

This Week

News and notes for patients, families and visitors

Dec. 17-23, 2018

Your health record

Request one-on-one support using MyChart

You can use the MyChart website and the MyChart mobile app to request a unique match with a survivor volunteer for one-on-one support.

Go to **Messaging > Ask a Medical Question**
Select **myCancerConnection (One-on-one support)**
in the drop-down menu.

Send the myCancerConnection team a message asking for support or if you would like to give someone else support. myCancerConnection is a cancer support community of trained survivor and caregiver volunteers. Learn more at myCancerConnection.org.

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**.

Join us

Enjoy free holiday entertainment

MD Anderson Employee Choir
Tuesday, Dec. 18, noon-1 p.m.
Main Building, Floor 2, The Park near the Donor Wall

See a list of holiday entertainment in the Notices section of MyChart.mdanderson.org.

This Week at MD Anderson is published every Monday and distributed by a team of dedicated volunteers. Send events and feedback to PatientCommunications@mdanderson.org.

Need to know

Save time: Have your labs done the afternoon before your visit

Help reduce your wait times at the lab and in the clinic by scheduling your labs to be drawn the afternoon before your appointment.

Talk to your care team about having your labs drawn at our Houston-area locations in League City, Katy, Sugar Land or The Woodlands a day before you see your doctor. All locations offer free parking.

We also have a Rotary House location and a Holly Hall Blood Donor location just south of the Texas Medical Center.

You can get more details about our locations at www.mdanderson.org/Locations. Scroll down to Blood Labs.

Safety365

Keep hands clean

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.

Join our community:



What you need to know about the ketogenic diet

The ketogenic diet, also called the keto diet, focuses on getting most of your calories from fat and some from protein, while drastically cutting carbohydrates. Here is what Maria Petzel, a senior clinical dietitian at MD Anderson, had to say about the keto diet.

In a typical healthy diet, 45-65% of calories come from carbohydrates. With the ketogenic diet, carbohydrates make up only 5-10% of your calories.

When your body is deprived of carbohydrates, it uses stored fat for energy instead. To do this, the liver turns the fat into acids called ketones. Those ketones are used by your muscles and tissues for fuel. This process is called ketosis. It typically starts after three to four days of restricting carbs.

“Ketosis may help you lose weight, but it is not necessarily helping your body,” Petzel says.

After a few days on the diet, you may experience fatigue, dizziness, nausea or stomach pains. Ketosis also can cause dehydration and change the chemical balance of your blood. Ketosis can be especially dangerous for people with diabetes because it can affect their insulin levels and lead to dangerously low blood sugar levels.

Certainly, following a diet that basically cuts out an entire nutrient category, including almost all grains, fruits and vegetables, can lead to vitamin and mineral deficiencies, says Petzel. She says everyone responds to ketosis differently, so it is important to talk to your doctor before starting any new diet.

Watch your portion sizes and stick to mostly plant-based foods. Strive to get a balance of carbohydrates, proteins and healthy fats, and avoid processed meats.

“Tied in with exercise, these habits are more likely to help you maintain a healthy weight over a long period of time,” Petzel says. “And that can help lower your cancer risk.”

Read more at www.mdanderson.org/FocusedonHealth

Manage
your care
online with
MyChart

Learn more at
MyChart.mdanderson.org

Need help?

Call 877-632-6789 to speak with a health information specialist or visit one of The Learning Centers.

Coming up

MD Anderson's Lunch & Learn

provides an opportunity for you to hear about issues related to the cancer experience.

Check dates, topic, location and speaker information on

mdanderson.org/myCancerConnection

INTEGRATIVE MEDICINE CENTER CLASSES

Call 713-794-4700 for more info or visit www.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

- Yoga for Health, 2-3 p.m.

Tuesday

- Brief Relaxation Massages, 9 a.m.-4 p.m.
- Meditation for Health, 9:30-10:30 a.m.
- Get Moving, 11 a.m.-noon
- Yoga for Health, 2-3 p.m.
- Tai Chi, 3:30-4:30 p.m.

Wednesday

- Brief Relaxation Massages, 9 a.m.-4 p.m.
- Yoga for Health, 10:30-11:30 a.m.
- Meditation and Daily Life, 1:30-2:30 p.m.

Thursday

- Shape-Up Circuit, 11 a.m.-noon
- Qigong, 3:30-4:30 p.m.

Friday

- Brief Relaxation Massages, 9 a.m.-4 p.m.
- Yoga for Health, 11:30 a.m.-12:30 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