WHAT CANCER CAN’T DO

Cancer is so limited.
It cannot cripple love.
It cannot shatter hope.
It cannot corrode faith.
It cannot eat away peace.
It cannot destroy confidence.
It cannot kill friendship.
It cannot shut out memories.
It cannot silence courage.
It cannot invade the soul.
It cannot reduce eternal life.
It cannot quench the spirit.

We Shall Overcome.
This **Survivor and Caregiver Resource Guide** was created to help Survivors and Caregivers find medical and emotional support, education, assistance with day-to-day needs, and a connection to people who share an experience with cancer.

No matter where you are in your journey, you may have many important decisions to make. Making those decisions will become easier when you have the information you need about the disease and about support services in our community that are available to you and your family.

Resources and services are available through many organizations. We have included resources from a wide range of community organizations and agencies in this Guide.

You will find information from the American Cancer Society, Pierce County’s two largest health systems—Franciscan and MultiCare—and a host of local community resources. We have also included online resources that can provide useful specific information related to many different types of cancer.

This Resource Guide is a work in progress—we hope to keep adding more resources as part of our effort to be of some help to all Survivors and Caregivers.

We dedicate this Guide to Survivors and Caregivers everywhere—you are true heroes.

*Inclusion in this Guide does not infer an endorsement by the American Cancer Society.*

—The American Cancer Society, Tacoma Office
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The American Cancer Society
No matter who you are...we can help

The American Cancer Society recognizes that the cancer experience varies among the people whose lives have been touched by this disease. This is why we have created and tailored our programs and services to help alleviate some of the confusion and to address the unique needs of cancer patients and loved ones. We are here to offer support and we’re confident that no matter who you are...we can help!

Provided in this guide book are the programs and events the American Cancer Society provides in the South Puget Sound. Our mission and goal is to eliminate cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy and services.

Your South Puget Sound staff partners, in tandem with the thousands of volunteers, are dedicated to supporting you by providing the resources, programs and events (and hugs) to serve cancer patients, caregivers and families, and the communities in which we live.

Your local American Cancer Society office is located in downtown Tacoma at 1313 Broadway, Suite. 100, Tacoma, WA 98402. Please feel free visit us, or call us directly at 253-272-5368, or 1-800-227-2345. We are here to help!

Thank you for supporting your American Cancer Society.
1-800-ACS-2345 (1-800-227-2345)
No matter who you are, the American Cancer Society information center, staffed by cancer information specialists, will answer questions about cancer symptoms, treatments, research, local patient services, community programs, and volunteer opportunities. Call anytime 24-hours a day 7-days a week. Multiple languages are available for those that do not speak English.

www.cancer.org
The American Cancer Society web site is an interactive on-line cancer resource center containing in-depth information on every major type of cancer, free publications, and access to recent news and research articles. The site also offers information about nationwide and local events and volunteer opportunities, all presented in an attractive, easy-to-navigate format. Select content is also available in Spanish.

ACS CAN –Advocacy
The American Cancer Society Cancer Action Network (ACS CAN) is the nonprofit, nonpartisan sister advocacy organization of the American Cancer Society. ACS CAN is dedicated to eliminating cancer as a major public health problem through issue campaigns and voter education aimed at influencing lawmakers and candidates to support laws and policies that will help people fight cancer. ACS CAN does not endorse candidates and is not a political action committee.

ACS CAN gives hope and power to everyone who cares about cancer and wants their government to act.

Together, we CAN make our voices heard. Together, we CAN defeat cancer.

www.acscan.org
**Patient Navigators**
The American Cancer Society and Franciscan Health System have formed a special partnership as an extension of their ongoing commitment to provide guidance and support to cancer patients, caregivers and family members.

The Patient Navigator is a trained American Cancer Society staff partner, Nicole McKay, who is located at St. Joseph Medical Center. Nicole can provide personalized information, support, and resource referrals to cancer patients, caregivers and their family members throughout the cancer journey. These are free services offered to anyone in the community who has questions or is dealing with cancer.

For more information or questions, please call or visit Nicole McKay, Patient Navigator, St. Joseph Medical Center, Cancer Center at 253 426-6805.

**Cancer Resource Centers (CRCs)**
The American Cancer Society offers face-to-face cancer information and resources to individuals, service organizations and medical communities, from trained ACS volunteers. Also located at St Joseph Medical Center, the CRCs provide knowledgeable information about American Cancer Society programs, community and health resources, general and site-specific cancers.

Currently, Cancer Resource Centers are offered at St. Joseph Medical Center in partnership with the American Cancer Society. MultiCare also offers a Cancer Resource Center at the Katterhagan Cancer Center at Tacoma General and at Good Samaritan Hospital in Puyallup. These services are free to the community.
Quality of Life Programs
These are free and essential services offered to cancer patients, families and caregivers to improve the quality of life while going through cancer. These programs include Look Good...Feel Better, Reach to Recovery, Road to Recovery, The Tacoma Prostate Cancer Support Group and Camp Goodtimes. We encourage all cancer patients, survivors, caregivers, friends and family members to utilize or volunteer to support these valuable programs.

Look Good...Feel Better
Women with cancer learn makeup and skincare techniques to offset the appearance-related effects of chemotherapy and radiation. Participants experience increased self-confidence and knowledge of self-care.

Volunteer beauty professionals lead small groups, usually consisting of 6 to 10 women, through practical, hands-on experience. Women learn about makeup techniques, skincare, nail care, and options related to hair loss such as wigs, turbans, and scarves. Each group program participant receives a free kit of cosmetics for use during and after the workshop.

Look Good...Feel Better programs are currently held at four different locations in Pierce County. Please call the American Cancer Society at 1-800-227-2345 to find out program schedules, or to talk to the Quality of Life Pierce County staff partner.
Reach to Recovery
The American Cancer Society Reach to Recovery program has been helping breast cancer patients (female and male) cope with their breast cancer experience for more than 30 years. This experience begins when someone is faced with breast cancer diagnosis and continues throughout the entire period that breast cancer remains a personal concern.

Volunteers who are breast cancer survivors give patients and family members an opportunity to express feelings, talk about fears and concerns, and ask questions of someone who is knowledgeable and level-headed. Most importantly, Reach to Recovery volunteers offer understanding, support, and hope because they themselves have survived breast cancer and gone on to live normal, productive lives.

Reach to Recovery Volunteers
Are you a breast cancer survivor who has overcome cancer to regain a well adjusted and emotionally stable everyday life? Are you warm, courteous, tactful, and considerate, with the ability to maintain confidentiality? Would you like to make a difference in the lives of others affected by breast cancer? Call us toll-free at 1-800-227-2345, or call your local American Cancer Society office at 253-272-5368 to become a Reach to Recovery volunteer.

Road to Recovery
Volunteer drivers donate their time and resources to take patients needing assistance to and from their doctor appointments and cancer treatments. Please call 1-800-227-2345 to schedule a ride.

Road to Recovery Volunteers
We are actively recruiting volunteer drivers to provide services in Pierce County. Please call our local American Cancer Society office at 253-272-5368 and speak to the Quality of Life Manager to find out how you can be a Road to Recovery Volunteer. Thank you!
Camp Goodtimes West
2120 1st Ave. N; Seattle, WA  98109
206-674-4188
www.campgoodtimeswest.org

Camp Goodtimes is a one week resident camp for pediatric cancer patients, survivors and their siblings, ages 7-17. Campers participate in a variety of traditional camp activities as well as special events and experiences. Activities include archery, fishing, swimming, canoeing, bicycling, kayaking, arts and crafts, and much more.

Because of generous donations and the continued support of numerous foundations and individuals the American Cancer Society is able to offer this experience to campers at no charge.

For more information and specific camp dates, please contact 1-800-227-2345 or go to the website at www.campgoodtimeswest.org or www.cancer.org.
The Tacoma Prostate Cancer Support Group
The Tacoma Prostate Cancer Support Group, formerly known as Man To Man, was formed in 1990 as an American Cancer Society sponsored program. In 2003, the group also became affiliated with UsTOO International, which promotes Prostate Cancer Education, Support and Advocacy. This group is led by ACS volunteers, Jack Hudspeth and Willie Stewart.

Meetings are held the second Thursday and fourth Tuesday of each month, at 6 p.m., at the University Place Presbyterian Church, 8101 27th St. W (no meetings in December.). Once a quarter, a Caregivers Meeting is held, also at the University Place Presbyterian Church. For more information about this program, visit www.TPCSG.info or call the Tacoma ACS office at 253-272-5368 and ask to speak to the Pierce County Quality of Life Manager.

Medical professionals are often invited to make presentations. Our meetings provide a non-threatening environment for newly diagnosed as well as those with recurring disease to openly discuss their concerns. Family members, friends and medical professionals are welcome. Wives and significant others are especially encouraged to attend.

