on how to incorporate energy conserving exercise into their daily routines.

##### **Complementary Medicine & Nutrition**

Dan Labriola, N.D., outlines how Swedish's naturopathic physicians and natural medicines such as a healthy diet, exercise and mind-body medicine can help improve quality of life and reduce side-effects during treatment.

##### **Introduction to Mindfulness Meditation**

Meditation has been shown to reduce stress and pain, and to help in the healing process. Learn the power of mindfulness meditation from Dr. David Zucker in this introductory podcast, accompanied by two practice meditation sessions.

***For a full listing of our podcasts please visit us online at [www.swedish.org/cancerpodcasts](http://www.swedish.org/cancerpodcasts)***

### **“Like” us on Facebook**

The Swedish Cancer Institute's Survivors Facebook page is a great way to hear about the latest cancer research, find useful resources and learn about classes that are offered. Don't forget to “like” us on Facebook to show your support for the Swedish Cancer Institute! Visit [www.facebook.com/SwedishCancerInstitute](http://www.facebook.com/SwedishCancerInstitute) to learn more.

# Winter 2012 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 unless otherwise indicated. To register, call 206-386-2502. Registration is also available online at [www.swedish.org/classes](http://www.swedish.org/classes).** Most classes listed are offered at the Swedish Cancer Institute.

## The Swedish Cancer Institute's class locations:

**Swedish First Hill Campus** (Arnold Bldg., 1221 Madison St., A-Floor W.)

**Swedish Cherry Hill Campus** (500 17th Ave.)

**Swedish Ballard Campus** (5300 Tallman Ave. N.W.)

**Swedish Edmonds Campus** (21601 76th Ave. W.)

**Swedish Issaquah Campus** (751 N.E. Blakely Drive)

## Classes also take place at the following libraries:

**Issaquah Library** (10 W. Sunset Way)

**Sammamish Library** (825 28th Ave. S.E.)

**Lake Hills Library** (15590 Lake Hills Blvd., Bellevue)

### Acrylic Painting

Join art instructor Tiffany Thiele to make your own work of art in this acrylic painting class. All materials provided and beginners are welcome.

*Monday, Feb. 13, 10 a.m.-noon*

*Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B*

### After Breast Cancer: What's Next?

An eight-week group for women who are preparing to live life after breast cancer treatment.

*Wednesdays, Jan. 11-Feb. 29, 4:30-6 p.m.*

*Swedish/First Hill Campus – Clearwater Conference Room C or*

*Thursdays, Jan. 12-March 1, 4:30-6 p.m.*

*Swedish/Edmonds Campus – Auditorium A*

### After Cancer Treatment: What's Next?

An eight-week group for all patients who are preparing to live life after cancer treatment.

*Tuesdays, Jan. 10-Feb. 28, 4:30-6 p.m.*

*Swedish/First Hill Campus – Clearwater Conference Room C*

### Beauty and Cancer

Gary Manuel Salon is proud to announce *Beauty Over Cancer*, a new program to help people with cancer. In the program, patients can receive complimentary services at Gary Manuel Salon, such as last hair parties, wig advice and trims, and head shavings. Guests can call Gary Manuel Salon to make a hair appointment at 206-728-1234.

### "Busting" Myths about Breast Cancer

Drs. Tanya Wahl from Medical Oncology and James Spiegel from Radiation Oncology will debunk myths about how to prevent and treat breast cancer and review the latest treatment approaches, with emphasis on chemotherapy, hormonal therapy, and radiation therapy. Plenty of time will be available for a question and answer session.

*Tuesday, Jan. 31, 7-8:30 p.m.*

*Issaquah Library*

### Collage Workshop

Collage is an exciting way to transform all sorts of items (from wooden boxes to serving trays) into something magical. Join art instructor Tiffany Thiele to collage wooden boxes with many types of ephemera – from antique sheet music to brilliantly colored origami paper. All materials provided.

*Monday, Jan. 16, 10 a.m.-noon*

*Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B*

### Colon Cancer — New Techniques in Treatment

Colon cancer is a common disorder which affects thousands of people each year. There are new mechanical and molecular technologies recently developed to treat colon cancer at all stages. Amir Bastawrous, M.D., will review what patients might expect when diagnosed and how these new treatments may affect them and their outcomes.

*Wednesday, Jan. 18, 7-8:30 p.m.*

*Sammamish Library*

### Create Your Own Journal

Start off the New Year by designing and making your own personal journal. Art instructor Tiffany Thiele discusses creative ideas and fun ways to use the journal. All materials provided.

*Monday, Jan. 9, 10 a.m.-noon*

*Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B*

### Eating Well When Dealing with Cancer

Join Brian Higginson, R.D., as he explains healthy eating, side effect management and maximizing nutritional intake. Recipe sampling provided.

*Monday, Dec. 5 or Monday, Feb. 27, Noon-1 p.m.*

*Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B*

### Food Mood and You: Learn About the Benefits of Healthy Food Choices for Cancer Survivors

Good food, good mood! Discover how foods can affect your mood and see the connections between what you eat and how you feel. Learn how this applies to the challenges faced during treatment and recovery of cancer and illness in general. Patrick Bufi, N.D., will provide some practical tips on what you can do to maintain balance and wellness.

Co-sponsored by Northwest Natural Health.

*Tuesday, January 24, 7-8:30 p.m.*

*Issaquah Library*

### Gentle Yoga

Create balance in the body, breath, and mind in this therapeutic class with registered yoga teacher, Ann Ford. Bring a mat and blanket. Seven sessions.

