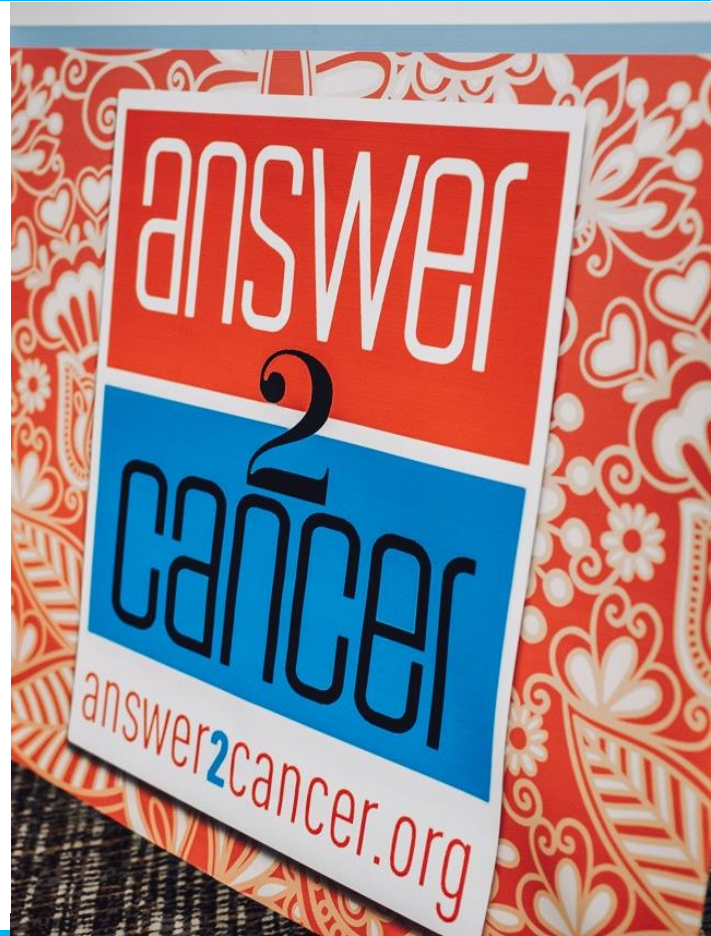


Answer2Cancer
Digital 2020
Education Summit

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Welcome to Answer2Cancer 2020 - *the* patient education summit for all things cancer! We have moved the conference to all online, so you can attend all of the sessions from the safety and comfort of your home or wherever you choose, and on your schedule.

- ✓ **Check your email:** Once you've registered at www.answer2cancer.org, you'll get an email message about how to view the conference.
- ✓ **DIY:** Plenty of content will be posted at the conference portal by Sept. 27. So this is DIY or "Do It Yourself!" You can plan and view plenty of content before the two-day conference on Friday, Oct. 2 and Saturday, October 3.

Q: How do I view the conference sessions?

A: Go to the conference portal link we sent you via email (the portal is at www.answer2cancer.com). The portal is a Web site loaded with all of the content for you to watch/listen. You don't have to wait until the days of the conference to explore the Web site and start watching many of the sessions. You can do it on your schedule (so it's 'Do It Yourself'!).

Tips:

- Start at the conference portal (www.answer2cancer.com – yes that's .com!)
- To start viewing the content, click on the Agenda.
- Click on any of the SESSIONS. Watch starting now!
- Plan your schedule for the LIVE events on Fri., Oct. 2 and Sat., Oct. 3.
- On the Agenda, the LIVE events will have a link you can click on – the LIVE events will happen on their day and time noted on the Agenda.

More Tips:

- For the LIVE events, we are using the Zoom program.
- To take a quick tutorial on how to use Zoom, view here: <https://bit.ly/32feVxR>
- If you click on the LIVE events on the Agenda at www.answer2cancer.com, a Zoom window will open and ask you to save the .exe file. Save it to your Desktop.
- Remember to say yes/allow to join by Audio and yes to Video.
- If it doesn't work, go to your browser to www.zoom.us and click on 'Join A Meeting.' Enter the Meeting ID and Password when prompted. Remember to allow video and audio.

JOIN US ONLINE AND ON YOUR SCHEDULE!

Friday, October 2 and Saturday, October 3, 2020

REGISTER for this free event:
www.answer2cancer.org
or by phone: 1-833-Answer2



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Answer2Cancer Virtual 2020

(Register now at www.answer2cancer.org)

Friday, 10-2-2020

2 p.m.- 5 p.m. VISIT: Virtual Village Exhibition and Host Hall

3 p.m. **SESSION: Resilience Well Beyond Cancer**
Tambre Leighn, M.A., ELI-MP, Behavioral Coach (in ENGLISH) and
Andrea Suarez Vargas, CPS, ELI-MP Healthcare Experience Coach
and Mentor (en ESPAÑOL)

4 p.m. **LIVE: Share Teams ~ Meet Mentors/Peers with Your Type of Cancer**

Saturday, 10-3-2020

8 a.m.- 5 p.m. Virtual Village Exhibition and Host Hall

9 a.m. **SESSION: Welcome to Answer2Cancer; Let's Get Started! Cancer as a Global Issue**
Lucy Langer, M.D., Medical Oncology and Practice President,
Compass Oncology

9:15 a.m. **SESSION: What About My Cancer- Individual Sessions With Compass Oncologists About Your Main Cancer Diagnosis**

- David Cosgrove, M.D., (Gastro-Intestinal cancers)
- Anthony Pham, M.D. (Genito-Urinary cancers)
- Lucy Langer, M.D. (Breast cancer)
- Cassandra Niemi, M.D. (Gynecological cancers)
- Anthony Van Ho, M.D. (Lung cancer)
- Rob Lufkin, M.D. (Melanoma)
- Nora Bucher, M.D. (Blood/Hematologic cancers)

10 a.m. **LIVE: What About My Cancer- Interactive Individual Sessions with Compass Oncologists About Your Main Cancer Diagnosis**

- See list above

10:30 a.m. **SESSION: Bringing hope: New research, Immunotherapy, CAR-T and Other New Horizons of Research That Hold Great Promise for Better Outcomes and More Cures**
David Cosgrove, M.D., Compass Oncology

11 a.m. **SESSION: The Inconvenient Truth about Cancer Risks - Genetics**
Becky Clark, M.S., CGC, Compass Oncology

agenda



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- 11:30 a.m. LIVE: Back by Popular Demand: Interactive Discussion About Resilience Well Beyond Cancer (in English and en Español)**
Tambre Leighn, M.A., ELI-MP, Behavioral Coach and Andrea Suarez Vargas, CPS, ELI-MP, Healthcare Experience Coach and Mentor
- 12 p.m. LIVE: Yoga and Guided Meditation**
Elaine Cohn, M.S., M.Ed., One With Wellness
- 12:30 p.m. SESSION: Advocacy, Engagement and You: Be Your Best Patient**
Dianne Danowski-Smith, Chief Survivorship Officer and Patient Advocate, Answer2Cancer
- 12:50 p.m. SESSION: What You Need to Know About Working with Your Health Insurer**
Sarah L. Branch, R.N., Case and Disease Management at Providence Health Plan Partners
- 1:30 p.m. SESSION: New Horizons in Survivorship / Latest data on Covid-19 / Longevity / Risk Management**
Magdolna Solti, M.D., Medical Oncologist and Director of Survivorship, Compass Oncology

2 – 3:30 p.m. SESSION – Palliative Palooza

Video 1 – Symptom Management	Video 2- Emotional and Psychological Issues	Video 3 – Quality of Life
<ul style="list-style-type: none"> Palliative Care....pain management / nausea etc. <i>Vanessa Sanne, FNP-C</i> Neuropathy / Chemo Brain / Women’s Health/Men’s Health/Sexual Dysfunction issues <i>Joyce Koerber, P.A.-C</i> Nutrition <i>Andrea Hamilton MS, RDN, LD</i> Exercise/Lymphedema <i>David Therrattil PT, DPT, CLT</i> 	<ul style="list-style-type: none"> Coping with Grief and Loss <i>Christina Mullin MSW, CSWA, LICSWA</i> Managing Anxiety/depression/fear <i>Virginia Hill LCSW, LICSW, OSW-C</i> Advance Care Planning <i>Jamie Newell MSW, LCSW</i> Caregiver Support <i>Michelle Vieira MSW, LCSW</i> 	<ul style="list-style-type: none"> Integrative Care <i>Alex Speers, N.D., M.S.</i> Workplace readiness/Issues <i>Becky Price R.N., OCN</i> Care Navigation <i>Ellery Palanuk, BSN, R.N., CN-BN</i> Financial Counselor/Resources/ Assistance <i>Eunice Sotelo</i>

