

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, Providence Cancer Institute surrounds you with people who help you through the journey.

Your Providence team will rally its most powerful tools – from surgery, chemotherapy and radiation to emerging therapies like immunotherapy – to treat your cancer. In addition, we encourage you to be an active partner in your care. Research has found that there is a lot you can do to promote healing, reduce side effects and optimize your health during your treatment. That’s what this booklet is about.

Inside, you’ll find evidence-based tips on eating, moving and relaxing to help you live well throughout your cancer treatment and beyond. You’ll also learn how our team can help you, every step of the way.

While this isn’t intended as a comprehensive treatment guide, we do hope that just about everyone can find some useful self-care tips inside. If you have questions about anything in this booklet, please ask your care team or call Providence Cancer Institute at 503-215-6014.

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

Treating your cancer isn’t only about treating the disease; it’s also about supporting your whole being – body, mind and spirit – to help you get through your treatment and emerge as healthy and whole as possible. Here are some key people who can help you do that. Depending on your needs, some or all of them may be on your Providence team.

Medical, surgical and radiation oncologists*

These physicians lead your care, and may refer you to additional services if needed. They specialize in cancer treatments such as chemotherapy, surgical procedures and radiation. For a complete list of Providence cancer specialists in Oregon, visit ProvidenceOregon.org/cancer.

- **Providence Oncology and Hematology Care Clinics:**
Portland – Franz: 503-215-5696
Portland – Westside: 503-216-6300
Clackamas: 503-513-1900
Newberg: 503-537-6040
Hood River: 541-387-1338
Seaside: 503-717-7650
- **Providence Radiation Oncology:**
Providence Portland – Elsie Franz Finley Center: 503-215-6029
Providence St. Vincent: 503-216-2195
Clackamas: 503-513-3300
Medford: 541-732-7000

Certified oncology nurses

Our nurses specialize in caring for people with cancer, and are happy to answer any questions you have during your treatment.

Registered dietitians* – pages 6-8

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 patients with Medical Nutrition Therapy according to their unique needs.

Physical, occupational and speech therapists* – pages 13-14

These therapists can help you rebuild strength, address post-surgical movement restrictions and lymphedema, improve daily functioning, and address any changes in swallowing, speaking, intimacy, or bladder or bowel function.

Spiritual support staff – page 17

Providence’s chaplains offer spiritual support to people of all faiths.

Integrative care providers* – page 18

Our naturopaths, acupuncturists, chiropractors, and massage therapists can provide integrative therapies aimed at helping you minimize side effects and achieve optimal health.

Providence Portland: 503-215-3219
Providence St. Vincent: 503-216-0246

Supportive Oncology Care and Palliative Medicine – page 19

When cancer is advanced, our Oncology Palliative Care Program provides extra support.



Family support specialists – page 20

The Providence Family Program offers compassionate guidance and support groups for families facing a cancer diagnosis.

Oncology social workers – page 21

Oncology social workers can help with both emotional and practical concerns related to your diagnosis, such as relieving anxiety and depression, finding a support group or getting to your appointments.

Oncology nurse navigators – page 21

Oncology nurse navigators are available throughout your treatment to answer questions, help you navigate your appointments and connect you to helpful resources.

Clinical research nurses

If you are on a clinical trial, this nurse will guide and support you through the process.

Direct: 503-215-2614

Financial coordinator

Our expert financial coordinators can help with insurance referrals, authorizations and financial assistance.

Resource specialists

Resource specialists can provide more information about your cancer type, classes, support groups and other resources as needed. Learn more at ProvidenceOregon.org/cancersupport.

Peer Cancer Support Program

Trained volunteers who have had cancer can provide you with one-on-one support to talk about your fears or concerns following a cancer diagnosis. Learn more at ProvidenceOregon.org/cancersupportgroups.

