

# Class Descriptions

## **Bowel Management**

Learn how the bowel works and what you can do to feel more comfortable. Topics include constipation, diarrhea and tips on how to manage bowel function. A question and answer session follows each class.

## **Cancer-related Fatigue**

Tired of being tired? Receive information and support to help you fight fatigue. Class topics and presenters change, so call ahead for more information. This class is co-sponsored by Internal Medicine.

## **Caregivers: I've Got Feelings, Too!**

This group supports those who care for loved ones with cancer. (This class is for caregivers only.) Lunch is provided. Registration is required, so please call 713-794-4700. Come once, or come often!

## **Central Venous Catheter (CVC) Care**

This class focuses on home care of the central venous catheter. Learn how to clean and care for the CVC properly, which will help you remember the health care team's instructions.

Family members and caregivers are always welcome. For more information, please call the Patient Education Office at 713-792-7128.

**Classes do not meet on institutional holidays.**

## **Diabetes and You: How to Use Your Insulin**

Manage diabetes with better skills. Outpatients should schedule an appointment with the Internal Medicine Center. For more information, please call 713-563-9827. This class is co-sponsored by Internal Medicine.

## **New Patient/Family Orientation**

Learn about M. D. Anderson's programs and services, including information about clinical trials and *myMDAnderson*.

## **Pain Management**

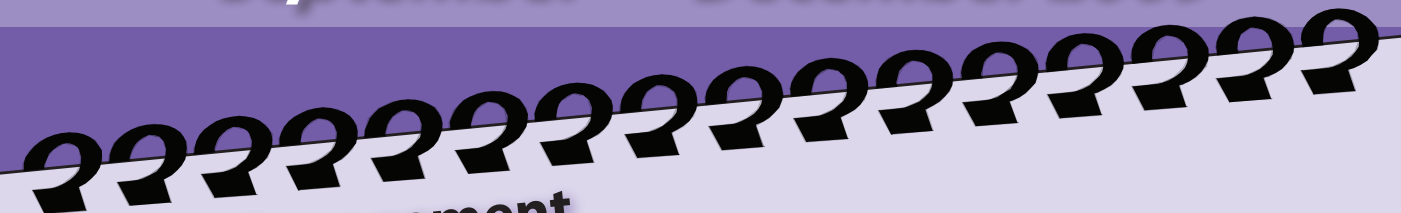
Do you need help controlling your pain? Learn information about ways to manage pain from the clinical experts.

## **What You Can Do About Treatment Side Effects**

A registered nurse and clinical dietitian are available to answer your questions about chemotherapy, radiation, surgery, fatigue, nutrition and more.

# *Patient Education Class Calendar*

*September — December 2009*



**Bowel Management**

**Cancer-related Fatigue**

**Caregivers: I've Got Feelings, Too!**

**Central Venous Catheter (CVC) Care**

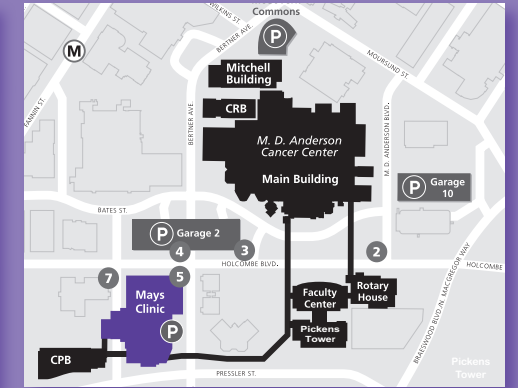
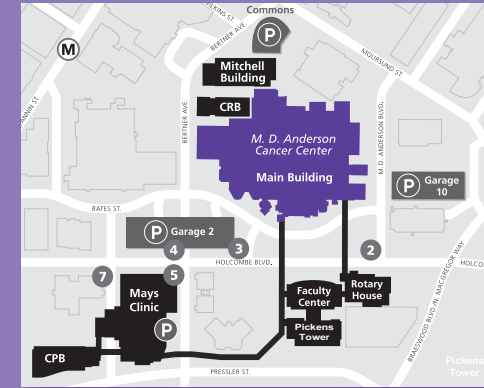
**Diabetes and You: How to Use Your Insulin**

**New Patient/Family Orientation**

**Pain Management**

**What You Can Do About Treatment Side Effects**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<b>Central Venous Catheter (CVC) Care</b>	10:30 a.m.-noon and 1:30-3 p.m. Main Building Infusion Therapy Classroom	10:30 a.m.-noon and 1:30-3 p.m. Main Building Infusion Therapy Classroom	10:30 a.m.-noon and 1:30-3 p.m. Main Building Infusion Therapy Classroom	10:30 a.m.-noon and 1:30-3 p.m. Main Building Infusion Therapy Classroom	10:30 a.m.-noon and 1:30-3 p.m. Main Building Infusion Therapy Classroom	10:30 a.m.-noon Main Building Infusion Therapy Classroom
<b>New Patient/Family Orientation</b>	2-3 p.m. Main Building Patient Education Classroom	2-3 p.m. Main Building Patient Education Classroom	2-3 p.m. Main Building Patient Education Classroom	2-3 p.m. Main Building Patient Education Classroom	2-3 p.m. Mays Clinic Patient Education Classroom	
	2-3 p.m. Mays Clinic Patient Education Classroom					
<b>What You Can Do About Treatment Side Effects</b>	noon-1 p.m. Main Building Patient Education Classroom	<b>Sept. 8, 22; Oct. 13, 27 Nov. 10; Dec. 8</b> noon-1 p.m. Mays Clinic Patient Education Classroom				
<b>Bowel Management</b>		<b>Sept. 8, 22; Oct. 13, 27 Nov. 10, 24; Dec. 8, 22</b> 1:30-2:30 p.m. Mays Clinic Patient Education Classroom	11 a.m.-noon Main Building Patient Education Classroom			
<b>Pain Management</b>				10-11 a.m. Main Building Patient Education Classroom		
<b>Cancer-related Fatigue</b>				<b>Sept. 3; Oct. 1; Nov. 5; Dec. 3</b> noon - 1 p.m. Main Building Patient Education Classroom		
				<b>Sept. 17; Oct. 15; Nov. 19; Dec. 17</b> noon-1 p.m. Mays Clinic Patient Education Classroom		
<b>Caregivers, I've Got Feelings, Too!</b>				noon-1 p.m. <b>(for caregivers)</b> Main Building Place ... of wellness		
<b>Diabetes and You: How to Use Your Insulin</b>				3-4 p.m. Main Building Internal Medicine Classroom		



## Directions to Classrooms

### Main Building

#### Infusion Therapy Classroom

Floor 2, near Elevator C, Room R2.2303

#### Internal Medicine Classroom

Floor 6, near Elevator A, Room R6.1025

#### Patient Education Classroom

Floor 4, near Elevator A, through The Learning Center (R4.1100), Room R4.1121

#### Place ... of wellness

Floor 1, near The Aquarium, outside the entrance in the freestanding facility, Room R1.2000

### Mays Clinic

#### Patient Education Classroom

Floor 2, near The Tree Sculpture, behind The Learning Center (ACB2.1120), Room ACB2.1049