

# Fred Hutch Survivorship Clinic Guide



Empowered  
Living After  
Cancer



**Fred Hutch**  
Cancer Center

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Fred Hutch is an independent, nonprofit organization that also serves as the cancer program for UW Medicine. This unique relationship allows for enhanced care coordination with one of the world’s leading integrated health systems.

**UW Medicine**

## Welcome

Welcome to the Fred Hutch Cancer Center Survivorship Clinic, and to a community of millions of cancer survivors living in the United States today.

As a cancer survivor, you may wonder what happens after you finish treatment. The purpose of this guide is to help you learn about next steps, challenges you may have and plan how to keep yourself healthy into the future. You will find specific information about the Survivorship Clinic, what to expect with late or long-term effects of cancer treatment, tips for living a healthy lifestyle, lists of resources and more.

## About the Survivorship Clinic

### What is the Survivorship Clinic?

Fred Hutch's Survivorship Clinic welcomes any cancer survivor, whether you had treatment at Fred Hutch or another medical facility. Our clinic is designed to meet your unique health care needs as a long-term cancer survivor. This clinic focuses on keeping you healthy by addressing many physical and emotional complications that can come during and after cancer and its treatments. Some of these complications include late or long-term physical effects, emotional effects like sadness, or practical effects like problems at school and work.

For most survivors these late and long-term effects are minimal; with education, health and support, you can take charge of your health and manage or prevent these problems.

**Our mission: To promote the lifelong health and wellness of cancer survivors by providing education, resources and personalized care plans.**

### **What to expect at your Survivorship Clinic appointment**

During your visit at the Survivorship Clinic, we will:

- Review your medical records
- Explain late and long-term effects of your cancer and treatment
- Recommend support services
- Recommend steps you can take to live a healthy lifestyle
- Provide an individualized Treatment Summary and Survivorship Care Plan (read below for details on these)

### **What is an individualized Treatment Summary and Survivorship Care Plan?**

Your individualized Treatment Summary and Survivorship Care Plan outline information about your cancer and treatment with recommendations for follow-up care. Once your medical records have been reviewed and you have been seen in the Survivorship Clinic, you will receive your Treatment Summary and Survivorship Care Plan. It is updated (if needed) each time you are seen in our clinic. Copies of your Treatment Summary and Survivorship Care Plan are shared with your health care team, including your medical oncologist and primary care provider.

### **Where is the Survivorship Clinic located?**

The Survivorship Clinic is located within the Fred Hutch Wellness Center, which is in a separate building from the Sloan Clinic.

The Fred Hutch Wellness Center is located at:  
1100 Fairview Ave. N.  
Seattle, WA 98109  
Level E of the Arnold Building

# How to contact the Survivorship Clinic

## For questions or to make an appointment:

Please call (206) 606-6100.

## Mailing address:

Fred Hutch Wellness Center  
Survivorship Clinic  
1100 Fairview Ave. N.  
Mailstop ME-B159  
Seattle, WA 98109

## Other contact information:

Phone: (206) 606-6100

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Fax: (206) 606-6135

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Email: [PCCsurvivorship@fredhutch.org](mailto:PCCsurvivorship@fredhutch.org)

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Websites: [FredHutch.org/survivorship](http://FredHutch.org/survivorship)

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[facebook.com/fredhutchsurvivorshipprogram](https://facebook.com/fredhutchsurvivorshipprogram)

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## Additional Patient Resources at Fred Hutch

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Health Information

Management (Medical  
Records): (206) 606-1114

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Patient and Family Resource  
Center (Education Materials): (206) 606-2081

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# Physical wellbeing

Cancer is now a disease that most people can expect to survive. Each year, more patients benefit from early detection of cancer and effective medical treatments, leading to a remarkable increase in long-term cancer survival. Although cured from their cancer, many survivors who have completed their medical treatment are facing challenging late and long-term effects from their illness and treatment.

**Long-term effects** are medical problems that continue for months or years after cancer treatment ends. Examples of long-term effects include infertility and fatigue.

**Late effects** are medical problems that do not develop or show symptoms until years after treatment ends. Examples of late effects include heart disease or secondary cancers (as a result of radiation or chemotherapy).

Your risk for developing long-term and late effects is related to the treatment that you received. This may include surgery, radiation, chemotherapy, certain medications and/or a combination of these treatments. Most of these effects are not serious and can be reduced with careful observation and a healthy lifestyle. The best prevention is having regular check-ups with health care professionals that know about these long-term and late effects and who can monitor and teach you how to best care for yourself.

