

Fred Hutch  
**Survivorship  
Clinic**



**Empowered  
Living After  
Cancer**



**Fred Hutch  
Cancer Center**

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*Front cover: Bridgette Hempstead*

# Your Survivorship Clinic notebook

Welcome to the Fred Hutchinson Cancer Center (Fred Hutch) Survivorship Clinic, and to a community that includes more than millions living in the United States today.

This educational notebook was created to help you organize and learn about keeping yourself healthy long into the future. It includes information on how you can maintain your health and help prevent future cancer and other illnesses, as well as a list of resources.

Once your medical records have been reviewed, and you have been seen in the Survivorship Clinic, you will receive your Treatment Summary and Survivorship Care Plan. Your Treatment Summary and Survivorship Care Plan outlines information about your cancer and its treatment with recommendations for follow-up. It is updated (if needed) each time you are seen in our clinic. Copies of your Treatment Summary and Survivorship Care Plan are shared with your health care team, including your oncologist and primary care provider.

Fred Hutch is an independent, nonprofit organization that also serves as the cancer program for UW Medicine. This unique relationship allows for enhanced care coordination with one of the world's leading integrated health systems.

UW Medicine

## About the Survivorship Clinic

### What is the Survivorship Clinic?

The Survivorship Clinic is an outpatient clinic at Fred Hutch that welcomes any survivor, either at Fred Hutch or any other location. Our clinic is designed to meet your unique health care needs as a long-term survivor of childhood or adult cancer. This clinic focuses on keeping you healthy by addressing many physical and emotional complications that can come during and after cancer and its treatments. Some of these complications include late or long-term physical effects to the body organs, emotional effects like sadness, or practical effects like problems at school and work. For most survivors these late and long-term effects are minimal; with education, health and support, you can take charge of your health and manage or prevent these problems.

The mission of the Fred Hutch Survivorship Clinic is:

**“To promote the lifelong health and wellness of cancer survivors by providing education, resources and personalized care plans.”**

### What can you expect from your Survivorship Clinic appointment?

We provide an individualized Treatment Summary and Survivorship Care Plan. This includes an evaluation and information on the prevention of the late effects of your cancer and cancer treatment, recommendations and resources for dealing with long-term effects, and suggestions for healthy lifestyle behaviors.

### Where is the Survivorship Clinic located?

The Survivorship Clinic is located within the Fred Hutch Wellness Center, which is in a separate building from the main Fred Hutch Clinic.

The Fred Hutch Wellness Center is located at:

1100 Fairview Ave. N.

Seattle, WA 98109

Level E of the Arnold Building

## How to contact us

### To make an appointment in the Survivorship Clinic

Please call (206) 606-6100.

### Survivorship Clinic contact information

Fred Hutch Wellness Center  
Survivorship Clinic  
1100 Fairview Ave. N.  
Mailstop ME-B159  
Seattle, WA 98109

Phone:	(206) 606-6100
Fax:	(206) 606-6135
Email:	<a href="mailto:PCCsurvivorship@seattlecca.org">PCCsurvivorship@seattlecca.org</a>
Websites:	<a href="http://fredhutch.org/survivorship">fredhutch.org/survivorship</a> <a href="https://facebook.com/fredhutchsurvivorshipprogram">facebook.com/fredhutchsurvivorshipprogram</a>

### Additional Patient Resources

Health Information Management:	(206) 606-1114 (Medical Records)
Patient and Family Resource Center:	(206) 606-2081 (Education Materials)

## Who is on the Survivorship Clinic team and how can they help?

The Survivorship Clinic team consists of providers with extra knowledge of cancer survivorship issues. We will work with you and your healthcare team to ensure you have the best healthcare possible after your acute cancer treatment. We also work with a variety of providers that specialize in the care of the heart, lungs, skin, fertility, gastrointestinal system and other body systems. Our goal is for all members of the team to work together to provide information and support to you and your family.

Your team members include:

### Medical Doctor (MD)

A physician is a health care provider who practices the profession of medicine, which is concerned with promoting, maintaining or restoring human health through the study, diagnosis, and treatment of disease, injury, and other physical and mental impairments.

### Physician Assistant (PA)

Physician Assistants are licensed health professionals who practice medicine in a collaborative fashion with attending physician oversight. Physician Assistants are trained and authorized to make medical decisions and provide highly skilled medical care to patients in inpatient and outpatient settings.

### Advanced Practice Nurse (APN, APRN, ARNP)

(Also known as Nurse Practitioners)

Nurse practitioners are licensed health professionals who provide care to patients across the healthcare system. In Washington State, all Nurse Practitioners must have at least a Master's Degree in nursing. Nurse practitioners are licensed by the state of Washington to provide highly skilled medical care to patients in both the inpatient and outpatient setting.

### Survivorship Clinic Nurse

The adult clinic nurse is a Registered Nurse (RN) who reviews medical records and creates the treatment summary prior to clinic visit. Our clinic nurse also supports the

Survivorship Clinic providers in creating survivorship care plans, and answering questions about survivorship.

### **Social Workers**

Social Workers are trained to help patients and families adjust to changes in their health, and to cope with their new situation in the best possible way. They try to identify the needs and strengths of families, and offer assistance as appropriate.

Social work services can include:

- Individual and/or family support, counseling, or referral
- Help and support for processing feelings related to being a cancer survivor
- Information about community resources, such as vocational and school resources, or support groups
- Advocacy, which means being on your side to help.

### **Registered Dietitian Nutritionists (RD or RDN)**

Registered Dietitian Nutritionists (RD or RDN) at Fred Hutch have specific training in nutrition needs for oncology patients from prevention through survivorship. at Fred Hutch are experienced in care related to issues of food and nutrition for health, as well as disease. The dietitian or nutritionist can interpret current scientific findings into easy to understand information and practical application.

The dietitian or nutritionist looks closely at your personal situation and history to help you get the most benefit from your food intake and assess your nutritional needs. Our Fred Hutch RDs are specifically trained to assist with survivorship nutritional needs that may include osteoporosis, weight management, fatigue, and cancer prevention. Each Survivorship Clinic patient is offered and encouraged to consider a nutrition consultation. A consultation will cover the following:

- To discuss disease-specific diet and nutrition recommendations, including the long-term impacts of treatment
- To review appropriate diet guidelines to help prevent recurrence or a secondary cancer
- To develop a plan for weight management

## Who is on the Survivorship Clinic team and how can they help?

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### Patient Care Coordinators (PCC)

Patient Care Coordinators in the Fred Hutch Wellness Center will coordinate scheduling any appointments or referrals that are determined at your Survivorship Clinic visit.