Discovery Shops
We’re looking for you! Customers are the heart of the Discovery Shops. Our stores have great prices on gently used clothing, housewares, collectibles and furniture. Our goal is to raise money for cancer research. The Discovery Shops are run entirely by volunteers. We are always looking for new people to join our team. A variety of volunteer positions are available. For more information about making a donation, or to find out about volunteer opportunities near you, contact the American Cancer Society at 1-800-227-2345, or call the Proctor Discovery Shop at 253-759-2823.
American Cancer Society Events in the South Puget Sound

**Relay for Life**

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<td>7/27/2012</td>
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For specific event information, please contact the American Cancer Society at (800) 227-2345 or visit www.RelayforLife.org to find your local event.
Making Strides Against Breast Cancer
Join us as we make Strides Against Breast Cancer in October to fight the number one diagnosed cancer in Washington State. Funds raised from this program are restricted 100% to breast cancer research, education, programs and advocacy and will fund such programs as the Breast & Cervical Health Program to serve under-insured women in Pierce County. To find out how you can Make Strides Against Breast Cancer in Tacoma, call our American Cancer Society Pierce County office at 253 272-5368.

Bark For Life of Tacoma
The American Cancer Society Bark For Life is a noncompetitive walk event for dogs and their owners to raise funds and awareness for the American Cancer Society’s fight against cancer. Bark For Life allows us to honor the care-giving qualities of canine companions. So bring your best canine friend and join us for a fun-filled day starting with a walk, and then continuing with demonstrations, contests, and games. For more information visit www.BarkForLifeofTacoma.org.

Hope on the Slopes
Founded eight years ago by long-time American Cancer Society volunteer Dave Ludwig, Hope on the Slopes at White Pass is a 24-hour ski/snowboarding event to fight cancer. Participants compete in two categories: dollars raised and vertical feet skied/ridden the day of the event. For more information, visit www.HOTSWhitePass.com.
Franciscan Health System offers a comprehensive, community-based cancer program unsurpassed in the region. This means you receive leading-edge medicine close to home, in comfortable, familiar surroundings. We bring you the most experienced, highly trained oncologists, radiation oncologists, surgeons and other cancer experts along with today’s advanced technology so you can fight cancer, not traffic.

Our team of experts supports you through your journey, providing the care you need, when you need it most. Medical oncologists, radiation oncologists, surgeons, oncology-trained nurses, social workers, patient navigators, nutritionists and others will work closely with you to create a treatment plan just right for you. From education and prevention, to diagnosis and treatment, we offer patients and loved ones a wide range of care and support when cancer becomes part of their lives:

- Referral and care coordination with specialists and treatments
- State-of-the-art radiation technology
- Chemotherapy
- Patient navigators to guide you through the treatment process (breast and lung, St. Anthony Hospital campus)
- Pain and symptom management
- Infusion and transfusion therapies
- Cancer resource centers, support groups and classes
- Laboratory services
- Complementary therapies such as massage and acupuncture
- Palliative and hospice care
Clinical Trials
Our membership in the Northwest Community Clinical Oncology Program (NWCCOP), part of the National Cancer Institute, ensures patients benefit from the latest treatment protocols and have the opportunity to participate in clinical trials. Clinical trials are research studies to find better treatments for cancer through the evaluation of new drugs and surgical procedures that show promise in advancing medicine. If you are interested in clinical trials, ask your doctor if a clinical trial may be appropriate for you.

Medical Oncology
Our physicians provide patients with a combination of experience, knowledge and attentiveness unsurpassed in the health care industry. We offer the following services:
- Complete infusion services (blood products, chemotherapy, hydration)
- Outpatient and home-based chemotherapy
- Oncology certified registered nurses
- Pain and other symptom management
- Award-winning palliative care services
- Clinical laboratory and therapeutic phlebotomy
- Stem cell transplantation
- Ostomy and wound care

Radiation Therapy
At our radiation oncology centers throughout the South Sound, treatment is offered close to home, saving you precious time and energy. Our comprehensive array of therapies includes:
- Intensity-Modulated Radiation Therapy (IMRT)
- External beam/3D conformal radiation therapy
- Electron beam therapy
- Prostate seed brachytherapy
- Image-guided radiotherapy
- Gamma knife stereotactic radiosurgery
Surgery
Our patients have immediate access to the most advanced surgical techniques and compassionate inpatient cancer care available in the region. At St. Joseph Medical Center in Tacoma, the full range of oncologic surgeries are performed including:

- Abdominal
- Colorectal
- Neurologic
- Esophageal
- Urologic
- Breast
- Gynecologic
- Thoracic
- Head & Neck
- General Surgeries

Complementary Therapies
For those who would like to complement their medical treatment with alternative therapies, the following programs are available:

- Massage therapy
- Acupuncture

Patient Navigators
At Franciscan, we all are dedicated to science of medicine as well as the compassion of healing. That’s why we offer services to help the mind, body and spirit. Patients receive help from patient navigators, who guides patients through their cancer journey, finding the resources they need during treatment.

- Breast Cancer Nurse Navigator, 253-426-4815
- St. Anthony Cancer Nurse Navigator, 253-530-2642
- Thoracic Cancer Nurse Navigator, 253-426-4672
- Non-English Speaking Breast Cancer Navigator, 253-426-6746
General Contact Numbers
St. Joseph Medical Center, Tacoma, 253-426-6810
St. Francis Hospital, Federal Way, 253-944-7997
St. Clare Hospital, Lakewood, 253-985-6110
St. Elizabeth Hospital, Enumclaw, 360-802-3223
Jane Thompson Russell Cancer Care Center, Gig Harbor, 253-530-2642
Peninsula Radiation Oncology, 253-851-5155
Northwest Medical Specialties, 253-428-8700
Community Cancer Program, 253-426-6746

Cancer Resource Center
Main Office 253-426-4237
Email: cancerresourcecenter@fhshealth.org
Patient Navigator 253-426-6805

Open to everyone, the American Cancer Society’s Cancer Resource Center at St. Joseph Medical Center offers access to online resources as well as a lending library of books, tapes, journals and other references for reliable, current health information and education. Resources are also available at the St. Francis Radiation Oncology Center and the Jane Thompson Russell Cancer Care Center.

This was the first service of its kind in Pierce County. It is located near the public elevators on the ground floor of St. Joseph Medical Center, 1717 S. J St., Tacoma. The Cancer Resource Center is open from 9 a.m. to 5 p.m. Monday-Friday.
General Education, Resources and Support Groups
ACS Navigation Center, 253-426-6805
Cancer Screenings and Forums, 253-426-6746
Use Food to Fight Cancer, 253-426-4428
Enterostomal Care, 253-426-6893
Hospice, 253-534-7000 or 800-338-8305
Lymphedema Services, 253-426-4400
Oncology Dietitian, 253-426-4428
Radiation Oncology, 253-944-7510
Stop Smoking Programs and Support Franciscan Freedom from Tobacco,
   253-223-7538 or 253-426-6746
Washington State Quitline, 1-877-270-STOP (7867)
Breast Cancer Support Group, 253-944-4025
Knit for Life Support Group, 253-426-6746
Oncology Pharmacy Specialist, 253-426-6064

Community Breast Cancer Navigation for Medically Underserved Women
The FHS Cancer Center operates an award-winning, community-based breast cancer navigation program for medically underserved or non-English speaking women in the South Sound. This program is funded through the generosity of the Susan G. Komen Foundation and the Regence Foundation.

We currently have breast cancer navigators serving African American, Korean, Vietnamese, Cambodian, Latina, Thai, Pacific Islander and LGBTQ women. Navigators are available to help women schedule and receive mammograms, diagnostic care and cancer treatment as needed. Navigators also provide education, assistance with financial access to care, help with appointments and support throughout the cancer journey.

To contact a language and culturally matched navigator please call 253-426-6746.
Knit for Life™
253-426-6746
triciasinek@FHShealth.org or jamiedobosz@FHShealth.org

Mission Statement: To support and enhance the lives of cancer patients and their caregivers while going through the process of treatment, recovery and beyond with the gentle and healing experience of knitting. This program enables patients and caregivers to come together and share their experiences and concerns in a relaxed and supportive environment. You do not need to know how to knit. We provide yarn, needles and instruction.

There is no charge and you do not need to register in advance for either of the following groups:

Meetings
St. Joseph Medical Center, Tacoma
Free valet parking available.
1st and 3rd Wednesday of the month; 1 to 3 p.m.
Location: Room 10B-8

St. Francis Hospital, Federal Way
2nd and 4th Tuesday of the month; 11 a.m. to 1 p.m.
Location: Radiation Oncology Waiting Area, “G” Level

St. Anthony Hospital, Gig Harbor
2nd and 4th Wednesday of the month; 1 to 3 p.m.
Location: Jane Thompson Russell Cancer Care Center Classroom

Additional Information
Tanya Parieaux, Survivor, Executive Director, Knit for Life™
206-938-9081
www.knitforlife.org
tanya@knitforlife.org
Freedom From Tobacco
253-426-6746
TriciaSinek@FHSHealth.org or JamieDobosz@FHSHealth.org

Just show up! If you stick with our highly successful program, you will quit tobacco! Open to anyone wanting to quit tobacco, newly quit, struggling with relapse, or helping a friend quit. Medical advice provided by Dr. Patrick Hogan; funded by Franciscan Health System Community Cancer Program. Please call to confirm location before attending first group.

