

Living Well

Through Cancer Treatment and Beyond



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When you first hear the words, “it’s cancer,” the road ahead may seem overwhelming. But from that moment on, your Providence team surrounds you to help you through the journey.

We use powerful tools to treat your cancer—from surgery, chemotherapy and radiation to new treatments like immunotherapy. But there’s a lot you can do to help your own healing. We encourage you to take an active role in your health. This can make a difference in reducing side effects and improving your quality of life.

Inside this guide, there are evidence-based tips on eating, moving and relaxing to help you live well throughout your cancer treatment and beyond. You’ll discover helpful resources and learn how our team can help you, every step of the way. While this isn’t intended as a comprehensive treatment guide, we hope you’ll find some useful self-care tips. If you have any questions, please ask your care team or call Providence Cancer Institute at 503-215-6014.



Cancers we treat

At Providence, we see more than a cancer diagnosis, we see the journey you’re on and a way forward together. Our cancer experts and compassionate care teams provide individual support and help coordinate every step of your care. Our goal is to make you well again.

Between our local experts in Oregon and our Providence network of cancer specialists, we’re dedicated to offering you the best personalized treatment options.

Check out our website to learn more:
Providence.org/ORcancer

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Resource Directory

Medical, Surgical and Radiation Oncology

These oncologists (doctors) lead your care and may refer you to additional services if needed. They specialize in cancer treatments such as chemotherapy, surgical procedures, immunotherapy and radiation. For a complete list of Providence cancer specialists in Oregon, visit [Providence.org/ORcancer](https://providence.org/ORcancer).

Providence Oncology and Hematology Care Clinics are at the following hospital locations:

Portland – Providence Portland Medical Center:

503-215-5696

Portland – Providence St. Vincent Medical Center:

503-216-6300

Oregon City – Providence Willamette Falls

Medical Center: 503-513-1900

Newberg – Providence Newberg Medical Center:

503-537-6040

Hood River – Providence Hood River Medical Center:

541-387-6445

Seaside – Providence Seaside Hospital:

503-717-7650

Providence Radiation Oncology:

Providence Portland Medical Center: 503-215-6029

Providence St. Vincent: 503-216-2195

Providence Clackamas Medical Plaza: 503-513-3300

Providence Medford Medical Center: 541-732-7000

Treating your cancer isn't only about treating the disease. It's also about supporting your whole being – body, mind and spirit. This will help you get through your treatment and emerge as healthy and whole as possible.

Here are some key people who can help you along the way. Depending on your needs, some or all of them may be on your Providence care team.

Oncology Nutrition – pages 8-11

Cancer and cancer treatment may make it hard to eat and drink well, but good nutrition is essential during treatment and recovery. Registered dietitians support you with medical nutrition therapy according to your unique needs. 503-215-6014

Rehabilitation – page 14

Physical and occupational therapists help reduce fatigue and rebuild strength through movement and exercise. They also address post-surgical movement restrictions, lymphedema, bladder or bowel function, and health issues affecting intimacy. Speech therapists address any changes in swallowing, speaking or cognition related to cancer treatment. 503-215-6468

You can connect with any of the cancer specialists or programs in this booklet by calling 503-215-6014.

Sexual Health Services – page 16

Sexual health experts provide support, guidance and resources to people with a history of cancer who are experiencing changes to their sexual health.

Providence Portland: 503-215-2075

Transitions: An Appearance Center – page 16

Shop for post-breast surgery bras and breast forms, lymphedema garments, hats and scarves.

Providence Portland: 503-215-8998

Providence St. Vincent: 503-216-8502 option 1

Integrative Medicine – page 18

Naturopaths, acupuncturists, chiropractors and massage therapists provide evidence-based, safe and effective medicines and healing approaches aimed at helping to minimize side effects of cancer treatment and achieve your optimal health.

Providence Portland: 503-215-3219

Providence St. Vincent: 503-216-0246

Cardio-Oncology – page 19

Some people being treated for cancer may have underlying heart conditions that can impact their cancer treatment.

Also, some cancer treatments may impact the heart.

Our cardio-oncology care team works with your oncologist to evaluate and treat your cardiac risk factors.

Providence Heart Clinic – Hollywood

Providence Heart Clinic – Gresham

503-962-1000

Oral Oncology – page 19

Our Oral Oncology team may provide consultation before or during cancer treatment to help prevent and treat oral side effects from cancer therapies.

503-215-1676



Resource Directory

Oncology Palliative Care – page 20

Oncology palliative care focuses on improving your physical, emotional and spiritual health while you receive cancer treatment. Our oncology palliative care team works with you, your supporters and your care team to provide relief from pain and discomfort, help manage depression and more. Clinic locations and phone numbers are listed on page 4.

