

Season's  
Greetings!



Are you ready for winter? Summer was spectacular this year, wasn't it? We wrapped up the sun and took it with us for our first Women's Wellness Clinic Retreat in Friday Harbor in October.

Affectionately called the "Get AWAY" (A Weekend About You) retreat, 13 women cancer survivors came together to celebrate their survivorship, share their experiences, and empower themselves. Presenters included our own WWC founding director, Dr. Julie Gralow, our lead physical therapist, Lexi Harlow, our lead dietitian, Sarah Washburn, Rev. Debra Jarvis, and counselor Jillian Hopkins. The retreat featured a morning yoga class, a cooking class, a whale watching session, and a tour of historic Lime Kiln Lighthouse.

The feedback we got indicated that the retreat was a worthwhile and much appreciated opportunity for survivors to get away and learn from each other. As one participant said... "This was a once-in-a-lifetime experience." We hope to hold more of these retreats in the future, so if you weren't able to attend this year but are interested, stay tuned for more opportunities like this one!

In October, Seattle Cancer Care Alliance launched a Patient Information blog. Check it out from the [www.seattlecca.org](http://www.seattlecca.org) home page. Lots of information will be covered there for patients and caregivers.

In October, SCCA also conducted a successful campaign to increase awareness for mammography. The Make a Mammogram Promise web site gave away 31 glassybaby votives in daily random drawings, and two sets of six glassybabies to two lucky people who spread the word about the making a mammogram promise. If you didn't get to participate in October, you can try again in May when we launch a similar campaign to honor mothers!

Go to [www.mammogrampromise.org](http://www.mammogrampromise.org) today if you'd like to make a promise.

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Fred Hutchinson Cancer Research Center  
UW Medicine  
Seattle Children's

*Working together to cure cancer*

[www.seattlecca.org](http://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.



# Welcome

## NEW NURSE PRACTITIONERS

Barbara Silko, women's health nurse practitioner and one of the founding clinical directors of the Women's Wellness and Cancer Follow-up Clinic at SCCA, is pleased to announce two new nurse practitioners who recently began seeing patients in the Women's Wellness Clinic. **Nora Gant** and **Heidi Trott** both come to the clinic with previous extensive women's health experience, and specialize in the oncology care of women with breast cancer.



"We are delighted to have Nora and Heidi join our clinic," Barbara says. "We are confident that as our clinic population continues to grow, we will be able to continue to provide comprehensive care directed at promoting wellness and excellent health."

**Nora Gant**, ARNP, is an adult health nurse practitioner and joined the SCCA Breast Oncology group in June. She works in the Women's Wellness Clinic and with Dr. Julie Gralow in Breast Oncology. Nora has a Master's degree in Nursing from the University of Washington, as well as undergraduate degrees in Nursing and Anthropology.

**Heidi Trott**, nurse practitioner, has worked in a variety of roles including nurse education. She practiced in a gynecology office and has a passionate interest in breast cancer, education, and survivorship. Originally from England, Heidi has a Master's in Nursing from the University of Washington and has lived and worked in the Seattle area since 1985.

In the Women's Wellness Clinic, Heidi sees breast cancer survivors and women at high risk for breast cancer. She does clinical breast exams, gynecological exams, orders and follows imaging studies, and ensures that women are getting the follow-up they need depending on their particular diagnosis and up-to-date evidence-based guidelines.

## STAR OF THE QUARTER

Taking steps to incorporate and promote wellness can be a difficult and life-altering process. We have nominated **Corky Laxson** as the new **Star of the Quarter** for her dedication to maintaining her good health.

Corky lives in Sequim and is a certified yoga instructor and Master Gardener. A long time ago, she saw her doctor about a vaginal bump.

"The doctor told me it was nothing to worry about," Corky recalls. But she noticed that it wasn't going away, and over time, it was getting bigger. About three years later, she told her doctor about it again, and he decided to check it out and told her it was dysplasia, an abnormal growth or development of cells or tissue – a pre-cancerous condition. He referred her to UW Medical Center where she saw gynecology oncologist, Dr. Barbara Goff. "This was long before Seattle Cancer Care Alliance even opened," Corky says.