** Some services may require a physician’s referral – check with your insurer for coverage requirements.*

Other supportive resources

Cancer resource centers:

- **Providence Portland:** Jill Lematta Learning Center
 - **Providence St. Vincent:** Breast Center Library
- Information about support services that can help you before, during and after treatment.
Direct: 503-215-6015

Transitions: An Appearance Center: Shop for post-breast-surgery bras and breast forms, lymphedema garments, hats, scarves, and more.

Providence Portland: 503-215-8998
Providence St. Vincent: 503-216-8502 option 1

My Little Waiting Room: Drop off your children (from 6 weeks to 10 years old) for fun, safe childcare while you attend your Cancer Center appointment. Reservations are recommended.

Providence Portland: 503-215-5400
Providence St. Vincent: 503-216-6597

Guest housing: Providence offers guest housing nearby for patients and families from out of town.
Providence Portland: 503-962-1600
Providence St. Vincent: 503-216-1575

Support groups: Our free support groups offer encouragement and connections for cancer patients, families and survivors.
ProvidenceOregon.org/CancerSupportGroups

Patient education videos: ProvidenceOregon.org/LivingWellVideos

Smoking cessation classes: Get support to help you quit for good and lower your risk of future cancers.
Providence Portland and Providence St. Vincent: 800-562-8964

Home Health services: Home-based, professional health care services are available for patients who can’t leave their homes.
Portland Service Area: 503-215-4646

MyChart: Connect with your team, access test results, view appointment summaries and more online.
mychartor.providence.org

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's to come, and do better afterward.

Eat to help your body heal

It's not always easy to eat during cancer treatment, but good nutrition is important. You can support your treatment by making good food choices. Your body is working hard right now. Good nutrition gives it the support it needs to recover from the effects of cancer treatments, to heal quickly after surgery and radiation, and to fortify 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

Check with your insurer. Many cover nutritional counseling.



“Focus on nourishing and hydrating your body as a way to support your treatment goals.”

– Jennifer Lafferty, MS, RDN, CSO

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 a food that is suggested here, follow their advice – and ask one of our dietitians if you have questions.

2 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 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 use.



When eating well is a challenge



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

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 5 or more pounds in a week
- You eat 75% less than normal for a week or more
- You have diarrhea that lasts three days or more

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 provider 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** with high water content, such as melons and cucumbers
- **Electrolyte drinks** come in tablet, powder and liquid form
- **Bottled water** – it may taste more neutral than tap water

What about juicing?

More than 400 vitamins, minerals and enzymes have been identified in the peel of an apple. 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.

A photograph of an elderly woman with short, curly grey hair, wearing a bright pink zip-up jacket and dark pants. She is sitting on a green lawn, leaning forward with her hands reaching towards her feet, which are in black sneakers with white laces. She is smiling warmly at the camera. In the background, there is a white wooden fence and a blurred green landscape with trees.

Exercise

Improve energy, reduce side effects

“If we could bottle exercise, with all of its benefits, it would probably be one of the top treatments prescribed by physicians for their patients with cancer.”

– Loch Chandler, N.D., naturopathic physician and acupuncturist,
medical director of the Providence Integrative Medicine Program

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, but study after study shows that people who stay 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.

After treatment, the benefits continue. According to the American Cancer Society, more than 20 studies have suggested that exercise may reduce the risk of cancer recurrence and improve survival.

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
- 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

Be as active as you can

The American Cancer Society 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

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 5- 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.
- 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.

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.



Have limitations? Need help getting started? Our physical therapists can help.

Ask your doctor to refer you to a Providence physical therapist who works with cancer patients. These specialists can assess your health and recommend an exercise plan that safely complements your medical care, condition and lifestyle.

Our specialized physical therapists also can help you:

- **Relieve movement restrictions** caused by radiation or surgery
- **Reduce your risk or relieve lymphedema** if you've had surgery and lymph nodes removed
- **Learn exercises** to ease other side effects of your cancer treatment

Appearance and Intimacy

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.