Meetings
St. Clare Hospital, Lakewood
Mondays, 6-7 p.m.
Location: Classroom C

St Anthony Hospital, Gig Harbor
Tuesdays, 5:30-6:30 p.m.
Location: Jane Thompson Russell Cancer Care Center Classroom

St. Francis Hospital, Federal Way
Thursdays, 6:30-7:30 p.m.
Location: Executive Dining Room

St. Joseph Medical Center, Tacoma
Thursdays, 7-8 p.m.
Location: Dining Rooms 1 & 2

Additional Information
Heidi Henson
253-223-7538
HeidiHenson@FHShealth.org
General Cancer Support Groups
253-426-6746
TriciaSinek@FHSHealth.org or JamieDobosz@FHSHealth.org

Open to all cancer patients, and their caregivers. Free service, no preregistration required.

St. Joseph Medical Center, Tacoma
2nd & 4th Tuesday Each Month, 5-7 p.m.
Location: Physician Medical Center (NW Medical Specialties Office)
1624 South “I’ Street, Tacoma
Facilitator: Susan Yamane

St. Anthony Hospital, Gig Harbor
4th Wednesday Each Month, 3:00-4:30 p.m.
Location: Jane Thompson Russell Cancer Care Center Classroom
Facilitator: Deanna Thompson
Additional Information: JamieDobosz@FHSHealth.org or JennaLewis@FHSHealth.org
Comprehensive Breast Health Services
Franciscan Health System offers comprehensive breast health services—from education, prevention and screening programs to advanced diagnostics, treatment and support.

Choose from convenient locations such as the Mammography Clinic at the Milgard Medical Pavilion at St. Anthony Hospital, the Women’s Health & Breast Center at St. Francis Hospital or the mammography clinic at St. Elizabeth Hospital.

It’s all part of our commitment to better breast health for the community.

Mammography Clinic at the Milgard Medical Pavilion at St. Anthony Hospital, 253-530-2170
Carol Milgard Breast Center, 253-759-2622 or 888-758-2622 toll free
Mammography Clinic at St. Elizabeth Hospital, 360-802-3223
Breast Cancer Nurse Navigator, 253-426-4815
Non-English Speaking Breast Cancer Navigator, 253-426-6746

Hospice and Palliative Care
Should you or a family member find yourself living with an advanced illness, you need to know that someone will support you and provide care through the changes and challenges until the end of life. Hospice is appropriate when curative treatment is no longer effective or desired, and the focus of care turns to comfort and maintaining the quality of life. Palliative Care is appropriate before Hospice is a consideration. In fact, Palliative Care can be helpful as soon as you are diagnosed with a life-limiting illness.
Franciscan Hospice and Palliative Care is the largest, most comprehensive provider of hospice care in the South Puget Sound. Our goal is to help persons with advanced illnesses to live each day with comfort and meaning and to retain their individuality and control over their lives. We do not have a rigid model of care. By its nature, hospice care is flexible: every person is unique, and our care programs are adapted to suit each individual’s physical, emotional, and spiritual needs. While we are pain management experts—and place a very high emphasis on comfort—Franciscan Hospice also offers many types of practical and meaningful support.

The Franciscan Hospice and Palliative Care team works to meet the physiological, psychological, social, spiritual, and economic needs of people facing the end of life. We collaborate with a patient’s physician to develop a plan of care based on the needs of the patient and family, with a focus on effective pain management, symptom control, and the quality of remaining life.

Franciscan Hospice and Palliative Care includes:
- Franciscan Hospice (outpatient services)
- Franciscan Hospice House (inpatient hospice services)
- Palliative Medicine
- Palliative Care Outreach
- Multicultural Disparity Outreach

A related Franciscan program, Palliative Care Outreach, helps bridge the gap between the time a person is diagnosed with an illness and the time they become eligible for hospice services. Patients who have an advanced illness and a prognosis greater than six months may benefit from this program.

Franciscan Hospice and Palliative Care
2901 Bridgeport Way West
University Place, WA 98466
To start Hospice services, call 866-969-7028
For general information, call 800-338-8305
www.hospice.FHShealth.org
Franciscan Lymphedema Services
FranciscanTherapy.org

The comprehensive program at Franciscan Lymphedema Services offers a high level of professional, compassionate care to ensure successful treatment and outcomes for our lymphedema patients.

We believe successful treatment begins with a committed partnership among our patients, their lymphedema clinician, their doctor and their support system. Our team of licensed clinicians, who work in partnership with your provider, includes occupational and physical therapists. We have therapists that are certified in Combined Decongestive Therapy (CDT) and certified with The Lymphology Association of North America (LANA).

Education and skills taught during therapy for home maintenance help our patients to effectively control their lymphedema. We offer referrals to Franciscan and community-sponsored programs, including:
• Education
• Support groups
• Exercise groups
• Garment fitting

Locations
St. Joseph Outpatient Center
1617 S. J St.
Tacoma, WA 98405
253-426-4400

St. Francis Outpatient Center
34515 Ninth Ave. S
Federal Way, WA 98003
253-944-7970
Franciscan Therapy Services provides individualized therapy programs designed to improve or restore function during or after cancer treatment. Our experienced clinicians work closely with your physician or surgeon to create a treatment program tailored to your needs. Many cancer patients have said that a personalized therapy program has helped them:

- Improve energy and stamina to live their lives.
- Achieve independence in daily activities.
- Improve strength, flexibility and balance.
- Reduce the risk of injuries and falls.
- Improve communication and swallowing function.

We offer a wide variety of services to meet your therapy needs. Programs include:

- Physical and occupational therapy
- Speech/language/swallow therapy
- Lymphedema therapy
- Hand and upper extremity therapy
- Neuro rehabilitation (including safety instruction and fall prevention)
- Pelvic floor therapy to relieve pelvic pain and incontinence

If you think you might benefit from a personalized therapy or exercise program ask your physician for a referral to Outpatient Franciscan Therapy Services and call 253-426-4400 for an appointment and a list of clinics and hospital outpatient locations.
People with brain tumors and other brain disorders have new hope for effective treatment, close to home on the campus of St. Joseph Medical Center. Gamma Knife stereotactic radiosurgery is really not a knife at all, but instead employs a one-time dose of highly targeted radiation without harm to surrounding tissues.

The latest Gamma Knife system, Perfexion™, is available at St. Joseph. Gamma Knife provides a safe and effective alternative to conventional surgery in treating a number of brain disorders: malignant and benign tumors, including multiple metastatic tumors; vascular disorders; trigeminal neuralgia; and essential tremor. Only Gamma Knife is uniquely designed for use in the brain.

Patients may be candidates for Gamma Knife even if they previously had open brain surgery, radiation or chemotherapy. In fact, Gamma Knife may be the only viable treatment option when illness or advanced age prohibits traditional brain surgery. Treatment typically involves a one-time outpatient session. Patients remain awake, experience little discomfort, and usually return to normal activities within 48 hours.

Gamma Knife treatment is covered by Medicare and most insurance plans. To learn more, visit us online at www.SouthSoundGammaKnife.com or call 253-284-2438 or toll-free 1-866-254-3353.
Franciscan Medical Group
www.fmg.FHShealth.org

Franciscan Medical Group’s network of physicians, providers and clinics is an integral part of Franciscan Health System. Together, the system’s five hospitals, a wide range of multi-specialty facilities, and dozens of clinics offer comprehensive, advanced care you can trust.

Franciscan Medical Group is the place to go for all your health care needs, from primary care to speciality care for everyone. At Franciscan, we understand that not all health issues are the same for every patient, and not all doctors are created equal. We also know that patients want care they can trust for themselves and their family, personalized attention, and the medical expertise necessary to handle whatever health issues come their way throughout life.

For a complete clinic list and additional information about our services and providers visit us on the Web at www.fmg.FHShealth.org.
MultiCare Regional Cancer Center
Created with ideas from our own patients, MultiCare Regional Cancer Center at Tacoma General Hospital is the South Sound region’s first comprehensive cancer center. This innovative facility offers all the diagnostic, treatment and support services you need under one roof and coordinated under one umbrella of care. Designed to be warm, welcoming and comfortable, the Center features:

- An expanded radiation oncology center
- Personal entertainment consoles at each chemotherapy chair
- Chemotherapy chairs arranged to encourage conversation (private and semi-private chairs also available)
- Sweeping views of the Tacoma skyline and Cascade Mountains
- A multimedia conference facility that can connect with multiple sites
- Centralized computing and network facilities for radiation treatment planning which can now support all MultiCare Regional Cancer Center locations in the region
- An onsite pharmacy, lab and imaging facilities
- A simplified referral process to coordinate family and patient needs

State-of-the-Art Technology
When you’re facing cancer, you want the most up-to-date, effective treatments available. And that’s exactly what you get at the MultiCare Regional Cancer Center. We offer such leading-edge cancer treatment technologies as:

*Stereotactic Radiosurgery: Greater precision in cancer treatment*
MultiCare was the first health system in the South Puget Sound region to offer image-guided, stereotactic linear accelerator treatment on the Varian® Trilogy System. Stereotactic radiosurgery is a form of radiation therapy that uses 3-D computer imaging to attack tumors and lesions with an extremely precise dose of radiation.