3:30 - 5 p.m. LIVE Q & A – Palliative Palooza

Panel 1 – Symptom Management	Panel 2- Emotional and Psychological Issues	Panel 3 – Quality of Life
<ul style="list-style-type: none"> Palliative Care....pain management / nausea etc. <i>Vanessa Sanne, FNP-C</i> Neuropathy / Chemo Brain / Women’s Health/Men’s Health/Sexual Dysfunction issues <i>Joyce Koerber, P.A.-C</i> Nutrition <i>Andrea Hamilton MS, RDN, LD</i> Exercise/Lymphedema <i>David Therrattil PT, DPT, CLT</i> 	<ul style="list-style-type: none"> Coping with Grief and Loss <i>Christina Mullin MSW, CSWA, LICSWA</i> Managing Anxiety/depression/fear <i>Virginia Hill LCSW, LICSW, OSW-C</i> Advance Care Planning <i>Jamie Newell MSW, LCSW</i> Caregiver Support <i>Michelle Vieira MSW, LCSW</i> 	<ul style="list-style-type: none"> Integrative Care <i>Alex Speers, N.D., M.S.</i> Workplace readiness/Issues <i>Becky Price R.N., OCN</i> Care Navigation <i>Ellery Palanuk, BSN, R.N., CN-BN</i> Financial Counselor/Resources/ Assistance <i>Eunice Sotelo</i>

5 p.m. VISIT: Virtual Village Exhibitor & Host Hall



Share Teams . . .

Q: What are the Share Teams?

A: This is a new offering for all patients and participants in Answer2Cancer's upcoming education summit! We are bringing together many cancer survivors - people who are going through or who have completed treatment for your kind of cancer - for you. These peers can help you navigate your care, mentor, share their experiences, and discuss with you what they learned, what they wished they would have known, and tips, tools and resources.

In the interactive Share Teams session, we'll help you connect with others experiencing your same or similar cancer diagnosis. You can meet others, ask questions and participate or listen in on the discussion about your type of cancer. You can also participate confidentially.

And, you may have good advice to share, as well!

The interactive session with the Share Teams will happen LIVE Friday Oct. 2, from 4- 5p.m. The Share Teams sessions will happen online via Zoom. You can join from a desktop computer, a laptop, a tablet or smartphone. Or, you can join by conference call from a land line telephone. See the red box for 'how to' specifics.

It all starts when you click on the conference portal/ Web site at www.answer2cancer.com. This portal is a loaded with all of the content for you to watch/listen.

Q: How do I participate in the Share Team for my kind of cancer?

A: See the instructions in the red box.



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(Instagram)

It's easy!

- ✓ Go to the Conference portal Web site at www.answer2cancer.com.
- ✓ Click on Agenda.
- ✓ Go to the Friday calendar – see the Share Team link at 4 p.m.
- ✓ Click on that link on Friday, Oct. 2 at 4 p.m. to join the LIVE session.
- ✓ Once you join the online session, we'll help you get with others who share your diagnosis.

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Hey! Go to www.answer2cancer.com. Click on the Virtual Village Exhibitors Hall link to find and explore community resources, support materials and meet the exhibitors.



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Speaker biographies/profiles

Sarah L. Branch, R.N., is a Registered Nurse working with Providence Health Plan Partners, doing case and disease management. She's licensed in both Oregon and Washington. Her background is inpatient cardiac/telemetry, ambulatory urgent care, nurse advice/triage, charge nurse of nursing advice call center, cardiac stress testing, and family management. She is currently working in case and disease management and has been with Providence Health and Services for almost nine years. Prior to Providence she worked at Umpqua Valley Urgent Care.

Nora Bucher, M.D., is a board-certified medical oncologist and hematologist. In addition to over 15 years of clinical experience, Dr. Bucher has subspecialty training in breast cancer, cancer genetics and genomics, and pharmacology. She has also contributed extensively to breast cancer research. She treats all types of cancer, but does have special interest in breast cancer, central nervous system malignancies, lung cancer, melanoma and blood cancers. She also enjoys diagnosing and managing various benign hematologic disorders. She is renowned for her compassionate bedside manner and easygoing sense of humor. She says, *"My approach to patient care mirrors my approach to life – engage in every interaction with attention and love."* When not working, Dr. Bucher loves to travel, cook, watch goofy movies, and spend time with her husband, two children and two dogs. She would like a cat, but her husband is "allergic."

Becky Clark, M.S., CGC, is a genetic counselor with the Genetic Risk Evaluation and Testing program. She strives to be a guide and educator to her patients, to collect information about their personal and family histories and explain how this information may contribute to their cancer risk. The ultimate goal is to reduce those risks. If a genetic mutation is found, Becky is quick to dispel common misconceptions and develop a personalized plan for prevention. She also provides counsel on how to communicate findings to family members. Becky is widely appreciated for her upfront communication style and her commitment to help patients make informed decisions. Becky says, *"What I love about genetics is that it can be translated to help people. With what we now know about hereditary cancers, we can prevent, we can screen, and we can be more empowered."* In her personal time, Becky enjoys gardening with her young daughter, playing piano and visiting family.

Elaine Cohn, M.S., M.Ed., is a counselor for cancer survivors at One With Wellness. She has more than 30 years' experience in the field of education, yoga and a background in therapy. She offers a blend of counseling and mind-body practices including yoga, movement, relaxation techniques, and meditation as tools to provide a holistic approach to help people to increase clarity, decrease stress and anxiety, feel more empowered, discover more choices and resolve problems, create a healthy sense of self and well-being and bring more balance and meaning to a person's life.

David Cosgrove, M.D., specializes in general adult oncology with advanced subspecialty expertise in breast and gastrointestinal (GI) cancers. He is a strong advocate for bringing leading-edge therapies to his patients through clinical trials. He serves on The US Oncology Research Network's national GI Research Committee and as a principal investigator for many studies and is the Director of Research for Compass Oncology. Dr. Cosgrove's approach to patient care is very team oriented. He strives toward open communication by encouraging questions and ongoing follow up. He is a source of information for his patients and a caring sounding board for emotional support. In his spare time Dr. Cosgrove is an avid soccer player. He enjoys the outdoors with his wife and two young daughters.

Andrea Hamilton, M.S., RDN, L.D. is a registered dietitian and an important part of the Compass Oncology care team. Staying well-nourished during treatment provides the energy needed to fight cancer. Often that's easier said than done. Andrea's approach starts with listening. She strives to understand each patient's needs and goals and works with them to develop strategies to keep their body fueled for a better quality of life. She is dedicated to nutritional education, tackling the common fears and



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myths around certain foods that often cause unnecessary stress. Andrea is also active in the Compass Survivorship program, giving survivors the tools to maintain healthy choices after treatment. She says *"It's so meaningful when a patient who is struggling leaves feeling happy and hopeful, empowered to try the strategies we've talked about. I'm honored to share these moments with them."* She enjoys yoga, hiking, cooking, and trying new plant-based recipes, and quality time with family and friends.

Virginia Hill, LCSW, OSW-C is an oncology social worker and member of the Compass Survivorship team. She facilitates support group meetings to help patients transition back to life after cancer. She sees her roles, a resource to assist with practical needs of her patients, and the other is to be a support to patients and families who seek emotional care. A cancer diagnosis often leads to a feeling of being out of control. Virginia provides a safe place to talk about those feelings, understand how normal they are and collaborate on ways to manage them and regain a sense of control. Virginia's goal is to always find what is most supportive for their needs and wishes. *Virginia adds, "Our health has such a profound impact on so many facets of our life, but our resilience is powerful. Being able to offer support along this journey is an honor."* Virginia enjoys being outside in nature, gardening and spending time with friends and family.

Anthony Van Ho, M.D., specializes in hematology and medical oncology with subspecialty expertise in lung cancer, gastrointestinal cancers, and benign and malignant hematology disorders. He is widely known for the support and comfort he provides to patients and their families throughout treatment. Dr. Van Ho is a strong advocate for interdisciplinary care, designed to ensure a dedicated team of experts is there to benefit patients in every positive way. In addition to his busy practice, Dr. Van Ho is passionate about collaborating with non-profit organizations to provide oncology support in the community, speaking at educational conferences, and helping to spread awareness about local resources. He says *"As an oncologist, I see people from all walks of life but when cancer strikes those differences disappear. What matters is being there for patients and their families every step of the way."* In his spare time, Dr. Van Ho enjoys singing karaoke, swimming, kayaking, and stand-up paddling.

