

A TEAM OF SUPPORT

- **CERTIFIED GENETICS COUNSELORS** provide risk assessments and counseling to patients who have concerns about their personal and/or family history of cancer. Our team will provide you with personalized information regarding genetic influences, specific cancer risks, targeted screening and prevention options.
- **PATIENT NAVIGATORS** are oncology-trained nurses who work directly with patients to help guide them through every step of their cancer experience. They serve as a constant point of contact for the patient and family to help coordinate care, answer questions, and remove barriers by providing helpful resources.
- **ONCOLOGY SOCIAL WORKERS** assess psychosocial needs of cancer patients, their families and caregivers. They promote healthy coping by advocating for patients, providing education and resources. They are skilled in understanding family dynamics and the impact of cancer on the family system and are a great point of contact for you and your family.
- **FINANCIAL COUNSELORS** - We recognize a cancer diagnosis is unexpected so we provide financial counseling to patients and their families to assist in alleviating the stress and strain that can occur.
- **ONCOLOGY REHABILITATION** is a dedicated team that understands how treatment and surgeries related to cancer can affect the body and help you overcome physical deficits, build strength, reduce pain and combat fatigue. Our rehabilitation therapists will be available to work with you to help improve your physical functioning and sense of well-being throughout your treatment and survivorship.
Our team includes:
 - Physical and Occupational Therapy
 - Fatigue Management
 - Lymphedema Education and Treatment
 - Pelvic Floor Rehab
- **ONCOLOGY DIETITIAN** - Registered Dietitians work with patients and family members to develop individualized nutrition plans to patients to help manage side effects, improve functional status, and live a healthier lifestyle.
- **HEALTHY WEIGHT PROGRAM** - Many survivors struggle with weight gain after treatment. Learn weight management strategies from exercise and nutrition professionals that understand cancer.



SARAH CANNON Cancer Institute

BELTON REGIONAL MEDICAL CENTER
CENTERPOINT MEDICAL CENTER
LAFAYETTE REGIONAL HEALTH CENTER
LEE'S SUMMIT MEDICAL CENTER
MENORAH MEDICAL CENTER
OVERLAND PARK REGIONAL MEDICAL CENTER
RESEARCH MEDICAL CENTER



hcamidwest.com/cancerwellness

Sarah Cannon HCA Midwest Health is a network of seven hospitals known throughout Greater Kansas City for its world-class cancer research, treatments and care. For more information, visit hcamidwest.com/cancer.

We accept most major health insurance plans in the Kansas City area.



WELLNESS AND BREAST CANCER

The Sarah Cannon Cancer Institute at HCA Midwest Health's Breast Cancer Wellness Program has been developed to take care of YOU and your loved ones, not just your cancer.

Our Program Includes:

- Free onsite classes and education
- Nutrition support
- Art therapy & mind/body resources
- Rehabilitation & exercise program
- Survivorship
- Thriving well with advanced cancer

 SARAH CANNON
Cancer Institute



Try one of the following wellness strategies every day.

- Set a timer for 15 minutes of planned activity or exercise. Mix it up daily!
- Hydrate! Add fruit slices to water, try a new hot or cold tea, drink 100-percent fruit juice. Cow's or non-dairy milk are also great!
- Include activities you find enjoyable that can be a positive distraction such as doing a puzzle, knitting or cooking.
- Engage your core muscles! Sit or stand with your chest up and shoulders back. Take 5 deep breaths and try to stay in this position for 5 minutes.
- Protein - Aim for 20 to 30 grams of protein at each meal and 10 to 15 grams of protein with each snack. A piece of cooked chicken, lean meat or fish the size of a deck of cards (about 3 ounces) contains 20 to 25 grams of protein. One egg, 1 tablespoon of peanut butter and 1 ounce of cheese each contain 6 to 7 grams of protein.
- Focus on your breath. Place one hand on your stomach and one on your chest. Breathe in slowly but deeply. Take 4 seconds to breathe in, feeling your stomach move in the process. Hold your breath for 7 seconds. Exhale for 8 seconds.
- Do straight leg lifts from your chair by extending your leg straight and trying to "kick the ceiling" keep your knee straight throughout. Try 10 lifts on each side.
- Avoid sugary drinks and foods such as regular sodas or energy drinks and packaged cookies and snacks. Use foods such as fruits to get in a sweet treat.
- Watch a funny movie, TV show or animal videos. Laughter will help reduce your anxiety and help you to sleep and relax.
- Grab a set of small weights or soup cans and complete 8-10 arm curls, a shoulder press followed by a seated march on your chair. Use your weights and try to pump your arms to slightly increase your heart rate.