Our physical therapy team includes specialists in pelvic health rehabilitation who can help with many treatment-related side effects, including:

- **Men's sexual changes**, including erectile dysfunction
- **Women's sexual changes**, including vaginal dryness and pain with intercourse
- **Changes in bladder and bowel function**, including increased urinary or bowel urgency or frequency, leaking, pain, or difficulty passing urine or stool

We understand that many people feel uncomfortable discussing personal issues, but we encourage you to ask your physician, nurse or nurse navigator about any concerns you have.

Treatment – which may include exercises, medications, lifestyle changes and other therapies – can be very effective. Your team is here to provide professional, confidential treatment, referrals and support.



Our expert, certified fitters can help you with:

- Post-surgical/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 option 1

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, and just plain makes you feel better.

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.



If you're not sleeping well, talk to your primary care provider, 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.

In addition, you can try:

- Calming anxiety through meditation, prayer, talking to a friend, taking a walk or getting a massage
- Getting some exercise, especially outdoors in the morning
- Reducing or eliminating alcohol and caffeine
- Taking a homeopathic sleep aid such as Calms Forte, or a supplement such as Melatonin – be sure to clear it with your doctor or naturopath first
- Shutting down the computer, TV and cell phone an hour before bedtime

Relax your mind and body



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.

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 and contribute to digestive problems, sleep trouble, depression and anxiety.

According to the National Cancer Institute, reacting to stress with unhealthy behaviors like smoking, drinking or becoming less active may lead to a poorer quality of life during and after cancer treatment. Adopting healthy relaxation and coping strategies, on the other hand, can relieve stress and help you feel better emotionally and physically.

Eliminate stressors where you can

- Too much to do? Take people up on their offers of help.
- Worried about your kids? Connect with our Family Program (see page 20).
- Financial, transportation or housing concerns? Contact Providence Cancer Support Services (see page 21).

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 (see page 18).
- Get out in nature – even sitting outside in a chair can help.
- Ask your doctor about counseling or medications for depression or anxiety.

Meditate, pray, reflect

When you're going through cancer treatment, thousands of worries, questions, fears, to-do's and what-ifs crowd your thoughts every day. Taking a few minutes daily to quiet your mind and check in with yourself, or with a higher power, can be incredibly healing and powerful.

Call it meditation, call it prayer, or just call it quiet time – all foster a relaxing calm that helps:

- Manage emotional stress
- Relax the body
- Reduce negative thinking, anxiety and worries about the future
- Focus on what is helpful and possible in the present
- Improve sleep
- Activate the immune system
- Reduce inflammation
- Promote healing

Support for the spirit

Spiritual care staff are available for support throughout your journey with cancer. Whatever beliefs or practices are important to you and your loved ones, chaplains are trained to help. Some of the services chaplains provide include:

- Support when making difficult treatment decisions
- Grief support
- Support with spiritual questions and/or concerns
- Prayer and religious ritual support

Many Providence hospitals provide chaplain support 24 hours a day and have chapels, meditation areas, and private prayer rooms. Chaplain support is available by appointment in our outpatient settings as well.

Relax and take a class

Need help relaxing? Providence offers classes in yoga and stress management. Visit ProvidenceOregon.org/classes. Or check out a guided imagery CD in one of our cancer resource centers.



Integrative therapies

The Providence Integrative Medicine Program provides naturopathic medicine, therapeutic massage, acupuncture and chiropractic medicine through licensed specialists certified to work with people who have cancer. These evidence-based therapies can complement your treatment and reduce side effects in several ways.

Naturopathic medicine
Providence Cancer Institute’s naturopathic physicians use only safe, science-based natural therapies – therapies that have been shown to support healing, reduce side effects and optimize quality of life without interfering with cancer treatments. These may include nutritional supplements, dietary changes, exercise recommendations, homeopathic remedies, or other approaches, depending on your specific needs.

Chiropractic medicine
Chiropractors use hands-on techniques, as well as therapeutic exercises, to relieve pain and discomfort in the muscles, bones and joints. They can help with many cancer-related side effects, including stress-related muscle pain and tightness, changes in muscle tissue, headaches and other issues.

