Clean hands save lives

Safety365 is our commitment to providing safe care in a safe environment 365 days a year.

Hand hygiene is one of the best — and easiest — ways to prevent the spread of infection.

Wash your hands for at least 20 seconds with soap and warm water. An easy rule of thumb is to sing your ABCs once or the “Happy Birthday” song twice while you wash.

All staff should clean their hands before caring for you.

Learn about clinical trials

Get information from MD Anderson experts about clinical trials at this week’s Lunch & Learn.

The session is being live streamed to MD Anderson locations in League City, Sugar Land, The Woodlands and West Houston. You also can watch it at mycancerconnection.org. See more information on the back side of this newsletter.

**Tuesday, Dec. 17, 12:30-1:30 p.m.**
Mays Clinic, Floor 1, near Elevator S, ACB1.2345

Request one-on-one support using MyChart

Use MyChart to request a unique match with a survivor volunteer for receiving or giving one-on-one support. myCancerConnection is a cancer support community of trained survivor and caregiver volunteers. Learn more at myCancerConnection.org.

**Using MyChart.mdanderson.org:**
1. Go to Ask a Question
2. Select New Medical Question
3. Send a message to myCancerConnection

**Using the MyChart mobile app:**
1. Go to Message
2. Select Send a Message
3. Send a message to myCancerConnection

**Get help with MyChart in The Learning Centers:**
- Main Building, Elevator A, Floor 4
- Mays Clinic, Floor 2, near The Tree Sculpture
You also can call askMDAnderson at 1-877-632-6789.

Enjoy free holiday entertainment

**Wednesday, Dec. 18, 1 p.m.**
Harpist Hope Cowan and Friends
Main Building, Floor 2, near The Park

Get the full schedule of holiday entertainment in the Notices section of MyChart.mdanderson.org
Our goal is not to make you sick with treatment, but to make you feel better.”
— Mariela Blum-Murphy, M.D., Physician

What you need to know about chemotherapy

Starting chemotherapy for the first time? You may be wondering how chemotherapy works. We spoke with Mariela Blum-Murphy, M.D., assistant professor in Gastrointestinal (GI) Medical Oncology, to learn more. This is what she had to say.

What is chemotherapy? How does it work?
Chemotherapy is a group of medications that can shrink or destroy cancer cells.

There are multiple types of chemotherapy, and each kind works a bit differently. In general, chemotherapy attacks rapidly dividing cells, such as cancer cells. Chemotherapy alters a cancer cell’s ability to grow or replicate itself.

How are chemotherapy drugs usually given?
Most chemotherapy drugs are given through an IV, but some are injected into muscle, under the skin or directly into the spinal fluid. Other chemotherapy drugs can be swallowed in pill form.

What are the most common side effects of chemotherapy?
Side effects depend on the type of chemotherapy. The most common ones are mouth sores, diarrhea, nausea, fatigue and those caused by bone marrow suppression, such as a decrease in white blood cell count (neutropenia).

Am I going to feel sick all the time?
Not necessarily. We have very good medications now to control many of the side effects caused by chemotherapy, such as nausea and vomiting. Our goal is not to make you sick with treatment, but to make you feel better.

Read more and other stories in Cancerwise at www.cancerwise.org.

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NUTRITION TIP

Drink plenty of water.

Water gives you energy, may help keep calories in check and will keep your skin looking great!

Talk to a clinical nutritionist to learn more.

Coming up

MD Anderson’s Lunch & Learn provides an opportunity for you to hear about issues related to the cancer experience.

Understanding clinical trials
Tuesday, Dec. 17, 12:30-1:30 p.m.
Mays Clinic, Floor 1, near Elevator S (ACB1.2345)

Learn more: myCancerConnection.org

INTEGRATIVE MEDICINE CENTER CLASSES
Call 713-794-4700 for more info or visit mdanderson.org/classes.

Classes are located on
Mays Clinic, Floor 2. Check in at the reception desk between The Learning Center and the Hospitality Center.

Monday
• Group Drumming, 10:30-11:30 a.m.

Tuesday
• Tai Chi, 3:30-4:30 p.m.

Wednesday
• Yoga for Health, 10:30-11:30 a.m.

Thursday
• Qigong, 3:30-4:30 p.m.

Friday
• Art Studio Collage, 1-2:30 p.m.

PATIENT EDUCATION CLASSES
For more information, email patientedumaterials@mdanderson.org, visit www.mdanderson.org/classes or call 713-792-7128. Classes are in Main Building, Floor 4, Elevator A.

• New Patient/Family Orientation
Mondays-Wednesdays, 2-3 p.m.

• Bowel Management
Wednesdays, 11 a.m.-noon