



## November is Pancreatic Cancer Awareness Month

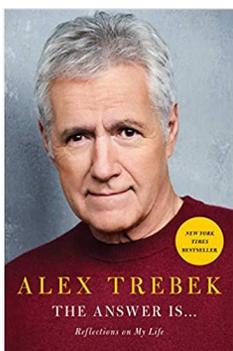
Pancreatic cancer is the 11th most commonly diagnosed cancer in the U.S. More than 60,000 Americans are expected to be diagnosed with pancreatic cancer in 2021— that’s 166 people diagnosed every day.

If you or someone you love is facing a pancreatic cancer diagnosis, stop by The Learning Center to find resources that cover understanding pancreatic cancer and its available treatment options. In addition to those featured here, we have a number of booklets and other materials available in the library and on our online Pancreatic Cancer Recommended Resources guide:

<https://mdanderson.tlc.libguides.com/pancreatic>



### Featured Book



#### The Answer Is...: Reflections on My Life by Alex Trebek

In 2019, longtime Jeopardy! host and television icon made the announcement that he had been diagnosed with stage four pancreatic cancer. What followed was an incredible outpouring of love and kindness. For over three decades, Trebek had resisted countless appeals to write a

book about his life. Yet he was moved so much by all the goodwill; he felt compelled to finally share his story.

The book combines illuminating personal anecdotes with Trebek’s thoughts on several topics, including marriage, parenthood, education, success, spirituality, and philanthropy.

### Featured Resource



#### Guidelines for Patients: Pancreatic Cancer

*National Comprehensive Cancer Network*

The Guidelines for Patients help people with cancer talk with their doctors about the best treatment options for their disease.

The pancreatic cancer guidelines were recently updated and contain detailed information about diagnosis, treatment options, and supportive care.

You can also view this guide online at

<https://www.nccn.org/patients/guidelines/content/PDF/pancreatic-patient.pdf>

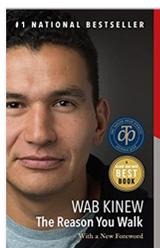
## Native American Heritage Month

November is also Native American Heritage Month, which aims to recognize the contributions the first Americans made to the establishment and growth of the United States.

Native people face alarming inequities\* in cancer incidence and mortality. Cancer incidence rates vary by tribe, region, and gender but are often much higher than whites.

\*<https://americanindiancancer.org/ai-an-cancer-burdens/>

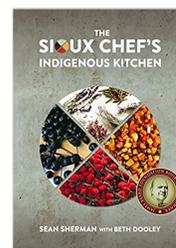
Celebrate Native American Heritage Month by visiting The Learning Center for resources written by and about Indigenous People.



#### The Reason You Walk by Wab Kinew

When his father was given a diagnosis of terminal cancer, Winnipeg broadcaster and musician Wab Kinew decided to spend a year reconnecting

with the accomplished but distant Aboriginal man who'd raised him.



#### The Sioux Chef's Indigenous Kitchen by Sean Sherman

This cookbook is a delectable introduction to modern Indigenous cuisine of the Dakota and Minnesota

territories, featuring Indigenous American fruits, vegetables, game, and fish.

# Healthy Holiday Recipes

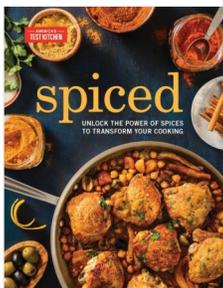
Featuring cookbooks available in The Learning Center

During a season packed with abundance, many of us find it easy to overindulge. According to estimates from the Calorie Control Council, a typical holiday dinner can contain 3,000-4,500 calories and 150 grams of fat. But have no fear, you don't have to give up your holiday favorites in the name of health! There are plenty of nutritious, lower-calorie versions of classic holiday dishes that you can add to the rotation. We've gathered some favorite Thanksgiving dishes from the cookbooks in our collection to help you create a spread that is not only healthy but satisfying.

## Find a Side Substitute

“Quick Collard Greens with Hot Pepper Vinegar”

A splash of hot pepper vinegar gives deep, rich greens a clarifying heat and refreshing finish.



*Spiced: Unlock the Power of Spices to Transform Your Cooking by America's Test Kitchen (page 227)*

## Go for Grain-Free Rolls

“Dinner Rolls”

What's a dinner without rolls? These grain-free dinner rolls use a combination of arrowroot, cassava, and coconut flour.

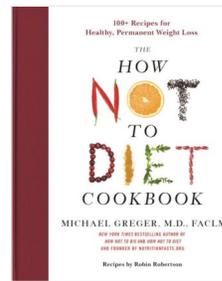


*Sweet Laurel Savory: Everyday Decadence for Whole-Food, Grain-Free Meals by Laurel Gallucci and Claire Thomas (page 72)*

## Satisfy Your Sweet Tooth

“Crust-Free Pumpkin Pie”

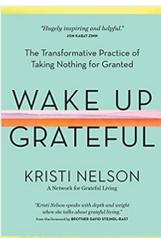
There's no need to feel deprived of a special dessert for the holidays. This pie is free of sugar and dairy, but filled with the taste of pumpkin and spices.



*The How Not to Diet Cookbook by Michael Greger, M.D. (page 197)*

## Practicing Gratitude

The holiday season can be a time to reflect, relax, and reconnect with yourself and other people in your circle of life. Practicing gratitude is a self-care activities that might help you to better enjoy your holidays. Gratitude is associated with better physical and psychological health, increased happiness and life satisfaction and decreased materialism.\*



The Learning Center has resources to help you start your own gratitude practice. *Wake Up Grateful: The Transformative Practice of Taking Nothing for Granted* by Kristi Nelson will help you recognize abundance in every moment, no matter the month. This book contains questions

for reflection, daily exercise, and perspective prompts to introduce readers to the benefits of a daily gratitude practice.

\*[https://ggsc.berkeley.edu/images/uploads/GGSC-JTF\\_White\\_Paper-Gratitude-FINAL.pdf](https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf)

Are you ready to practice creativity and express yourself through journaling? Journeys is a new virtual journaling workshop with The Learning Center's Amaka Agbor. The class provides a space to learn different journaling techniques, respond to writing prompts, and share work. Throughout November and December the workshop will focus on gratitude journaling, the recording of and reflecting on things that you are grateful for on a regular basis.



### Journaling Workshop Details

- Class held on the first and third Friday of the month, 1-2 p.m.
- To register, call the Integrative Medicine Center at 713-794-4700.
- New attendees will be mailed a journal and resources.

## The Learning Center

<https://mdanderson.org/tlc>

**Visit Us** The Levit Family Learning Center  
Mays Clinic, Floor 2, near Elevator T  
(ACB2.1120)  
Monday-Friday, 9 a.m.-4 p.m.

**Contact Us** Phone: 713-563-8010  
Email: [asktlcstaff@mdanderson.org](mailto:asktlcstaff@mdanderson.org)  
Text: 281-501-7872  
Chat: <https://mdanderson.tlc.libguides.com/contactus>