Massage
Massage has been shown to reduce pain, fatigue, stress, anxiety, nausea, depression and other side effects of cancer treatment. In one three-year study at Memorial Sloan Kettering Cancer Center in New York, patients rated these side effects as 50 percent less after one massage – a substantial improvement that persisted at a 48-hour follow-up.

Acupuncture
The National Cancer Institute has found strong evidence that acupuncture relieves nausea and vomiting caused by chemotherapy. Studies also suggest that it can help with fatigue, neuropathy, poor sleep, pain, anxiety, diarrhea, constipation, low appetite, altered taste, headaches, body aches, hot flashes and poor memory.

To access any of these services, ask your oncologist for a referral or call Providence Cancer Institute to connect with the Integrative Medicine Clinic closest to you.

Supportive Oncology Care and Palliative Medicine

Extra care and support when cancer is advanced

If you are being treated for advanced cancer related symptoms, we encourage you to take advantage of the extra care and support available through our Supportive Oncology Care and Palliative Medicine Program. Our team of clinicians, social workers and chaplains will stay in close contact with you throughout your care to help you navigate the complexities of your treatment. We’ll work with the rest of your health care team to review medicines, adjust dosages and make sure you get the support and symptom relief you need. And we’ll be here for you to ease your concerns and to help you feel your best throughout your treatment.

The Oncology Palliative Care Program provides:

- Pain and symptom relief
- Counseling for anxiety and grief issues that come with a serious diagnosis
- Treatment for anxiety and depression
- Emotional and spiritual support
- Help communicating with your care team and family
- Assistance in navigating the health care system
- Guidance with difficult treatment decisions
- Advance care planning

People who receive palliative care and support often report milder symptoms, spend less time in the hospital and feel better overall. Ask your oncologist about our palliative care services.



Support for families

When you are a parent with kids at home, a cancer diagnosis brings up many concerns related to your family. The Providence Cancer Institute Family Program offers compassionate support and guidance to help families deal with a diagnosis together.

The Providence Family Program offers:

- Phone support and guidance for parents dealing with cancer
- Monthly support group meetings for adults and children
- A family-focused cancer resource library
- Referrals to child therapists as needed



Five ways to help your children cope:

- Be open and direct with them about your diagnosis. Including them in discussions can reduce their fears and help them develop feelings of trust, control and involvement.
- 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 your children see you coping, the better they will cope themselves.

Practical and emotional support

The stress of a cancer diagnosis can affect every aspect of your life, and Providence Cancer Support Services is here to help. Our team of oncology social workers and nurse navigators can help you manage both the emotional and the practical stressors related to your cancer diagnosis.

Our services include:

- Help with anxiety, depression, stress management and relaxation
- Assistance with housing for visiting patients and families
- Transportation assistance
- Guidance navigating the health care system
- Guidance with disability claims
- Help communicating with your care team or family
- Professionally facilitated cancer support groups
- 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. We offer in-person and on-line groups led by our professional staff, as well as one-on-one peer support. All services are free to any person with cancer in our community.

Learn more at:
ProvidenceOregon.org/cancersupportgroups.


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.” It can take you by surprise, then, if your feelings turn out to be different. 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?

A survivorship care plan

A **survivorship care plan** is available from your oncology team. The plan can provide you with:

- **A summary of the treatment you’ve received**
- **A comprehensive care plan** with recommendations to help you manage the long-term effects of your cancer diagnosis and treatment
- **Referrals** for services and therapies that might be helpful, including naturopathic support, acupuncture, chiropractic medicine, therapeutic massage, nutrition advice, oncology social work services, counseling, genetic testing or support groups



Ask your oncologist about the survivorship care plan. Meanwhile, the next few pages cover some additional steps you can take to nurture your physical and emotional health and keep moving forward.

Give it some time

Over the next several months, your energy will improve, your appetite will return and you will begin to feel more like yourself. But it took time – and some pretty powerful therapies – to treat your cancer, and 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.