Spiritual Care – page 21

Providence chaplains provide emotional and spiritual care to people of all backgrounds and perspectives. Providence Willamette Falls and Providence Portland Medical Center: 503-215-5696
Providence St. Vincent and Newberg: 503-216-6300

Providence Cancer Support Services – page 22

You have access to unsurpassed support and service, adding an extra dimension of care to help fight cancer and promote health on every level – body, mind and spirit. [Providence.org/ORcancersupport](https://providence.org/ORcancersupport)
503-215-6014

Oncology Social Workers – pages 22-23

Oncology social workers help with emotional and practical concerns related to your cancer diagnosis. They can help relieve anxiety and depression, find a support group or help you get to your appointments. In addition, they offer compassionate guidance for families and caregivers facing a cancer diagnosis.
503-215-6014

Oncology Nurse Navigators – page 22

A nurse navigator may be available to help you throughout your treatment. In addition to answering your questions, the nurse navigator can help coordinate your appointments and connect you to helpful resources.
503-215-6014

Oncology Resource Specialists – page 22

Oncology resource specialists provide an additional layer of support. They'll help you access resources from Providence and many other resources in the community.
503-215-6014

Financial Services – page 23

Our team of financial experts can help you with insurance referrals, authorizations and financial assistance.
Portland Metro area: 503-215-4300

Clinical Trials – page 30

Clinical trials help find new ways to improve treatments and the quality of life for people with cancer. Ask your care team if you'd like to know more about studies that may be appropriate for you. If you're on a clinical trial, a clinical research nurse will guide and support you during your participation.
503-215-1979

For all general questions call 503-215-6014.

Some services may require a physician's referral—check with your insurer for coverage requirements.



Additional Resources

Gamma Knife Center of Oregon

Featuring a non-surgical radiation therapy for treating various conditions and brain cancer.
Providence Portland: 503-315-6800

Brain and Spine Institute

A comprehensive, integrated center that treats all conditions of the brain and spine.
Providence St. Vincent: 503-216-1055

Providence Elderplace

All-inclusive care for the elderly with the goal of enabling seniors to remain living in their home or an Elderplace center. 503-215-6556

Genetic Risk Clinics

At Providence, genetic services are available for cancer patients at our genetic risk clinics. Your doctor will refer you if appropriate.

Smoking/Tobacco Cessation Classes

Get support to help you quit for good. Register online, by phone, or talk to your family doctor. 1-800-QUIT-NOW (1-800-784-8669)

MyChart

Connect with your care team, see test results and appointment summaries and more with this online resource. mychartor.providence.org

Providence Basecamp

This free community resource is available to families or individuals. Join a free fitness class online or in-person or try a cooking class. Some classes are available in Spanish. Call 503-216-0880 or register at [Providencebasecamp.org](https://providencebasecamp.org)

Providence Community Resource Desk

This team helps individuals and families connect with resources in their community. The free and confidential service is open to everyone. 503-215-6014

Home Health Services

Home-based, professional health care services are available for patients who can't leave their homes. Ask your care team for a referral.

Information about these resources and others can be found online at

[Providence.org/ORcancersupport](https://providence.org/ORcancersupport)

Cancer Resource Centers

Information about cancer and support services.

Jill Lematta Learning Center at Providence Portland

Breast Center Library at Providence St. Vincent

503-215-6015

Trusted Resources

Cancer resources from trusted nonprofit organizations.

Providence Wellness Classes

We offer online or in-person classes to improve or maintain a healthy lifestyle.

Guest Housing

Providence offers guest housing nearby for patients and families that are from out of town.

Providence Portland: 844-971-7768

Providence St. Vincent: 888-550-1575

Eat Well

Eat to prepare for surgery or treatment

In the weeks before surgery or treatment, it's important to pay extra attention to nutrition. A balanced diet that includes plenty of healthy calories and protein at every meal will help your body build strength, prepare for what is to come and do better afterward.

Eat to help your body heal

It's not always easy to eat during cancer treatment, but maintaining good nutrition is important. You can support your treatment by making good food choices. Your body is working hard right now. A well-balanced diet provides the essential support your body needs to recover from the effects of cancer treatments, heal quickly after surgery and radiation, and strengthen your immune system. Plus, it just helps you feel better. Choose your favorite foods, with a focus on those that are nourishing.

Our dietitians are here to help when:

- You're having difficulty eating enough.
- You're confused by information overload from friends, family members or websites.
- You need advice on what to eat to address multiple health issues.
- You need help turning general nutrition concepts into a healthy eating plan that works for you.



Providence Oncology Nutrition registered dietitians specialize in cancer nutrition and are here to help. They work closely with you to set nutrition goals and advise ways to achieve them. Our services are available in-person and/or virtually through all our Providence Cancer Institute clinics including our nutrition classes. Learn more at: providence.org/ORcancernutrition

Good Food is Good Medicine

The same foods that promote good health in general have been found to help fight cancer. Stock your pantry and fridge with whole, natural foods that nourish your body.

Emphasize:

- **Fresh vegetables and fruits:** Make them half of every meal and snack and eat a wide variety of colors to maximize nutrients.
- **Whole grains:** Whole oats, quinoa, amaranth, kamut and whole-grain breads and cereals have far more nutrition than refined grains and products (white flour, white bread, white rice), which lose most of their fiber and nutrients in processing.
- **Plant-based proteins:** Lentils, soybeans, black beans and other beans, nuts and seeds provide plenty of healthy protein, plus fiber.
- **Fish:** Oily fish, such as salmon or tuna, is rich in healthy omega-3 fats.
- **Lean animal proteins:** Chicken, turkey, lean beef and pork are better choices than high-fat meats and preserved, processed meats such as salami and sausage.
- **Yogurt:** Cultured dairy foods, such as yogurt and kefir, supply calcium, protein and probiotics.
- **Healthy fats:** Extra-virgin olive oil, avocados, olives and raw nuts are some of the best sources of healthy, unsaturated fats.

