

OOOH BABY, ITS HOT!

Well, this has been a summer to remember for its heat. Hopefully you all have been having a fun-filled summer, staying in the shade.

Wrapping up the season there are several fun events coming up that you may want to consider participating in. One is Swim Across America (but you only have to swim locally in Lake Washington) on Sept. 12. All of the proceeds for this cancer fundraiser go to Seattle Cancer Care Alliance this year! The other event is the Women's Wellness Retreat on Orcas Island in October. Open to only 15 women, this event is popular, so you'll want to sign up soon. Turn the page to get the details.

October is also Breast Cancer Awareness month and Seattle Cancer Care Alliance is launching a new campaign to promote mammograms called Make a Mammogram Promise. There are several opportunities to win prizes and all you have to do is make a promise online that you'll get a mammogram this year and then ask your friends to do the same. Turn the page to read the details about the campaign and the prizes. Also in October we'll be holding a symposium about hereditary breast and ovarian cancer. Please read the details about this event in the newsletter. We hope to see you there. ♪

DIVE IN: SWIM ACROSS AMERICA REACHES SEATTLE THIS SEPTEMBER

CALLING RECREATIONAL AND COMPETITIVE SWIMMERS TO PLUNGE INTO LAKE WASHINGTON TO RAISE FUNDS FOR SCCA

(Originally published July 20, 2009 in Center News Weekly by Christi Ball Loo. Reprinted with her permission.)

In recent weeks, cyclists have done it; runners and walkers, too. This fall, swimmers get their turn to flex muscles in the battle against cancer. Seattle's inaugural Swim Across America fundraiser takes place in Lake Washington off Mercer Island Saturday, Sept. 12. Proceeds benefit Seattle Cancer Care Alliance.

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Fred Hutchinson Cancer Research Center
UW Medicine
Seattle Children's

Working together to cure cancer

www.seattlecca.org

SEATTLE CANCER CARE ALLIANCE is grateful to the customers and employees of Safeway for their generous contributions to the mammography efforts at SCCA.

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MAKING WAVES TO FIGHT CANCER

Registration is now open for two distance events designed to accommodate recreational and competitive swimmers alike. A half-mile triangle course begins and ends at Luther Burbank Park. A more rigorous two-mile shoreline course starts at Mercerwood Shore Club and ends at Luther Burbank's swim beach, site of the post-swim celebration and awards.

Swimmers may register individually or as team members. In addition to swimmers, Swim Across America organizers are seeking kayakers, boaters, and land volunteers to assist with the event.

Visit www.swimacrossamerica.org for signup and tips; participants have the opportunity to create their own personal fundraising Web page.

Swim Across America was chartered in 1987 as a nonprofit organization to raise money and awareness for cancer research, prevention, and treatment; since then, it has grown to include dozens of events from coast to coast.

For more information, contact Jennifer Pawlosky, jpawlosk@fhcrc.org, (206) 667-6327. ❧

MAKE A MAMMOGRAM PROMISE IN OCTOBER

In honor of Breast Cancer Awareness Month, Seattle Cancer Care Alliance is proud to promote the first annual Mammogram Promise campaign. The goal of this campaign is to get as many women in the greater Puget Sound area to make a promise to get a mammogram as possible.

The campaign will feature a website, www.mammogram-promise.org, where women can make their pledge. In ad-

dition, those who make a mammogram promise will get the chance to spread the word to their friends and loved ones.

The Mammogram Promise web site will track all of the promises made with the "Ma'am-O-Meter," a scale that tracks mammogram promises.

Anyone who makes a promise will be automatically entered to win prizes in a daily random drawing. And, "super-networkers"—those who recruit the most mammogram promises—will be in the running to win one of four Grand Prizes. Of course, the real purpose of the campaign is to increase awareness of the need for annual mammograms for all women over age 40.

The Mammogram Promise Campaign begins on October 1st and runs through the month of October. ❧

UNDERSTANDING HEREDITARY CANCERS CONFERENCE

Please join us for our upcoming conference "Understanding Hereditary Breast and Ovarian Cancer" on Friday, Oct. 16, 2009 from 9 a.m. - 4 p.m. Geared toward patients and interested health-care professionals, during this conference we will explore the medical, physical, and psychological implications of hereditary breast and ovarian cancers.

