Welcome to SCCA

Seattle Cancer Care Alliance is pleased to announce two new members to the team: Women’s Wellness Clinic nurse practitioner, Heidi Trott and Sue Frohreich, MPT in the physical therapy department.

Nurse practitioner Heidi Trott 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 will see breast cancer survivors and women at high risk for breast cancer (referred from the SCCA Breast and Ovarian Cancer Prevention Program). She will do clinical breast exams, gynecological exams, order and follow imaging studies, and ensure that women are getting the follow-up they need depending on their particular diagnosis and up-to-date evidence-based guidelines. We are thrilled that Heidi has joined our team.

“It is a privilege to have the opportunity to provide care to survivors and those at increased risk for breast cancer,” she says. “I believe that knowledge is power and I am excited to be working in an environment that promotes it.”

The SCCA Physical Therapy department is pleased to welcome a new physical therapist to their staff. Sue Frohreich, MPT, has over 12 years of experience as a therapist, including six years with patients who have lymphedema.

If you are interested in seeing a physical therapist as part of your annual visit to the Women’s Wellness Clinic, please let your scheduler know.

Spring is Here

Warmer, sunny weather reinvigorates us to get outside and breathe deeply. Let’s find new ways to energize ourselves through physical exercise and healthy living.

This issue contains lots of new information, from valuable updates about additions to our staff to articles about calcium supplements and bladder control. The regular events columns and open research studies are included as well.

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SEATTLE CANCER CARE ALLIANCE is grateful to the customers and employees of Safeway for their generous contributions to the mammography efforts at SCCA.
Calcium is a mineral that is important for a variety of functions, including preserving bone health. Ideally, daily calcium requirements (1,000 mg for ages 19 to 49, 1,200 mg for ages 50 and over or 1,500 mg for persons with osteopenia or osteoporosis) are best met by eating a variety of calcium-containing foods. These web sites will help you estimate how much calcium you consume per day from food, you can then determine how much calcium you need via supplementation. The combination of your calcium-containing food sources and your calcium supplement (if necessary) should meet your total calcium requirements. It is important not to consume more than 2,500 mg of calcium per day. Routine excessive calcium intake may increase your blood pressure and/or result in kidney problems.

The two main forms of calcium found in supplements are carbonate and citrate. Calcium carbonate is the most common because it is inexpensive, easy to find and convenient. Tums® and Caltrate® are common brand name calcium carbonate products. Avoid buying Dolomite, oyster shell, and bone meal products that are naturally occurring calcium carbonate sources as they may contain heavy metals, including lead and mercury. Citracal® is a common brand name calcium citrate product. Calcium citrate is better absorbed than calcium carbonate in people who are taking medications that block stomach acid production such as Prevacid®, Prilosec® or Nexium®. Calcium gluconate, lactate, and phosphate are other forms of calcium in supplements.

The best manufacturers provide as much information on the supplement label as possible. Make sure that the label identifies the form of calcium (i.e. calcium carbonate or citrate) and does not simply say “calcium.” Never buy a supplement that does not clearly list the amount of each ingredient on the label.

An important factor to consider when buying calcium supplements is the amount of elemental calcium in the supplement. The term “elemental calcium” refers to the amount of calcium in a supplement that is available for your body to absorb. Don’t rely on the total weight of each tablet listed on the label.
Upcoming Events

May

May 6 – We Care Fair
10:30 a.m. to 1 p.m. SCCA Room 1006/1008
Stop by, meet, and pick up information from the local cancer support agencies.

May 13 – Lecture and Lunch
12 to 1 p.m. SCCA Room 1006/1008
NCI’s Cancer Information Service - A Resource for Cancer Patients presented by Adrianna Gutierrez

May 19 – The 7th Annual Cancer Survivorship Series Living with, Through, and Beyond Cancer
Part II: The Importance of Nutrition and Physical Activity 10:30 to 11:30 a.m.
3rd floor Resource Center Library

May 20 – Lecture and Lunch
12 to 1 p.m. SCCA Room 1006/1008
What You Need To Know About Skin Cancer Presented by Michelle Masterson

May 21 – Tea at 2 p.m.
Resource Center Library
Topic: Housing Options

May 27 – Lecture and Lunch
12 to 1 p.m. SCCA Room 1006/1008
“A Discussion about Chemotherapy and Cognitive Changes” presented by Myron Goldberg Ph.D.