TACOMA GENERAL
**MammoSite RTS: A faster approach to radiation therapy for breast cancer**

MammoSite Radiation Therapy System (RTS) is a faster, more efficient approach to radiation therapy for breast cancer. While traditional breast cancer treatment requires a nearly two-month commitment, MammoSite treatments can be completed in as little as five days. MammoSite RTS uses a catheter to deliver a concentrated dose of radiation to tumors. Treatments are done on an outpatient basis so there’s less interruption in your daily routine.

**SAVI™: The five-day breast cancer treatment option**

This sophisticated new radiation treatment offers a more individualized treatment for early-stage breast cancer in women. Partial breast radiation is a short, five-day course of radiation therapy given after a lumpectomy. It delivers a form of partial breast radiation known as breast brachytherapy, which targets the tumor site from inside the breast. This allows physicians to tailor radiation and can potentially reduce side effects. MultiCare Regional Cancer Center at Tacoma General Hospital is one of the first facilities in the Pacific Northwest to offer this treatment.

**Intensity Modulated Radiation Therapy (IMRT): Precision radiation therapy**

Intensity Modulated Radiation Therapy (IMRT) more precisely targets a cancerous tumor while sparing the healthy surrounding tissue. Image-guided technology helps the IMRT team map the location, shape and size of a tumor and determine the ideal amount of radiation to use. This method has proven most effective for tumors in the prostate, liver, head, neck and lungs. IMRT may be a useful treatment option if you’ve previously been treated with conventional radiation therapy for breast cancer, and are experiencing recurrent tumors in the treated area. IMRT can be used in conjunction with, or in place of, external beam radiation.
**Rapid Arc Radiotherapy Technology: Increases precision, reduces treatment time**

MultiCare Regional Cancer Center is one of very few facilities in the world offering the Rapid Arc radiation treatment. The Rapid Arc radiotherapy technology from Varian Medical Systems is a fast form of precise radiotherapy that targets tumors quickly and accurately while minimizing exposure of surrounding healthy tissue. What would normally take about 10 minutes can be done in 90 seconds. Moreover, the patient often experiences fewer side effects than with traditional radiation therapy.

**TACOMA GENERAL • GIG HARBOR**

**da Vinci® Surgical System: Smaller incisions, unmatched precision**

The da Vinci® Surgical System for Cancer Treatment enables surgeons to operate with unmatched precision and control using only a few small incisions. This minimally invasive robot-assisted surgical technique offers a number of benefits, including significantly less pain and blood loss, fewer complications, less scarring, a shorter hospital stay and a faster return to normal daily activities.

A da Vinci® prostatectomy allows surgeons to bypass nerves linked to sexual function and urinary incontinence. Men who have this kind of prostate-removal surgery experience significantly faster recovery times for erectile function and urinary control when compared to traditional, open prostatectomies.

For most women, da Vinci® hysterectomy can offer numerous potential benefits over traditional approaches to vaginal, laparoscopic or open abdominal hysterectomy, particularly when performing radical hysterectomies for gynecologic cancer. A da Vinci® hysterectomy uses robotic-assisted technology to do a radical hysterectomy through a few small incisions rather than a large traditional incision. This leads to faster recovery for patients.

**TACOMA GENERAL • GOOD SAMARITAN**
Chemotherapy is available at all MultiCare Regional Cancer Center locations. Clinical trials through Seattle Cancer Care Alliance

MultiCare Regional Cancer Center is a network affiliate of the Seattle Cancer Care Alliance. Our patients have access to the world-renowned clinical trials the SCCA offers, while still staying comfortably close to home.

*Rehabilitation for optimal functionality*

When you’re preparing for and undergoing certain types of cancer treatment you sometimes require medically guided exercise, physical or occupational rehabilitation, speech therapy or lymphedema care. Our licensed, clinically trained rehabilitation staff is dedicated specifically to the care of patients with cancer and providing them with a full spectrum of expert rehabilitation services. The staff is available in the Cancer Care Center to evaluate, treat, guide and consult with patients and assure optimal function, recovery and physical performance with the following services:

- Physical therapy
- Occupational therapy
- Lymphedema therapy
- Speech, language and swallow therapy
- Manual therapy
- Hand and upper-extremity therapy
- Pelvic floor therapy and continence training
- Vestibular and balance therapy
- Neurologic rehabilitation
- STRONG MEDicine Program (Medical Exercise by Design)
- Living Well Education Series
Katterhagen Cancer Resource Center
Conveniently located in the MultiCare Regional Cancer at Tacoma General Hospital, the Katterhagen Cancer Resource Center is a comprehensive source of cancer-related information in one central location. The Center is open to patients, families and anyone seeking reliable information about cancer. It’s a particularly valuable resource when you want to make educated and informed treatment decisions. Additional resources include:

- Social workers— to help you access the services you need, from cancer prevention information to bus schedules
- On-site computer services—for you and your family to research information at your convenience
- Research materials—A variety of materials, from books and brochures to magazines and videos for you to borrow
- Other useful resources—connecting you to services that complement medical treatment such as yoga, tai-chi, guided imagery, nutritional information or support groups
Helping Patients Feel Their Best
A diagnosis of cancer can be devastating, particularly for patients whose treatment choices may affect their self-image, as well as their health. Our professional staff is available with guidance and support throughout preparation, treatment, recovery and remission. We also offer a variety of products that can bring comfort and a much-needed morale boost to cancer patients, including:

- Lindi skincare products (specific for chemotherapy and radiation patients)
- Jane Iredale skincare make-up (doctor prescribed mineral cosmetics)
- Breast forms (mastectomy and lumpectomy forms, swim forms)
- Mastectomy bras with pocket inserts
- Jobst compression stockings
- Lymphedema items (sleeves, gauntlets and gloves)
- Wigs & turbans

Members of our Healthy Reflections staff are certified bra and mastectomy fitters and are available for consultations and fittings. For more information or to schedule an appointment, please contact the MultiCare Regional Cancer Center.

Support Services for a Better Quality of Life
At MultiCare Regional Cancer Center we offer a number of support services that can help you and your family when you’re dealing with cancer, including:

- Counseling, classes and support groups—to enlighten, comfort and inspire
- Hospice and home health services—ensuring the best quality of life at the end of life
- Palliative care—to control difficult symptoms such as pain and nausea
The simple fact is that one in seven women has a chance of developing breast cancer in her lifetime. It is important to take charge of your health. MultiCare Breast Health Services are devoted exclusively to breast health. MultiCare Breast Health Services are staffed with experienced, caring professionals—physicians, technologists, nurses and support staff. We are dedicated to providing individualized breast health services.
MultiCare Imaging
Tacoma, Auburn, Covington, Kent, Gig Harbor
253-403-1059
multicare.org

MultiCare’s Imaging Department spans our entire system, with operations in nine of our facilities. We are committed to providing the highest quality inpatient and outpatient clinical imaging services. We perform both diagnostic and interventional procedures.

MultiCare has begun a system-wide upgrade of its imaging capabilities. Every MultiCare imaging facility will offer digital technology and the capability for real-time imaging services. Benefits of the estimated $35 million upgrade include improved access, greater image clarity and significantly reduced wait times. For both patients and providers, the impact of this new equipment means faster feedback after testing as well as speedier treatment. In most cases, providers will have access to results by the time a patient returns to their office after being tested.
COMMUNITY RESOURCES

Alexandar School of Natural Therapeutics
4026 Pacific Avenue, Tacoma, WA 98418
253-473-1142
Web: www.alexandarmassageschool.com

Alexandar School of Natural Therapeutics is a local, community-oriented business whose dedication to the integrity of the healing arts guarantees impeccable massage and spa services. Treatments include Swedish massage, triggerpoint myofascial release, medical treatments, salt glow body polish and detoxifying wraps. We offer a hydrotherapeutic area including steam bath, dry sauna and Finnish shower. Alexandar School of Natural Therapeutics also features Zen Bodytherapy®, a unique type of structural bodywork for pain management. Alexandar School of Natural Therapeutics was founded by Aliesha Alexandar in 1979 and has been the Northwest’s premier massage school. You may have seen us volunteering at other events throughout the year, including Festival of Trees, Military Wives Pampering Evening, Carol Milgard Breast Center and Walk for the Cure, not to mention our involvement with Relay for Life since 2004. If you like the chair massage you see at these events, you’ll love a full body massage in the clinic even more! We have licensed and student practitioners available by appointment.

Good luck Relay for Life 2012. We are proud to be part of this worthy event.
Be The Match – The National Marrow Donor Registry
2311 NW Northrup Street, Suite 204, Portland, OR 97210
503-241-2242, x15477
Web: www.BeTheMatch.org
Email: druejone@nmdp.org

We all have the power to help and the power to give hope. That’s what Be The MatchSM is about. It’s about helping patients.

Be The Match is the new name for the registry operated by the National Marrow Donor Program (NMDP). We’ve been helping patients receive the transplants they need for more than 20 years.

We introduced Be The Match in 2009 to meet this need by engaging a growing community of people inspired and committed to help patients in any way they can—by joining the registry, donating umbilical cord blood, contributing financially or getting involved. It’s about finding a match.

Be The Match offers people the unique opportunity to help a patient by donating bone marrow or umbilical cord blood. Thousands of patients with leukemia and other life-threatening diseases depend upon Be The Match Registry to find a match.