Some common long-term and late effects are listed on the next page, along with suggestions for maintaining your health. As always, please use the Fred Hutch Survivorship Clinic as a resource for your questions and care.

## Common physical health concerns

### Bladder health

There is a low risk for bladder problems after cancer treatment due to some chemotherapy drugs such as cyclophosphamide. Symptoms of bladder problems include trouble starting to urinate or pain when you urinate. Report any symptoms, especially blood in your urine, to your health care provider.

### Bone health

Many cancer survivors have bone loss, or osteoporosis. Osteoporosis makes your bones thinner and less dense than they should be. This makes your bones break more easily. Below are some tips for how to reduce your risk of osteoporosis. Remember to talk to your health care provider before starting any new exercises or taking vitamins.

- Regular weight-bearing exercises such as brisk walking, yoga, tai-chi, dancing and jogging can help maintain healthy bones. Bicycling and swimming are excellent exercises for general fitness but these are NOT generally considered weight-bearing and they are not as effective at strengthening bones.
- Resistance exercises such as light weight lifting also help to build strong bones and are especially important for upper body bones including the arms and shoulders.
- A diet high in calcium is also important in preventing osteoporosis. Most health care professionals recommend 1000-1500mg of calcium a day. This means a diet rich in dairy products and leafy green vegetables. Vitamin D is needed in order to absorb calcium. Your skin makes vitamin D naturally when exposed to the sunlight. The recommendation for vitamin D is at least 600 IU per day.

Depending on your risk for osteoporosis, you may need to get a DEXA (dual X-ray absorptiometry) scan. This imaging study measures bone density and can be used as a baseline with follow-up scans to measure changes.

For more information on bone health visit:

<http://courses.washington.edu/bonephys/index.html>

## Physical wellbeing

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### Cancer recurrence

Cancer can recur (return). Each type of cancer is unique, and each person with cancer is also unique. The best person to discuss your individual risk of your specific cancer recurring is your medical oncologist. (Also see “Fear of recurrence” and “Secondary cancers.”)

### Cognitive problems

You may experience problems with your memory and concentration after cancer treatment. These are called cognitive problems. A common term used to describe cognitive problem is “brain fog.” Examples of memory and concentration problems include difficulties with:

- Learning new things
- Finding words while writing or talking
- Doing more than one task at a time

Many factors can affect your memory and concentration after treatment such as fatigue, medication side effects, depression or anxiety. It’s important to talk to your health care provider about any cognitive problems so you can get appropriate treatments or referrals.

### Dental health

You may have an increased risk of having dental problems after cancer treatment, including:

- Dry mouth
- Decreased saliva production
- Gum disease
- Changes in sense of taste and smell

Osteoporosis (bone loss) or osteopenia (bone thinning) of the jaw bone can also occur. We recommend having a dental exam and general teeth cleaning at least every six months.

### Fear of recurrence

It’s normal to worry or feel anxious about cancer returning. Many survivors feel more vulnerable when active treatment is done and they are not seeing their oncology care team as often. This fear usually improves over time. It is important to learn ways to help reduce your anxiety. Sometimes that can mean learning new relaxation or

coping skills or improving upon the ones that you already have. Examples of relaxation strategies are meditation, exercise, journaling, getting a massage or talking to a friend or family member.

### **Fertility**

Fertility is the ability to conceive (have) a baby. There are some chemotherapy drugs and radiation to the reproductive area that may affect your fertility. Women interested in their fertility status should keep track of menstrual cycles and report any changes to their health care provider. Men interested in maintaining fertility should have semen analysis periodically over time, as resumption of spermatogenesis can occur up to 10 years post therapy. There are many ways to determine your fertility status with the help of a fertility specialist, reproductive counseling, gynecologic evaluation, endocrine evaluation and/or laboratory values.

### **Gastrointestinal (GI) health**

The gastrointestinal (GI) tract is the group of organs that digests your food and gets rid of your waste. It includes organs such as the stomach, colon and rectum.

GI tract late and long-term effects may come and go. Many of these begin years after completing treatment and some effects may get worse over time.