Dr. Goff did laser surgery to remove the lump and it all went very well, Corky says. "I appreciated having a woman gynecologist – I feel they're just in better touch with women."

Corky now sees Barbara Silko, ARNP, for her annual check-ups at Seattle Cancer Care Alliance, and has for the last 10 years.

"I live in Sequim," she says, "and seeing Barbara is the only reason I go to Seattle! SCCA has state-of-the-art everything and I tell my friends if you want a good diagnosis and great care, don't waste your time going to other places."



## ONGOING CLASSES AT SCCA

### LABYRINTH WALK

1:15 to 4 p.m., Rm. 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. Needles and yarn are donated.

### GENTLE THERAPEUTIC YOGA

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

### ACTIVE WOMEN – HEALTHY WOMEN

Mondays, 6 to 7 p.m., Rm. 1006/1008, (206) 732-8350  
Gentle stretching and strengthening class.

## SUPPORTIVE PROGRAMS

### TEAM SURVIVOR NORTHWEST (TSNW)

Exercise and fitness programs for everyone. [www.teamsurvivornw.org](http://www.teamsurvivornw.org) or call (206) 732-8350.

### CANCER LIFELINE

Supports the emotional, spiritual, mental, and physical components of health. [www.cancerlifeline.org](http://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](http://www.gildasclubseattle.org) or call (206) 709-1400.

### SEATTLE CANCER CARE ALLIANCE

Provides complimentary classes and support activities that include beauty programs, support groups, 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.

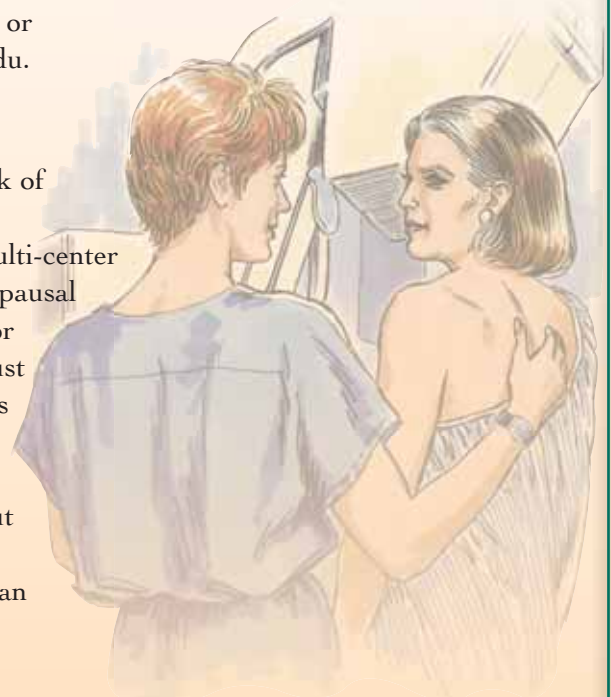
Be part of collaborative group discussions and design activities. Involves participating in three 2-hour design sessions. Participants will also be asked to do about one hour of homework between sessions.

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](mailto: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, 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](mailto:excel@fhcrc.org); [www.excelstudy.com](http://www.excelstudy.com)





Fred Hutchinson Cancer Research Center  
UW Medicine  
Seattle Children's

*Working together to cure cancer*

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Nora Gant, ARNP  
Heidi Trott, ARNP

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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](http://www.cancer.gov)

### The AMERICAN CANCER SOCIETY

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

### SUSAN G. KOMEN FOR THE CURE BREAST CANCER FOUNDATION

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

### THE OVARIAN AND BREAST CANCER ALLIANCE

E-mail [ovarianandbreastcanceralliancewa@comcast.net](mailto:ovarianandbreastcanceralliancewa@comcast.net)

### FACING OUR RISK of CANCER EMPOWERED

[www.facingourrisk.org](http://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](mailto:kkoon@seattlecca.org).