Many have already stepped forward—but many more are needed. If you’ve already joined the NMDP Registry, you are a member of Be The Match Registry and do not need to join again.

Be the one to give hope: Join the registry; make a financial contribution; get involved; donate umbilical cord blood.
Breast and Cervical Health Program
The Pierce County Breast and Cervical Health Program provides a women’s health exam to include pap smear if indicated, clinical breast exam, and mammogram to eligible women 40-64 years of age who do not have insurance to pay for these services. If a breast or cervical screening test returns with an abnormal result, the program has funding for limited diagnostics for further testing. For appointment information call the Tacoma-Pierce County Health Department at 253-798-2987.
Breast Cancer Network of Strength
P.O. Box 9035 Seattle, WA 98109
1-877-963-7223, x2736
Web: www.networkofstrength.org
E-mail: pacificnorthwest@networkofstrength.org

Breast Cancer Network of Strength®, formally known as Y-ME, provides immediate emotional relief to anyone affected by breast cancer through the YourShoes™ 24/7 Breast Cancer Support Center, which includes the country’s only toll-free hotline staffed exclusively by breast cancer survivors. Peer counselors can be contacted at 1-800-221-2141, with interpreters available in more than 150 languages.

The Pacific Northwest Affiliate strives to ensure that no one faces breast cancer alone through local breast cancer support groups; early detection workshops and self breast exam education; free clinical exams and mammograms to the medically under-served Asian community.

Every Mother’s Day, more than 1,500 walkers and volunteers will gather at the Seattle Center Mural Amphitheater for the Annual Walk to Empower, a 3-mile, noncompetitive walk that raises awareness and funds for Breast Cancer Network of Strength’s free of charge programs and services.

The Ride to Empower is a cycling event that will take place in October at Red Rock Canyon, located just a few miles west of Las Vegas, NV with route lengths ranging from 32 miles to a 100-mile century ride.

For more information call 877-963-7223, x2736 or visit www.networkofstrength.org/pacificnorthwest.
**Breast Cancer Resource Center**  
3502 S 12th St, Suite A  Tacoma, WA 98405  
253-752-4222  
Web: www.bcrcwa.org  
Email: info@bcrcwa.org

BCRC is a non-medical facility offering emotional and physical support to breast cancer patients and their supporters. Our center offers a variety of in-house support services and programs, free of charge, to women with breast cancer, from diagnosis through treatment and on to recovery, including: customized exercise and relaxation classes, educational workshops on hair loss and skin care, facilitated support groups, lending library, bras, prostheses, wigs, and head coverings. Out in the community, we provide breast health education and referral to local resources for early detection imaging services, including our own mammogram and ultrasound voucher program.

**Cancer Lifeline**  
6522 Fremont Ave N., Seattle, WA 98103  
206-297-2500 or 1-800-255-5505  
Web: www.cancerlifeline.org

Cancer Lifeline provides free, comprehensive non-medical services to improve the lives of cancer patients, survivors, family members, friends, and co-workers. In Washington State and nationally, Cancer Lifeline offers a 24-hour emotional support and information phone line. In 16 Western Washington counties, we offer financial assistance for breast cancer patients. In the Puget Sound area, we offer hundreds of support group meetings, gentle exercise classes, nutrition workshops, meditation workshops, healing arts classes, and informational presentations annually. We have one freestanding site in Seattle and three at area cancer centers (in Renton, Kirkland, and North Seattle). All services at all sites are open to anyone. Cancer Lifeline makes approximately 15,000 program contacts annually.
Carol Milgard Breast Center
4525 S. 19th St., Tacoma, WA 98405
253-759-2622 or 888-758-2622 toll free
Web: www.carolmilgاردbreastcenter.org

The Carol Milgard Breast Center is Tacoma’s premier breast imaging center. We offer screening and diagnostic mammograms, ultrasound, stereotactic breast biopsy and a dedicated breast MRI. In addition, we have a resource library full of breast health information available to our patients and their families.

The facility’s medical and professional team is committed to the highest level of medical technology and care. And, in these trying economic times, the Carol Milgard Breast Center is determined to provide services to all women regardless of socio-economic status.

The Center is an outstanding community collaboration that has successfully brought three of Tacoma’s leading healthcare organizations, MultiCare Health System, Franciscan Health System and TRA Medical Imaging, together for the good of women in our community and throughout the South Sound.

We are open and ready to provide you the services and expertise you need to maintain your breast health.

Call today to schedule your annual mammogram at 253-759-2622 or toll free at 866-758-2622.
Cascade Regional Blood Services
220 South I Street Tacoma, WA 98405
(253) 383-2553
Web: www.crbs.net

Cascade Regional Blood Services is a not-for-profit health care organization that has been supplying blood products and specialty therapeutic services to South King and Pierce County hospitals for over 65 years. CRBS is the sole provider of blood to Franciscan Health System and MultiCare Health System hospitals and clinics. Blood products are often needed by patients undergoing treatments for cancer.

We are committed to providing support in many other ways also. That’s why our commitment to our communities doesn’t stop at providing a constant, safe, and cost effective supply of blood and blood components. We are actively involved in supporting numerous organizations and events throughout the community, and are proud to be associated with Tacoma’s Relay for Life.

We are pleased to be participating in Tacoma’s Relay for Life event at Mt. Tahoma High School again this year, and will be there conducting blood drives on Friday, June 8, from 4:30 to 9 p.m. and on Saturday, June 9, from 9 a.m. to 2 p.m. on the bloodmobile. Please call CRBS at 1-877-24-BLOOD or visit us online at www.crbs.net to schedule an appointment.

Blood Donors Save Lives
Christi’s Life Fitness
253-740-8884
Web: www.ChristisLifeFitness.com
E-mail: christi@ChristisLifeFitness.com

Christi is a recent breast cancer survivor and certified Personal Trainer with the American College of Sports Medicine (ACSM). She specializes in individualized exercise programs for cancer survivors. She inspires each survivor to overcome their unique challenges throughout treatment and beyond, becoming fit and reaching their full potential to live a healthy, happy and independent lifestyle.

Research shows benefits of regular exercise are numerous!
• Decrease risk of recurrence in some cancers
• Increase energy levels
• Increase mental focus
• Reduce depression
• Much more!

Take control of your health by calling today for your free consultation.
Curves for Women
5719 N. 26th, Tacoma, WA  98407
253-761-9766
E-mail: westgatecurves@gmail.com

Curves is a facility specially designed for women featuring a complete 30 minute workout that is fun, fast and safe. Our club also features the most advanced fitness technology in the world called CurvesSmart. It’s a computerized personal coaching system that will ensure you get maximum benefits based on your specific fitness level. Because all of our machines are hydraulic, the faster you move them the harder the workout becomes which allows women at any fitness level to get their best workout. As you get stronger, your workout gets harder.

We also have a free weight management class that anyone can attend once a month. You don’t have to be a member to attend these meetings.

Each year, millions of women suffer needlessly from preventable disease. Together, we can change this. We can live years longer and enjoy life even more if we take small steps every day toward health and away from disease. Join Curves and share your strength with others in your life.

Together, we will make this world one million women stronger.
Cancer and its treatment can have long-lasting or late-onset effects on your body. The Fred Hutchinson Cancer Research Center Survivorship Program can offer you support, treatment and education in the years after completing cancer treatment.

A member of the LIVESTRONG Survivorship Center of Excellence Network, the Survivorship Program is helping to lead a nationwide effort to help survivors and their doctors understand, prevent and manage the medical and psychosocial effects of having cancer and receiving treatment.

Through the Survivorship Clinic at the Seattle Cancer Care Alliance we provide individualized survivorship care plans that empower survivors with knowledge about their cancer diagnosis and treatment, address the chronic effects of cancer and its therapy, provide monitoring recommendations to allow for early identification of treatment-related sequelae, and promote health-protective behaviors. To schedule an appointment or for more information, please call 206-288-1024.
Gilda’s Club Seattle
1400 Broadway Seattle, WA 98103
206-709-1400
E-mail: info@gildasclubseattle.org

The mission of Gilda’s Club Seattle is to offer a broad, community-based program of social, emotional and educational support for cancer survivors, their loved ones and friends that offers sustained support, education, and resources on-site in Seattle and off-site with collaborating partners.

Our Five Core Component program includes 1) a variety of Support Services, opportunities for 2) Education, 3) Healthy Life Style, and 4) Social Connections, and 5) Resources and Referral. A Family Cancer Support Program is integrated into the Five Core Components and includes support, education and social opportunities for children, teens, and parents.

The Gilda’s Club Seattle mission and Five Core Component program, supports those touched by cancer across the cancer continuum—from diagnosis, through treatment and post-treatment, long term survivorship, and bereavement.

Find us online at www.gildasclubseattle.org and follow us on Twitter and Facebook to find out about upcoming lectures in both Seattle and Tacoma!
Gloria’s Angels Foundation
P.O. Box 25399, Federal Way, WA 98093-2399
888-684-9170
Web: www.gloriasangels.org
E-mail: contact@gloriasangels.org

Gloria’s Angels lifts burdens and builds communities so people can care for a loved one with a life-threatening condition. We start by assessing ALL of a family’s needs, then trying to arrange solutions for ALL of them. This helps the family to sustain during this very challenging time. We do this by partnering with other service agencies and by organizing the community of relatives, neighbors, friends, church members, co-workers, etc. to fill all of the gaps. From within their community, we form a team that supports the family during their time of great need. Our service is FREE. We help the helpers so that they can serve the family without becoming overwhelmed by the situation.