Joyce Koerber, PA-C is a Physician Assistant with a particular focus in medical oncology and survivorship. Joyce strives to create an environment where her patients and their families can voice any concerns they may have and be confident those concerns will be addressed. She encourages questions and places a large focus on educating patients on what they can expect at various stages of treatment. In addition, Joyce is a member of the Survivorship team providing one on one visits designed to help patients transition back to their lives after treatment. She was named one of the area's Top Nurses in 2018 by Portland Monthly Magazine. Says Joyce, *"The relationships you have with patients and the trust you build together is incredibly special. I strive to be a positive part of the experience for them."* In her spare time, Joyce enjoys hiking, outdoor activities, and family time.

Lucy Langer, M.D., is a medical oncologist, Practice President, and Director of the Genetic Risk Evaluation and Testing (GREAT) program at Compass Oncology as well as Medical Director of Cancer Genetics for US Oncology. In addition to more than 18 years' experience in genetic research at some of the nation's leading institutions, she has advanced subspecialty expertise in breast cancer, lung cancer and lymphomas. Dr. Langer is well-known for her caring spirit. It is important to her that her patients are comfortable and feel that their needs are being heard and addressed. She believes strongly in evidence-based medicine and in being a steadfast advisor to her patients throughout their treatment journey. In both 2019 and 2020, she was named one of Portland's "Top Medical Providers" by Portland Monthly Magazine. When not working, Dr. Langer has a rich family life with her artist husband and two children. She loves theater and travel. She is a self-proclaimed foodie.

Tambre Leighn, M.A, PCC, is a behavior change expert and founder of Well Beyond Ordinary, Inc. As a certified coach, trainer, speaker, and advocate, Tambre was inspired to disrupt healthcare by integrating coaching into patient support and patient care out of her experience caregiving for her late husband. Tambre specializes in adherence, behavior change, patient engagement, and patient-centered health communication to improve the patient experience and outcomes through the integration of coaching-based models and approaches. She also has extensive experience training healthcare providers in coaching-based communication skills to improve patient engagement and adherence. In 2018, her Adherence Training



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program was a semi-finalist in the Astellas Innovative Patient Support Solutions C3 Competition. Tambre and fellow coach, Andrea Suarez, have adapted Well Beyond Ordinary's patient support, adherence, and patient content service for the Spanish-speaking market to help healthcare and pharmaceutical organizations meet the unique needs of this community. Contact her at www.WellBeyondOrdinary.com or Tambre@WellBeyondOrdinary.com.

Robert Lufkin, D.O., specializes in medical oncology and hematology with subspecialty expertise in melanoma, brain tumors, and lymphoma. His own family experience with cancer has helped shape his approach to care. He treats each patient the way he would want to be treated himself. He takes stock of each patient's unique situation, listens to their needs, explores all options and strives to do the right thing for them, physically, emotionally and socially. He was named one of the area's Top Doctors in 2018 by Portland Monthly Magazine. Most of Dr. Lufkin's free time is spent with his wife and three energetic daughters. Together they enjoy hiking and camping in the beautiful Pacific Northwest. While at home, Dr. Lufkin finds solace and tranquility in his garden.

Rosemary McDermott is a retired Registered Nurse, having worked in oncology for 42 years (!). For 26 of those years, she worked at Legacy Good Samaritan Medical Center and within the Legacy Health system, in the inpatient Oncology unit, in cancer research and then with the Cancer Rehabilitation Team. In 2000, she made the move to Northwest Cancer Specialists/Compass Oncology and coordinated patient education programs through Cancer Care Resources. She taught chemotherapy classes and facilitated education programs for patients and families and caregiver workshops. She also facilitated the Survivorship program and the US TOO support group. for 16 years. She has volunteered her time since 2009 with Komak, a small nonprofit to provide financial support to those who have been unable to work full or part-time due to their treatments. In 2015, she joined Dianne Danowski Smith, founder of Answer2Cancer, where she has assisted Dianne with the 2016, 2018 and now, 2020 A2C conferences. Dianne says Rosemary is super awesome.

Christina Mullin, MSW, CSWA, LICSWA is an oncology social worker who is committed to partnering with patients and their families to offer support during their journey with cancer. She is attuned to listening for personal values and needs and advocates for care options to meet those needs. With an interest in palliative care, Christina approaches her social work from a perspective of looking at the whole-person in their environment. Her core values include openness, curiosity, empathy, humor, and quiet presence. She is available for counseling, connecting to community resources, advocacy, and emotional support. When not at work, Christina enjoys walking, reading, traveling, knitting and design.

Jamie Newell, MSW, LCSW is an oncology social worker and helps lead the program development of Compass palliative care services. The program's goal is to help patients and their loved ones live well with cancer through additional symptom management and support. Dealing with the upheaval and uncertainty of cancer is no easy task. Jamie is committed to walking with her patients every step of the way. Offering counseling to address the emotional and spiritual health of patients, family members, and caregivers. She tries to bring clarity to issues and connect patients with critical resources. Jamie has particular expertise in helping parents navigate the complexities of parenting while dealing with their cancer diagnosis. Jamie says, *"I am so moved by the grace and strength, as well as the vulnerability, that people have in dealing with this foreign world of cancer treatment. It's an honor to be able to support them through this time."* Jamie loves spending her leisure time with her family and enjoying the outdoors.

Cassandra Niemi, M.D. specializes in the diagnosis and treatment of women with all gynecologic cancers. She tailors her surgical and medical treatments to her patients' needs, providing fertility-sparing options and targeted therapies when appropriate. Dr. Niemi has expertise in advanced pelvic surgery including robot-assisted and traditional laparoscopic techniques. Her interests include connecting patients with the latest treatments through clinical trials and maximizing quality of life during and after treatment. She notes, *"It's an amazing privilege to be a part of my patients' lives. I love building close, lasting relationships so that we can develop treatment plans together that best align with their goals."* When not working, Dr. Niemi enjoys spending time with her husband and son, hiking in the mountains, playing bass guitar and cycling.



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Ellery Palanuk, BSN, RN, CN-BN, is a member of the Compass Breast Specialists team as a nurse with a passion for navigating patients through complicated healthcare systems. She investigates any barriers to care that a patient may encounter, to provide access to timely and quality care. She works very closely with a patient's multidisciplinary care team to create a smooth transition between specialties. Ellery knows that breast cancer is not a one-size-fits-all diagnosis and that patients and their families deserve personalized cancer care. She strives to provide information to patients about their diagnosis that will help relieve uncertainty and anxiety, to achieve the best possible health outcome, so they can go on living the lives that they love. In her spare time, Ellery loves spending time with her family, staying active, especially outdoors - running, snowboarding, paddle boarding and hiking. She also enjoys cooking and crafting.

Anthony Pham, M.D., specializes in medical oncology and hematology. He treats all cancers with an emphasis on melanoma, lung, and genitourinary cancers. Dr. Pham is known for his personable nature and positive attitude. He strives to provide excellent care for his patients and focuses on developing strong relationships built on trust and compassion. With Dr. Pham, there is no doubt the needs of the patient come first. He recognizes that each patient's journey is unique and makes sure they know he's with them all the way. During his training at the world-renowned Mayo Clinic, Dr. Pham had the opportunity to follow some of the foremost international experts in oncology and he is honored to be able to share this knowledge with his patients. In his spare time Dr. Pham is a technology enthusiast, enjoys the outdoors and spending time with his family.

Becky Price, R.N., OCN is a member of the Compass Breast Specialists team. Becky's role as a Nurse Navigator allows her to use her nursing skills and oncology knowledge to assist patients and their families understand the disease process and plan of care. She believes the best way to provide individualized, patient-centered care is to empower patients to make decisions from a place of understanding instead of a place of fear. She finds ways around barriers to care, and this allows for smooth transitions between specialties. A cancer diagnosis can cause a significant amount of fear and uncertainty. Becky understands that these negative feelings are much easier to overcome when patients know they have a great team by their side. Becky's interests include coaching and playing basketball, playing the piano, and dancing. Spending as much time as possible with her amazing family, which may include hiking and exploring with her husband, three daughters, and their dog.