## Physical wellbeing

Cancer is now a disease that most people can expect to survive. Each year, more patients benefit from early detection of cancer and effective medical treatments, leading to a remarkable increase in long-term cancer survival to a current rate of 66% for adults and 80% for childhood cancer survivors. Although cured from their cancer, many survivors who have completed their medical treatment are facing challenging late and long-term effects from their illness and treatment.

**Long-term effects** of cancer therapy are medical problems that persist for months or years after treatment ends. Some examples of long-term effects include infertility and treatment-related fatigue.

**Late effects** are medical problems that do not develop or become apparent until years after treatment ends. Some examples of late effects include heart disease or second cancers (as a result of radiation or chemotherapy).

Your risk for developing long-term and late effects is related to the treatment that you have received. This may include surgery, radiation, chemotherapy, certain medications and/or a combination of these treatments. Most of these effects are not serious and can be reduced with careful observation and a lifestyle that promotes healthy living. The best prevention is having regular check-ups with health professionals that know about these long term and late effects and who can monitor and teach you how to best care for yourself.

Some common long-term and late effects are listed on the next page, along with suggestions for maintaining your health. As always, please use the Fred Hutch Survivorship Clinic as a resource for your questions and care.

### Common physical health concerns, listed in alphabetical order

#### Bladder health

There is a low risk for bladder problems due to some chemotherapy drugs such as cyclophosphamide. Report any bladder symptoms, especially blood in your urine, to your healthcare provider.

#### Bone health

Bone loss is a very common problem for cancer survivors. A condition called osteoporosis is when the amount of bone is decreased and the structural integrity of the bone is impaired. Certain medications and radiation can affect bone density. Fortunately, there are many things you can do to reduce the risk of osteoporosis:

- Regular weight-bearing exercises such as brisk walking, yoga, tai-chi, dancing and jogging can help maintain healthy bones. Bicycling and swimming are excellent exercises for general fitness but these are NOT generally considered weight-bearing and they are not as effective at strengthening bones. Resistance exercises such as light weight lifting also help to build strong bones and are especially important for upper body bones including the arms and shoulders. Be sure to discuss your individual health status with your healthcare provider before starting any new exercise program.
- A diet high in calcium is also important in preventing osteoporosis. Most healthcare professionals recommend 1000-1500mg of calcium a day. This means a diet rich in dairy products and leafy green vegetables. Vitamin D is needed in order to absorb calcium. Your skin makes vitamin D naturally when exposed to the sunlight. The recommendation for Vitamin D is at least 600 IU per day, but please consult your healthcare professional (PCP, RD) to learn what dose is right for you.

Depending on your risk for osteoporosis, you may need to obtain a DEXA scan. This imaging study measures bone density and can be used as a baseline with follow-up scans to measure changes.

For more information on bone health visit:

<http://courses.washington.edu/bonephys/index.html>

### **Cancer recurrence**

Cancer can recur. Each type of cancer is unique, and each person with cancer is also unique. The best person to discuss your individual risk of your specific cancer recurring is your oncologist. (Also see Fear of Recurrence and Secondary Cancers.)

### **Cognitive problems**

Patients who have received chemotherapy, radiation and/or other types of treatment can experience changes in memory and “foggy thinking.” This can include difficulty with memory, trouble paying attention, and issues with word retrieval, learning new things and multitasking. Many factors can affect cognitive function including fatigue, side effects of medication, depression and anxiety. There are many strategies that can help survivors cope. Although it may be difficult, it is very important to talk to your healthcare provider about your concerns in order to get to appropriate referrals and treatments.

### **Dental health**

Patients who have undergone cancer treatment may have some increased risk for dental abnormalities. Dry mouth, decreased saliva production, gum disease and changes in sense of taste and smell are often reported with both chemotherapy and radiation. Osteoporosis or osteopenia (thinning) of the jaw bone can also occur. A dental exam and general cleaning at least every six months are recommended.

### **Fear of recurrence**

It’s normal to worry about cancer returning. Many survivors feel more vulnerable when active treatment is done and they are not seeing their healthcare team as often. Often times, this fear will improve gradually over time. It is important to employ strategies to help reduce your anxiety. Sometimes that can mean learning new relaxation or coping skills or improving upon the ones that you already have. Examples of relaxation strategies are meditation, exercise, journaling, getting a massage or talking to a friend or family member. Usually, these fears will decrease over time, but it’s important to learn and employ strategies to help you reduce your anxiety.

### Fertility

There are some chemotherapy drugs and radiation to the reproductive area that may affect your fertility. The impact can be variable. Women interested in their fertility status should keep track of menstrual cycles and report any changes to their healthcare provider. Men interested in maintaining fertility should have semen analysis periodically over time, as resumption of spermatogenesis can occur up to ten years post therapy. There are many ways to determine your fertility status with the help of a fertility specialist, reproductive counseling, gynecologic evaluation, endocrine evaluation and/or laboratory values.

### Gastrointestinal (GI) health

There are long-term and late effects to the gastrointestinal tract from all types of cancer treatments. From top to bottom, all regions of the GI tract can show some impact. Dry mouth is common, as is esophagitis (irritation or scarring of the esophagus), erosive or ulcerative gastritis (stomach ulcers), GERD (gastro esophageal reflux disease or “heart burn”), proctitis (rectal irritation) and anal ulcers or pain (tenesmus). Problems with digestion, such as lactose or gluten intolerance, impaired absorption of nutrients, flatulence (gas), abdominal distention, diarrhea and constipation are also common. Less common effects include colitis (irritation of the colon), rectal bleeding, becoming incontinent of stool (having bowel ‘accidents’) and bowel obstruction. Many cancer survivors have concerns with gaining or losing more weight than they would like. Some of these symptoms come and go, many of these conditions begin years after completing treatment and some get worse over time.

A healthy, low fat diet of fresh fruits, vegetables, whole grains, fiber, and protein can help the GI tract be healthy. Drinking plenty of fluid helps absorption of nutrients and to move contents along to prevent constipation and irritation. There are over-the-counter and prescription supplements and medications for many GI conditions, but some may require medical attention or even surgery to repair. Gentle exercise such as stretching, walking, yoga and swimming can be of significant help for bowel concerns. If symptoms are bothersome or persist, talk to your health care provider for evaluation and assistance.

### **Genetic counseling and testing**

Consider genetic counseling and testing if you have been diagnosed with multiple cancers, breast cancer or colon cancer at an early age, breast cancer and are a man, ovarian cancer, have a strong family history of cancer, or have a relative with a known cancer-causing mutation, consider genetic counseling and testing.

### **Hearing**

Patients treated with heavy metal agents, such as cisplatin/carboplatinum, are at risk for high-frequency hearing loss. Patients are encouraged to have their hearing monitored yearly with a history and physical examination. A baseline audiogram should be performed and, if abnormal, followed yearly until stable.