Harmony Hill Cancer Program
Harmony Hill Retreat Center, 7362 E State Route 106, Union, WA 98592
360-898-2363
Web: www.harmonyhill.org
Email: programs@harmonyhill.org

The heart of our mission at Harmony Hill is our Cancer Program. We are dedicated to keeping our Cancer Program offered at no cost to participants. The Cancer Program at Harmony Hill consists of one-day workshops and three-day extended retreats. Our Cancer Program components serve as supportive adjuncts to medical treatment meant to enhance and support, not replace, conventional medicine. We believe that those living with a diagnosis, both during and past treatment, should have access to many tools on their journeys through cancer. Our program components address the psychological, physical, and spiritual needs of cancer patients.
HealThy Self Naturopathic Services
2607 Bridgeport Way W, Ste 1C, University Place, WA 98466
253-238-7922
Web: www.drgnd.com
E-mail: healthyself@drgnd.com

At HealThy Self Naturopathic Services (HSNS), we offer safe and effective, natural alternatives to conventional cancer care. Naturopathic therapies are more concerned with stimulation your own vital, healing forces (i.e. your immune system), than with destroying the cancerous cells with chemotherapy and radiation. At HSNS we are willing to work with you and your current health care team to help you understand which of the wide range of supplements, herbs, diet/lifestyle modifications, IV nutrient therapies, pharmaceuticals etc.. have demonstrated effectiveness in preventing, overcoming and recovery from cancer. Call us to arrange an initial consultation. We accept a wide range of insurance coverage and offer very competitive cash rates.
Knitted Knockers

c/o Debbie Macombers, A Good Yarn Shop, 1140 Bethel, Port Orchard, WA
360-877-0377

Knitted Knockers is the affectionate name given to the hand knitted and crocheted breast prostheses by the community of women who regularly gather at A Good Yarn Shop providing comfortable alternatives to silicone.

They are given free to anyone who requests them. You can stop by the shop to pick one or two for yourself or you may call in your request and we will make arrangements to mail them.

We don’t want a woman in need to be left out.
The Leukemia & Lymphoma Society
530 Dexter Avenue N., Suite 300, Seattle, WA 98109
206-628-0777
Web: www.lls.org/wa

The Leukemia & Lymphoma Society (LLS) is a non-profit blood cancer support organization whose mission is to cure leukemia, lymphoma, Hodgkin’s disease and myeloma, and improve the quality of life of patients and their families. As part of this mission, our Patient Services programs are charged with providing high quality emotional support, education and patient financial aid to the community.

Within our support programs, LLS offers support groups as well as an individualized patient match program, called First Connection. We also have Master’s level Patient Services staff who are available to offer support and connect patients and families with community resources.

We offer a wide range of educational programs tailored for patients, families and oncology healthcare professionals. The Information Resource Center is a toll-free call center available to answer questions and navigate patients’ care and is staffed by Master’s level oncology nurses, social workers and health educators. This call center provides accurate, current treatment and coping information, referrals to resources, clinical trials search services, and offers translations in more than 165 languages.

The Leukemia & Lymphoma Society offers financial assistance to any patient who is undergoing treatment for a blood borne cancer. For further information, please contact us at 206-628-0777.
Lutheran Community Services Northwest
223 N. Yakima Ave., Tacoma, WA 98403
253-272-8433
Web: lcsnw.org

Lutheran Community Services Northwest (LCSNW) is a nonprofit human services agency serving communities throughout Washington, Oregon and Idaho. Our caring staff provides a wide variety of services to adults, adolescents, children, families, schools, businesses, congregations, neighborhoods and communities. Each year we serve more than 120,000 people of all ages, cultures and faiths.

In Pierce County, our services promote independence and well being for those who can benefit from assistance with daily living activities. We do this by empowering individuals and their caregivers to make their own decisions and life choices, to live more safely at home, and to continue to have regular social interactions.

It is our mission to provide health, justice and hope through Caregiver University, Home Helpers HomeCare, Meals on Wheels, Senior Companions, and Senior Media Services-home of the Senior Scene and Where to Turn Guide.
MultiCare Health System/Good Samaritan Cancer Resource Center
400 15th Ave. SE, Puyallup, WA 98372
253-697-4899

The Cancer Resource Center at Good Samaritan Hospital is community based and is open to all cancer patients. Understanding and compassionate staff help patients and family members select the most useful materials and provide support and encouragement.

Services:
• Free hats, scarves and wigs
• Support groups
• General Cancer Support Group for patients, caregivers and family members
• Man to Man Prostate Support Group
• Lymphedema Networking Group
• Look Good Feel Better class offered monthly
• Exercise classes
• Stretch and Strength for cancer patients/survivors offered weekly
• Gentle Pilates for cancer patients/survivors offered twice a week
• Comfort Therapy – (Massage/Reiki) by appointment
• The Power of Nutrition class – once a month a hospital dietician shares with patients different ideas to manage their nutritional needs during treatment and beyond.
• Breast Cancer Coordinator, a registered nurse who guides women through every step of their treatment.
• Friend to Friend – a one on one visit between a trained survivor volunteer and a newly diagnosed patient
• Weekly coffee with the Chaplain
• Gift shop – proceeds benefit patient care and hospital programs. The gift shop also offers many cancer related products.
Northwest Medical Specialties (NWMS)
1624 South I Street, Suite #305, Tacoma WA 98405
253-428-8700
Web: www.nwmedicalspecialties.com

Northwest Medical Specialties (NWMS) is a multi-specialty group specializing in inpatient and outpatient treatment of cancers and infectious diseases. NWMS blends evidence-based treatment with cutting edge research to tailor the most effective care for our patients. NWMS physicians are leaders in their fields. Our nationally recognized research program provides the latest treatment and is among the best in the Northwest.

NWMS staff is well trained and experienced in optimizing the benefits of therapy. Our offices are well equipped with the latest technology.

Services include
Physician office visits – for evaluation and management of your care
Inpatient care – when hospitalization is in the best interest of the patient
Imaging – to provide the most accurate assessment of your condition
Outpatient infusion therapy – a comfortable environment for supervised treatment
Cancer support groups – for patients, loved ones and caregivers
Research – the latest developments in therapy

Locations
Tacoma – 1624 South I St (253) 428-8700
Puyallup – 400 15th Ave SE, (253) 841-4296
Gig Harbor – 11511 Canterwood Blvd (253) 858-4725
Silverdale – 2011 NW Myhre (360) 830-1602
Federal Way – 34509 9th Ave S (253) 952-8349
Lakewood – 11311 Bridgeport Way (253) 983-1377
Bonney Lake – 21509 Hwy 410 E (253) 862-3434
Enumclaw – 1427 Jefferson Ave (360) 802-7933
Northwest Natural Health Specialty Care Clinic
6135 Seaview Ave NW # 300, Seattle, WA 98107 (home office)
206-784-9111 or 888-706-6667
Web: www.nwnaturalhealth.com

Our clinic combines traditional natural therapies with the latest nutritional, botanical health sciences and technology. We work with your physician to combine your conventional therapy with the best of complementary and alternative medicine.

We have many convenient clinic and hospital locations in both Eastern and Western Washington. For additional locations, contact information and directions, please visit our website or call our main office.
The Ovarian & Breast Cancer Alliance is a nonprofit organization dedicated to promoting lifesaving early detection of ovarian and breast cancer through education and awareness. The Alliance educates women and the healthcare community about the research-based signs, symptoms, and risk factors of ovarian cancer.

It is important to listen to your body and see your healthcare professional promptly if you have symptoms that are:
• New or unusual
• Persistent and becoming more severe
• Occur almost daily for more than a few weeks
  Or, if you are experiencing multiple symptoms

The following are common ovarian cancer symptoms.
• Bloating or increased abdomen size
• Pelvic or abdominal pain
• Feeling full quickly or lack of appetite
• Urinary symptoms (urgency or frequency)
• Persistent indigestion, gas, or nausea

(A Pap test is NOT a test for ovarian cancer). If you are an ovarian cancer survivor, we invite you to join our Speakers Bureau and educate women and the healthcare community about ovarian cancer symptoms by sharing your ovarian cancer story.

KNOW THE SYMPTOMS ~ SHARE THE KNOWLEDGE
At Pfizer, we’re inspired by a single goal, your health. That’s why we’re dedicated to developing new, safe medicines to prevent and treat the world’s most serious diseases. And why we’re making them available to the people who need them most. We believe that from progress comes hope and the promise of a healthier world.

As part of the world’s leading biopharmaceutical company, the mission of Pfizer Oncology is to cure or control cancer with breakthrough medicines. Working together, we will advance science to deliver the right drug, at the right time for each patient.

