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.

Join our community:

MD Anderson Cancer Center  @MDAndersonNews  MDAndersonorg  MDAndersonCancerCenter

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**Here to help**

**Make your health care preferences known**

You are the best person to decide what kind of care you want to receive. One way to document your preferences is through a process called advance care planning. It is important to understand your options and keep a record of your decisions.

Discuss your choices with family, friends who represent you legally and your health care team. Having plans in place can provide peace of mind and reduce confusion among your loved ones.

If you have questions, please talk to your social work counselor or call 713-792-6195.

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**Your health record**

**View your test results online**

You can use MyChart to review your test results 3 to 5 business days after your provider receives the results. If your provider wants to share his or her comment on the result, you may see a message symbol next to the test result.

**If using the website, MyChart.mdanderson.org, go to View test results in the Quick Links menu on the right side of the home screen.**

**If using the MyChart mobile app, go to Test Results.** Click on the test result you want to view. Some test results may not be viewable in the mobile app.

You can 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.

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**Safety365**

**Clean hands save lives**

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

Washing your hands 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.

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**Did you know**

**You can get spiritual support from our chaplains**

Patients and family members of all faiths can get spiritual support from Spiritual Care and Education. Chaplains serve both hospital patients and patients in our clinics. Visits for a particular religion are available upon request.

Call 713-792-7184 or visit one of our chapels.
Heart damage stemming from cancer treatment is still pretty rare.”
— Nicolas Palaskas, M.D., Physician

Understanding how cancer affects heart health

Nicolas Palaskas, M.D., a cardiologist at MD Anderson, says it is critical to evaluate and test a patient’s heart function prior to starting any potential cardiotoxic treatment. This way, physicians can better recognize subtle signs of heart dysfunction as they occur and address them immediately. He says they also watch patients after they’ve finished treatment.

Many cancer treatments can impair heart function. One is the chemotherapy drug doxorubicin. It is used to treat breast cancer, as well as some sarcomas and lymphomas. Palaskas says some patients who receive heart-protective medication show improvement, even years after they have completed treatment.

Radiation therapy has also been shown to cause heart blockages or valve problems. MD Anderson’s radiation oncologists are experts at limiting heart damage by focusing the radiation beams as much as possible on the cancer itself.

Heart damage stemming from cancer treatment is still pretty rare. In fact, only about 5% of cardiology patients have heart problems related to cancer treatment. The rest had heart problems prior to treatment, or developed completely unrelated heart issues later on. To minimize the risk of heart damage from cancer treatments, Palakas recommends you:

- Stay active
- Maintain a healthy weight
- Follow a Mediterranean-style or mostly plant-based diet that is limited in sugar

Learn more about heart health in the next Lunch & Learn session on Tuesday, Feb. 12. Get more session details in the upper right column.

Read more in Cancerwise at www.cancerwise.org.

Coming up

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

**What should we be doing to promote heart health?** — Tuesday, Feb. 12
12:30-1:30 p.m., Mays Clinic, Floor 2, The Learning Center, ACB2.1120

**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: No Integrative Medicine classes.**

**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

**Wednesday**
- Brief Relaxation Massages, 9 a.m.-4 p.m.
- 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.
- Yoga for Health, 2-3 p.m.
- 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