These suggestions may not apply in every situation and may change depending on your stage of treatment. If your care team has advised you to avoid the food that is suggested here, follow their advice and ask one of our dietitians if you have questions.

Two foods to limit

Sweets

Eating high-sugar foods may mean more calories than you need, which leads to excess weight and body fat. This increases the risk of many common cancers.

Alcohol

Beer, wine and spirits can interfere with chemotherapy, medications and other treatments.

Alcohol may increase your risk for several cancers. Talk to your care team about alcohol consumption.

When Eating Well is a Challenge

Rapid weight loss and dieting are not recommended during treatment. No matter what your weight or body mass index, you need a balanced, nourishing diet for healing, strength, and recovery.

If symptoms are getting in the way of eating, talk to your health care team or consider meeting with a dietitian – especially if:

- You lose five or more pounds in a week
- You eat less than 50% of normal for a week or more
- You have diarrhea that lasts three days or more

If side effects such as nausea, decreased appetite, taste changes and digestive issues are affecting your ability to eat well, these tips may help you get the nutrition your body needs:

- Eat small amounts every few hours, choosing protein and nutrient-rich foods.
- Stock your kitchen with healthy foods. Make sure to include items that are comforting to you.
- Have foods on hand that need little or no cooking.
- Cook foods ahead of time and freeze in meal-sized portions.
- Ask friends or family to help you shop and cook.
- Ask your doctor, nurse, or dietitian for information on managing symptoms. Some symptoms may get in the way of eating and drinking enough.

Watch your weight loss

Drink Up

Drinking plenty of fluids is very important during cancer treatment. When you're being treated for cancer, it's crucial. Most people on chemotherapy need 60 to 80 ounces (7-1/2 to 10 cups) of water per day. Your care team can give you a specific recommendation based on your needs. People who do not drink enough water will feel more nauseated and tired.

If water isn't working for you, try:

- Tea—go caffeine-free to avoid sleep problems.
- Soup or broth—a great way to get fluids and easy-to-digest nutrients.
- Fruits and vegetables—choose ones with high water content, such as melons and cucumbers.
- Electrolyte drinks—try them in tablet, powder or liquid form.
- Bottled water—it may taste more neutral than tap water.

What about juicing?

Most juicers eliminate the peel, the pulp and all that nutrition, leaving only sugar water in your glass. If you juice, make sure your juicer leaves nothing behind. For nutrient balance, have some protein, like a handful of nuts, with your juice.

Liquid nutrition shakes and smoothies

Liquid nutrition drinks can be very helpful if you are struggling to get enough calories. They provide a good balance of protein, fat, carbohydrates and nutrients in an easily consumed form. There are many options available. You can make nutritious shakes and smoothies by blending whole fruits, vegetables, yogurt, nut butters and milk. Our dietitians can offer a variety of recipes or help you choose a ready-made option.



Eat the whole fruit or vegetable.

Did you know more than 400 vitamins, minerals and enzymes have been identified in the peel of an apple?

Exercise

Improve energy, reduce side effects.
Exercise is one of the most beneficial things you can do for yourself during cancer treatment.



It may sound impossible to take a walk when you're feeling exhausted, and you're not alone. Between 80 to 100% of people report having fatigue as a side effect. However, many studies show that people who stay moderately active through their treatment have less fatigue and more energy. In fact, physical activity reduces just about every side effect of treatment, so it's really important to give it a try.

Be as active as you can

The American Cancer Society (ACS) assures us that exercising during cancer treatment is both safe and highly beneficial. The ACS recommends:

- Exercising at least every other day
- Starting slowly and progressing gradually
- Building up to 30 minutes per day, if you can
- Exercising at a moderate intensity

13 ways exercise can benefit you

Studies suggest that exercise may help people during and after cancer treatment to:

- Function at a higher level with fewer limitations
- Think more clearly
- Feel less tired and more energetic
- Have less anxiety and depression
- Feel less nauseated
- Prevent muscle wasting and deconditioning due to inactivity
- Maintain or keep blood counts from dropping during chemotherapy and rebound fast afterwards
- Lower the risk of osteoporosis and heart disease
- Improve balance and reduce the risk of falls
- Improve blood flow to the legs and minimize the risk of blood clots and neuropathy
- Feel more positive and better in general
- Reduce the risk of cancer recurrence
- Improve survival

Exercise Tips From Our Team

If exercising for 30 minutes sounds too difficult, keep in mind: that's the goal, not the starting line. Depending on your energy and fitness level, you might start with just a five or 10-minute walk and add a few minutes each day as you build your endurance. Here are some additional tips to help you get started:

Talk to your care team first

Your doctors or physical therapists can make sure you start at a level that's safe for you, given your current condition and where you are in your treatment.

Make it enjoyable

You don't have to jog or slog through a gym routine. You'll be more likely to exercise if you choose activities that you enjoy. Bring a buddy, listen to podcasts—whatever keeps it fun and interesting.

Include three types of activity

- Aerobic exercise will help you maintain energy and stamina.
- Strength training will help you stay strong and help maintain muscle loss.
- Stretching will help you relieve stiffness and stress.

Take advantage of good days

Plan your most vigorous exercise for the days when you have the most energy.

Take it easy on bad days

Listen to your body. Do lighter exercise or gentle stretches on low-energy days, and don't exercise if you're feeling sick or running a fever.