Please see our website for more information about our research drugs and our marketed products.
Pierce County Aging & Disability Resource Center
1305 Tacoma Ave., Suite 104, Tacoma, WA 98402
253-798-4600 or 800-562-0332
Web: www.PierceADRC.org
E-mail: ADRC@co.pierce.wa.us

The ADRC is a starting place providing free and easily accessible information, referral and assistance regarding disability services and long term care in Pierce County. We partner with the Family Caregiver Support Program (253-798-4600), the Long Term Care Ombudsman Program (253-798-3789) and over 40 ADRC community partners.

Our primary focus is to help people make wise choices for their long term support, guidance for accessing assistance and benefits, and planning for the best options for individual long term needs.

Our primary mission is to keep individuals in their home as long as is practical and then helping with the transition into a more formal living situation when that might become necessary. We work with seniors, individuals with disabilities, caregivers, family members, friends and professionals in the community.

ADRC specialists also help screen for a wide variety of federal, state and local programs and services. Our ADRC team is also very active in the community. We provide workshops, seminars and presentations on important topics such as safe use of medications, ID theft and fraud, avoiding scams, active aging, aging-in-place and more. There is no cost for any services provided by the ADRC.
When it comes to our health, we all make choices to keep ourselves and our loved ones active and healthy for a lifetime. Why should we expect anything less than healthy air to breathe?

The Puget Sound Clean Air Agency works to ensure outdoor air is healthy in King, Kitsap, Pierce and Snohomish counties. In the Puget Sound region, pollutants such as air toxics, ozone and fine particle pollution cause or aggravate health problems such as respiratory ailments, heart disease and cancer. Through implementing programs and other actions, the Puget Sound Clean Air Agency reduces harmful air pollution and protects air quality.

Air quality is a special concern in Tacoma and Pierce County, where wintertime levels of fine particle pollution are unhealthy and violate the federal Clean Air Act. Most of this pollution comes from wood smoke associated with burning wood in wood stoves and fireplaces. The whole community will need to help solve this problem and programs will soon be in place to reduce wood smoke pollution in our area and keep Tacoma and Pierce County a healthy place to live and breathe.

To learn more about how these programs may impact you and your family, visit www.cleanairpiercecounty.org.
Reiki Masters & Practitioners-Maha Methods, inc.
717 North I St., Tacoma, WA 98403
253-988-8931
Web: mahamethods.com
E-mail: donna.lambdin@comcast.net

Reiki is an ancient healing art where the Universal Life Force Energy is transferred through the Practitioner’s hands to help revitalize the physical body, relax the mind, calm the emotions, and lift the Spirit. Reiki energy is applied through gentle touch of the head, neck, torso, feet, and hands. Most people experience deep relaxation and a sense of well-being. Individuals are fully clothed during a session. Please visit our website at http://mahamethods.com for more information.

Savi Day Spa
1320 Broadway Plaza, Tacoma, WA 98402
253-627-2000
Web: www.savidayspa.com

At Savi Day Spa we are committed to the health and well being of our community. We are passionate about sharing information, ideas, products and world-class services that make a difference. We are proud to participate in the Health Fair at the Tacoma Relay For Life. It is our goal to contribute to the vitality, health and joy of each participating survivor through the touch of seated massage and the benefits of aromatherapy.
Sisters of Hope
sistersofhope@hotmail.com

A Women of Color Cancer Support Group
(Women of ALL Colors are Welcome - Always)

Mission: The Sisters of Hope - Women of Color Cancer Support Group’s mission is to provide a safe, comforting environment for spiritual, emotional and sisterly support for women diagnosed with cancer.

Meetings
Cancer survivors, family members, friends and supporters are invited to attend the Sisters of Hope Support Group Meetings.
Date: 1st Monday of each month, 6:30 - 8:30 p.m.
Place: Breast Cancer Resource Center, 3502 S. 12th St., Tacoma, WA 98405
Contact: Betty Mewborn, Founder, 2531 South J St. Tacoma, WA 98405

Tacoma Chiropractic Health Center
744 Market St., Suite 102 A, Tacoma, WA 98402
253-272-9500
Web: www.tacomachiropractic.net

Tacoma Chiropractic Health Center is located in the heart of Tacoma. Our team is dedicated to creating healthier and happier lifestyles for those in our community. It is our mission to educate, motivate and inspire our patients, as well as to improve not only their physical health but their entire lives! We know that health is much more than feeling well and it is our priority to further extend this knowledge to everyone we encounter to prepare them for the journey to maximum wellness. We look forward to having you join our family of wellness and continue to spread the word of healthy living.
Tacoma/Valley Radiation Oncology Centers
314 MLK Jr. Way #11, Tacoma WA, 98405
253-627-6172
Web: www.defeatyourcancer.com

We treat cancer with the latest technology, we treat you like family.

At Tacoma/Valley Radiation Oncology Centers, we’re passionate about our patients! In an independent, convenient office setting, we offer the most advanced treatment planning, radiation therapies and more: a skilled, caring team that treats you like family. We’ve been providing healing and hope in our communities for more than 30 years.

Let us be your choice. No one will fight harder for your health.

Jackson Hall Medical Center
314 MLK Jr. Way Suite #11
Tacoma, WA 98405
253-627-6172

St. Joseph Medical Pavilion
1802 South Yakima Suite #103
Tacoma, WA 98405
253-272-1077

Capital Radiation Therapy
Capital Medical Center
3900 Capital Mall Drive SW
Olympia, WA 98502
360-596-4872

Dr. Richard Ostenson Cancer Center
400 – 15th Ave. S. E. Suite #A
Puyallup, WA 98372
253-841-4311

Also affiliated with:
Peninsula Radiation Oncology Center
Jane Thompson Russell Cancer Care Center
11511 Canterwood Blvd. NW
Gig Harbor, WA 98332
253-851-5155
Team Survivor Northwest
200 NE Pacific Street Suite 101, Seattle, WA 98105
206-732-8350
Web: www.teamsurvivornw.org
E-mail: pm@teamsurvivornw.org

Team Survivor Northwest provides fitness programs to all women cancer survivors and women living with cancer. Our mission is to provide guidance and encouragement to every woman cancer survivor or woman living with cancer so that through her accomplishments she is empowered to lead a fuller, more physically active life.

The Tacoma Prostate Cancer Support Group
The Tacoma Prostate Cancer Support Group, formerly known as Man to Man, was formed in 1992 by Willie Stewart, prostate cancer survivor, as an American Cancer Society sponsored program. In 2003, the group also became affiliated with UsTOO International, which promotes Prostate Cancer Education, Support and Advocacy. This group is led by prostate cancer survivors Willie Stewart, Bob Freeborn and Jack Hudspeth.

Meetings are held the second Thursday and fourth Tuesday of each month, at 6 p.m., at the University Place Presbyterian Church, 8101 27th St. W (no meetings in December). Once a quarter, a Caregivers Meeting is held, also at the University Place Presbyterian Church.

For more information about this ACS/UsTOO sponsored program, visit www.TPCSG.info or call Willie at 253-441-5772 or the Tacoma ACS office at 253-272-5368 and ask to speak to the Pierce County Quality of Life Manager.
Tobacco Prevention & Control Program (Chronic Disease Integration)
3629 S. D St., MS 1062591, Tacoma, WA  98418
253-798-2931
E-mail: syeun@tpchd.org

The Vision of Tacoma-Pierce County Health Department Public Health Prevention Priorities is committed to help the public to understand the key health issues and how to reduce risks and behaviors that impact health overall. The PHPP program provides trainings, capacity building, technical support and fosters leadership for health education and awareness through community engagement. The Department Mission is to safeguard and enhance the health of the communities of Pierce County. The Public Health Prevention Priorities (PHPP) Program focuses on:

- Active Living and Healthy Eating
- Tobacco Prevention & Control
- Ethnic Senior Health
- Violence Prevention
- Chronic Disease Prevention and Education

PHPP is also committed to finding solutions and answers that move the county forward in Reducing Health Disparities – the elements that influence health disparities are complex, and their interactions are largely unknown. Recent studies show that despite steady improvements in the overall health of the United States population, racial and ethnic minorities experience a lower quality of health services, are less likely to receive routine medical procedures and have higher rates of morbidity and mortality than non-minorities.

More information: Kirsten Frandsen, Program Coordinator, 253-798-3540
You Have a Choice
When it comes to medical imaging services, you can choose where your exam is performed. While your doctor’s office may make a recommendation, where you schedule your appointment is up to you. Explore your options to make the most informed decision about your care. We think you will find that TRA Medical Imaging offers the most affordable, highest quality care in a welcoming environment.

TRA Medical Imaging is the community’s source for convenient diagnostic imaging throughout the Puget Sound region. We are a regional partnership of multi-specialty radiology physicians that provides high quality, patient-centered radiology services. Since 1943, TRA has combined compassionate, individualized care with leading-edge technology to offer the highest expertise and quality in imaging services. Our radiology physicians, technologists, and staff provide our referring physicians and patients with excellence in care.

With flexible payment plans, specialized and experienced radiologists, and with many convenient locations across the Puget Sound region, TRA is dedicated to providing you with the highest quality care, at a price you can afford.
**Turning Point**
TACID, 6315 S 19th St., Tacoma, WA  98466  
253-564-2404 (Laurissa)  
E-mail: lyarrow@net-venture-com

We welcome breast cancer survivors to our drop-in, peer-run support group. We meet on the 2nd Wednesday of each month at TACID (which is close to TCC Transit Hub) from 6 to 7 p.m. Occasionally Kim Thornton (Lebed instructor) leads us in a fun, Focus on Healing exercise session.