Topics of the conference will include genetic testing implications, talking with family members and children about results, breast cancer screening strategies, prophylactic and reconstructive surgery options, managing ovarian cancer risk, risk-reduction strategies, cancer prevention, and more.

The conference will be held at Fred Hutchinson Cancer Research Center in the Sze Conference Room (Thomas Building). Go to fhcrc.org/about/maps/campusmap.html for a campus map and driving directions (the Thomas Building is Building D on the map). Be advised that parking is not provided, but street parking and various public pay lots are close by. To register, contact Sarah Tribolett at (206) 667-4211 or stribole@fhcrc.org.

Registration is \$20 and includes all conference materials and lunch. ❧

SEATTLE CANCER CARE ALLIANCE Women's Wellness Clinic

presents

San Juan Island **GetAWAY** "A Weekend About You"

Please Join Us!

October 2-4, 2009

Cultivate practical tools for living a healthy and happy life at a weekend retreat designed for women cancer survivors in a nurturing and interactive environment.

Retreat Highlights

Friday, October 2

- 10:00 am* Depart Seattle Cancer Care Alliance for Friday Harbor*
- 5:00 pm Evening welcome, dinner, and presentation
Welcoming Remarks: Dr. Julie Gralow, MD
Carolyn Douglas, KING-5 News
Humorist Speaker: "If It's Not About the Hair, Then What IS It About?"
Rev. Debra Jarvis

Saturday, October 3

- 7:00 am Early Bird Yoga
- 9:30 am Lecture: "Nourishing Foods" - Sarah Washburn, MS, RD
- 11:30 am Workshop: "Meeting Fear with Guts & Grace" - Jillian Hopkins, MA
- 3:30 pm Lime Kiln Lighthouse Tour & Hike
- 7:30 pm Games, Movie, Spa Treatments

Sunday, October 4

- 7:00 am Early Bird Meditation
- 9:30 am Lecture: "Active Survivorship" - Lexi Harlow, DPT
- 10:45 am Cooking Class with Anna Maria de Freitas
- 4:00 pm* Arrive back in Seattle*

*Departure and return times approximate, based on ferry schedule

Registration information

- \$100 per person, shared room
- \$200 per person, private room
- All transportation, lodging, meals, workshops, and materials included
- Full and partial scholarships available
- Attendance is limited to 15 women.
- To register, contact Ksenia Koon:
(206) 288-6969 or kkoon@seattlecca.org



Please join the

SEATTLE CANCER CARE ALLIANCE

Women's Wellness Clinic

For a

San Juan Island Get A.W.A.Y.

"A Weekend About You"

October 2-4, 2009

Enjoy a getaway to Friday Harbor with a small group of women cancer survivors for a weekend of survivorship, sharing, and empowerment.

Blending lectures and experiential learning, this weekend promises to nourish, inspire and strengthen the practice of living your life with resiliency, balance and peace of mind.

Sessions include yoga, meditation, nutrition, cooking class, physical health, nature walk, writing, relaxation techniques, and a tour of the historic Lime Kiln Lighthouse. Enjoy healthy, delicious foods with a focus on organic and fresh, local ingredients. Take a look inside for program details.

We hope you'll join us!

ONGOING CLASSES AT SCCA

LABYRINTH WALK

1:15 to 4 p.m., Room 1006/1008
(206) 288-2081

Drop in the first Monday of the month.

"KNIT FOR LIFE" KNITTING GROUP

Tuesdays, 2 to 4 p.m., Main Lobby,
(206) 288-2081


Patients and families rave about this class. It's a great way to meet friends and learn a skill that requires little energy. Needles and yarn are donated for this class.

GENTLE THERAPEUTIC YOGA

Thursdays, 12:30 to 1:30 p.m.,
Room 3100/3102,
(206) 598-7880

ACTIVE WOMEN – HEALTHY WOMEN

Mondays, 6 to 7 p.m., Room
1006/1008, (206) 732-8350

Gentle stretching and strengthening class aimed at helping women cancer survivors enjoy the amazing benefits of exercise in a safe, supportive environment. 



SUPPORTIVE PROGRAMS

TEAM SURVIVOR NORTHWEST (TSNW)

Exercise and fitness programs for everyone. www.teamsurvivornw.org or (206) 732-8350.