Break it down

If you don't have the energy for a 30-minute walk, you can get the same benefits from two 15-minute walks or three 10-minute walks.

Don't overdo it

It's OK to challenge yourself, but don't push to the point of fatigue or pain. Sometimes even low blood counts can increase your feeling of fatigue.

Be more active in general

Find ways to add more activity where you can, such as walking to the mailbox, standing or pacing when you're on the phone, doing light housework or putting in your garden. Make the world your gym.



Recover and Restore

Rehabilitation programs at Providence are here to help you. We offer you support during and after treatment to address symptoms and side effects. The result is a faster and more complete recovery. This will improve your energy levels and restore your overall well-being.

Our physical, occupational and speech therapists work together to create a personalized treatment plan for you. This plan will complement your medical care, condition and lifestyle. Here are some ways our specialized therapists will support you.

Physical Therapists:

- Address restriction of movement caused by radiation or surgery.
- Reduce your risk or relieve lymphedema if you've had surgery and lymph nodes removed.
- Create an exercise plan to ease side effects of your treatment.

Occupational Therapists:

- Address problems with intimacy, bladder or bowel function.
- Help you learn how to manage fatigue and pain, and sleep without medication.
- Teach you techniques to aid in memory, attention and the ability to manage daily tasks.
- Assist you in managing symptoms and effects of anxiety and depression.

Speech and Language Therapists:

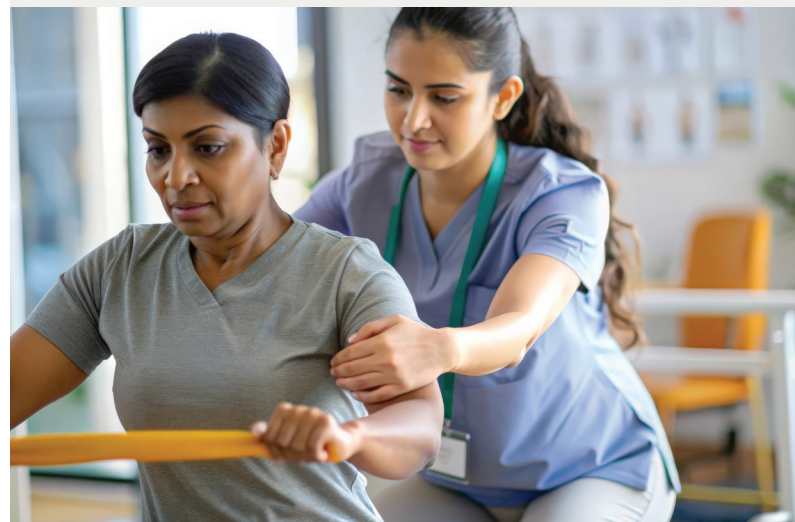
- Help increase your memory and word-finding abilities during and after chemo.
- Teach new methods of speaking after surgery.
- Help improve your strength and coordination necessary for swallowing.

Together, we'll help you reclaim your quality of life, step by step, and rediscover the joy in every day.

Did you know?

Did you know that Oregon is one of only 20 states that allow patients complete, unrestricted access to physical and occupational therapists? No doctor referral is necessary.

Learn more about rehabilitation services at Providence.org/ORcancersupport



Sleep Well

Restful sleep is crucial when you're going through cancer treatment. While you're sleeping, your body produces human growth hormone, which helps your cells repair and heal your body. Sleep also boosts your immune system, lifts your mood, and helps you think more clearly. It restores you, both emotionally and physically.

Unfortunately, cancer can pull a triple whammy on sleep:

- Many of the medications used in cancer treatment can cause sleep problems.
- Side effects like pain, nausea and hot flashes can disrupt sleep.
- The worries and anxiety that go along with cancer can keep you up at night.

Not sleeping well?

Talk to your primary care doctor, oncologist or naturopath.

Your medications may need to be adjusted to reduce your side effects. Your doctor also may prescribe a sleep aid to help you get the sleep you need. Your naturopath may suggest acupuncture to quiet your mind and increase the release of natural melatonin to improve your sleep.



Here are other ways to help you sleep:

- Try meditation, prayer, talking to a friend, taking a walk or getting a massage to help calm anxiety.
- Get some exercise, especially outdoors in the morning.
- Reduce or eliminate alcohol and caffeine.
- Take a homeopathic sleep aid or a supplement such as melatonin. Be sure to clear it with your doctor or naturopath first.
- Shut down the computer, TV and cell phone an hour before bedtime.

Intimacy

There may be changes in your sexual health due to cancer treatment or risk-reduction surgery. Physical changes to your body and side effects can make intimacy more challenging.

Your sex life

It's common for your sex life to take a back seat. At the same time, closeness can help you feel better emotionally. Fortunately, there are ways to manage the symptoms you may be having.

Intimate side effects

Cancer treatment can cause some very intimate side effects, including changes in sexual activity, bladder function and bowel function. What many people don't realize is that treatments are available that can help significantly with these issues.

Team of specialists

Our specialists, such as physical therapists and sexual health experts, can help. Contact our team early, as problems that affect sexuality and intimacy can increase over time.

Physical therapy

Our physical therapy team includes specialists in pelvic health rehabilitation who can help with many treatment-related side effects. This includes sexual changes and changes in bladder and bowel function.