Talk to someone who understands

After the immediacy of dealing with cancer, you’re left with a lot of questions and a lot to process. One of the most comforting, helpful and reassuring things you can do is to talk to someone who’s going through the same thing. Support groups are different from any other kind of therapy. Here, you don’t have to explain yourself – everyone just gets it. Anyone on your Providence team can refer you to a support group.

Pay attention to your emotions

After the physical and emotional toll of dealing with cancer, many people have trouble bouncing back emotionally. If you’re feeling down or taking little interest or pleasure in anything, and the feeling continues for more than a couple of weeks, contact someone on your health care team. Don’t wait for the feelings to pass – depression can and should be treated.



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 four of the most important things you can do to reduce your risk of future cancers:

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

Keep up with screenings

Stay current with screenings that can protect you from other types of cancer and illness. You may be done with your cancer treatment, but you still need to get your colonoscopy, your mammogram or lung test if those risks apply, your blood pressure and cholesterol measurements and other age-appropriate screenings to stay on top of your health.

Stay connected with your doctor

Your primary care provider or oncologist will let you know when you need follow-up appointments to monitor your recovery. If troublesome symptoms persist – such as a nagging cough after chest radiation, scar pain or lymphedema issues – be sure to mention them at your appointment. Many of the long-term side effects of cancer treatment can be relieved with medication or physical therapy. Report any new, worrisome symptoms, such as pain that doesn't go away within a couple of weeks, to your doctor.

Tired? Take a walk

Cancer-related fatigue affects almost all patients, and it can last long after treatment is over. Unlike regular fatigue, you can't make it go away with a cup of coffee or a nap. One strategy that does help many people reduce fatigue is moderate physical activity.

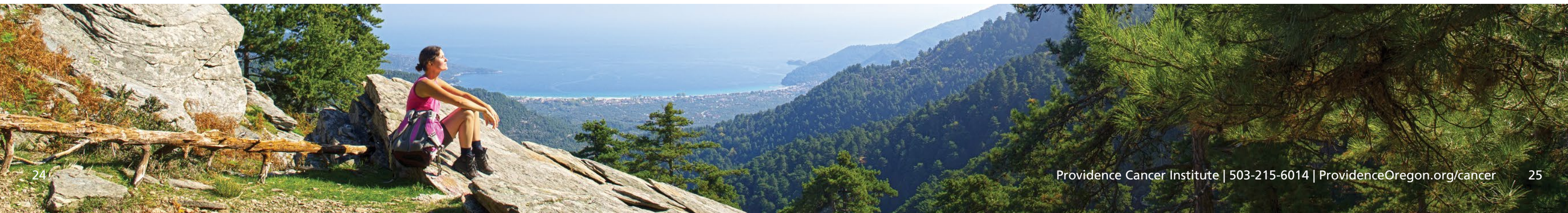
Feeling weak? Get help getting active

After all you've been through, your strength and stamina probably aren't what they used to be. If taking a walk sounds easier said than done, let us help you get back on track. Many insurance plans cover physical therapy as part of your care. Our physical therapists specialize in issues that affect cancer patients. 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 a year to completely go away. The key to working through these changes is to keep an open mind and try new things. You may find that you can never eat a green pepper again, but suddenly, for the first time, you like beets. Listen to your body and see what it will accept. Our naturopaths may have other ideas that may help.



Eat to beat cancer

If you’ve always wanted to adopt good, healthy eating habits, there has never been a better time to start. To reduce your risk of cancer recurrence and optimize your health from this day forward:

- Eat mostly plant foods, especially vegetables and fruits in a wide variety of colors.
- Choose whole grains, such as whole wheat, brown rice and quinoa, instead of refined grains, such as white pasta, white rice and bagels.
- Enjoy more plant-based proteins, such as lentils, legumes and raw nuts and seeds.
- Eat more fish, and choose lean meats over fatty, preserved or processed meats.
- Include low-fat dairy foods such as milk, yogurt and cottage cheese.

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 one of our oncology dietitians, who can help you learn to make the changes that make the difference.