Vanessa Sanne, FNP-C, is a Family Nurse Practitioner specializing in palliative care. She has worked in healthcare for more than two and a half decades and oncology since 1998. Vanessa's approach to care is built on the foundation of a partnership with her patients. She is there to guide but they are in the driver's seat. Her role is to support their decision making, providing education and guidance to achieve goals consistent with their values, while striving to manage symptoms associated with their disease and treatment. In her spare time, she enjoys family time with her husband, four children and dog. Together they enjoy playing music and watching movies. In both 2019 and 2020, Vanessa was named one of the area's Top Medical Providers by Portland Monthly Magazine. Twice a year, Vanessa travels to Haiti with a medical /primary care team supporting the local community.

Dianne Danowski Smith is all about helping other cancer patients find resources, hope and help. So, she founded Answer2Cancer to do that. She was diagnosed a few years ago with Stage 3 rectal adenocarcinoma. Since, she's had two major surgeries, 8 hospitalizations, 57 chemo infusions, 28 radiation treatments, 4 day surgeries, 7 procedures, 5 ER visits, 21 prescriptions, 4 specialists, 2 jars of holy water, 4 vials of anointing oil, 39 floral bouquets, 20 bottles of wine, six pots of soup and hundreds of prayers, well wishes, e-mails, greeting cards, texts, visits, meals, yard work, cookie deliveries and 1 hashtag - #ktb. She says that even though she had cancer, it never had her.

Eunice Sotelo is a Patient Financial Counselor and Benefits Representative with Compass Oncology. She works to review clients Insurance benefits and coverage, and helps patients determine if the range of benefits and support needed for each patient. Assess will the treatment be covered and if so, how much coverage is provided. She helps patients and families determine costs, including deductibles, co-pays and other financial needs. She also happily works with patients to explore available financial assistance locally and nationally. Most of all, it's important to Eunice to do what she can to allay patients' fears and concerns, while reassuring them that she is there to help.



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Magdolna Solti, M.D., specializes in medical oncology and hematology with advanced subspecialty training in breast cancer, cancer genetics and clinical trials research. She maintains additional board certification in internal medicine and is director of the Compass Survivorship Program. Dr. Solti has played an important role in this innovative program designed to help patients regain health, happiness, and confidence after treatment. Her commitment to survivorship speaks to her overall practice philosophy of being there for each patient before, during and after treatment. She wants patients to know, in most instances, that their cancer is curable. In the case of chronic disease, many options are available for symptom relief. In her spare time, Dr. Solti enjoys yoga, running, hiking, gardening and spending time with her family.

Alex Speers, N.D., M.S. is a naturopathic physician specializing in complementary care for patients with cancer. Dr. Speers graduated with honors from the National University of Natural Medicine where he earned a doctorate in naturopathic medicine and a master's degree in integrative medicine research. Dr. Speers completed a 2-year oncology-focused residency at Sage Cancer Care in Portland, Oregon where he now sees patients. Dr. Speers also works as a Research Associate at Oregon Health & Science University, where he works on a research team investigating the herbs ashwagandha and gotu kola. When Dr. Speers is not working, he is taking his chihuahua, Hank, on long walks and camping with his wife Mallory.

Andrea Suarez Vargas, CPC, ELI-MP is bilingual, bringing more than twenty years' leadership experience in the consumer care and pharmaceutical industries for the Latin American market. She founded asv Patient Centric Solutions. In 2016, everything changed for Andrea when she was diagnosed with cancer. She turned what felt like a huge roadblock into a pivot point and challenged herself to define a new career path. As a cancer patient, she got first-hand experience seeing how patients benefit from treatment management plans and support services. While doctors gave her a treatment plan for a life-changing disease, they hadn't provided her with a plan on how to live life. She realized that something had to change. Not one to wait for others to provide innovative solutions, Andrea became a certified professional coach focused on cancer survivors and caregivers. Andrea focuses on health coaching offering tailored coaching-based solutions to patients, caregivers, pharmaceutical companies, and healthcare institutions in Latin America and the USA.

David Anthony Therrattil, P.T., DPT, CLT, is a Physical Therapist at Legacy Good Samaritan Outpatient Physical Therapy. He earned his Doctor of Physical Therapy at MGH Institute of Health Professions in 2013. After clinical affiliations in Boston and Burlington, VT, he moved to Spokane, WA to start his career. He worked in hospital and clinic settings, developing a passion for working with patients with cancer diagnoses. He became a Certified Lymphedema Therapist (CLT) in 2015. He helped open a Head and Neck Cancer clinic with Speech Language Pathologists and ENT physicians to address this patient population. He joined Legacy Health in 2018 to specialize in working with patients with breast and head and neck cancer diagnoses. Prior to becoming a PT, David graduated from the University of California, Los Angeles with a BS in Psychobiology. In his free time, David enjoys cycling, playing tennis and volleyball, and traveling the world.

Michelle Vieira, MSW, LCSW is a licensed clinical social worker in oncology and part of the Palliative Care and Survivorship programs. Whether it is connecting patients to practical resources, helping them cope with the emotional, physical, and financial impacts of treatment or transitioning to life after cancer, Michelle is committed to making sure no one ever feels alone during their journey. She wants her patients to feel seen and heard and know there is a whole team ready to help them find the strength, skills and resources they need through treatment and beyond. Michelle says, *"It is such a privilege to walk with someone through the emotional and psychological effects of cancer and give them hope and help throughout that experience."* When not working, Michelle enjoys exploring the beauty of the Pacific Northwest, spending time with friends and family, reading, and writing.



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Strategies to build your resilience

Here are four strategies that will allow you to strengthen your resilience. In adverse situations, your support system and mind can be your best allies.

 1. CONNECT	<ul style="list-style-type: none"> ○ Build your support system. Be brave enough to ask for help. ○ Get clear on what you need and ask for it.
 2. FEEL	<ul style="list-style-type: none"> ○ Become a detective of your emotions: keep a journal of your emotions. ○ Check how you are expressing your emotions.
 3. FOCUS	<ul style="list-style-type: none"> ○ Focus your attention, time, and energy on what you can influence ○ Live in the present moment.
 4. BE GRATEFUL	<ul style="list-style-type: none"> ○ Start your day by writing down 3 things you are grateful for. ○ Write and send a thank you note to someone who has done something significant for you.







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Estrategias para fortalecer tu Resiliencia

A continuación, encontrarás 4 estrategias que te permitirán fortalecer tu resiliencia. Ante situaciones adversas, tu red de apoyo y tu mente pueden ser tus mejores aliados.

 1. CONECTATE	<ul style="list-style-type: none">○ Tomate el tiempo de crear tu red de apoyo dentro y fuera de tu familia. Atrévete a pedir ayuda.○ Comunica clara y específicamente qué necesitas.
 2. SIENTE	<ul style="list-style-type: none">○ Se el detective de tus emociones: lleva un diario de tus emociones.○ Revisa cómo estas expresando tus emociones.
 3. ENFOCATE	<ul style="list-style-type: none">○ Enfoca tu atención, tiempo y energía en aquello que depende de ti y puedes influenciar.○ Vive el momento presente; no te anticipes.
 4. AGRADECE	<ul style="list-style-type: none">○ Inicia tu día escribiendo 3 cosas por las que estas agradecido.○ Expresa tu gratitud. Escribe y envía una nota de agradecimiento para una persona que haya hecho algo significativo por ti.



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Andrea Suarez V, CPC, CWDS, ELI-MP
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10 Tips For Personal and Professional Caregivers

Tambre Leighn, M.A., ELI-MP, Behavioral Coach



Those who care for cancer patients - family members, friends, nurses, physicians, and other healthcare experts – often set aside their own needs. For some, self-care can feel selfish. The reality is that if caregivers don't invest some time and resources in nurturing themselves, the end result will be burnout.

Let's look at three areas that can contribute to our overall wellbeing:

- Physical
 - Emotional
 - Social
1. **Move your body.** The benefits of physical activity are well known. You don't have to run a marathon. Taking walks can go a long way to improving your physical and emotional wellbeing.
 2. **Eat mindfully.** The stress of caring for others can lead to emotional eating. Make small, consistent changes that lead toward healthier eating habits.
 3. **Clean up the physical clutter.** The spaces we live and work in can cause us to feel disorganized and overwhelmed when there is a lot of clutter. Ask yourself what you're tolerating in these spaces, then make a list of what needs some attention and slowly work away at cleaning the clutter.
 4. **Clean up the mental clutter.** As with our physical environment, our mental environment can also suffer from clutter. Notice the persistent thoughts that drain your energy and come up with a plan for changing them.
 5. **Focus on what you can control.** Many circumstances in life are simply out of our control. When things we don't plan for happen, where we have control is in how we respond.
 6. **Take a breath.** As with physical activity, the benefits of deep breathing are also well documented. Deep breathing calms the parasympathetic nervous system. Add mindful, deep breathing into your daily routine, especially in times of stress.