**United Ostomy Associations of America-Tacoma/Bremerton Washington**
Phone: Steve Strizic, 253-531-9288 (home; evenings)  
Web: www.uoaa.org,  
Email: info@uoaa.org or steves@uoaa.org (local)

The UOAA of support and information to those individuals who have or will have digestive or urinary diversion surgery. The local group offers monthly meeting on the 3rd Wednesday of the month except July and August.

We also have a visiting program which matches up a trained experienced member with a person who has or will have ostomy surgery.

**Contacts:**  
Steve Strizic 253-531-9288—local and national information  
Barbara Miller 253-847-1532—visiting program/newsletter  
Carol O’Connor 253-265-3314—treasurer/membership and donated supplies

We work with the local medical community to support those in need. Please contact one of those listed for more information.
**YMCA of Pierce and Kitsap Counties**

*Exercise and Thrive: Fitness for Cancer Survivors*

Join us for a 12-week strength and fitness program for people who have completed active cancer treatment. The goal is the help the survivor develop their own physical fitness regimens so that they can continue a healthy lifestyle. In partnership with LiveStrong, Fred Hutchinson Cancer Research Center, Seattle Cancer Care Alliance and MultiCare Regional Cancer Center. Contact one of these facilities:

**Lakewood Family YMCA**
9715 Lakewood Dr SW, Lakewood WA 98499
253-584-9622
Email: Christi Hill—Chill@ymcapkc.org

**Morgan Family YMCA**
1002 S Pearl Street, Tacoma, WA 98465
253-564-9622
Email: Denise Hood—dhood@ymcapkc.org
Young Survival Coalition-Seattle
2039 NE 103rd St., Seattle, WA 98125
206-375-4968
Web: www.youngsurvival.org
E-mail: yscseattle@youngsurvival.org

The Young Survival Coalition (YSC) is the only international network of breast cancer survivors and supporters dedicated to the critical concerns and issues unique to young women and breast cancer. Through action, advocacy and awareness, the YSC seeks to educate and influence the medical, research, breast cancer and legislative communities to address breast cancer in Women 40 and under, and to serve as a point of contact for young women living with breast cancer.

We focus on the issues that many young women with breast cancer face including the shock of being diagnosed so young; issues surrounding fertility, pregnancy, and adoption; treatment and surgery options that work best for young women, coping with young children; building and maintaining our careers; premature menopause; the impact of this disease on relationships (including family members, friends and coworkers); the pros and cons of genetic testing; body and self image issues.

Since 2002, we are proud to have served over 100 young women with breast cancer and their caregivers locally. We provide support during the crisis of diagnosis or recurrence, peer support to help members through treatment, surgeries, and ongoing support as women gradually process their experience and find their “new normal.”
ONLINE RESOURCES

American Brain Tumor Association
E-mail: info@abta.org, Web site: www.abta.org, 800-886-2282
Offers tumor and treatment publications, educational programs, social service consultations by telephone, a mentorship program, support group lists, resource list of physicians, pen pal program and funds research.

American Institute for Cancer Research (AICRU)
E-mail: aicrweb@aicr.org, Web site: www.aicr.org, 800-843-8114
Fosters research on diet, nutrition and cancer, and educates the public about the results. Provides educational materials and personalized answers to nutrition questions.

Cancervive
www.cancervive.org/education.html

Colon Cancer Alliance
Web site: www.ccalliance.org, 877-422-2030
The oldest and largest national patient advocacy organization dedicated to ending suffering caused by colorectal cancer. CCA is made up of colon and rectal cancer survivors and caregivers. Services include a buddy program, educational materials, clinical trial information and news about colorectal cancer treatment and research.

International Myeloma Foundation
E-mail: Theimf@myeloma.org, Web site: www.myeloma.org, 800-452-CURE
Dedicated to improving the quality of life of myeloma patients while working toward prevention and a cure. Operates a Myeloma Hotline, disseminates information, hosts seminars and workshops for the patient community and medical professionals, and funds research.
**Kids Cancer Network**  
Web site: www.kidscancernetwork.org, 623-551-9329  
The web site contains a bi-monthly FUNLETTER magazine, resource center,  
Affection Connection Appreciation certificates for medical caregivers, prayer network and “your story” sharing area.

**National Brain Tumor Society (formerly Brain Tumor Foundation)**  
E-mail: info@braintumor.org, Web site: www.braintumor.org, 1-800-934-2878  
West Coast office: San Francisco, CA. Offers contact with other brain tumor patients, information about treatment and conferences, a medical advice nurse, patient information, a listing of support groups, and a newsletter. Provides caregivers with information and workshops.

**National Cancer Institute**  
Web site: www.cancer.gov, 1-800-422-6237  
The Cancer Information Service (CIS) is the voice of the National Cancer Institute. The CIS provides cancer information, education, and materials to cancer patients, their friends and families, the general public and health professionals.

**National Ovarian Cancer Coalition**  
Web site: www.ovarian.org, 1-888-OVARIAN  
Raises awareness to promote early detection and education about the disease. Sponsors education seminars to healthcare providers and educational forums for the public.

**Pancreatic Cancer Action Network**  
E-Mail: info@pancan.org, Web site: www.pancan.org, 1-877-272-6226  
Works to focus national attention on the need to find a cure for pancreatic cancer by providing advocacy, awareness, and education to patients and professionals. Offers survivor stories available to read.
THYCA: Thyroid Cancer Survivors Association, Inc.
E-Mail: thyca@thyca.org, Web site: www.thyca.org, 1-877-588-7904
Provides free support services, education, downloadable low iodine cookbook and newsletter. Holds annual conference. Outreach and materials available to everyone whose life has been touched by thyroid cancer.

Us Too International, Inc.
E-Mail: ustoo@ustoo.org, Web site: www.ustoo.org, 1-800-808-7866
Provides publications, awareness, outreach, networking and advocates to improve prostate cancer screening and treatment.
CAREGIVERS RESOURCES

Several organizations offer support specifically for family caregivers. Support programs and services include counseling, educational publications and classes, support groups, online forums, and programs designed to address the special needs of spouse caregivers.

Administration on Aging
Provides information, assistance, individual counseling. Organization of support groups, caregiver training, respite care, and supplemental services
Phone: 1-202-619-0724; www.aoa.gov

CancerCare Caregiver Support Services
Provides free professional services to anyone affected by cancer.
www.cancercare.org

Centers for Medicare and Medicaid Services
Provides information for consumers about patient rights, prescription drugs, and health insurance issues, including Medicare and Medicaid.
Phone: 1-800-633-4227; www.medicare.gov (for Medicare information)
or www.cms.hhs.gov

Family Caregiver Alliance
Addresses the needs of families and friends who provide long-term care at home.
Phone: 1-800-445-8106; www.caregiver.org
Memorial Sloan-Kettering Cancer Center
Help for caregivers, families and friends.
www.mskcc.org/mskcc/html/18092.cfm

National Association of Area Agencies on Aging Eldercare Locator
A nationwide directory assistance service designed to help older persons and caregivers. Find local resources for support: transportation, meals, home care, housing alternative, legal issues and social activities.
Phone: 1-800-677-1116; www.eldercare.gov

National Cancer Institute’s “When Someone You Love Is Being Treated for Cancer”
www.cancer.gov/cancertopics/when-someone-you-love-is-treated

Strength for Caring
www.strengthforcaring.com (site is owned by Johnson & Johnson)

The Wellness Community/Cancer Support Community
www.thewellnesscommunity.org

Well Spouse Association
www.wellspouse.org
A CAREGIVER’S BILL OF RIGHTS

I have the right to take care of myself. This is not an act of selfishness. It will give me the ability to take better care of my loved one.

I have the right to seek help from others even though my loved one may object. I know the limits of my own endurance and strength.

I have the right to maintain parts of my own life that do not include the person I care for, just as I would if he were healthy. I know that I do everything that I reasonably can do for this person. I have the right to do some things just for myself.

I have the right to get angry, be depressed, and express difficult feelings once in a while.

I have the right to reject any attempt by my loved one to make me do things out of guilt or anger. (It doesn’t matter if she knows that she is doing it or not.)

I have the right to get consideration, affection, forgiveness, and acceptance for what I do for my loved one, as I offer these in return.

I have the right to take pride in what I’m doing. And I have the right to applaud the courage it has taken to meet the needs of my loved one.

I have the right to protect my individuality. I also have the right to a life that will sustain me in times when my loved one no longer needs my full-time help.

(Author Unknown)
NOTES
JOIN US!

PIERCE COUNTY CANCER SURVIVORSHIP CONFERENCE 2013

Equal parts inspiration & education

Join us in 2013 at the University of Puget Sound in Tacoma for the Pierce County Cancer Survivorship Conference.

Connect with other survivors to discuss and learn about the physical, mental and spiritual aspects of the cancer journey. This event is presented by multiple community organizations and cancer care advocates. It is free and open to all people affected by cancer as patients, family members and caregivers.

The 2013 conference date and more information will be available at www.pccancersurvivorship.org in January 2013.