June

June 10 – Lecture and Lunch
12 to 1 p.m.
SCCA Room 1006/1008
Clinical trials

June 23 – The 7th Annual Cancer Survivorship Series Living with, Through, and Beyond Cancer
Part III: Survivors too. Family, Friends, and Loved Ones—Managing the Fatigue of Caregiving

June 24 – Lecture and Lunch
12 to 1 p.m. SCCA Room 1006/1008
Caregiver Appreciation

July

July 8 – Laughs and Lunch
12 to 1 p.m. SCCA Room 1006/1008
Movie: TBA

July 22 – Lecture and Lunch
12 to 1 p.m. SCCA Room 1006/1008
Passport to Survivorship

August

Aug. 5 – Laughs and Lunch
12 to 1 p.m. SCCA Room 1006/1008
Movie: TBA

Aug. 19 – Laughs and Lunch
12 to 1 p.m. SCCA Room 1006/1008
Movie: TBA

Aug. 26 – Lecture and Lunch
12 to 1 p.m. SCCA Room 1006/1008
Information at Your Fingertips

October

Oct 2 to 4 – SCCA Women’s Wellness Retreat
Renew, relax, and strengthen your mind, body, and spirit. Join us on beautiful San Juan Island for a relaxing, informational, nurturing retreat for women cancer survivors. Part didactic, part experiential, this weekend promises to nourish, inspire and strengthen the practice of living your life with balance, resilience, and joy. Gain practical tools for living a healthy and happy life. Sessions include: yoga, tai chi, meditation, nutrition, cooking, writing, nature walks, whale-watching, and more. Cost (including transportation, lodging, and meals) is $100 per person for double occupancy and $200 for single occupancy. Full and partial scholarships are available. Attendance is limited to 15 women. To reserve a spot, or to find out more information, contact Ksenia Koon at (206) 288-6969 or e-mail kkoon@seattlecca.org.
Ongoing Programs

TEAM SURVIVOR NORTHWEST (TSNW)
Exercise and fitness programs for everyone. Programs include yoga, hiking, dragon boating, indoor focused fitness training, bike training, walking groups, marathon training, triathlon training, and Strong Women—Healthy Women (a gentle stretching and strengthening class held at Seattle Cancer Care Alliance). For more information, contact TSNW at www.teamsurvivornw.org or (206) 732-8350.

CANCER LIFELINE
Supports the emotional, spiritual, mental, and physical components of health. Free of charge, with the exception of workplace consultation. Cancer Lifeline offers a family support program, kids’/parents’ group, healing arts program, health promotion program, lymph-edema education and support program, and workplace consultation. For more information about Cancer Lifeline, visit 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. Free of charge and nonprofit, they offer support and networking groups, lectures, workshops, and social events in a non-residential, home-like setting. For more information, contact Gilda’s Club at www.gildasclubseattle.org or (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 worship services/classes, and healing music programs. For more information, visit www.seattlecca.org or call the SCCA Patient and Family Resource Center at (206) 288-2081.

CALCIUM SUPPLEMENTS — Continued from page 2
front of the supplement label, which is simply the weight of the calcium plus whatever it is bound to — whether carbonate, citrate, lactate, or gluconate. For instance, if a tablet contains 500 milligrams of calcium carbonate, it contains only 200 milligrams of elemental calcium. This is because only 40 percent of the calcium carbonate compound is elemental calcium. The other 60 percent, or 300 milligrams, is the carbonate ingredient. The amount of elemental calcium is most often listed clearly (in milligrams per “serving size”) on the back of the supplement label in The Nutrition Facts section.

Look for abbreviations for The United States Pharmacopeia (“USP”) or Consumer Lab (“CL”) on the calcium supplement label. Supplements with either of these abbreviations meet voluntary industry standards for quality, purity, and tablet disintegration.

Continued on page 6
Ongoing Research Studies

Design New Technology with SCCA

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

When people go through treatment and make treatment decisions, they can end up with lots of unfamiliar information that they need to keep and use and we want to help make this less overwhelming. We want people to be able to do this more easily in the context of managing the rest of their lives and schedules.

We are looking for people to be part of collaborative group discussions and design activities. Being part of this research 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. If interested, or if you have questions contact Dr. Wanda Pratt or Meredith Skeels, (206)616-4626 or e-mail: design-study@u.washington.edu (Please remember that we cannot guarantee the confidentiality of e-mails).

The Health Smart Study

For women with any family history of breast cancer, age 18 to 60, who are willing to participate in 10 two-hour workshops. Participants will complete a set of questionnaires, give blood and saliva samples, and receive two Hepatitis A vaccinations. Conducted by researchers at Fred Hutchinson Cancer Research Center to see how stress reduction workshops can help women with a family history of breast cancer manage their everyday stresses and cancer risk concerns. Funded by the National Cancer Institute, this study looks at whether various stress management and coping techniques improve immune function. The study will teach women scientifically proven stress management techniques. There is no charge to participate. All participants will receive a set of CDs with relaxation exercises, a tote bag, and a workbook filled with stress management techniques taught in the classes.