### **Heart health**

Most cancer survivors do not develop heart problems; however, certain types of cancer treatment can sometimes impact heart health. Patients treated with anthracycline, such as doxorubicin and daunomycin, have been shown to be at higher risk for cardiac defects. There are also potential late effects from radiation to the heart area. Since heart problems may occur many years after cancer treatment, it is important for cancer survivors to be aware of any treatments they may have received that can affect the heart. That way, they can take steps to keep their heart healthy, including regular medical check-ups and tests to monitor heart function. Survivors should maintain healthy lifestyles and avoid unhealthy behaviors that can add to the risk of heart disease, including smoking, having an inactive (sedentary) lifestyle and eating a diet high in fat.

### **Immune system**

The immune system can be affected by many cancer treatments, including surgery, chemotherapy and radiation. The risk for infections decreases as your white blood counts return to normal after chemotherapy and radiation. Some cancer survivors will need to remain on maintenance therapies for some time after acute treatment has ended, and many of these can continue to suppress the immune system. Eating well, getting plenty of rest, staying well hydrated, practicing good hand washing as well as washing raw foods well and not eating undercooked foods can help prevent illness.

Lymph nodes and ducts carry lymphatic fluid around the body. They can be damaged, scarred or removed as part of cancer treatment. Swollen lymph nodes in the neck,

## Physical wellbeing

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armpit and groin can be worrisome for cancer survivors, but may be nothing more than a sign the body is fighting a cold or mild infection. Keeping a watchful eye on the area to be sure it returns to normal over the course of a couple of weeks is a good precaution. (See Lymphedema)

Signs of illness or infection should be attended to a little sooner for the cancer survivor. The immune system may not fight off infections as well as before cancer treatment and treatment with antibiotics may be needed. Keeping your body free of cuts, bites and sunburn, avoiding exposure to friends and family with acute colds and flu, and resting if you have a mild illness can help your immune system to not be stressed.

### Kidney health

There is a risk of kidney problems from some chemotherapy or radiation to the kidneys. Use of some medications like non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and certain antibiotics can increase the risk of kidney damage. Be sure to monitor your blood pressure annually. If kidney function tests or urinalysis have been abnormal, they should be continued to be monitored on a regular basis.

### Liver health

While acute liver toxicities occur from some chemotherapy, some long-term effects can occur as well. Avoid excessive use of alcohol or hepato-toxic drugs such as acetaminophen. Do not take medications with alcohol. Be sure you are vaccinated against Hepatitis A and B. If you have never been tested for Hepatitis C, you should consider being tested.

### Lung health

Chemotherapy, chest radiation and total body radiation can impact lung function. It is important to report new onset of shortness of breath, chronic cough, pain with respiration, wheezing, increased fatigue or exercise intolerance to your healthcare provider. Avoiding smoking is essential to lung health.

### Lymphedema

Lymphedema is a swelling of a part of the body caused by the buildup of lymph fluids. It most often happens in the arm, leg, face or neck. It can also happen after an insect bite or minor injury, but then it goes away easily. Lymphedema is a common side effect

of some cancer treatments, including surgery or radiation therapy. The symptoms can be mild or severe, can come and go or persist, and it can occur months or years after cancer treatment has been completed. Lymphedema can be helped by exercise, physical therapy, massage, special compression garments, a low salt diet, weight loss and not wearing clothing that may restrict return blood or lymph flow. Recent research suggests that previous recommendations for preventing lymphedema have not been demonstrated to help. The most important prevention actions are to avoid an infection in the affected limb and to maintain a healthy weight. Practical recommendations can include wearing gloves when gardening or washing dishes and immediate cleansing of any minor cuts or scraps followed by application of antibacterial ointment or cream. More serious injuries should be seen by a medical provider. Seeking evaluation and treatment as soon as lymphedema is noticed can be helpful in limiting the progression.

### Neuropathy

Chemotherapy may lead to peripheral neuropathy. Peripheral neuropathy is numbness, tingling or uncomfortable sensation most often felt in the fingers, hands, toes, feet and sometimes the face. This can resolve quickly or may persist for many years. Stretching, acupuncture or massage therapy may help. Avoid alcohol and smoking and maintain an optimal weight. Protect hands or feet from injury. Discuss other pain control options with your healthcare provider.

### Nutrition

The nutrition guidelines of the American Cancer Society are used to optimize health and reduce cancer risk. These guidelines include: consuming food and beverages in amounts that help achieve and maintain a healthy weight, limit consumption of processed meat and red meat, eat at least two and a half cups or more of vegetables and fruits each day, choose whole grains instead of refined grain products. Adequate fluid intake is important to stay hydrated and it is best to avoid or limit alcohol intake. Speaking with a nutritionist could help in understanding your needs and in setting nutrition goals.



## Physical wellbeing

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### Physical activity

It is important to maintain a healthy body weight and avoid an increase in waist circumference throughout adulthood. Cancer survivors are encouraged to adopt a physically active lifestyle. Besides the physical benefits, exercise also offers psychological and emotional benefits. Try to engage in at least 30 minutes of moderate to vigorous physical activity 4-5 days of the week along with resistance training. Some examples of moderate to vigorous exercise include brisk walking, Pilates, biking, swimming, dancing, weight lifting, running, aerobics and cross country skiing. There are exercise programs that are created specifically for cancer survivors, and we are happy to refer you to a physical therapist for help setting goals and/or aid in dealing with any physical limitations you may have.

### Psychosocial effects

Anyone who has been treated for cancer can have some ongoing psychosocial effects. These may include stress, fear, depression, anxiety, grief, change in the role you fill in the family, relationship strains, feeling alone and even social withdrawal. Many survivors find activities that reduce stress are helpful to counteract the psychosocial effects after treatment ends. Exercise, relaxation techniques, meditation, art, music, dance, writing, looking at what you can control and focusing on positive events instead of negative ones can help. Talking with friends, getting outside, finding like-minded people or a support group and returning to activities you used to participate in and enjoy all help counteract the psychosocial effects of life after cancer treatment.



You don't have to be upbeat all the time, but if you find yourself slipping into angry, sad or withdrawn feelings often, or if you have a hard time seeing the bright side of any situation, you likely need help. Family members, friends, your spiritual community, support groups, health care providers and others may be able to help if you let them know how you are feeling. Many survivors get help from therapists who are experts in both grieving and depression. It can be hard to ask for help, but getting the help you need is important for your life and ongoing health.



### **Secondary cancers**

Some chemotherapy drugs and radiation can place you at risk for a second cancer. This cancer can be similar to the type you had or a completely different kind. Some patients also have genetic factors they were born with that place them at higher risk for these second cancers. Smoking and chewing tobacco, too much sun exposure and artificial UV tanning also increase this risk.