Sexual health services

Our sexual health experts care for people with a history of cancer. At Providence, our goal is to treat the whole person during and after cancer treatment. And your quality of life is important to us. Our experts understand it can be difficult to discuss these intimate subjects. We encourage you to ask your health care team for a referral.



Transitions

An Appearance Center

Begin to feel like yourself again. We're committed to providing you with a comforting experience, where your individual needs are listened to and respected.

Our expert, certified fitters can help you with:

Mastectomy bras • Camisoles • Prostheses Lymphedema garments • Head coverings • Personal care items • Jewelry

[Providence.org/transitions](https://www.providence.org/transitions)

Providence Portland: 503-215-8998

Providence St. Vincent: 503-216-8502 opt 1

Free self-service gently used wigs are available at both locations.



Relax Your Mind and Body

Learn healthy ways to relieve stress

Going through cancer treatment is stressful on every level: mind, body and spirit. Research has found that high levels of stress can weaken the immune system. This can contribute to digestive problems, sleep trouble, depression and anxiety. Reacting to stress by smoking, drinking or becoming less active may affect your quality of life during and after cancer treatment. Many patients find it helpful to adopt healthy relaxation and coping strategies. These techniques can relieve stress and help you feel better emotionally and physically.

Take a deep breath

Breathe in slowly to the count of four. Hold for a second or two, then breathe out for four. Repeat. Do this in waiting rooms, in traffic jams or whenever stress strikes.

Eliminate stressors where you can

- Too much to do? Take people up on their offers of help.
- Worried about your kids? Connect with an oncology social worker. Contact your oncology clinic for a referral.
- Financial, transportation or housing concerns? Contact Providence Cancer Support Services.

Practice healthy ways to cope with stress

- Take time for meditation, prayer or reflection.
- Write in a journal.
- Talk to a friend or counselor.
- Exercise.
- Practice deep breathing.
- Try massage or acupuncture.

- Get out in nature—even sitting outside in a chair can help.
- Ask your doctor about counseling or medications for depression or anxiety.

Pause and reflect

Going through cancer treatment can be scary. Thousands of worries, questions, fears, to-do's and what-ifs can crowd your thoughts. Taking a few minutes to slow down, breathe and check in with yourself can be helpful. Benefits include:

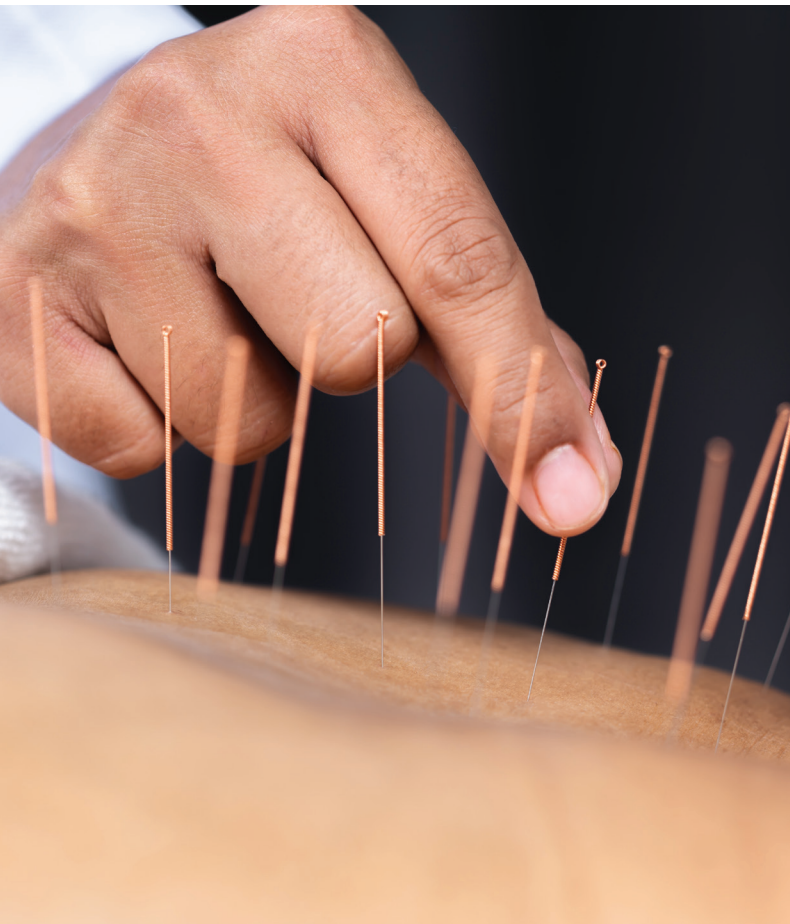
- Managing emotional stress
- Relaxing the body
- Reducing negative thinking, anxiety and worries about the future
- Focusing on what is helpful and possible in the present
- Improving sleep
- Activating the immune system
- Reducing Inflammation
- Promoting healing



Supportive Care

Integrative Therapies

The Providence Integrative Medicine Program focuses on a holistic approach to treat the whole person. Our licensed specialists are certified to work with people who have cancer using evidence-based therapies. We work with your treatment team to make sure our services are compatible with the treatment you're receiving. This can lessen side effects in different ways.