CANCER LIFELINE

Supports the emotional, spiritual, mental, and physical components of health. www.cancerlifeline.org or call (206) 297-2100, 1-800-255-5505.

GILDA'S CLUB SEATTLE

Provides a meeting place where men, women, and children living with cancer, along with their families, partners, and friends, join with others to build social and emotional support as a supplement to medical care. www.gildasclubseattle.org or (206) 709-1400.

SEATTLE CANCER CARE ALLIANCE

Provides complimentary classes and support activities including beauty programs, craft and activity groups, yoga, meditation, and healing music programs. SCCA Patient and Family Resource Center at (206) 288-2081.

ONGOING RESEARCH STUDIES

DESIGN NEW TECHNOLOGY WITH SCCA

Looking for breast cancer survivors and people with breast cancer to be part of a project to design technology to help people with breast cancer manage their health information.

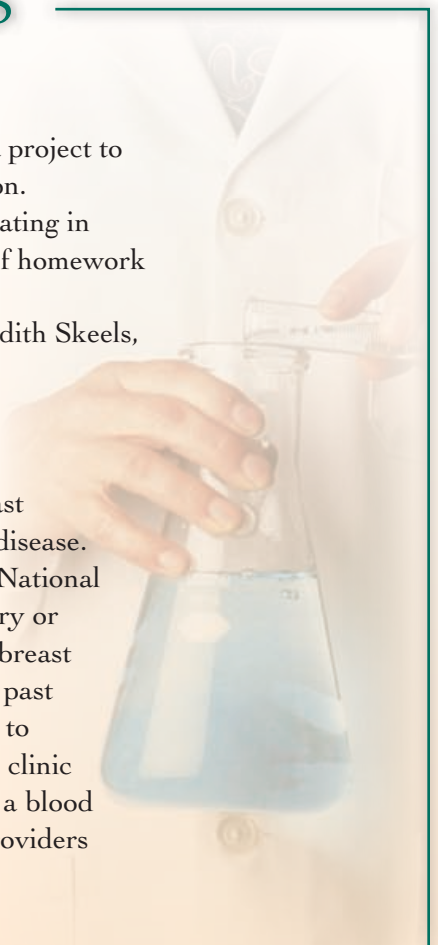
Be part of collaborative group discussions and design activities. Involves participating in three 2-hour design sessions. Participants will also be asked to do about one hour of homework between sessions.

Participants will receive \$110 for their efforts. Contact Dr. Wanda Pratt or Meredith Skeels, (206) 616-4626 or e-mail: design-study@u.washington.edu.

EXCEL STUDY

This study will determine whether certain medications can reduce the risk of breast cancer in postmenopausal women who are at an increased risk of developing the disease. Participation will last five years. International, multi-center study, funded by the National Cancer Institute of Canada. For postmenopausal women who, due to family history or other factors such as being age 60 or older, are at an elevated risk for developing breast cancer. Participants must not have used hormone replacement therapy within the past three months or have a history of invasive breast cancer, must be willing to travel to Seattle for a clinic visit once a year for five years (twice during the first year). All clinic visits will include a physical exam and a breast exam, and all but one will include a blood draw. Participants will be asked to get yearly mammograms through their own providers and a DEXA bone density scan at the beginning.

Contact: (206) 667-1391, excel@fhcrc.org; www.excelstudy.com





Fred Hutchinson Cancer Research Center
UW Medicine
Seattle Children's

Working together to cure cancer

Women's Wellness Clinic
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Permit No. 1370

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TOOLBOX

The CANCER INFORMATION SERVICE

<http://cis.nci.nih.gov> or (800) 4-CANCER

The NATIONAL CANCER INSTITUTE

www.cancer.gov

The AMERICAN CANCER SOCIETY

www.cancer.gov

SUSAN G. KOMEN FOR THE CURE BREAST CANCER FOUNDATION

www.pskomen.org

THE OVARIAN AND BREAST CANCER ALLIANCE

E-mail ovarianandbreastcanceralliancewa@comcast.net

FACING OUR RISK of CANCER EMPOWERED

www.facingourrisk.org

CONTACT US

To make an appointment at the Women's Wellness Clinic, call (206) 288-6806. To share your comments on your experience with the Women's Wellness Clinic or to suggest articles and features to improve this newsletter, contact Ksenia at (206) 288-6969 or kkoon@seattlecca.org.