10 tips



10 tips, cont'd.

7. **Take a break.** We can't be 'on' every hour of every day. Be more present by giving yourself time away from the tasks of caregiving. Combine your walking with a mental break, meditate, or some other activity that helps you relax.
8. **Ask for help.** No one can do it all. When you feel overwhelmed, ask for help. Identify a couple of things that you need assistance with and the best person to ask. We all need each other to get through life's challenges – and it feels good to help others, so let them also help you!
9. **Remember your why.** There is a value you hold that makes you a good caregiver. It may be compassion, it may be love of family or friends, or it may be the idea of being of service. Taking action inspired by our why can make difficult days a little easier to navigate knowing that this is a choice we make – because of who we are.
10. **Be willing to experiment.** You don't have to immediately add all these tips into your day. Find one or two that resonate with you and be willing to experiment for a week with adding them in. At the end of the week, notice what kind of difference it made to include these changes. If it didn't help, experiment with something else. It can take time to put together the combination of daily habits that work best for you. If they did help, keep practicing them until they become a healthy habit.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

- Aristotle



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Tips on Genetic Risk Evaluation and Testing

- Lucy Langer, MD, MSHS, Medical Oncologist, Compass Oncology
- Becky Clark, MS, CGC, Compass Oncology
- Lisa Clark, FNP-BC, AGN-BC, AOCNP, Compass Oncology

Five to 10% of cancer is associated with an inherited gene mutation. If you recognize any of these “red flags” you may be a candidate for genetic testing. Finding a gene mutation could help explain your cancer history, may show you are at increased risk for other cancers, and will give family members info for testing.

Breast, Ovarian, Prostate, Pancreatic Cancer

- Breast cancer before age 50
- Triple negative breast cancer before age 60
- Two breast cancer primaries
- Metastatic breast cancer
- Ovarian cancer
- Male breast cancer
- Pancreatic cancer
- Metastatic prostate cancer
- Ashkenazi Jewish ancestry
 - 3 or more family members (on same side) with the above cancers

Colon and Uterine Cancer

- Colon or uterine cancer under age 50
- MSI-High or abnormal IHC on colon or uterine tumor at any age
- Two or more primary Lynch syndrome-related cancers* in one person
- Three or more family members (on same side) with Lynch syndrome-related cancers*
- More than 10 colon polyps (adenomas) in your lifetime
- Hamartomatous polyps

* Lynch syndrome-related cancers include colon, stomach, uterine, ovarian, small intestine, hepatobiliary, urothelial, glioblastoma, sebaceous adenoma/carcinoma.

Other Cancer

- Clear cell renal cancer diagnosed under age 50 or bilateral/multifocal or more than 1 in family with diagnosis
- Any of these kidney cancer types, at any age: Papillary, collecting duct, tubulopapillary, chromophobe, oncocytoma, oncocytic hybrid
- Adrenocortical tumor
- Medullary thyroid cancer or Cribiform-morular variant of papillary thyroid cancer
- Pheochromocytoma or Paraganglioma
- Desmoid tumor
- Hepatoblastoma
- Three or more melanoma diagnoses in your lifetime

General red flags

1. Young age at onset (for that cancer type).
2. A personal history of more than one primary cancer.
3. A family history of multiple individuals with cancer.
4. Rare cancer.
5. A known gene mutation in the family.

Not sure if you are a candidate for testing? Schedule an evaluation!

Call to schedule an evaluation: 971-708-7600.



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10 Tips on Being Your Own Best Patient Advocate

Dianne Danowski Smith, Founder and Chief Survivorship Officer
Answer2Cancer

1. **It's okay to ask for help** – your friends and family are there to support you.
2. **It's okay to ask your provider questions**; what you don't understand and to get a second opinion on the care plan – chose the plan that works best for you with the Care Team you feel best fits your needs.
3. **Bring someone with you** to your appointments – we all listen differently, and a second set of ears is helpful.
4. **Take notes** – make a notebook for your journey – whether long or short – notes (taken by you or a friend) will help you remember key things that are shared at any and all of your appointments – not just doctor's appointments.
5. **Who is in your HIPAA* or confidential circle?** Let the people who need to know about your health and your care – and someone who will be your champion. Put these names on the HIPAA release forms so that they engage with your provider's questions on your behalf when necessary.
6. **Let someone else have access** to your online medical records portal – definitely someone in your HIPAA circle, but this way they will be able to communicate with your Care Team for you.
7. **Know your benefits.** Speak to your HR department at your workplace – know your medical/health insurance benefits.
8. **See if your insurer has a case manager** to advocate on your behalf.
9. **Maximize the resources in your community** and healthcare system – there are so many people to help you: Social workers, financial navigators; discharge planners, etc.
10. **Cancer has become for many a chronic disease** – when you are feeling good, do you want to help others?

**HIPAA =The Health Insurance Portability and Accountability Act of 1996.*



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10 Simple Tips For Healthy Survivorship

Diane Heditsian

- Demand to treat the whole patient, not just the cancer
- Learn about early detection and biology
- Find survivorship resources
- Ask for referrals
- Exercise as if your life depended on it (because it just might)
- You are not losing your mind- Forgetfulness and inability to focus are normal during treatment and will likely diminish
- Get some emotional/psychological/spiritual help to make sense of your diagnosis
- You will not be the same person after cancer
- Find a survivorship care evangelist
- Share your personal stories.

Connect with survivors. Become a patient advocate!



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10 Tips For Understanding Palliative Care

Vanessa Sanne, F.N.P.-C, Nurse Practitioner – Compass Oncology

1. Palliative care provides **an extra layer of support** for anyone living with cancer: you may receive palliative care at any age and at any stage of cancer illness and at the same time as receiving treatment for the cancer.
2. Palliative care is **not the same as hospice** (which is care for people who are usually in the last 6 months of life); it is not reserved for the end of life.
3. Palliative care **focuses on the person** with cancer AND on the person's **family/support system** since cancer affects you and those who care about you.
4. Palliative care **improves quality of life** and wellness by helping symptoms caused by the cancer as well as symptoms caused by treatments for cancer.
5. Palliative care is **"whole person"** care: Your physical, emotional, and spiritual comfort all contribute to your quality of life.
6. You **do not have to tolerate pain!** Untreated pain may decrease appetite, interrupt normal sleep, and even cause depression. Always tell your treatment team if you are experiencing pain.
7. Not all treatments for symptoms are medication: **your team will help you explore** effective treatments (like acupuncture, massage, meditation, physical therapy, counseling) to find the combination that works best for you.
8. A big part of whole person care is understanding what matters most to you and what your goals for treatment are. *Ask about Advance Care Planning.*
9. **Studies show** that people with serious cancers who receive early palliative care may live longer, as well as have better quality of life!
10. You may qualify for palliative care services at home...**ask your team!**

10 tips



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10 Tips For Managing Peripheral Neuropathy

Joyce Koerber, PA-C; Survivorship Expert - Compass Oncology

10 tips

Peripheral Neuropathy is a common adverse effect of chemotherapy, caused by agents such as Taxane and Platinum chemotherapies among others. Multiple studies and analyses have failed to identify any drug that can prevent chemotherapy-related peripheral neuropathy.

Here are effective self-care and coping skills:

Quit Smoking. Cigarette smoking can affect circulation, increasing the risk of hand and foot problems.

Eat Healthy Meals. Emphasize whole plant-based foods such as fruits, vegetables, whole grains, legumes, nuts, and seeds. Limit consumption of processed foods and fast foods. Limit alcohol use as excessive alcohol use can cause vitamin deficiencies that can worsen neuropathy.

Avoid Exposure to Hot/Cold. Wear gloves in cold weather and ask for help removing cold/frozen items from your refrigerator. Test the water when washing dishes/bathing with an elbow. Be sure to wear shoes when walking outside. While you may not have feeling on your hands/feet, the skin can still be damaged.

Talk with your doctor: Be sure to let your doctor know about your symptoms, especially if any worsening. Additional health issues may need to be ruled out as causes of neuropathy such as diabetes, thyroid dysfunction, or other nerve related health issues.

Wear Proper Shoes: Loss of sensation on the bottom of the feet can make it easier to trip and fall. Be sure to wear good supportive shoes and avoid flip flops, heels, wedges, clogs, etc.