Talk to your care team or visit our website to learn about additional ideas, resources & classes.



Wellness empowers you to take care of your physical and emotional well-being.

Our resources are designed to provide ways to cope with many of the aspects that you will experience throughout the cancer diagnosis, treatment and survival. No matter where you are in your cancer journey, it's important to consider the powerful benefits of a supportive wellness program in addition to standard treatment. Exercise, good nutrition and emotional well-being can reduce many side effects, lower your risk of recurrence, and may improve your chances of survival.

THREE PILLARS OF WELLNESS

- 1. Emotional** - support the thoughts and feelings in coping with a diagnosis, stress management tools and how to improve your resilience and relaxation.
- 2. Nutritional** - help you understand how food choices affect how you feel and support your body optimally; plus, guidance on meal planning, food preparation and grocery shopping.
- 3. Physical** - keep your body physically strong, maintain and improve function and reduce common side effects such as fatigue, deconditioning and help you move better.

If you have (or have had) breast cancer, you probably want to know if there are things you can do that might lower your risk of the cancer growing or coming back, such as exercising, eating a certain type of diet, or taking nutritional supplements. Generally having consistent exercise habits including both aerobic and resistance, eating nutritious and less processed foods and minimizing stress are all important to living well.

Keep it Simple - With the stress of a diagnosis, it is normal to feel you should make significant lifestyle changes. However, this will be more stressful and overwhelming. We encourage you to take small and simple steps focusing on YOUR individual priorities.

Nutrition - There is no particular diet you should follow after a diagnosis of breast cancer. Most evidence suggests that keeping weight in a healthy range is more important than specific dietary ingredients.

Wellness has a role throughout your treatment and recovery

PREPARING FOR TREATMENT OR SURGERY

It is very common to ask about how to best prepare yourself for surgery or cancer treatments such as chemotherapy or radiation. While it is not necessary to make changes, wellness strategies can help you to feel better physically and emotionally as well as keep your body strong and healthier. This may improve recovery and lessen side effects. Taking proactive steps may also control some of the anxieties that patients frequently feel.

BREAST SURGERY & RECONSTRUCTION - Your surgeon will discuss in detail your individual surgery and recovery process including guidelines for movement and recovery. Depending on your surgery, you may also receive a visit from a member of the rehabilitation team to help you regain range of motion and you may also request this if you have any questions.

Moving your arm and shoulder correctly is important to recovery and long-term healing. If you are having difficulty, pain, or non-surgical related swelling - a referral to follow-up therapy sessions may be recommended. If you have had lymph nodes removed, our lymphedema therapists will help you understand how to reduce your risk.

It is normal to feel that your shoulders and chest muscles feel tight and uncomfortable. Some gentle movements including stretching will help relieve some of this tightness.

RADIATION

Fatigue is the most common side effect for patients who undergo radiation. It is important to try to keep up your normal activity as much as possible while you are going through radiation treatment even as you begin to feel more tired.

Exercise, especially some basic resistance training will help preserve muscle and lessen your fatigue. Research has shown that 15 minutes of exercise alternating days with walking and resistance training will reduce the impact on your fatigue, especially after treatment is over.

Protein intake is also important to helping tissues recover from radiation and can help fatigue by supporting your lean muscle mass. Try to include a protein source at each meal and snack. Ask to meet with our oncology dietician if you have individual needs or questions.

CHEMOTHERAPY

Chemotherapy is a very common form of breast cancer treatment for many. It is known to come with side effects such as nausea, fatigue, low blood counts, mouth sores and physical effects such as neuropathy or numbness in the fingers and toes. Incorporating some of the wellness strategies listed in this guide may help manage side effects.

Here are some additional fatigue fighting tips:

- Conserve your energy by spending some time each day with an enjoyable but simple activity. Try a coloring book or a puzzle.
- Rest Up! Take a daily nap but try to set an alarm for 20-30 minutes to not affect your normal sleep cycle.
- Protein & hydration will help your tissues to heal. Try mixing a scoop of protein in water or other liquid and sip on it throughout the morning or day to get in extra nutrients.