### **Sexuality and intimacy**

Sexuality and intimacy issues are common after a cancer diagnosis. There can be both physical and emotional reasons for changes in sexual intimacy and often the hardest part is talking about these with both your partner and healthcare provider. Frequently these issues can improve with simple and effective treatments or counseling. Many survivors struggle with a change in body image, decreased libido, altered sexual function, or exploring new relationships. Partners may also be struggling with the physical, emotional, and/or relationship role changes. There are resources available for both physical and emotional assistance with these concerns.

### **Skin health**

There is a small increased risk for developing skin cancers after radiation. Regular skin examination and avoiding prolonged sun exposure and/or tanning booths is recommended. Wear sunscreen (SPF-30 or higher) and hats for protection.

## Physical wellbeing

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### Sleep hygiene

Sleep is essential to your general health. The various changeable factors that affect sleep quality are called sleep hygiene. The following explains a few ways on how you can improve your sleep hygiene:

- Setting regular sleep and wake times
- Avoiding naps longer than 30 minutes during the day if possible
- Minimize noise, light, and temperature extremes during sleep
- Avoid watching television, eating, or discussing emotional issues in bed
- Avoid caffeine, nicotine, alcohol, fluids, and heavy meals close to bedtime
- Routine exercise can improve sleep but avoid vigorous exercise just before bedtime.
- If you snore, have sleep apnea (periods of holding your breath when you sleep) or other persistent sleep concerns, seeing a sleep medicine specialist is recommended.

### Thyroid health

Radiation to the body, particularly to the neck area can lead to changes in the thyroid gland functioning properly; this can cause hypothyroidism or hyperthyroidism or can increase the risk for thyroid nodules or thyroid cancer. Symptoms of thyroid problems can include fatigue, anxiety, hair loss, weight changes and irregular heartbeat. Some cancer survivors have annual thyroid exams and laboratory studies.

### Vision

Certain chemotherapy, some hormone therapies and radiation to the eye can increase the risk for developing cataracts. Because vision can have a significant impact on daily living, it is important for survivors who received these treatments to have their eyes checked regularly. A yearly eye examination including visual acuity, ocular symptom evaluation and fundus exam is recommended.

## Lifestyle and self-care

Cancer treatment can have profound effects on your physical health, but takes a toll on your emotional health as well. Experiencing a variety of feelings after your treatment ends is perfectly normal. The following section provides information to help improve your lifestyle and emotional outlook as a survivor.

Employment, education, insurance, housing and financial effects of cancer are often not talked about, but they are very real. It is important to assess these effects and get the referrals and resources needed to address them.

Help is available and comes in many forms. Most schools offer social workers and school counselors that specialize in support, and your Human Resource department at your workplace is another great place to seek assistance. For further help, advocate groups and offices like the state Insurance Commissioner and Health Ombudsman are also available to you. It is important to assess if you have any practical effects and get referrals or find resources to address them so they do not become overwhelming.

In this section you will find:

- Importance of primary care
- Healthy diet recommendations
- Healthy eating and weight
- General physical activity recommendations
- Stress management
- Advanced care planning

### Importance of primary care

#### Establish a Relationship with a Primary Care Provider

Annual routine check-ups are essential for you and your provider to keep track of and maintain your health. Annual check-ups are also an important way to manage other chronic conditions you may have, keep up-to-date on immunizations and have routine health maintenance screening. Physicians, nurse practitioners, physician's assistants, osteopaths and naturopaths may function as your primary care provider (PCP).

A primary care provider can follow you during and after your oncology care, as well as monitoring your health over time to detect any long-term complications in the years after treatment. Primary care providers can also assist in maintaining a relationship with your primary oncologist, so that long-term follow-up guidelines are observed. Your Treatment Summary and Survivorship Care Plan document can help inform your PCP of any specific tests or monitoring you will need over time.

Primary care providers can be found in your community, through an internet search, or by contacting your insurance company. Some PCPs are also listed in the Resource section at the end of this notebook.

#### Healthy diet recommendations

Eating well and staying active can promote overall health and a sense of well being.

- Maintain a healthy body weight and avoid an increase in waist circumference throughout adulthood.
- Try not to consume more than 1 alcoholic drink per day as alcohol may increase cancer risk. One alcoholic drink is defined as 5 oz of wine, 12 oz of beer, or 1.5 oz of liquor.
- Eat more whole, unprocessed foods and foods that are mostly plant-based.
- Limit sodium intake to 2400mg per day and minimize or avoid processed, smoked and cured meats.
- Eat no more than 18oz of red meats (beef, pork, lamb, goat) per week.
- Aim to meet nutritional needs through diet, not supplementation. Multivitamins are likely not decreasing risk for cancer, but are likely not to be harmful.

## Calcium and Vitamin D

Calcium and vitamin D are essential nutrients throughout our lives. These nutrients are needed to maintain bone strength and density. Calcium is also needed for blood clotting, muscle contraction and normal nerve function. Vitamin D will help your body absorb and utilize the Calcium.

### How much do I need?

**Calcium:** A measurement of calcium in the blood does not tell us if we are receiving enough of this nutrient in our diet. Most healthcare professionals recommend 1000-1500 mg of calcium a day.

**Vitamin D:** Vitamin D levels are measured with a lab test called 25 hydroxy vitamin D. The recommendation for Vitamin D is 600-800 units (15-20 micrograms),but please consult your healthcare professional (PCP, RD) to learn what dose is right for you.

Calcium and vitamin D needs are greater in certain groups of people, including:

- People taking prednisone, dexamethazone, or a similar corticosteroid drug
- People with osteopenia or osteoporosis
- Children and teens
- Post-menopausal females

### Choosing a Calcium and/or Vitamin D supplement

**Calcium:** If you are unable to get the amount of calcium or vitamin D recommended from foods, you should take a supplement. The majority of multivitamins contain 200mg calcium and 400IU vitamin D. Choose a calcium supplement with vitamin D if your intake of vitamin D from food and/or multiple vitamin/mineral supplements do not meet the daily requirement. Your body can absorb about 500 mg calcium at one time, so if you require more than one calcium pill daily, take them at different times of the day.

If taking a calcium supplement, remember:

- Spread your intake out throughout the day to maximize absorption



## Lifestyle and self-care

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- Calcium citrate (citracal): can be taken with or without food
- Calcium carbonate (Oscal®, Caltrate®, calcium chews): must be taken with food for best absorption.

Vitamin D: Vitamin D is made in our bodies when the skin is exposed to sunlight. However, we do not get enough sunlight in the Pacific Northwest for the body to make enough. As a result, many people must rely on a vitamin supplement as a major source of vitamin D. When buying Vitamin D supplements, Cholecalciferol or Vitamin D3 is recommended. This form of Vitamin D has similar properties as the Vitamin D your body produces when the sun hits your bare skin. Vitamin D2, or ergocalciferol is not recommended, as it is not normally found in humans.