Common GI late and long-term effects:

- Dry mouth
- Irritation or scarring of the esophagus (esophagitis), the part of your body that carries food or liquid from your throat to the stomach
- Stomach ulcers or sores (erosive or ulcerative gastritis)
- Gastroesophageal reflux disease (GERD), commonly called “heart burn”
- Rectal irritation (proctitis)
- Anal ulcers or pain (tenesmus)

Digestion problems:

- Lactose intolerance (inability to fully digest sugar in dairy products)
- Gluten intolerance (when you feel sick eating gluten protein in wheat, barley or rye)
- Having trouble absorbing nutrients
- Flatulence (gas)

## Physical wellbeing

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- Swelling or bloating in your stomach (abdominal distention)
- Diarrhea
- Constipation

Less common GI tract late and long-term effect:

- Irritation of the colon (colitis)

Rectal bleeding

- Stool incontinence
- Blockage that keeps food or liquid from passing through your bowels (bowel obstruction)

There are many things you can do to help prevent or manage GI tract late and long-term effects. They include:

- Eat a healthy, low-fat diet of fresh fruits, vegetables, whole grains, fiber and protein
- Drink plenty of fluids
- Talk to your health care provider about taking any over-the-counter or prescription supplements and medications
- Do gentle exercises such as stretching, walking, yoga and swimming

Some GI problems may need medical treatment, or sometimes surgery. Talk to your health care provider about your symptoms or concerns.

## Genetic counseling and testing

Consider genetic counseling and testing if you have been diagnosed with multiple cancers, breast cancer or colon cancer at an early age, breast cancer and are a man, ovarian cancer, have a strong family history of cancer, or have a relative with a known cancer-causing mutation.

## Hearing

If your treatment included heavy metal agents, such as cisplatin/carboplatin, you are at risk for high-frequency hearing loss. This means high-pitched sounds are hard to hear. You should have a hearing test (audiogram) done after finishing cancer treatment. This can serve as a comparison for future hearing tests. If the test results are abnormal, the test should be done every year until normal.

## Heart health

Heart problems may occur many years after cancer treatment. Most cancer survivors do not develop heart problems but some cancer treatments put you at higher risk. These treatments include anthracycline, such as doxorubicin and daunomycin, or radiation to the heart area. You can take steps to keep your heart healthy including:

- Having regular medical check-ups and tests to check how well your heart works
- Living a healthy lifestyle such as regular physical activity/exercise
- Avoiding unhealthy behaviors that can increase the risk of heart problems including smoking, having an inactive (sedentary) lifestyle and eating a diet high in fat

## Immune system

Your immune system is your body's cells, tissues and organs that work together to protect your body from infections. After cancer treatment, your immune system may not fight off infections as well as it did before. Some cancer survivors need to stay on medications after treatment that may affect their immune system.

Steps to support your immune system and prevent illness include:

- Keep your body free of cuts, bites and sunburns
- Avoid contact with friends and family who have colds
- Eat a healthy diet
- Drink plenty of liquids and stay well hydrated
- Practice good hand washing
- Wash raw foods well
- Do not eat undercooked foods
- Get plenty of rest

When your body fights a cold or mild infection, you may feel swollen lumps, or lymph nodes, in your neck, armpit and groin. This is often normal. Lymph nodes are a part of your immune system and help your body fight germs and infections. After your body has fought off your cold or infection, your swollen lymph nodes should return to normal after a couple of weeks. Talk to your health care provider if you have any questions or concerns.

## Physical wellbeing

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### Kidney health

Chemotherapy or radiation to the kidneys can increase the risk of kidney problems. Medications like non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen and certain antibiotics, can also increase your risk of kidney problems. It is important to monitor your blood pressure annually. If you have a kidney test or urinalysis and the result is abnormal, they should be monitored on a regular basis.

### Liver health

While short-term liver problems can occur from certain chemotherapies, long-term effects can also occur.

You can take steps to keep your liver healthy including:

- Avoid excessive use of alcohol
- Avoid medications that can damage the liver, such as acetaminophen (Tylenol)
- Do not take medications with alcohol
- Make sure you are vaccinated against Hepatitis A and B
- If you have never been tested for Hepatitis C, you should consider being tested

### Lung health

Chemotherapy, chest radiation and total body radiation can impact how well your lungs work.

