

Chaplaincy (CH) — Comprehensive chaplaincy network that ensures everyone receives the support they need to cope with cancer, and the help they need to find the spiritual pathway to peace.

713-792-7184

www.mdanderson.org/departments/chaplaincy

The Learning Center (TLC) — Provides the latest information about health, cancer and cancer prevention. Available resources include journals, consumer health magazines and newsletters, online journals, electronic books and databases, topic-specific binders, DVDs, videotapes and more.

713-745-8063

www.mdanderson.org/learningcenter

Locations:

Main Building: Floor 4, near Elevator A, through The Learning Center in Patient Education Room R4.1121.

Mays Clinic: Floor 2, near The Tree Sculpture, Patient Education Room, ACB2.1049.

Nutrition Services (NS) — Comprehensive nutritional care for patients and cancer-related nutritional education for the public. Registered, licensed dietitians provide counseling to help you make healthful food choices. Ask your doctor for a referral. Classes also are available in Place . . . of wellness (see schedule). 713-563-5167

www.mdanderson.org/clinicalnutrition

Patient Education Office (PEO) —

Collaborates with clinical staff to provide cancer patients, caregivers and the public with reliable information to help them make intelligent decisions about cancer care. Services include patient education materials, classes, videos and computer-based learning. 713-792-7128

www.mdanderson.org/patienteducation

Place ... of wellness (PW) — Environment where all persons touched by cancer may enhance their quality of life through programs that complement medical care and focus on the mind, body and spirit. 713-794-4700

Locations:

Main Building: Floor 1, near The Aquarium, freestanding facility outside, R1.2000.

Mays Clinic: Floor 2, across from Appearances, between The Learning Center and the Anderson Network Hospitality Center.

www.mdanderson.org/placeofwellness

Rehabilitation Services (RS) — Physical and occupational therapists help patients with excessive fatigue, shortness of breath or limb swelling. Ask your doctor for a referral. 713-792-3192

www.mdanderson.org/rehabilitation

Social Work (SW) — Licensed clinical social workers help survivors, their families and friends cope with their cancer, and assist them in dealing with psychological or social barriers to their treatment and recovery. 713-792-6195

www.mdanderson.org/socialwork

Funding for this brochure was made possible by a grant from M. D. Anderson's Volunteer Endowment for Patient Support.



Survivorship Calendar of Events

October - November 2009

THE UNIVERSITY OF TEXAS
MD ANDERSON
CANCER CENTER

Because we are strongly committed to patient care at all stages, M. D. Anderson offers support to survivors in a wide variety of ways: educational classes, complementary therapies, opportunities for spiritual connection, exercise and movement classes and much more.

All of these services, except acupuncture and massage, are available **free of charge**. Here is a partial listing of these offerings. Consult each program's or organization's Internet site for a more thorough list, or call for specific information. **Contact information** and abbreviation explanations are shown in the contact section.

Be sure to check www.mdanderson.org/topics/survivorship for additional information.

Resources

Complementary Therapy

Nontraditional methods of treating cancer that complement traditional medical care.

- Acupuncture (PW)
- Expressive Arts: Music, art and more (PW)
- Introduction to Integrative Care (PW)
- Massage Therapy (PW)
- Music Therapy (PW)
- Relaxation Techniques (PW)
- Stress Management Techniques (PW)

Education

- Anderson Network Patient and Caregiver Conference, Sept. 9-11, 2010 (AN)
- Bowel Management (PEO)
- Cancer-Related Fatigue (PEO)
- Chemobrain: Is it Real? (PEO)
- Diabetes and You: How to Use Your Insulin (PEO)
- Finding Reliable Health Information (PEO)
- Pain Management (PEO)
- PIKNIC (AN, PW)
- Reiki (PW)

- Urology Cancer Learning Series (SW) 713-792-0753
- What You Can Do About Treatment Side Effects (PEO)

Exercise and Movement

- Awareness Through Movement (PW)
- Pilates (PW)
- Tai Chi (PW)
- Yoga (PW)

Nutrition

- Guest Chef (PW)
- Herbal Lecture Series (PW)

Online Resources

- Ask the Expert (AN)
www.mdanderson.org/asktheexpert
- Cancer Survivor Message Board (AN)
www.mdanderson.org/andersonnetwork
- Network newsletter (AN)
www.mdanderson.org/publications/network
- Patient Education Materials (PEO)
www.mdanderson.org/patienteducation
- Relaxation (PW)
www.mdanderson.org/placeofwellness
- Urology Cancer Message Board (SW)
www.mdanderson.org/gucancerboard
713-792-0753
- WarmNet (AN)
www.mdanderson.org/andersonnetwork

Spiritual Support and Meditation

- Chaplaincy (CH)
- Introduction to Centering Prayer (PW)
- Tibetan Meditation (PW)

Support

Groups

These support groups are not intended to replace clinical care or psychotherapy.

- Breast Support Group (PW)
- Depression and Anxiety (SW) 713-794-1778
- Caregivers (SW)
- CLIMB for Families (SW)
- Survivorship: Facing Forward — Life After Cancer Treatment (SW)

Programs

These support programs are not intended to replace clinical care or psychotherapy.