Massage. Massage your hands and feet or have someone massage them for you. Gentle massage helps improve circulation, stimulate nerves, and may temporarily relieve pain.

Set Priorities. Decide which tasks you need to do on a given day (such as paying bills or grocery shopping). Some tasks can wait until another time. Stay active but do not overdo.

Get Out of the House. When you have severe pain, it is natural to want to be alone. This only makes it easier to focus on your pain. Instead, visit a friend, go to a movie, or take a short walk.

Get Moving. Develop a regular exercise program that works for you to maintain your optimum fitness. It gives you something you CAN control and provides many benefits to our physical and emotional well-being. There are also studies showing exercise can help reduce symptoms of neuropathy.

Join a Support Group. It is often helpful to speak about therapies, techniques and treatments that have worked for others.

ALTERNATIVE THERAPIES include: Acupuncture; Physical and/or Occupational therapy; Medications/Supplements (i.e. Alpha Lipoic Acid, B vitamins, Gabapentin, Cymbalta, Venlafaxine); Over-the-counter medication "STOP PAIN" or 1% topical menthol has been shown to be effective for external local pain relief.



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10 Tips on Managing 'Chemo Brain' and Cognitive Problems

Joyce Koerber, PA-C, Survivorship Expert – Compass Oncology

Chemo brain is described as having problems with memory, concentration and the ability to multi-task.

Common Symptoms:

- **Memory Loss:** Forget things that you used to recall readily
- **Problem Solving:** Difficulty evaluating many factors and coming to a solution to solve a problem.
- **Lack of Concentration:** Short attention span, take longer to finish projects, slowed thinking process.
- **Word finding:** Trouble remembering common words, or people's names, or can't find the right word to finish the sentence.
- **Multi-tasking:** Challenged to do 2 or more tasks at one time without losing track of one of the tasks.

Usually the changes are subtle, others around them may not notice, but the person experiencing the problem is well aware of the difference in their thinking and can be frustrated and even embarrassed about the symptoms.

Possible other factors:

The **causes** of chemo brain are being studied, but it can often be related to many factors:

- Cancer and its treatment
- Medications (for pain or for nausea)
- Age
- Stress
- Anemia (low number of red cells)
- Genetic factors
- Sleep disturbance and/or fatigue
- Depression or anxiety
- Other health conditions (diabetes, heart, liver or kidney problems)
- Poor nutrition
- Hormonal and other body chemistry changes

What you can do:

- Get adequate sleep
- Seek treatment for depression and anxiety
- Manage stress (relaxation, massage, meditation, time management)
- Control pain and other symptoms
- Strive to gradually increase exercise to at least 150 minutes per week
- Keep your mind active with games, puzzles or learning new things
- Keep lists, calendars, or other reminder systems
- Remain positive – most cognitive changes during treatment improve over time. If challenges persist or are affecting your work/daily life, then consider more in-depth assessment.



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13 Tips on Sex After Cancer

Joyce Koerber, PA-C, Survivorship Expert – Compass Oncology

1. **Loss of Libido:** Think of what steals “the mood.” Pain? Fatigue? Guilt about not satisfying partner? If it has been too long you get disconnected with your sexual side.
 - a. Suggestion: Start with skin time: solo touching, partner massage, or even take a bath or shower together and experience closeness and touch without expectation for sex.
 - b. Read together with your partner about sexual recovery and get ideas about what to try/ explore. A sex therapist recommended these examples: 1. *The Heart of Desire: Keys to the Pleasures of Love* (2012) by Stella Resnick, PhD. Published by Wiley. 2. *Resurrecting Sex* (2002) by David Schnarch, Ph.D. Published by Harper. 3. *The Good Vibrations Guide to Sex: The Most Complete Sex Manual Ever Written* (2002) by Cathy Winks and Anne Semans, Illustrations by Phoebe Gloeckner. Published by Cleis Press. 4. *Pleasure: A Woman’s Guide to Getting the Sex You Want, Need and Deserve* (2006) by Hilda Hutcherson. Published by G.P. Putman’s Sons. 5. *Tantric Sex: The Path to Sexual Bliss* (2008) by Kavida Rei. Published by Dorling Kindersley Publishing, Inc.
 - c. Exercise increases circulation including to the genitals and improves mood. Yoga has been studied in prostate cancer survivors and has helped to improve pelvic floor control.
 - d. Pick a time of the day when you have more energy. By the end of the day, fatigue can impact libido negatively.
2. **Vaginal dryness** is common for women after treatments that affect hormonal balance
 - a. Topical vaginal moisturizers used 3-7 times a week can improve dryness with regular use. Pick a pH balanced hyaluronic containing product such as Hyalo-GYN.
 - b. Lubricants for intercourse (Have a partner apply to you as part of foreplay AND lovemaking as needed).
 - c. Your medical oncologist can discuss with you whether intravaginal estrogen in small, controlled amounts is right for you. It is used only under your oncologist’s discretion if they feel the benefits outweigh the risks. Examples include an intravaginal tablet used no more than twice weekly called Vagifem or an intravaginal ring which stays in for 3 months called Estring.
 - d. Vaginal dilators are appropriate for many women who have undergone pelvic radiotherapy.
 - e. Consider addition of a dildo that has a vibration setting. Introducing something intravaginally regularly outside of intercourse can help with pelvic relaxation. A light vibration to the tissue can also help improve blood flow and sensation.

13 tips



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10 tips, cont'd

3. **Difficulty reaching orgasm** – Employ a sexual fantasy during intercourse. A strong sexual thought can help you NOT focus on fears about a suboptimal experience.
4. **Difficulty with developing/maintaining an erection for men:** Blood flow to the penis is necessary for an erection. Interventions that can improve blood flow include quitting smoking, limiting alcohol use, weight management, eating a healthy diet and getting regular exercise. Consider talking with your doctor about medications such as Viagra.
5. **Pain with intercourse:** Women should always tell their gynecologist about pain with intercourse as an exam is appropriate to first rule out any concerns with small tears of the vaginal mucosa, cervix issues, infection, or other changes. Begin penetration in a highly aroused state. Spread a lubricant inside and around your vagina before and reapply as needed during intercourse or consider a dissolving intravaginal gel during foreplay.

Choose positions which let you control the rate and depth of movement. Do Kegels to help learn to relax the vaginal muscles (and how to tone and strengthen). If you have had vaginal or pelvic radiation, have your partner help you use a dilator (with lubrication) to prevent shortening and treat narrowing of the vagina as part of "skin time". This can also be done solo.

6. **Intimacy apart from sex** – Be sure to allow for intimacy in other ways outside of intercourse such as massages, showers/baths together, enjoying a funny movie or play fun games together. Hold hands, kiss and hug regularly to keep the intimate connection.

Other Resources:

7. The American Cancer Society's [Sexuality for the Woman with Cancer](#) and the [Look Good...Feel Better Program](#) (teaches beauty techniques to cope with treatment side effects).
8. NCI's "[Self-Image](#)," "[Sexuality and Fertility Problems](#)," and "[Facing Forward: Life After Cancer](#)" (Includes good information on communicating with your partner).
9. Articles from CURE magazine (curetoday.com): [Finding Sensuality After Cancer](#) and [Under the Sheets](#).
10. "[When Cancer Affects Your Sexual Life](#)," by Mindy Schiffman, PhD., *Coping with Cancer* magazine
11. "[Female Sexual Health After Cancer](#)," [Livestrong.org](#)
12. "[Reclaiming Sex and Intimacy After Prostate Cancer: A Guide for Men and Their Partners](#)" by Jeffrey Albaugh
13. "[Sex and Cancer: Intimacy, Romance, And Love After Diagnosis and Treatment](#)," by Saketh Guntpalli and Maryann Karinch



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10 Tips for Nutrition and Wellness - Through Cancer Treatment and Survivorship

Andrea Hamilton, M.S., RDN, R.D., Registered Dietitian - Compass Oncology

1. Finding food that **tastes good, sounds good and is easy to chew** and swallow when you are struggling with cancer treatment side effects is the top priority- not necessarily the most nutritious foods.
2. **Low appetite and unintentional weight loss** are concerning and puts you at risk for malnutrition, no matter your starting weight.
3. If you are struggling with taste changes; **rinse and spit** with a salt and baking soda mouthwash before eating/drinking to improve your mouth taste (1/4 tsp salt, 1/4 tsp baking soda in 1 cup water).
4. Many fluids are just as **hydrating if not more than water** including milk, non- dairy milks, juices, teas, electrolyte beverages, flavored waters, etc. Experiment with what works for you to stay hydrated.
5. Surgery on any part of your GI tract (mouth to anus) can **drastically change your eating experience and quality of life**. Talk with an oncology dietitian for individualized guidance and support.
6. It is appropriate to tell well-meaning family, friends, neighbors, and strangers **"no thank you"** for their unsolicited cancer nutrition advice.
7. **Joyful movement**: Find activities that you enjoy that get your body moving during treatment and recovery to help you feel your best.
8. Your **culture, traditions and food preferences** all contribute to the best eating pattern for you.
9. **Focus on the foods that make you feel good**. This can vary from day to day, week to week and sometimes it may be your comfort foods.
10. Replace perfect eating or perfectionism with a **flexible mindset** for optimal mental and physical health, and wellness.

