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 message to myCancerConnection

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

Need help using MyChart? Call askMDAnderson at 1-877-632-6789.

Your safety matters

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.

Join us

Laughter for Health Yoga

Reduce your stress with deep breathing, stretching and simulated laughter exercises.

Monday, March 2, 3-4 p.m.
Rotary House, Floor 1
Patient Relations, Room RH1.112

Wednesday, March 4, noon-1 p.m.
Mays Clinic, Floor 2, near Elevator T, behind The Learning Center, Room ACB2.1049

See “Coming up” on the back of this newsletter for this week’s classes. The March class calendar is available at mdanderson.org/classes.

Did you know

Social workers are part of your care team

Social workers can help you and your loved ones cope with diagnosis and treatment. They can provide counseling and help with advance care planning. For more information, call 713-792-6195.

Learn more at mdanderson.org/SocialWork

Join our community:
Things I’ve learned from my wife’s brain cancer relapse

Prior to my wife’s glioblastoma diagnosis in 2013, I traveled a lot for my job. That worked out well, even after Susie’s first brain cancer diagnosis in 1999, because she had surgery and joined a clinical trial at MD Anderson that left her cancer-free for 14 years.

We underestimated how difficult things were going to be the second time around. Unfortunately, Susie had more severe side effects from treatment. It took us by surprise. Here are three things I’ve learned from that experience.

Be specific when asking for help
The most debilitating side effect Susie experienced was a pontine (brain stem) stroke in 2015. After that, I could no longer travel for my job. Susie needed more dedicated care. I realized I needed help and that friends and family were eager to jump in. I just had to ask and be specific about what and where.

Focus on what you can control — and set goals
When someone has neurological damage, like from brain cancer or a stroke, it’s important to concentrate not on what they’ve lost, but on helping them regain the critical skills they need to function and be happy. That means focusing on what you can control, not on what you can’t. It’s important to continue to set goals, too, so that things keep getting better and you still have fun.

Don’t procrastinate: live now
Probably the biggest change we’ve made since Susie’s recurrence is to stop putting things off. After her first diagnosis, we started actively planning what we wanted to do between her cancer follow-up appointments. As a result, we’ve traveled all over the U.S. and Europe. There’s still so much for us to look forward to.

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