- Camp CareFree, April 23-25, 2010 (AN)
- Cancer180: Outing for Young Adults (AN)
- Caregivers: I've Got Feelings, Too! (PEO)
- Caregiver Week, Nov. 9-13 (AN)
- Hospitality Centers (AN)
- Patient and Caregiver Support Line (AN)
- Pediatric Caregiver Telephone Support Network (AN)

Contact information

M. D. Anderson departments or programs that offer survivorship services:

Anderson Network (AN) — Provides support and educational services for patients/survivors, their families and caregivers.
713-792-2553; 800-345-6324
www.mdanderson.org/andersonnetwork

OCTOBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>10 - 11 a.m. Pain Management (PEO) Main</p> <p>10 - 11:30 a.m. Heads Up Support Group (SW) Main, Floor 10, Daffodil Lobby</p> <p>Noon - 1 p.m. Cancer-Related Fatigue (PEO) Main</p> <p>2 - 3 p.m. Urology Cancer Learning Series (SW) Mays (PW)</p> <p>3 - 4 p.m. Diabetes and You: How to Use Your Insulin (PEO) Main</p>	<p>Noon - 1 p.m. Yoga (PW) Main</p>
<p>10:30 - 11:30 a.m. - Introduction to Integrative Care (PW) Main</p> <p>11:30 a.m. - 12:30 p.m. Yoga (PW) Mays</p> <p>Noon - 1 p.m. What You Can Do About Treatment Side Effects (PEO) Main</p>	<p>12:30 - 1:30 p.m. Care 4 Caregivers (SW) Rotary</p> <p>11 a.m. - noon Depression & Anxiety (SW) Mays (PW)</p> <p>10 a.m. - noon Expressive Arts (PW) Mays</p> <p>Noon - 1 p.m. What You Can Do About Treatment Side Effects (PEO) Mays</p>	<p>11 a.m. - noon Bowel Management (PEO) Main</p>	<p>11 a.m. - noon Breast Support Group (SW) Mays (PW)</p> <p>3 - 4 p.m. Diabetes and You: How to Use Your Insulin (PEO) Main</p> <p>10 - 11 a.m. Pain Management (PEO) Main</p>	<p>Noon - 1 p.m. Yoga (PW) Main</p>
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<p>Ask the Expert: Bladder Cancer www.mdanderson.org/asktheexpert (AN)</p>				
<p>11:30 a.m. - 12:30 p.m. Guest Chef (PW) Mays</p> <p>Noon - 1 p.m. What You Can Do About Treatment Side Effects (PEO) Main</p> <p>11:30 a.m. - 12:30 p.m. Yoga (PW) Mays</p>	<p>12:30 - 1:30 p.m. Care 4 Caregivers (SW) Rotary</p> <p>11 a.m. - noon Depression & Anxiety (SW) Mays (PW)</p> <p>Noon - 1 p.m. What You Can Do About Treatment Side Effects (PEO) Mays</p>	<p>11 a.m. - noon Bowel Management (PEO) Main</p> <p>2 - 3 p.m. Survivorship: Facing Forward: Life After Cancer Treatment (SW) Mays</p>	<p>10 - 11 a.m. Pain Management (PEO) Main</p> <p>3 - 4 p.m. Diabetes and You: How to Use Your Insulin (PEO) Main</p>	<p>Noon - 1 p.m. Yoga (PW) Main</p>
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Key

AN - Anderson Network

CH - Chaplaincy and Pastoral Education

PW - Place ... of wellness

PEO - Patient Education Office

SW - Social Work

TLC - The Learning Center

Main - Main Building

Mays - Mays Clinic

Rotary - Rotary House International

THE UNIVERSITY OF TEXAS
MD ANDERSON
CANCER CENTER

Making Cancer History®

NOVEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10 a.m. - noon Expressive Arts (PW) Main</p> <p>10:30 - 11:30 a.m. Introduction to Integrative Care (PW) Mays</p> <p>11:30 a.m. - 12:30 p.m. Yoga (PW) Mays</p> <p>Noon - 1 p.m. What You Can Do About Treatment Side Effects (PEO) Main</p>	<p>11 a.m. - noon Depression and Anxiety (SW) Mays (PW)</p> <p>Noon - 1 p.m. What You Can Do About Treatment Side Effects (PEO) Mays</p> <p>12:30 - 1:30 p.m. Care 4 Caregivers (SW) Rotary</p>	<p>11 a.m. - noon Bowel Management (PEO) Main</p>	<p>10 - 11:30 a.m. Heads Up Support Group (SW) Main, Floor 10, Daffodil Lobby</p> <p>10 - 11 a.m. Pain Management (PEO) Main</p> <p>Noon - 1 p.m. Cancer-Related Fatigue (PEO) Main</p> <p>2 - 3 p.m. Urology Cancer Learning Series (SW) Mays (PW)</p> <p>3 - 4 p.m. Diabetes and You: How to Use Your Insulin (PEO) Main</p>	<p>Noon - 1 p.m. Yoga (PW) Main</p>
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CAREGIVER WEEK (AN)				
<p>11:30 a.m. - 12:30 p.m. Guest Chef (PW) Mays</p> <p>11:30 a.m. - 12:30 p.m. Yoga (PW) Mays</p> <p>Noon - 1 p.m. What You Can Do About Treatment Side Effects (PEO) Main</p>	<p>11 a.m. - noon Depression and Anxiety (SW) Mays (PW)</p> <p>Noon - 1 p.m. What You Can Do About Treatment Side Effects (PEO) Mays</p> <p>12:30 - 1:30 p.m. Care 4 Caregivers (SW) Rotary</p>	<p>11 a.m. - noon Bowel Management (PEO) Main</p>	<p>10 - 11 a.m. Pain Management (PEO) Main</p> <p>Noon - 1 p.m. PIKNIC (AN) Mays (PW)</p> <p>Noon - 1 p.m. Cancer-Related Fatigue (PEO) Mays</p> <p>3 - 4 p.m. Diabetes and You: How to Use Your Insulin (PEO) Main</p>	
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