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

Chemo brain 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 also can be caused by radiation to the head, endocrine therapies for breast cancer, hormone therapies for prostate cancer, your level of nutrition and the general stress of treatment.

Chemo brain can last a while, but it doesn’t mean you’ve lost any intelligence, and it does get better. Until then, take some of the pressure off yourself by adopting 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 just 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. Remembering that will give you a strength you didn’t know you had.



LIVING WELL VIDEOS

Learn more about cancer treatment and common side effects including:

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

Find the videos at:
[ProvidenceOregon.org/LivingWellVideos](https://www.providenceoregon.org/livingwellvideos).



“As a complete cancer center, we feel an obligation not only to provide state of the art care, but also to improve the state of the art.”

- Walter J. Urba, M.D., Ph.D.,
chief medical officer,
Providence Cancer Institute

At Providence Cancer Institute, we are doing everything we can to finish cancer – for you, and for future generations. That means making sure that everyone and everything you need for recovery and healing are available to you. And it means working tirelessly in our research laboratories to develop new ideas that will 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 20 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 eliminating invaders – bacteria, viruses, and sometimes even cancer cells – that would otherwise be harmful. But some cancer cells evade detection by disguising themselves. Immunotherapy aims at helping the immune system to see through cancer’s disguises, and boosting 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 in 1993, we have been so convinced of the cancer-fighting potential of the immune system that we built our entire research program around unlocking that potential. Our work has helped lay the groundwork for what has become an entirely new class of cancer treatments – and potential cures – and today, our research team is recognized around the world for its leadership in immunotherapy.

Clinical trials: Expanding the options

Clinical trials are research studies designed to find new ways to treat or prevent cancer. They may test newly discovered drugs or biological agents for the first time in patients, evaluate new combinations of drugs for effectiveness and safety, or compare new therapies with the current standard of care.

Because standard treatments are not always effective for every patient, the best therapy for some is the latest clinical trial. At Providence, anywhere from 100 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 the latest immunotherapy drugs developed by leading pharmaceutical and biotechnology companies
- Studies initiated by the National Cancer Institute to evaluate new treatments or compare them with standard treatments

Many of our patients travel here from other states, and even from other countries, to participate in studies offered only at Providence Cancer Institute. Often, our patients are the first in the world to benefit from new cutting-edge treatments.



Contributing to the future

Patients who volunteer for clinical trials not only gain access to experimental treatments – they also help future patients by contributing to important advancements in medical care.

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

- FDA approval of the first engineered antibody to treat patients with advanced melanoma – a drug that was the first to increase survival for people with this deadly cancer, ushering in the modern age of immunotherapy
- The first FDA-approved immunotherapy treatments for lung, breast, colon and other cancers
- New treatment approaches for brain tumors, breast cancer, kidney cancer, pancreatic cancer, oral, head and neck cancers, and many other types of cancer

Heroes? Each and every one of them. To all of 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 ProvidenceOregon.org/clinicaltrials.
- Contact our clinical research team at 503-215-2614.

Giving back

This booklet was made possible by a generous contribution to Providence Portland Medical Foundation by the Women of Columbia Edgewater Country Club, Women's Cancer Tournament fundraiser and Elsie Franz-Finley Patient Education and Resources grant.

All content in this booklet was reviewed by the Providence Cancer Institute Patient and Family Advisory Council – we are grateful for their support.

If you would like to support patient care and research at Providence Cancer Institute:

- **Consider a gift** to support Providence Cancer Institute. Visit ProvidenceFoundations.org/cancer or call 503-203-0788.
- **Volunteer** to offer peer support to cancer patients, assist visitors in our resource centers, or help out at cancer events and support groups. Call 503-215-6069.





#FINISHCANCER™

Learn more about what we're doing to finish cancer at FinishCancer.org/Oregon.



Providence Portland Medical Center
4805 NE Glisan St.
Portland, OR 97213

503-215-6014
ProvidenceOregon.org/cancer

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.

OUR CORE VALUES

Compassion. Dignity. Justice. Excellence. Integrity.

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.