Naturopathic medicine

Our naturopathic physicians use safe, natural therapies. This has been shown to support healing and reduce side effects. Our focus is to improve your quality of life without interfering with your cancer treatment. Depending on your specific needs, we may suggest different therapies. These may include supplements, lifestyle changes, natural remedies or other approaches.

Chiropractic medicine

Chiropractors use hands-on techniques and exercises to ease pain and discomfort in muscles, bones, and joints. They can assist with various side effects related to cancer. These include muscle pain from stress, tightness, changes in muscle tissue, headaches and other problems.

Massage

Massage has been shown to reduce many side effects of cancer treatment. These include pain, fatigue, stress, anxiety, nausea and depression. In a study at Memorial Sloan Kettering Cancer Center, patients rated these side effects as 50% less severe after one massage. This improvement persisted at a 48-hour follow-up.

Acupuncture

There is strong evidence that acupuncture relieves nausea and vomiting caused by chemotherapy. Studies also suggest that it can help with many other symptoms such as fatigue, neuropathy, pain and poor sleep.

Ask your oncologist for a referral to our integrative medicine team. Or call Providence Cancer Institute to connect with one of our two integrative medicine clinics.

Cardio-Oncology

Providence Cancer Institute and Providence Heart Institute have partnered to create the Cardio-Oncology Program. Cardio-oncology is a new approach to heart care for cancer patients. New cancer therapies are helping patients live longer, but certain treatments may affect the heart during or after treatment. People with cancer may also have existing heart conditions that can impact the treatment they receive.

A Providence cardiologist and your oncologist work together to evaluate and protect your heart before, during and after your cancer treatment.

Your cardio-oncology care team will:

- Coordinate your personalized care with cardiologists, oncologists and nurse navigators
- Monitor your heart function throughout your therapy if there is a risk the treatment could affect your heart
- Develop individualized treatment plans to protect you if complications occur that affect your heart

Talk to your oncologist to see if you might benefit from this service. To learn more visit: providence.org/ORcardiooncology

Oral Oncology

Our oral oncology clinic is dedicated to caring for people with cancer who have oral health problems due to their cancer treatment. As a cancer patient, you may be at risk for developing mouth symptoms. Radiation, chemotherapy and other treatments can cause changes in your mouth.



Our team is made up of specialized dentists in oral medicine and orofacial pain (pain of the mouth, face and jaw) with additional training and expertise in oral oncology. We evaluate you before your cancer therapy to reduce the risk of potential side effects using evidence-based practices and treat complications which may arise. You will continue to see your regular dentist for all dental care (cleanings, cavities, crowns, etc.). We work with your general dentist to help reduce the impact that cancer treatment may have on your quality of life.

Ask your doctor for a referral to our clinic. To learn more visit our Oral Oncology webpage at: providence.org/ORoraloncology

Palliative Care



Studies show that people who receive palliative care early experience less severe symptoms. They spend less time in the hospital and report feeling better overall.

Extra care and support

Our Oncology Palliative Care Clinic offers an extra layer of support to help you cope and adjust to a cancer diagnosis. We focus on your physical, emotional and spiritual health. Special attention is given to relieving pain and other distressing symptoms. We assist you in making treatment decisions based on your values, goals and priorities.

Palliative care can begin at the time of diagnosis and continues through cancer treatment. The goal is to improve your quality of life.

How we can help

Our oncology palliative care team includes a specially-trained group of clinicians. This may include doctors, nurse practitioners, nurse navigators, social workers and chaplains. They work with you, your supporters and your cancer care team to provide:

- Relief from symptoms
- Treatment for depression and anxiety related to your cancer diagnosis
- Emotional and spiritual support
- Enhanced communication with your care team and family members
- Guidance with difficult treatment decisions
- Help with navigating the health care system
- Assistance with Advance Care Planning

Spiritual Care

Chaplains are available throughout your journey with cancer. Chaplains provide support according to what is important to you and your loved ones.

Chaplain support is available by appointment.

You may want to seek chaplain care when you are:

- Dealing with a new cancer diagnosis
- Asking religious or spiritual questions
- Experiencing grief about a loss related to cancer
- Needing prayer or assistance with a religious ritual
- Facing difficult decisions related to medical treatment



Practical and Emotional Support

The stress of a cancer diagnosis can affect every aspect of your life. Providence Cancer Support Services can help. Our team of oncology social workers, nurse navigators and resource specialists will help you access and connect to available resources. These resources can help you manage both the emotional and practical stressors related to your cancer diagnosis.

Our services include:

- Assistance with anxiety, depression, stress management and relaxation
- Assistance with housing for visiting patients and families
- Connection to transportation options
- Guidance in navigating the health care system
- Guidance with disability programs
- Assistance communicating with your care team or family
- Support and referrals for family members
- Professionally facilitated cancer support groups
- Distribution of cancer-specific information and resources
- Referrals to Providence and community resources

Providence Cancer Support Groups

Cancer support groups provide education and support for cancer patients and their loved ones. Providence offers online groups led by our professional staff. We also coordinate one-on-one peer support.

Learn more at:

[Providence.org/ORcancersupportgroups](https://providence.org/ORcancersupportgroups)

Read about all our support services at:

[Providence.org/ORcancersupport](https://providence.org/ORcancersupport)

Support for Families

When you're a parent with kids at home, a cancer diagnosis brings up many concerns. Our oncology social workers are here to help. We provide support and guidance to help families deal with a diagnosis together. This includes phone support, a family-focused cancer resource library and referrals to child therapists as needed.