## What should I know about the use of herbal and nutritional supplements?

### Supplements

Many people take vitamins, minerals, and herbs to help boost their immune system. Whole food sources of nutrients are optimal for boosting the immune system. In addition, supplements and herbs are not subject to FDA (Food and Drug Administration) approval to assure safety, effectiveness, purity, and standards of measurement. Some supplements can cause side effects to the liver, kidneys, heart and other organs. Many supplements can have adverse interaction with food and other medications. Have an open discussion with your health care providers about the use of herbs, vitamins, and minerals.

A Registered Dietitian (RD) can assess your nutrition status and need for supplements such as calcium, vitamin D, Omega 3 fatty acids, iron, B12 and more.

### Vitamins

Multivitamins are not likely to decrease your risk for cancer, but are not likely to be harmful.

### Need more information about your personal dietary needs?

Ask your Fred Hutch provider to order a Nutrition Consult with a Fred Hutch Registered Dietitian Nutritionist (RD or RDN).

**References/for more information:** [ods.od.nih.gov/factsheets/list-all/](https://ods.od.nih.gov/factsheets/list-all/)

## Healthy eating and weight

### Body Mass Index Table

The Body Mass Index (BMI) is one way of looking at body weight to see if you are a “healthy weight” for your height. On average, a BMI of 18.5–24.9 is seen as optimal. There are many BMI calculators on the internet which can be used to help set goals for individual weight gain or loss. The one below does not take in to account age, gender or body type, but can be used as a general guide.

On the next pages we have included the Glycemic Index which is one tool to help when making choices of which foods to include in your diet. Other tools to consider can be found at [choosemyplate.gov](http://choosemyplate.gov).

Body Mass Index Table																						
	Normal						Overweight					Obese										
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40+
Height (inches)							Body Weight (pounds)															
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*

BMI Calculator:

[https://www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html](https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)

### Glycemic Index

The Glycemic Index (GI) is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food. The index rankings are based on how a carbohydrate food gets digested in comparison to the standard food, which is either white bread or pure glucose.

White bread and glucose are listed highest, with a rating of 100 on the Glycemic Index because they raise the blood glucose levels higher and quicker than most other foods.

Eating foods with a low GI may help you to control blood glucose levels, cholesterol levels, and appetite. Low GI diets also lower your risk of getting heart disease and/or type 2 diabetes.

The glycemic index of food can vary greatly; try to choose foods that have a low or medium glycemic index.





**Low GI (55 or less)****Breads:**

Heavy Mixed Grain  
Breads  
Spelt Bread  
Sourdough Bread  
Tortilla (Whole Grain)

**Cereal:**

All-Bran™ Cereal  
All-Bran Buds™  
With Psyllium Cereal  
Oat Bran  
Oats (Steel Cut)

**Grains:**

Barley  
Bulgur  
Mung Bean Noodles  
Pasta (Al Dente, Firm)  
Pulse Flours  
Quinoa  
Rice (Converted,  
Parboiled)

**Other:**

Peas  
Popcorn  
Sweet Potato  
Winter Squash

**Medium GI (56-69)****Breads:**

Chapati (White, Whole Wheat)  
Flaxseed/Linseed Bread  
Pita Bread (White, Whole Wheat)  
Pumpnickel Bread  
Roti (White, Whole Wheat)  
Rye Bread  
(Light, Dark, Whole Grain)  
Stone Ground Whole  
Wheat Bread  
Whole Grain Wheat Bread

**Cereal:**

Cream of Wheat™ (Regular)  
Oats (Instant)  
Oats (Large Flake)  
Oats (Quick)

**Grains:**

Basmati Rice  
Brown Rice  
Cornmeal  
Couscous  
(Regular, Whole Wheat)  
Rice Noodles  
White Rice (Short, Long Grain)  
Wild Rice

**Other:**

Beets  
Corn  
French Fries  
Parsnip  
Potato (Red, White, Cooled)  
Rye Crisp Crackers  
(e.g. Ryvita Rye Crispbread™)  
Stoned Wheat Thins™  
Crackers

**High GI (70 or more)****Breads:**

Bread (White, Whole Wheat)  
Naan (White, Whole Wheat)

**Cereal:**

All-Bran Flakes™ Cereal  
Corn Flakes™ Cereal  
Cream of Wheat™ (Instant)  
Puffed Wheat Cereal  
Rice Krispies™ Cereal  
Special K™ Cereal

**Grains:**

Jasmine Rice  
Millet  
Sticky Rice  
White Rice (Instant)

**Other:**

Carrots  
Potato (Instant Mashed)  
Potato (Red, White, Hot)  
Pretzels  
Rice Cakes  
Soda Crackers

### General physical activity recommendations

A physically active lifestyle is important to reduce the risk of various types of cancer, as well as heart disease and diabetes, which is why we encourage cancer survivors to adopt a physically active lifestyle. If able, try to engage in at least 30 minutes of moderate to vigorous physical activity at least five days per week. Discuss with your health care provider on ways to increase your current exercise routine. You may benefit from a referral to a physical therapist for help in setting goals and/or aid in dealing with any physical limitations you may have.

A daily routine involving some sort of movement and exercise is essential for the cancer survivor. Programs such as Exercise and Thrive through the YMCA are specifically geared to cancer survivors. Yoga is another physical activity that can be incorporated into your daily routine, and is a 5,000 year old practice based on Indian philosophy. With a combination of postures, rhythmic breathing, and meditation, studies have shown that yoga can have specific benefits for cancer survivors including increases in physical movement and flexibility, sleep and insomnia, fatigue, anxiety, pain, stress and emotional distress management. The gentle movements of Qigong and Tai chi have also been noted to assist cancer survivors with mobility and stress management.



**Average Activity Calorie Counts\***

<b>Activity</b>	<b>Calories Per Hour</b>
Cleaning (light)	240
Cleaning (heavy)	432
Dancing	370
Gardening	324
Golf	240
Jogging	675
Mowing lawn (non-riding)	324
Playing with kids	216
Sitting	81
Sleeping	45
Skiing	740
Strolling	206
Swimming	603
Tennis	549
Walking (brisk)	297
Watching TV	72
Vacuuuming, mopping	150
Yoga	360
Biking (flat surface)	441

\*Averages are based on a 150 lb person — these counts may vary depending on body composition and intensity levels.

More information can be found at [cancer.org](https://www.cancer.org), under the *Stay Healthy* section then *Eat Healthy & Get Active* then *Get Active* then *Exercise Activity Calculator*.

