



Tell your health care team if you have questions or concerns. If you don't understand, ask again.

### Ask the Expert: Nutrition and Cancer

A dietitian is available to answer your questions about nutrition, healthy and unhealthy food choices, risks of weight loss and weight gain, dietary and liquid supplements and treatment side effects.

### Blood Sugar Control During Cancer Treatment

Learn to manage your blood sugar during cancer treatment. Get information on a range of topics – from meals to medication.

### 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.

### Cancer-Related Fatigue

Tired of being tired? Receive information and support to help you fight fatigue. This class is co-sponsored by Internal Medicine.

### 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. To learn more about the class, please call 713-792-2316.

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

Manage diabetes with better skills. Please call 713-792-8042 to schedule a personal appointment. This class is co-sponsored by Internal Medicine.

### Hepatitis C: Treatment and Cure

This class offers information on the treatment and cure of Hepatitis C. Learn what to expect from treatment and how to manage side effects. To reserve a space, call Ruth Roach at 713-563-3955.

### Implanted Venous Port

Learn about the implanted port and how to care for it. Individual appointments are required. Please call 713-563-7678 or 713-563-0777 to schedule a session with the nurse.

### Laughter for Health Yoga

Laughter for Health Yoga is a blend of deep breathing, stretching and simulated laughter exercises that may help reduce stress, depression and more. Please bring a bottle of water to class.

### New Patient/Family Orientation

Learn about MD Anderson's programs and services, including information about clinical trials and myMDAnderson. You may also take the class online at [www.mdanderson.org/patient-orientation](http://www.mdanderson.org/patient-orientation).

### Questions About Treatment Side Effects? Ask the Expert.

A nurse is available to answer your questions about chemotherapy, radiation, surgery, fatigue, nutrition and more.

### All classes are free.

For more information, please call Patient Education at 713-792-7128.

# Classes for Patients and Caregivers

December 2016 – February 2017





Ask the Expert: Nutrition and Cancer

Tuesday . . . . . 2-3 p.m.  
Only on December 20, January 17 and February 21  
Rotary House Patient Guest Relations

Blood Sugar Control During Cancer Treatment

Thursday . . . . . 10-11 a.m.  
No class on December 22  
Main Building Classroom

Bowel Management

Wednesday . . . . . 11 a.m.-noon  
No class on December 21  
Main Building Classroom

Cancer-Related Fatigue

Thursday . . . . . noon-1 p.m.  
Only on December 1, January 5 and February 2  
Main Building Classroom

Central Venous Catheter (CVC) Care

Monday through Friday . . . . . 10:30 a.m.-noon  
and 1:30-3 p.m.  
Saturday and Sunday . . . . . 10:30 a.m.-noon  
Main Building Infusion Therapy Classroom

Diabetes and You: How to Use Your Insulin

Please call to schedule a personal appointment.  
(Outpatients should schedule an appointment with the Internal Medicine Center, 713-792-8042.)  
Main Building Internal Medicine Classroom

Hepatitis C: Treatment and Cure

Tuesday . . . . . noon-1 p.m.  
Only on January 17 and February 21  
To reserve a space, please call Ruth Roach at 713-563-3955.

Implanted Venous Port

We are happy to teach you proper care of your implanted venous port. Please call Infusion Therapy in the Mays Clinic at 713-563-7678 or 713-563-0777 to schedule an individual class.

Laughter for Health Yoga

Monday . . . . . 3-4 p.m.  
Only on December 5, January 2 and February 6  
Rotary House Patient Guest Relations

Wednesday . . . . . noon-1 p.m.  
Only on December 14, 21 and 28; January 11, 18 and 25; and February 8, 15 and 22  
Mays Clinic Classroom

New Patient/Family Orientation

Monday through Wednesday . . . . . 2-3 p.m.  
Main Building Classroom

Thursday (Chinese) . . . . . 2-3 p.m.  
Mays Clinic Classroom

This class is also available online at [www.mdanderson.org/patient-orientation](http://www.mdanderson.org/patient-orientation).

Questions About Treatment Side Effects? Ask the Expert.

Monday . . . . . noon-1 p.m.  
Main Building Classroom

Tuesday . . . . . 3-4 p.m.  
Only on December 6, January 3 and February 7  
Rotary House Patient Guest Relations

Classes are not held on institutional holidays. All patient education classes are free. Need help? Call us at 713-792-7128.

For additional classes provided through the Integrative Medicine Center, visit [www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter) or call 713-794-4700.



- We welcome your family members and caregivers to attend classes.
- Please visit The Learning Center for help finding information about your cancer and treatment.
- We look forward to meeting you and answering your questions.

Main Building

Main Building Classroom  
Floor 4, near Elevator A, through The Learning Center, Room R4.1121

Main Building Infusion Therapy Classroom  
Floor 8, near Elevator C, Room R8.2192

Main Building Internal Medicine Classroom  
Floor 6, near Elevator A, Room R6.1025

Mays Clinic

Mays Clinic Classroom  
Floor 2, near The Tree Sculpture, behind The Learning Center, Room ACB2.1049

Rotary House

Mayfair Room  
Floor 1, Room RHI1.131  
  
Patient Guest Relations  
Floor 1, Room RHI1.112