*Tuesdays, Jan. 10-Feb. 14, 3:30-4:30 p.m.*

*Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B*

### Hair Alternatives

Appearance consultant, Janet Bowman will show you how to create different hair alternatives with scarves, hats and accessories.

*Tuesday, Jan. 17, 10:30 a.m.-noon*

*Swedish/Issaquah Campus, Room Leadership, 2nd Floor Conference Center or*

*Tuesday, Feb. 28, 1-2:30 p.m.*

*Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B*

### Healing the Whole Person: Body, Mind, and Spirit

Explore Dr. Jeremy Geffen's Seven Levels of Healing. These provide guidelines that can greatly enhance the lives of those with cancer, those who have completed treatment and their family members.

*Thursday, Dec. 8, 6-7:30 p.m. or*

*Thursday, Feb. 9, 10-11:30 a.m.*

*Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B*

### Hot Flashes and Related Symptom Management: Learn How Natural Medicine Can Offer Safe Solutions

Natural medicine offers safe ways to manage hot flashes – without the use of hormone therapy. With these simple, practical tips, you'll sleep better and feel better all day. Diet, lifestyle tips and nutritional supplementation will be covered by naturopathic physician Dr. Kathleen Pratt, N.D. Co-sponsored by Northwest Natural Health.

*Tuesday, Jan. 10, 7-8:30 p.m.*

*Issaquah Library*

### Jewelry Workshop

It's easy and fun to make your own jewelry. Art instructor Tiffany Thiele will help each person design and create a necklace or bracelet. All materials provided.

*Monday, Feb. 6, 10 a.m.-noon*

*Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B*

### 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, Dec. 5, 6-8 p.m.*

*Monday, Jan. 9, 1-3 p.m.*

*Monday, Feb. 6, 1-3 p.m.*

*Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B or*

*Monday, January 23, 1-3 p.m.*

*Swedish/Issaquah Campus, Room Knowledge, 2nd Floor Conference Center*

### Meditation for People with Cancer

Join Swedish physical therapist Carolyn McManus for a two week session that teaches mindfulness meditation. Two sessions.

*Tuesdays, Feb. 21-28, 3:30-5 p.m.*

*Swedish/First Hill Campus – Donald A. Tesh, M.D., Conference Rooms A and B*

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# Patient Education Classes

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## Paper Crafts

Come learn how to make decorative paper bags and bows as well as other fun projects out of paper. You will be amazed at how versatile paper can be. Taught by art instructor Tiffany Thiele. All materials provided.

*Monday, Dec. 12, 10 a.m. -noon*

*Swedish/First Hill Campus – Donald A. Tesh, M.D.,  
Conference Rooms A and B*

## Preparing for Chemotherapy Day in the Life of a Chemo Patient

Join us as nurse practitioner Jill Cooper reviews many signs and symptoms that require medical attention after chemotherapy and learn ways family and friends can assist their loved one throughout treatment.

*Thursday, Jan. 12, 7-8:30 p.m.*

*Issaquah Library*

## Screening Options for Colon and Rectal Polyps and Cancer

Join Darren Pollock, M.D., to learn why screening is important, who should be screened and when screening is appropriate. Dr. Pollock will also cover the preparations and details of the procedure.

Questions are welcome!

*Wednesday, Feb. 15, 7-8:30 p.m.*

*Sammamish Library*

## The Anticancer Lifestyle

Explore recent findings on ways to increase your resistance to cancer with health educator, Carol Robl. Learn how to create an anticancer lifestyle by eating beneficial foods, protecting yourself from environmental threats, and enhancing your physical and emotional wellbeing.

*Wednesday, Jan. 11, 6-7:30 p.m.*

*Swedish/First Hill Campus – Donald A. Tesh, M.D.,  
Conference Rooms A and B or*

*Tuesday, Feb. 28, 7-8:30 p.m.*

*Lake Hills Library*

## Music Therapy for Relaxation

Join Board Certified Music Therapist Jen Hastings, MA, MT-BC, as she provides information on the beneficial effects of music on the body and how to apply music effectively to decrease anxiety and/or depression. Musical and experiential examples will be provided.

*Wednesday, Feb. 1, 7-9 p.m.*

*Sammamish Library*

## Music Therapy for Creativity & Self Expression

You don't need to be a musician to play music! Board Certified Music Therapist, Jen Hastings, MA, MT-BC, will provide simple ways to add music to your daily life, such as keeping a musical journal through songwriting, connecting with others through improvisation, and consciously using music to calm as well as give you energy.

*Wednesday, Feb. 29, 6-8 p.m.*

*Swedish/First Hill Campus – Donald A. Tesh, M.D.,  
Conference Rooms A and B*

**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 to visually and verbally examine health issues through self-exploration. No artistic confidence or experience necessary. Offered by registered art therapist, Nicole Stiver. Appointment necessary.

*A-Floor West, Cancer Education Center*

*(ongoing 50-minute appointments)*

*Tuesdays and Wednesdays 9 a.m. -5 p.m.*

## Art Therapy Open Studio Group For people with cancer and the loved ones who support them

Haven't played with art supplies since elementary school? That's okay. Join us and experience the expressive, healing nature of art in a confidential and supportive group setting. A variety of art materials will be provided; no art experience or confidence required. Please drop in!

*Ongoing, Tuesdays 1-3 p.m.*

*Swedish/First Hill Campus – Clearwater  
Conference Room C*

## Knit for Life™

This network of volunteers uses 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.*

