**Be our partner in patient safety**

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

Your questions and concerns matter. That is why we want you to feel comfortable sharing them with us.

“Stop, I have a concern.” That is all you need to say if you have a question about your medicine, procedure, care or treatment.

We are committed to addressing your safety concerns. If you need help with your request, ask for a patient advocate or call Patient Advocacy at 713-792-7776. (After hours and weekends, call 713-792-7090).

**Get help with MyChart**

You can get help with MyChart by

**Calling askMDAnderson at 1-877-632-6789**

Health information specialists answer calls Monday-Friday, 8 a.m.-11 p.m. CST
Saturday-Sunday-holidays, 8 a.m.-7 p.m. CST

**Visiting one of The Learning Centers**

open Monday-Friday from 9 a.m.–4 p.m.:
- Main Building, Floor 4, Elevator A
- Mays Clinic, Floor 2, near Elevator T

**Get support during radiation**

Patients and caregivers can get support and learn about radiation and proton radiation therapy at a monthly support group. The group meets every third Friday of the month.

Parking is validated for Garages 2 and 10. Light snacks are provided.

**Friday, Feb. 21, noon-1:30 p.m.**
Main Building, Floor 2, near Elevator G, G2.5213
Each of us has greater strength because of the other.”
— Ben Sanders, Survivor

The unexpected benefit of being a myCancerConnection volunteer

When I was diagnosed with metastatic melanoma in 2007, I decided to be an active participant in my care. I asked my doctors questions and took advantage of MD Anderson's support resources. I made myself available to other patients with similar diagnoses through myCancerConnection, MD Anderson’s one-on-one cancer support community.

I was asked to contact “Bob.” We communicated through phone calls and email. Then we decided to meet in person. That’s when Bob and I began talking about cancer and our day-to-day lives. Before we knew it, a friendship had formed.

Thanks to Bob, I have come to understand why talking with others is so important when facing cancer. It affords us the opportunity to be real with each other. Each of us has greater strength because of the other.

In the children’s book “The Velveteen Rabbit,” the Skin Horse explains that all the wear and tear on him is the price of being real. The missing button eye, the worn-off hair, and all the beaten-up appendages are evidence of having lived — and been loved.

That is the case with many of us who live with cancer, too. Our wounds proclaim the reality of our journey. But because we are no longer captive to the myth that we are invulnerable, we have the freedom to relate to one another more openly. And when we do, we all benefit.

Whenever I call a new patient now, Bob has taught me to listen for the story behind the story. And when the next person’s story unfolds, I know I will find much in it that blesses my own life and strengthens me, too.

Read more in Cancerwise at www.cancerwise.org

Patient Relaxation Area

Open weekdays, 8 a.m.-4 p.m.
Main Building, Floor 2, near Elevator D and The Park, B2.4314
713-792-1080

Rest, read and recharge

Coming up

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

Looking back and moving forward: Hereditary cancer and genetic testing
Tuesday, Feb. 18, 12:30-1:30 p.m.
Mays Clinic, Floor 1, near Elevator S, Telehealth Classroom, ACB1.2345

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
• Yoga for Health, 10:30-11:30 a.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.

• Nutrition during cancer
Mondays, Noon-1 p.m.

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

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