Contact Line: (206) 667-2448, (866) 769-0832, or healthsmart@fhcrc.org. (This study may stop recruiting by spring 2009).

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. (Individual breast cancer risk will be assessed prior to enrollment.) 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 Line: (206) 667-1391, excel@fhcrc.org; www.excelstudy.com
Regain Bladder Control Through Physical Therapy

Do you urinate more than every two hours in the daytime? Do you rush to go to the toilet to empty your bladder? Do you have bladder accidents with coughing or sneezing? If you answered yes to any of these questions, the physical therapy department at SCCA can help.

Bladder dysfunction does not have to be a normal part of aging, the post-partum process, or a permanent side effect of your cancer treatment. There are effective, non-surgical treatment options for urinary incontinence. Therapy will strengthen the pelvic floor musculature and help re-train the bladder to return to a more normal and convenient pattern of urinating. Therapists work closely with physicians in regards to patients’ medical history or medications prescribed for incontinence.

For more information, call the SCCA Physical Therapy Department at (206) 288-6373 or request a visit to our clinic through your Women’s Wellness Clinic scheduler.

CALCIUM SUPPLEMENTS — Continued from page 4

or dissolution. The “USP” letters on the label indicate that the supplement meets the U.S. Pharmacopeia’s standards for the amount of elemental calcium in a tablet and how well the tablet dissolves. According to USP standards, a calcium tablet must contain 90 to 110 percent of the amount of elemental calcium listed on the supplement label and must dissolve in 30 to 40 minutes. You can test this at home by putting your calcium supplement in a glass of clear vinegar or in one cup of water with the juice of half a lemon (similar to the acid environment of your stomach) and see whether the supplement dissolves in 30 to 40 minutes.

Finally, calcium supplements are best absorbed when taken in doses of 500 mg or less. Therefore, if you take 1,000 mg of calcium in a supplement, take 500 mg twice a day instead of 1,000 mg calcium at one time.

If you have additional questions about calcium or other supplements, consider seeing a dietician as part of your annual visit to the WWC.

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.

Outside Events

Sunday, June 7 – Puget Sound Race for the Cure® at Qwest Field and Event Center. Runners and walkers will raise over $2 million for breast cancer research. Online race registration began Feb. 9. For more information, contact Judy Yu, race manager, at (206) 633-0303 or e-mail judy@pskomen.org. Visit www.pskomenraceforthecure.org for more details.

Friday, Sept. 11 to Sunday, Sept. 13 – Seattle Breast Cancer 3-Day. Register now for this 3-day, 60-mile walk. Participants commit to fundraising, training, and dedicating an entire weekend to the cause.

Go to www.th3day.org or call (800) 996-3Day for more information and to register for the event.

Regain Bladder Control Through Physical Therapy

Women’s Wellness Clinic Newsletter
The Fred Hutchinson Cancer Research Center Survivorship Program invites you to attend an educational event for cancer survivors.

Moving beyond cancer to wellness

Saturday, June 13, 2009
8:30 a.m. to 1 p.m.

Hosted by the Fred Hutchinson Cancer Research Center Survivorship Program | a member of LIVESTRONG

keynote speaker

Daniel Shapiro, PhD

Dr. Shapiro is professor and chair of the Humanities Department at Penn State College of Medicine. He is a cancer survivor having been diagnosed with Hodgkin’s disease at the age of 20.

His award-winning research focuses on coping with medical crises and physician patient communications.

EDUCATIONAL BREAKOUT SESSIONS WILL BE LED BY EXPERTS IN THE FIELDS OF:

- Nutrition
- Complementary and alternative medicine
- Exercise
- Fatigue and Energy
- Relationships and Intimacy
- Legal Rights of Cancer Survivors
- Late Effects
- Emotional Adaptation
- Cognitive Function
- Lymphedema
- Bone Health
- Cancer’s Impact on Family and Caregivers
- Coping with Stress

Please RSVP – space is limited.
If you are able to join us for this event, please RSVP by:

telephone 1-206.667.5262
online www.fhcrc.org/survivorship
e-mail survivor@fhcrc.org
fax 1-206.667.2742

"After the shock of the diagnosis, I chose to kick my cancer out the door and live life the way I want to, not on cancer’s terms."

— Jayne Collins
cancer survivor

Hosted by the Fred Hutchinson Cancer Research Center Survivorship Program | a member of LIVESTRONG

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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
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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.