10 tips



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10 Tips on Physical Therapy

David Therrattil, PT, DPT, CLT - Legacy Health Outpatient Rehabilitation

- Stay active
- Eat healthy foods and "normal size" meals
- Walk daily
- Complete brain teasers or number/word puzzles
- Pace yourself
- Be kind to yourself
- Take an occasional self-inventory (physical, mental, emotional, psychological)
- Meditate/practice mindfulness
- Practice pursed-lip, diaphragmatic breathing – helps with pain, fatigue, and lymphedema management
- Request physical therapy ***before, during, and after*** treatment!



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10 Tips on Coping with Grief and Loss

Christina Mullin, MSW, CSWA, LICSWA, Oncology Social Worker –
Compass Oncology

In the Kubler-Ross, Kessler 6 Stages of Grief theory, we find ways to understand your denial, anger, bargaining, depression, acceptance + meaning making:

- Irritability
- Too much or too little sleep
- Sadness, tearfulness
- Ambivalence
- Distancing from others
- Self-medicating - television, work, alcohol, drugs, shopping
- No noticeable changes at all

Acknowledge your loss(es):

- Journal, friends, support groups; ritual

Practice self-care:

- Sleep, food, pleasure, nature; meditation/ prayer; music

Curiosity and learning about yourself:

- Who am I after this loss?
- What is here to love?
- **Invest in community** that nourishes you.

“Letting go is a difficult skill to acquire, and yet we are offered no option but to practice...Letting go is not a passive state of acceptance but a recognition of the brevity of all things. This realization invites us to love fully now, in this moment...”

Francis Weller, The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief

Books:

Finding Meaning: The sixth Stages of Grief, David Kessler

It's Ok That You're Not Ok, Megan Devine

The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief,
Francis Weller

Podcasts:

Grief Out Loud

Terrible Thanks for Asking

Web:

- The Dougy Center – Very comprehensive resource for supporting children's grief – but offers much for adults too. <https://www.dougy.org>
- Grieving.com -- <https://forums.grieving.com/>

10 tips



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10 Strategies for Navigating Strong Emotions (Including Anxiety and Depression)

Virginia Hill, MSW, LICSW, OSW, Oncology Social Worker – Compass Oncology

Don't run from distressing feelings but face them given it can affect how we think, our behaviors, and how we respond to others. How we respond to stress is a critical part of resilience.

1. **Become Aware:** Don't suffer silently. Writing down or journaling feelings and thoughts can be helpful in discerning what is distressing. Talk about your feelings and concerns with your health care providers. This is the first step in beginning to cope with distress. Consult with your health care team about the benefits of an anti-depressant medication.
2. **Obtain Extra Support:** Develop a plan to identify and obtain extra support. Your health care team can help with identifying what support and resources are needed and available for you in the community. Studies have shown that a strong network of social support is critical to resilience.
 - **Reach out for Support** by seeking time with supportive family and friends. Nurture relationships and accept help from those who care about you.
 - **Counseling** can enhance coping with emotional distress. Problem-solving skills, reshaping negative or self-defeating thoughts, as well as obtaining support in identifying goals and taking the steps toward achieving them are supported with counseling. Studies suggest that "talk" therapy works as well as medications for mild to moderate depression.
 - **Support Groups** are available offering a variety of topics. Seeking support with others who have similar experiences can help with feeling less alone and more understood, along with learning skills to manage stress.
3. **Breathe:** Deep breathing is one of the best ways to lower stress in the body. The way we breathe affects our whole body. When we breathe deeply it sends a message to our brain to calm down and relax. The brain then sends this message to our body to relax. Breathing exercises are easy to learn and we can do them whenever we want.
4. **Release Tension:** Determine outlets and coping strategies that can help you can let go of tension. There are a variety of strategies which can include: deep breathing exercises, mindfulness meditation, yoga, progressive muscle relaxation, massage, drawing, coloring mandalas, and/or guided imagery.

10 tips



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10 tips, cont'd

5. **Physical Care:** Learn and develop healthy habits:
 - **Exercise** regularly as prescribed by your health care team. Consider walking, swimming, joining a gym. Choose what you will enjoy.
 - **Eat** a well-balanced diet.
 - **Get outside** as being inside too much can affect our mood.
 - **Monitor use of screen time** as too much screen time affects our mood.
 - **Take time to rest and sleep.** Take time for yourself. Too little down time does not give us the opportunity to recover from stressful events. It is also important to get enough sleep at night. Experts recommend about 8 hours of sleep a night to recharge and lower stress. Don't drink caffeine past noon. Make your bedroom a sleep-only zone with no television, pets, computers, or distractions. Don't rely on drugs or alcohol to reduce stress.

6. **Identify What is Meaningful:** Identify things that bring meaning or a sense of purpose to your life. It may be spending time with your family or it could include volunteering for a cause you feel passionate about. Obtaining a perspective of what is important in our life and setting boundaries to protect this can raise our ability to cope with the challenges that life gives us.

7. **Find Gratitude:** Try keeping a gratitude journal that documents daily items and areas of thankfulness or blessings. Recognizing and identifying gratitude has been found to transform our experience and feelings.

8. **Identify your Strengths and Honor them:** Recognize your abilities and what you have done or may want to do. Consider starting a hobby or learning a new activity you enjoy. Finding humor and laughing can affect our mood.

9. **Be Patient and Gentle on Yourself:** Accept there are events you cannot control. Be gentle and compassionate with yourself. Remember that coping is a process. Use of coping skills takes practice, time, and support. Remember that change begins small and consists of "baby steps."

10. **Reach out for support - we all need and deserve support!** Please contact your clinic social worker to obtain help with finding the community resources you need for support.



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10 Tips For Advanced Care Planning (ACP)

Jamie Newell, MSW, LCSW, Licensed Clinical Social Worker - Compass Oncology

ACP conversations are part of good health care for all adults

As health changes with age and over the course of an illness, ACP conversations ensure that the oncology team understands and honors our patients' choices for healthcare.

Start the conversation with those who love and care about you

- Explore personal and family goals, values, and experiences.
- Think about your choice of healthcare representative (who would make medical decisions if you could not make them for yourself):
 - Someone who knows you well
 - Understands your goals
 - Is respectful of your point of view
 - Will ask questions of the healthcare team
 - Is readily available

Next Steps:

- Talk to your doctor:
- Ask about what to expect from your illness (and treatment!)
- Discuss goals and values
- Bring support team if it is helpful
- Review goals periodically, especially as an illness progresses

Important Document: Advance Directives

- Designates a healthcare representative and what medical interventions are desired in specific advanced/acute illness situations
- All adults 18+ (regardless of illness) should have one
- You do not need a lawyer or a notary
- Your medical team will be able to help if questions arise

Upon completion, share a copy with your healthcare representative, and with your medical providers.

Important Document: POLST

Physician order for life-sustaining treatment ("POLST") (NP/PA may also sign); ensures that desired medical interventions in specific critical situations are followed Important for those with advanced illness and for the frail elderly in Oregon, linked to the Emergency Medical System through the POLST Registry .