Five ways to help your children cope:

- Be open and direct about your diagnosis. Including kids in discussions helps reduce their fears and develop feelings of trust, control and involvement. Your oncology social worker can assist you in determining an age-appropriate approach.
- Use real words like "chemotherapy" rather than "medicine," and "cancer" rather than "sick," to prevent confusion.
- Maintain some normal routines and structure at home.
- Let their teachers know what's going on so they can better support your kids.
- Take care of yourself. The better children see adults managing challenges, the better they will cope themselves.

Financial Services

We understand that health care is expensive, and the billing and payment process can seem complex. Our financial staff members are committed to helping you navigate through this process. The earlier you contact us the sooner we can help.

We offer these services for your cancer treatment:

- Cost estimates
- Verify your benefits
- Understanding your insurance coverage
- Medication assistance program



After Your Treatment



When active treatment for cancer ends, many people expect to feel happy, relieved, and ready to get back to “life as usual.” When your feelings turn out to be different, it can take you by surprise. The side effects from your treatment may linger longer than you expected. You may feel different, emotionally and physically, than you did before cancer. You may miss the guidance of your care team. And you may find yourself wondering: What now?

Your oncology care team can suggest ways to help you manage the long-term effects of your cancer diagnosis and treatment.

They can give you referrals for support services and therapies that might be helpful including:

- Naturopathic support
- Acupuncture
- Chiropractic medicine
- Therapeutic massage
- Nutrition advice
- Social work services
- Counseling
- Genetic testing
- Support groups

The next few pages cover some additional steps you can take to nurture your physical and emotional health to help you move forward.

Give it some time

It took time and powerful therapies to treat your cancer. It will take time to recover from everything you’ve been through. Be patient and gentle with yourself, and keep in mind that everybody heals at different rates.

Pay attention to your emotions

After cancer treatment, many people have trouble bouncing back emotionally. Anxiety and depression are normal responses that most people feel after treatment. The important thing to know is that most of the time, these feelings fade with time. If you have persistent feelings that aren’t normal for you, reach out to your health care team. Don’t wait for the feelings to pass – anxiety and depression can and should be treated.

Talk to someone who understands

After you’ve faced the immediate challenge of dealing with cancer, you’re left with a lot of questions and a lot to process. One of the most comforting and reassuring things you can do is to talk to someone who’s going through the same thing. Our peer support program and support groups are different from any other kind of therapy. Here, you don’t have to explain yourself – everyone just gets it.



After Your Treatment

Be proactive about prevention

The most common fear after completing cancer treatment is the fear of recurrence. One of the best ways to fight that fear is to be proactive about maintaining your health. Here are some things you can do to reduce your risk of future cancers:

- Stay physically active
- Eat healthy foods
- Maintain oral hygiene
- Wear sunscreen
- Don't use tobacco

Keep up with screenings

You may have completed your cancer treatment, but it's still crucial to keep up with regular health screenings. Staying current with screenings can help protect you from other types of cancer and illnesses. Recommended screenings may include a colonoscopy, mammogram or Pap test.

Additionally, routine screenings such as dental check-ups, blood pressure measurements, cholesterol tests and other age-appropriate assessments are essential for maintaining good health.

Stay connected with your doctor

Your family doctor or oncologist will let you know when you need follow-up appointments. It's important to monitor your recovery. Watch for persistent or new symptoms like a nagging cough after chest radiation, scar pain or lymphedema issues. Report worrisome symptoms to your doctor including pain that doesn't go away within a couple of weeks.



Helpful reminders

Just because you don't feel you can complete all your desired daily activities, or your usual workout routine, doesn't mean you're failing. Adjust your expectations for yourself. Pace yourself. Learn about safe exercise habits and make healthy lifestyle and diet choices. You can help minimize the impact cancer treatments may have on your life.

Tired?

Take a walk. Unlike regular fatigue, you can't make it go away with a cup of coffee or a nap. One strategy that helps many people reduce fatigue is moderate physical activity.

Feeling weak?

After all that you've been through, your strength and stamina probably aren't what they used to be. Get help getting active. Talk to our physical and occupational therapists. They can:

- Assess your current fitness and abilities
- Help you set goals for feeling more fit
- Give you a road map to help you safely return to exercise

Taste changes?

Try something new. Dry mouth, swallowing difficulties and taste changes can take anywhere from a few months to years to completely go away. Our naturopaths, dietitians or oral oncologists can help.

Eat to beat cancer

Continue healthy eating habits to reduce your risk of cancer recurrence and promote good health. Eat whole, natural foods that nourish your body.

Get help with weight issues

Research has found that obesity increases the risk of cancer recurrence. It also raises the risk of developing new cancers. But losing weight on your own can be difficult. Ask your doctor for a referral to a registered dietitian who can help you learn to make changes that make a difference.



After Your Treatment

Combat chemo brain, even if you didn't have chemo

Chemo brain (or brain fog) is a very common and very real phenomenon after cancer treatment. You don't even have to go through chemo to get it. The problems with memory, word finding and attention can be caused by many cancer treatments, stress and your level of nutrition. Ask for a referral to a speech therapist who may be able to help.

Chemo brain can last awhile, but it doesn't mean you've lost any intelligence, and it does get better. Until then, take some of the pressure off yourself. Adopt new habits, like putting your keys in the same place every time, writing things down and giving yourself a break when you forget something. You are not stupid. You had cancer.