### Stress management

#### 10 tips for cancer survivors

- 1. Get a summary of your treatments.** The Treatment Summary we provide will have a list of what surgery, radiation and chemotherapy doses you received so that you can communicate these to your primary care providers. This will help you plan for the next tip on the list.
- 2. Make a plan for monitoring the long-term effects of your cancer treatment.** Talk to your healthcare team about the potential long-term effects of your cancer treatment and what to watch out for. For example, some cancer treatments can increase the risk of cardiovascular problems or second cancers; others can impact your bones.
- 3. Learn how to manage the fear of cancer coming back.** Find out your risk of recurrence from your health care provider, and remember that risk is based on averages and does not apply to you as an individual. Consider counseling or other assistance to help you face any fears that interfere with your day to day life.
- 4. Get moving.** If you pick one healthy thing to change in your life, physical activity is likely to make the fastest change in how you feel and help reduce your cancer-related risks. Make opportunities to walk or take stairs. Find an exercise program to join to get you started if it's just too hard to do alone. Check to see if your local YMCA participates in the Exercise and Thrive Program.
- 5. Eat well.** Your diet doesn't have to be perfect but fruits, vegetables and whole grains can make a difference in how you feel. Starting to eat more healthy foods can make it easier to avoid the things that add weight or complicate digestion. Talk to a Registered Dietitian Nutritionist (RD or RDN) if you are unsure what is healthy for you or have digestion problems.
- 6. Live a healthy lifestyle.** Exercise and nutrition are important pieces of a healthy lifestyle. Other practices to ensure your long-term survival and a better quality of life are, not smoking, limiting alcoholic drinks to one per day and using sunscreen to protect your skin.
- 7. Reclaim your body.** Many cancer treatments can lead to body changes and weight gain. Weight control is important. Check with your healthcare team and a Registered Dietitian Nutritionist (RD or RDN) and consider joining an exercise program to help you control your weight changes.

8. **Manage symptoms.** You deserve to be happy. Talk to your healthcare team if you have fatigue or lack of stamina that does not improve with time, “chemobrain” that makes it hard to work or remember what you need to do, or other aches, pains and symptoms that make it hard to enjoy your life. Make an appointment to focus solely on the symptoms that reduce your quality of life.
9. **Connect with other survivors.** While your family and friends are great support pillars, many cancer survivors find it valuable to talk or exercise with others who have experienced what they have and truly understand what it’s like to be a survivor.
10. **Make use of resources.** There are lots of options in the community and online for cancer survivors. Some options: the Fred Hutch Resource Center [ (206) 606-2081]; the National Cancer Institute’s “Facing Forward: Life after Treatment” manual ([cancer.org](https://www.cancer.org) — under tab: During and After Treatment, Survivorship Resources, you’ll find the guide here: Tools for cancer survivors and caregivers.); Cancer Pathways ([cancerpathways.org](https://www.cancerpathways.org)); Cancer Lifeline ([cancerlifeline.org](https://www.cancerlifeline.org)); CancerCare ([cancercare.org](https://www.cancercare.org)). For more resources, please see Cancer Survivor Resources section.



## Advanced care planning and advanced directives

Advanced directives are legal documents that let a person decide important end-of-life issues ahead of time and communicate those wishes to loved ones and the medical community. Advanced directives include a living will and a durable power of attorney for health care. The living will lets people know what kind of medical care patients want if they are unable to speak for themselves and a durable power of attorney for health care names a person to make medical decisions for a patient if he or she can't make them for themselves. This person, chosen by the you, is also called a health care proxy. It is acceptable to have more than one person listed, in case the first person is unreachable or unable to make these decisions, such as in the case of a mutual accident. In most states, these forms must be witnessed by a notary public when signed to be legal, but do not require an attorney.



## Advanced care planning

There are many questions that arise in what to expect during the last few months of life, below are some resources that offer assistance with end of life planning, as well as information on hospice care, memorials and coping with the loss of a loved one.

### **Aging with Dignity**

[agingwithdignity.org](http://agingwithdignity.org)

**Five Wishes** (a booklet that covers medical, legal, personal, spiritual and family matters and includes a living will document)

[fivewishes.org](http://fivewishes.org)

### **The Conversation Project**

[theconversationproject.org](http://theconversationproject.org)

### **PREPARE**

[prepareforyourcare.org/welcome](http://prepareforyourcare.org/welcome)

**Coda Alliance - Go Wish** (card game assisting with decision making)

[codaalliance.org](http://codaalliance.org)

### **CAKE**

[joincake.com](http://joincake.com)

### **Everplans**

[everplans.com/#/?\\_k=ax8lkm](http://everplans.com/#/?_k=ax8lkm)

### **National Hospice and Palliative Care Organization (NHPCO)**

[www.nhpc.org/about/hospice-care](http://www.nhpc.org/about/hospice-care)

### **People's Memorial**

[peoplesmemorial.org](http://peoplesmemorial.org)

### **Be Remembered**

[beremembered.com](http://beremembered.com)

**The Washington State Medical Association** offers living will documents at:

[agingwashington.org](http://agingwashington.org)

### Other forms

There are other important forms that are not considered advanced directives. A *will* tells how a person wants to divide money and property among surviving family members and others. A *trust* appoints the person a patient chooses to manage money for them. A *power of attorney* appoints a person to make financial decisions when they can no longer make them themselves. Frequently, an attorney is needed to establish these legal documents. Checking with an attorney, social worker or the States Attorney General's office is a good idea to be sure about the law in your state. It is best to create these forms before they are necessary and to review them periodically to update them as needed.

A *POLST (Physician Orders for Life Sustaining Treatment)* form is a way of communicating specific treatment desires for patients with advanced chronic progressive illness. This form has very specific details regarding nutrition, hydration and resuscitation wishes for patients and is reserved for use at the end of life. This form must be signed by the patient or health care proxy and a health care provider. More information can be found at: [www.POLST.org](http://www.POLST.org).

Considering what will be done with the body after death can be a difficult topic. For many people, these decisions are based on cultural, spiritual or family values. For others, the decision is an individual one. Having survived cancer, it is likely you have considered this topic and even made some decisions regarding what you would prefer. Putting these preferences in writing can actually create peace of mind for you and your loved ones. If you have not thought about this topic, reviewing the options and creating a plan can be reassuring. Reviewing options, making decisions and communicating a plan is best done by the individual when they are not ill. Some resources to consider are:

#### **Organ Donation**

[organdonor.gov](http://organdonor.gov)

[lcnw.org](http://lcnw.org)

#### **People's Memorial**

[peoplesmemorial.org](http://peoplesmemorial.org)

#### **Neptune Society**

[neptunesociety.com](http://neptunesociety.com)

#### **End of Life Washington**

[endoflifewa.org](http://endoflifewa.org)



## Cancer survivor resources

### National cancer care resources

*Inclusion on this list does not mean endorsement by Fred Hutch.*

#### American Cancer Society (ACS)

Source of news, information, and support

Phone: 1(800)-ACS(227)-2345, [cancer.org](https://www.cancer.org)