Resources:

<http://theconversationproject.org/> - Helpful for conversations with loved ones
<https://www.cancer.org/treatment/finding-and-paying-for-treatment/understanding-financial-and-legal-matters/advance-directives.html>
 - Info on Advanced Directives
<http://polst.org> - Info on POLST forms



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10 Tips For Family Caregivers

Michelle Vieira, MSW, LCSW, Licensed Clinical Social Worker –
Compass Oncology

1. **Seek support** from other caregivers. You are not alone!
2. **Take care** of your own health so that you can be strong enough to take care of your loved one.
3. **Accept offers of help** and suggest specific things people can do to help you, such as:
 - Mow the lawn, do a load of laundry, run errands, take your pet for a walk, clean bathrooms, vacuum, drive to/from appointments, etc.
4. Learn how to **communicate effectively** with doctors.
 - Prior to the appointment, note questions or topics you'd like to discuss
 - Ask the doctor to repeat something or clarify something if you don't understand
 - Let the doctor know how much, or how little, information and details you would like to hear
5. Caregiving is hard work, so **take respite breaks** often.
 - A 10-15-minute walk
 - Or, a 10-15-minute break in a separate room where you can be alone, in silence
 - If able, schedule outings for yourself—even short ones. Meet a friend for coffee, get a manicure/pedicure, etc.
6. Watch out for **signs of depression** (such as feeling hopeless, losing interest in activities you previously enjoyed, changes in your sleeping and/or eating habits, etc.) and don't delay in getting professional help when you need it.
7. **Be open to new technologies** that can help you care for your loved one.
 - Make use of sites/phone apps such as www.caringbridge.org, www.lotsahelpinghands.com, www.caringvillage.com, etc.
8. **Organize medical information** so it's updated and easy to find, either in hard copy or virtually.
9. Make sure **legal/estate planning documents** are in order.
 - Wills/trusts, Power-of-Attorney documents, Advance Directive, etc.
10. **Give yourself credit** for doing the best you can in one of the toughest jobs there is!
 - Self-care *is not* selfish!! Be compassionate to yourself.

Adapted from the Caregiver Action Network website,
www.caregiveraction.org

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10 Tips of Integrative Medicine

Alex Speers, N.D., M.S., Naturopathic Physician, Sage Cancer Center



SLEEP HYGIENE: Good sleep is an important part of a healthy lifestyle, as it plays a role in supporting our immune system, cognition, mood, blood sugar regulation, and energy. Sleep takes on added importance in the setting of cancer where multiple factors, including stress, treatment-related side effects, and medications, can negatively affect sleep.

Our sleep/wake cycle is driven by a 24-hour circadian rhythm that can be strengthened (or weakened) at various points during the day, not just at bedtime. The following 10 tips are designed to support a healthy circadian rhythm through the day.

Morning – Early Evening

1. Natural light in the morning plays a role in supporting a regular circadian rhythm by providing a signal to our brain that THIS is the time we wake up. When natural light is hard to come by in the Pacific Northwest, consider a light box. New research in patients with cancer have found that bright light therapy may be helpful for cancer-related fatigue and for sleep disturbances during chemotherapy. Verilux is a popular brand.
2. Regular exercise is thought to support healthy sleep through its effects on stress hormones, body temperature, and endorphin levels. In addition, regular exercise has been associated with improved outcomes in patients with cancer.
3. While “cat naps” (< 30 minutes) during the day are okay, longer naps can decrease sleep drive, leading to disrupted sleep.
4. Avoid late-night eating and any foods that you know trigger digestive issues, especially heartburn (e.g., spicy foods, fried foods, fatty foods, tomatoes, citrus, carbonation)

1-2 Hours Before Bed

5. Avoid stimulating activities (e.g., thrilling TV shows or books)
6. Avoid blue light exposure (e.g., from phone, tablet, computer, or television)
 - ❖ If using devices is absolutely necessary, use a blue-light filter (e.g. “Night Shift” for iPhone or flux (www.justgetflux.com) for computers)
7. Find 1-2 relaxing activities to help you wind down each night
 - ❖ Herbal teas (e.g., passionflower, chamomile, lemon balm)
 - ❖ Mindfulness activities (e.g., guided imagery, meditation, deep breathing, prayer)
 - ❖ Reading for pleasure
 - ❖ Warm bath or shower

Bedtime

8. Choose a specific bedtime that allows you to sleep 7-8 hours every night and stick to it! This will help train your body to expect sleep at a regular time each night.
9. Sleep in a completely dark, cool room. Darkness is the signal our brain needs to produce melatonin. A sleep mask is a great way to ensure your brain is receiving that signal.
10. If sound is an issue, consider using a white noise machine. I prefer analog white noise machines that produce sound using real fans. Dohm is a popular brand.

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10 Tips For Navigating The Workplace During Cancer Treatment and In Survivorship

Rebecca Price, R.N., OCN, Nurse Navigator – Compass Oncology

Use FMLA if you qualify. The Family Medical Leave Act allows for 12 weeks of medical leave in a 12-month period of time. This can be used at once or in increments (intermittent FMLA). Employee can be reinstated to previous position or equivalent job with same salary, benefits and other conditions of employment. (<https://www.dol.gov/agencies/whd/fact-sheets/28-fmla>).

Understand how the Americans with Disabilities Act (ADA) can help protect your job. Employee must have a disability which is defined as “a physical or mental impairment that substantially limits a ‘major life activity.’ ” Job must be with a private firm with more than 15 employees or be employed with a local or a state government agency. Reinstatement must be to the SAME job. (<https://www.eeoc.gov/laws/guidance/cancer-workplace-and-ada>).

Ask for reasonable accommodations. Get creative - many times people can continue working by modifying work space, adjusting schedules, using technology, shifting job responsibilities and/or changing jobs within the company (note: an employer does NOT have to create a job opening, but an employee may be able to change jobs if another job is available). Accommodations cannot cause “undue hardship” to the employer. Remember that requesting a finite extension to your leave (such as a leave of absence) can be a form of reasonable accommodation. (<https://www.dol.gov/agencies/odep/topics/accommodations>).

TIPS ON DISCLOSURE:

- **Monitor your online presence.** Accidental or intentional disclosure can happen online. Consider what your loved ones are saying as well. Be direct about your wishes.
- **You don't need to disclose anything.** You may need to reveal some information regarding your medical condition if you're applying for FMLA or disability insurance.
- **Tell only as much as you're comfortable with and only to whom you choose.** Decide whom you want to share info with and then share in a straightforward manner. Think about how much you are comfortable sharing before you disclose anything.
- **Use the 'Swivel' technique.** Practice changing the subject back to something other than your health status. Acknowledge the person's comment, then swivel away to bring up something related to work or something you're comfortable discussing. For example: You decided to disclose at work that you are undergoing cancer treatment. One of your co-workers is concerned and starts to ask you frequently about how your treatment is going, but you don't want to discuss it while at work. You might respond with something like this: “Thanks for helping cover my client load yesterday. Can you fill me in on the meeting I missed?”

For more resources, check out www.cancerandcareers.org and www.triagecancer.org

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10 Tips on Who Can Help You Navigate Your Cancer Care

Ellery Palanuk, BSN, R.N., CN-BN, Oncology Nurse Navigator -
Compass Oncology

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A patient or lay navigator is a non-clinical person who can:

- Aid in the coordination of care and is typically community based.

Nurse Navigators are Registered Nurses who help with care coordination, support and with all of the complexities of care throughout the cancer journey. They are typically based in the Imaging centers, cancer centers or hospitals.

- Roles of the navigators may vary based on specific cancer diagnosis or patient care needs.

Key roles of Cancer Navigator:

- Help with timely care
- Assist with communication between care team and the patient
- Help break down barriers to care
- Advocate for the patient
- Help with treatment decisions
- Provide Education
- Give direct support
- Offer resources and referrals.

There is no fee for this navigation support.

How to find a Nurse Navigator:

- In your Oncologist office – just ask.
- Healthcare system
- Google “nurse navigator” and your oncology facility

Some private insurance plans offer Navigation support

- Livestrong.org offers free patient navigation
- American Cancer Society offers particularly good online guidance for navigating the cancer continuum.



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10 Tips on Financial Support During Cancer

Eunice Sotelo, Financial Counselor/Benefits Representative –
Compass Oncology

Getting Started:

Prepare any questions you may have for your financial counselor, such as:

- What are my benefits and coverage?
- Is my insurance in network with my provider?
- Will my insurance cover my treatment?
- Are they able to provide a cost estimate?
- Is there financial assistance available?

During and after treatment:

Your financial counselor should be able to provide you with an estimate of what your treatment will cost.

- Establish what your needs may be and what your financial counselor can do to help with your specific financial concerns.

There are **additional resources** to help with your financial concerns:

- Cancer foundations specific to your diagnosis
- Copay assistance for your treatment
- Free drug assistance (called Patient Assistance Programs) for patients who do not have insurance coverage for their medications
- Financial assistance programs within your provider's office

Your **Social Worker is aware/ or will assist** in finding of other financial support and assistance programs, either in your local community or national programs.

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What I'm learning...

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