Take control where you can, and let the rest go

Now that your active treatment is done, try to be at peace with the things you can't control, and proactive about the things you can. Change your diet. Get up and go for a walk. See your doctor for your follow-up appointments. Schedule that colonoscopy. Join a support group and talk to people honestly about your experience.

You had a life-threatening disease and you lived to talk about it. That's a powerful statement.

Living Well Videos

The Living Well cancer video series provides information, support and hope through the stories and experiences of patients, along with valuable advice from health care experts.

Living Well Through Active Treatment:

- Tips for the Newly Diagnosed
- Radiation Therapy
- Nutrition Matters
- Immunotherapy
- Oral Chemotherapy
- Clinical Trials

Living Well Beyond Cancer Treatment:

- Aches and Pains
- Chemo Brain
- The Emotional Impact
- Lymphedema
- Peripheral Neuropathy
- Stress, Anxiety and Depression
- Cancer Survivorship

Find these videos and more at [Providence.org/cancerlivingwellresources](https://providence.org/cancerlivingwellresources)



FINISHCANCER™

At Providence Cancer Institute, we're doing everything we can to finish cancer. This means ensuring you have access to all available resources at Providence and working tirelessly in our research labs. We're developing new ideas that lead to tomorrow's breakthrough therapies.

A revolution in cancer treatment: Your immune system

Search online for the "latest cancer treatments," and one word comes up again and again: immunotherapy. While it's a new concept for many, it has been the central focus of our research in the Earle A. Chiles Research Institute at Providence Cancer Institute for more than 30 years.

Immunotherapy is a treatment approach that taps into the body's own immune system to fight cancer. Normally, your immune system is very good at hunting down and destroying invaders. It finds bacteria, viruses and sometimes cancer cells that would otherwise be harmful. But some cancer cells evade detection by disguising themselves. Immunotherapy helps the immune system recognize cancer and boost its power to find and destroy cancer cells.

On top of the latest research—because it's happening here

Since the founding of Providence Cancer Institute, our researchers have had a strong belief that the body's immune system could be harnessed to fight cancer. In fact, we built our entire research program around it. Our work has led to groundbreaking research that paved the way for new cancer treatments and potential cures. Today, our scientists are leaders in the fields of immunotherapy and genomic medicine.



R. Bryan Bell, M.D., D.D.S., FACS, FRCS(Ed)

Executive Medical Director, Providence Cancer Institute
Director and Member, Earle A. Chiles Research Institute
Walter J. Urba Endowed Chair for Cancer Research

"Providence researchers have contributed to the development of numerous life-saving therapies, and our institute has had an outsized impact on the practice of oncology. And the best part? It's all right here in Oregon benefiting Providence patients, close to home."

— R. Bryan Bell, M.D., D.D.S., FACS, FRCS(Ed)

Clinical Trials

Clinical Trials

Clinical trials are research studies designed to find new ways to treat or prevent cancer. They may test newly discovered drugs on patients for the first time. They may also evaluate new combinations of drugs or compare new therapies to the current standard of care.

Because standard treatments are not always effective, the best therapy for some is the latest clinical trial. At Providence, anywhere from 150 to 200 clinical trials are open to patients at any given time.

These include:

- Studies of new, innovative approaches developed by our own researchers.
- Studies of immunotherapy drugs developed by leading pharmaceutical and biotechnology companies.
- Studies from the National Cancer Institute to evaluate new treatments or compare them with standard treatments.

Often, our patients are the first in the world to benefit from these cutting-edge treatments.



Contributing to the future

Patients who volunteer for clinical trials gain access to new treatment options. They also help future patients by contributing to important medical advancements.

Through their participation in clinical trials, Providence patients have contributed to:

- FDA approval of the first engineered antibody to treat patients with advanced melanoma. This was the first drug to increase survival for people with this deadly cancer, ushering in the modern age of immunotherapy.
- The first FDA-approved immunotherapy treatments for cancers of the lung, breast, colon and other cancers.
- New treatment approaches for cancers of the brain, blood, kidney, pancreas, oral cavity and other organs.

Heroes?

Yes, each one of them. To all our patients, past and present: You have our deepest gratitude.

If you'd like to know more about studies that may be appropriate for you, please ask your health care team. To learn more about our clinical trials:

- Visit [Providence.org/ORclinicaltrials](https://www.providence.org/ORclinicaltrials)
- Contact our clinical research team at 503-215-1979

Giving Back

This booklet was made possible by the generous contribution to Providence Portland Medical Foundation by Elsie Franz-Finley.

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Gifts

If you would like to support patient care and research at Providence Cancer Institute, please call 503-203-0788.

Volunteer

If you are interested in volunteering, please go to [providence.org/oregon/volunteers](https://www.providence.org/oregon/volunteers) and fill out an online application or call Providence Portland's Volunteer Services Department office at 503-215-5002.



OUR VISION

Health for a Better World.

OUR PROMISE

"Know me, care for me, ease my way."

OUR CORE VALUES

Compassion, Dignity, Justice, Excellence, Integrity.

OUR MISSION

As expressions of God's healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

Providence Health System is an equal-opportunity organization in the provision of health care services and employment opportunities.

Providence is a not-for-profit health care system.