Dedicated to enhancing the quality of life for amputees and their families

[amputee-coalition.org](https://www.amputee-coalition.org)

#### Cancer Care

Oldest, largest, nonprofit agency offering support and information

Phone: (800) 813-4673, [cancercare.org](https://www.cancercare.org)

#### Cancer Hope Network

One-on-one patient and family support

Phone: 1.877.HOPENET, [cancerhopenetwork.org](https://www.cancerhopenetwork.org)

#### Leukemia and Lymphoma Society

Research, education and patient services for all blood cancers

Phone: (206) 628-0777, Toll Free: (800) 955-4572, [LLS.org](https://www.lls.org)

#### National Cancer Institute (NCI)

Free resources and materials for all cancer types

Phone: 1.800.4-CANCER, [cancer.gov](https://www.cancer.gov)

#### National Coalition of Cancer Survivorship

Advocating quality cancer care and empowering survivors

Phone: (877) 622-7937, [canceradvocacy.org](https://www.canceradvocacy.org)

#### National Institutes of Health (NIH)

Health information and resources

Toll Free: (301) 496-4000, TTY: (301) 402-9612, [nih.gov](https://www.nih.gov)

## Cancer survivor resources

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### **The Cancer Support Community**

A global nonprofit group that provides support, education and hope to people with cancer and their loved ones.

Phone: (888) 793-9355, [cancersupportcommunity.org](https://cancersupportcommunity.org)

### **The National LGBT Cancer Project – Out With Cancer**

Phone: (212) 673-4920, [lgbtcancer.com](https://lgbtcancer.com)

### **Local cancer care resources**

*Inclusion on this list does not mean endorsement by Fred Hutch.*

#### **Cierra Sisters**

An African-American Breast Cancer Survivor & Support Organization

[cierrasisters.org](https://cierrasisters.org)

(206) 505-9194

#### **Cancer Lifeline**

24-hour staffed lifeline, offering emotional support, resources, and educational classes for those at any stage of cancer

Phone: (206) 297-2500, Toll Free: (800) 255-5505, [cancerlifeline.org](https://cancerlifeline.org)

#### **Crisis Connections**

Phone (206) 461-3222. Texting available in King County

#### **Cancer Pathways**

A place for men, women, and children to build emotional, educational, and social support

Phone: (206) 709-1400, Toll free: (866) 200-2383. [cancerpathways.org](https://cancerpathways.org)

#### **Northwest Sarcoma Foundation**

A place of support and education for those who are living with Sarcoma or other rare bone tumor disease. [nwsarcoma.org](https://nwsarcoma.org)

## Primary care clinics

*Inclusion on this list does not mean endorsement by the Fred Hutch.*

**University of Washington Medical Center**, [uwmedicine.org](http://uwmedicine.org), (206) 598-3300

Family Medical Center	(206) 598-4055
Hall Health Center	(206) 685-1011
General Internal Medicine	(206) 598-8750
Women's Health Care Center	(206) 598-5500
Reproductive Care	(206) 598-4225
Men's Health Center	(206) 598-6358
Male Fertility Lab	(206) 598-1001

**UW Medicine Neighborhood Clinics**, [uwmedicine.org/neighborhood-clinics](http://uwmedicine.org/neighborhood-clinics)

Ballard	(206) 789-7777	Northgate	(206) 528-8000
Belltown	(206) 443-0400	Olympia	(360) 507-9100
Factoria	(425) 957-9000	Ravenna	(206) 525-7777
Federal Way	(253) 839-3030	Shoreline	(206) 542-5656
Fremont	(206) 545-9300	Smokey Point	(360) 386-3600
Issaquah	(425) 391-3900	South Lake Union	(206) 485-9000
Kent/Des Moines	(206) 870-8880	Woodinville	(425) 485-4100

## Valley Medicine Center Clinics

Cascade	(425) 656-5400	Fairwood	(425) 690-3405
Covington Clinic North	(425) 690-3533	Highlands	(425) 690-3410
Covington Clinic South	(425) 690-3430	Kent	(425) 690-3420
		Newcastle	(425) 690-3455

## Northwest Clinics

Northwest Primary Care Clinic	(206) 668-5181
Main Campus Clinic	(206) 668-1188
Outpatient Medical Center	(206) 668-4737

## Washington State public clinic resources

### Free and Charitable Clinics

[wahealthcareaccessalliance.org](http://wahealthcareaccessalliance.org)

Phone (267) 713-9422

### Washington State Department of Public Health

[doh.wa.gov/YouandYourFamily.aspx](http://doh.wa.gov/YouandYourFamily.aspx)

### King County Public Health Clinics

[kingcounty.gov/healthservices/health/locations.aspx](http://kingcounty.gov/healthservices/health/locations.aspx)

## Community resources

*Inclusion on this list does not mean endorsement by Fred Hutch.*

### Acupuncture

Acupuncture is a complementary therapy that treats patients by insertion and manipulation of needles in the body along meridians to direct the flow of energy

#### **National Center for Complementary Medicine, National directory of clinics**

[nccam.nih.gov/health/acupuncture](http://nccam.nih.gov/health/acupuncture)

### Camps and Retreats

There are many organizations across the country offering camps and retreats for cancer survivors. Consider this list as only a starting point of resources available to you.

Harmony Hill	<a href="http://harmonyhill.org">harmonyhill.org</a>
Epic Experience	<a href="http://epicexperience.org">epicexperience.org</a>
Camp Mak-A-Dream	<a href="http://campdream.org">campdream.org</a>
Camp Koru	<a href="http://projectkoru.org">projectkoru.org</a>
First Descents	<a href="http://firstdescents.org">firstdescents.org</a>
The Good Times Project	<a href="http://thegoodtimesproject.org">thegoodtimesproject.org</a>
Camp Kesem	<a href="http://campkesem.org">campkesem.org</a>
Camp Erin	<a href="http://safecrossingsfoundation.org/programs/camp-erin">safecrossingsfoundation.org/programs/camp-erin</a>

## Childhood Cancers

### **American Childhood Cancer Organization**

Information and research for children and adolescents with cancer and their families

Phone: (855) 858-2226, [acco.org](http://acco.org)

## Compression Garments

### **Shine (Run by Fred Hutch)**

Phone: (206) 606-7560

### **Custom Fit Therapies**

Phone: (253) 288-8835

[customfit4you.net](http://customfit4you.net)

### **Mary Catherine's**

Phone: (206) 322-1128

[marycatherines.com](http://marycatherines.com)

## Dental

### **Public Health Dental Clinics**

[KingCounty.gov](http://KingCounty.gov)

### **King County Dental Society**

Phone: (206) 443-7607, [skcds.org](http://skcds.org)

### **University of**

### **Washington Dentists**

Phone: (206) 616-6996

[dental.washington.edu](http://dental.washington.edu)



### Exercise

#### **Iyengar Yoga National Association of the United States**

[www.iyngaus.org](http://www.iyngaus.org)

#### **Team Survivor Northwest**

Provides fitness and health programs specifically for women cancer survivors

Phone: (206) 732-8350, [teamsurvivornw.org](http://teamsurvivornw.org)

#### **YMCA of Greater Seattle**

Phone: (206) 382-5000, [seattleyymca.org](http://seattleyymca.org)



## Fertility

### **MyOncoFertility**

A patient education resource provided by the Oncofertility Consortium.

