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.

Main Building valet is open

Construction to expand the Main Building’s Aquarium entrance valet drive is finished. The entrance is now open.

The newly expanded valet lanes will reduce traffic congestion. New concrete surfaces will be easier for people with wheelchairs and walkers to navigate.

Send a message to your care team

You can use MyChart to send a message to your care team and physician.

1. Go to Messaging
2. Ask a Question
3. New Medical Question

Select the physician team you want to message from the drop-down menu. Each message goes to the physician’s nursing team to ensure your message is read in a timely manner.

Ask your care team or center staff if you need to add a physician to your messaging list.

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.

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.
How to find the right cancer support group

A cancer support group is a safe place to share your experiences and connect with others facing the same challenges. Studies have shown that support groups can reduce isolation, anxiety and stress. They also can improve mood, self-image and the ability to cope.

To get the most out of a cancer support group, it is important to find the right one for you. Here are a few questions our social work counselors recommend you answer before attending one:

- What type of support are you looking for?
- Who are you wanting to get support from?
- What setting works best for you?
- If you are being treated away from home, what location are you most likely to attend a group in?

Once you have an idea of what you are looking for, here are a few ways to find a cancer support group:

- **Ask your social work counselor.** All MD Anderson patients have an assigned social work counselor who can help with all sorts of things, including selecting a support group. In fact, social work counselors facilitate many of our support groups. If you have never met with your MD Anderson social work counselor before, ask someone on your care team to put you in touch.

- **Go online.** You can find a list of cancer support groups on MD Anderson’s website, or use the American Cancer Society’s online search tool to find programs and services in your area.

- **Ask around.** Sometimes other patients and caregivers can be especially helpful when it comes to finding support groups and other valuable resources.

Every group is different, so go to the group a few times before you decide it isn’t a good fit. You might be surprised at how the group grows on you over time.

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

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**Coming up**

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

**Hepatitis B and cancer risk** — Tuesday, Sept. 10, 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 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**
- Group Drumming, 10:30-11:30 a.m.

**Tuesday**
- Get Moving, 11 a.m.-noon

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

**Thursday**
- Shape-Up Circuit, 11 a.m.-noon
- Meditation and Daily Life, 12:30-1:30 p.m.

**Friday**
- Group Drumming, 10:30-11:30 a.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