Phone: 1.866.708-FERT (3378), [myoncofertility.org](http://myoncofertility.org)

## Financial

### **Cancer Care**

Phone: (800) 813-4673, [cancercares.org](http://cancercares.org)

### **Cancer for College – scholarships and grants**

[cancerforcollege.org](http://cancerforcollege.org)

## Genetics

### **University of Washington, Division of Medical Genetics**

Phone: (206) 598-34030

### **Fred Hutch Genetics Clinic**

[FredHutch.org/genetic-counseling](http://FredHutch.org/genetic-counseling)

Genetics testing for known family genetic mutations:

[color.com/learn/family-genetic-testing-program](http://color.com/learn/family-genetic-testing-program)

## Insurance

### **Medicare**

[www.medicare.gov](http://www.medicare.gov)

### **Statewide Health Insurance Benefits Advisors (SHIBA)**

Phone: (800) 562-6900, [insurance.wa.gov/shiba](http://insurance.wa.gov/shiba)

### **Washington State Health Care Authority-Apple Health**

[hca.wa.gov](http://hca.wa.gov)

### **Washington Health Insurance Comparisons**

[healthinsurance.org/washington](http://healthinsurance.org/washington)

### **Washington State Health Insurance Pool**

Phone: (800) 877-5187, [wship.org](http://wship.org)

## Cancer survivor resources

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### Legal

#### **Cancer Legal Resource Center**

Phone: (866) 999-3752, [disabilityrightslegalcenter.org](http://disabilityrightslegalcenter.org)

#### **Advanced Directives**

Attorney General's Office: [atg.wa.gov](http://atg.wa.gov)

#### **Washington State Medical Association**

[wsma.org/POLST](http://wsma.org/POLST)

### Lymphedema

#### **Northwest Lymphedema Center**

Phone: (206) 575-7775, [nwlymphedemacenter.org](http://nwlymphedemacenter.org)

### Naturopathy

Naturopathic medicine is the practice of assisting in the health of patients through the application of natural remedies

#### **Bastyr University**

An accredited, globally respected institution of natural health arts and sciences

Phone: (206) 834-4100, [bastyrcenter.org](http://bastyrcenter.org)

### Neuropathy

Neuropathy is a condition that occurs after peripheral nerve damage. The damage may lead to changes in sensation or muscle function and can be mild or severe.

#### **Neuropathy Association**

Phone: (877) 883-9942, [foundationforpn.org](http://foundationforpn.org)

### Nutrition

#### **American Institute for Cancer Research**

[aicr.org](http://aicr.org)

#### **Cook for Your Life**

[cookforyourlife.org](http://cookforyourlife.org)

#### **Fred Hutch, Medical Nutrition Therapy Services**

Phone: (206) 606-1148

#### **National Eating Disorders Association**

[nationaleatingdisorders.org](http://nationaleatingdisorders.org)



## Physical therapy

Physical therapy helps patients learn proper and safe exercise to rebuild function, endurance, and muscle and bone strength.

### **Fred Hutch, Physical Therapy Department**

Phone: (206) 606-6373

### **American Physical Therapy Association (APTA), national search engine and referral resource**

[apta.org/apta/findapt/index.aspx](http://apta.org/apta/findapt/index.aspx)

## Psychiatry and psychology services

### **Fred Hutch, Psychiatry and Psychology Department**

Phone: (206) 606-1030

### **How to find a provider in any county or state:**

[psychologytoday.com/us/therapists](http://psychologytoday.com/us/therapists)



## Cancer survivor resources

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### Sexuality and intimacy

Promotion of sexual health through counseling, education and therapy.

**American Association of Sex Educators, Counselors, and Therapists**

[aasect.org](http://aasect.org)

**CIACT Center for Intimacy After Cancer Treatment**

[renewintimacy.org](http://renewintimacy.org)

**Babeland: Seattle's Adult Toy Store**

Phone: (866) 525-1439, [babeland.com](http://babeland.com)

**SheBop: A Female Friendly Sex Toy Botique**

Phone: (503) 437-8018, [sheboptheshop.com](http://sheboptheshop.com)

**Shine**

A unique cancer specialties store with books and intimacy products as well as cards, clothing, self-care items, mastectomy and compression garments, and more.

Phone: (206) 606-7560, [SCCAshine.org](http://SCCAshine.org)

**The Testicular Cancer Resource Center**

[tc-cancer.com/tcsex.html](http://tc-cancer.com/tcsex.html)

**Everything Nobody Tells You About Cancer Treatment and Your Sex Life, from A to ZaZaZoom**

[prc.coh.org/A-Z%20Booklet%209-14.pdf](http://prc.coh.org/A-Z%20Booklet%209-14.pdf)

**The American Cancer Society: Sexuality for the Man with Cancer (PDF)**

[cancer.org/acs/groups/cid/documents/webcontent/002910-pdf.pdf](http://cancer.org/acs/groups/cid/documents/webcontent/002910-pdf.pdf)

**The American Cancer Society: Sexuality for the Woman with Cancer (PDF)**

<https://cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fertility-and-sexual-side-effects/sexuality-for-women-with-cancer.html>

**LGBTQ Community**

<https://cancer-network.org/cancer-information/cancer-resources-for-the-lgbt-community/>

## Smoking cessation

### Telephone Resources:

Centers for Disease Control and Prevention (CDC)

1.800.QUIT-NOW ( (800) 784-8669)

American Cancer Society (800) 227-2345

American Heart Association (800) 242-8721

National Cancer Institute (877) 448-7848

### Online Resources:

[cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html](http://cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html)

[heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/living-tobacco-free](http://heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/living-tobacco-free)

## Vocational counseling

### DSHS, Division of Vocational Rehabilitation

Phone: (360) 725-3636, Toll-free: (800) 637-5627

[dshs.wa.gov/dvr](http://dshs.wa.gov/dvr)

### Department of Rehabilitation Medicine at University of Washington

<http://rehab.washington.edu/aboutus/clinics.asp>

### Young Adults

[www.StupidCancer.org](http://www.StupidCancer.org)