It is important to tell your health care provider if you have any of these new symptoms:

- Shortness of breath
- Chronic cough (cough that does not go away)
- Wheezing (making a whistling sound while breathing)
- Increased fatigue or exercise intolerance

### Lymphedema

Lymphedema is a swelling of a part of the body caused by the buildup of lymph fluids. It most often happens in the arm, leg, face or neck. It can also happen after an insect bite or minor injury, but then it goes away easily. Lymphedema is a common side effect of some cancer treatments, including surgery or radiation therapy. The symptoms can be mild or severe, can come and go or persist, and it can occur months or years after cancer treatment has been completed.

Lymphedema can be helped by:

- Exercise
- Physical therapy
- Massage
- Compression garments
- Low salt diet
- Weight loss
- Not wearing clothing that may restrict return blood or lymph flow.

The most important prevention actions are to avoid an infection in the affected limb and to maintain a healthy weight. Practical recommendations can include wearing gloves when gardening or washing dishes and immediate cleansing of any minor cuts or scraps followed by application of antibacterial ointment or cream. More serious injuries should be seen by a medical provider. Seeking evaluation and treatment as soon as lymphedema is noticed can be helpful in limiting the progression.

### **Nutrition**

The Survivorship Clinic recommends following the American Cancer Society's nutrition guidelines to optimize health and reduce cancer risk. These guidelines include consuming food and beverages in amounts that help achieve and maintain a healthy weight; limiting consumption of processed meat and red meat; eating at least two and a half cups or more of vegetables and fruits each day; and choosing whole grains instead of refined grain products. Adequate fluid intake is important to stay hydrated and it is best to avoid or limit alcohol intake. We can refer you to a Fred Hutch registered dietitian to help with your nutrition needs and help set goals.

### **Peripheral neuropathy**

Peripheral neuropathy is a nerve problem that impacts your sensory and motor nerves. If your sensory nerves are affected, you may have numbness, tingling or burning sensations in your hands, arms, legs or feet. If your motor nerves are affected, you may have muscle weakness, cramping or twitching. Peripheral neuropathy can be short term or may persist for many years. There are many things you can do that may help with peripheral neuropathy such as stretching, acupuncture, massage therapy and protecting your hands or feet from injury. Discuss other options with your health care provider.

## Physical wellbeing

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### Physical activity

It is important to maintain a healthy body weight and avoid an increase in waist circumference throughout adulthood. Cancer survivors are encouraged to adopt a physically active lifestyle. Besides the physical benefits, exercise also offers psychological and emotional benefits. Try to engage in at least 30 minutes of moderate to vigorous physical activity 4-5 days of the week along with resistance training (exercise that builds strength by forcing muscles to contract against an external resistance such as using free weights or resistance bands).

Examples of moderate to vigorous exercise:

- Brisk walking
- Pilates
- Biking
- Swimming
- Dancing
- Weight lifting
- Running
- Aerobics
- Cross-country skiing

There are exercise programs that are created specifically for cancer survivors, and we are happy to refer you to a Fred Hutch physical therapist for help setting goals and/or aid in dealing with any physical limitations you may have.

### Psychosocial (mental health) effects

Anyone who has been treated for cancer can have some ongoing psychosocial effects. These may include stress, fear, depression, anxiety, grief, change in the role you fill in the family, relationship strains, feeling alone and even social withdrawal (avoiding people and activities that you would usually enjoy). Many survivors find activities that reduce stress are helpful to counteract the psychosocial effects after treatment ends. Exercise, relaxation techniques, meditation, art, music, dance, writing, looking at what you can control and focusing on positive events instead of negative ones can help. Talking with friends, getting outside, finding like-minded people or a support group and returning to activities you used to participate in and enjoy all help counteract the psychosocial effects of life after cancer treatment.

You don't have to be upbeat all the time, but if you find yourself slipping into angry, sad or withdrawn feelings often, or if you have a hard time seeing the bright side of any situation, you likely need help. Family members, friends, your spiritual community, support groups, health care providers and others may be able to help if you let them know how you are feeling. Many survivors get help from therapists who are experts in both grieving and depression. It can be hard to ask for help, but getting the help you need is important for your life and ongoing health. We can refer you to a Fred Hutch psychologist or psychiatrist who has experience working with cancer survivors.

### **Secondary cancers**

Some chemotherapy drugs and radiation can make you at risk for a second cancer. This cancer can be similar to the type you had or a completely different kind. Some patients also have genetic factors they were born with that place them at higher risk for these second cancers. Smoking and chewing tobacco, too much sun exposure and artificial UV tanning also increase your risk of getting a secondary cancer.

### **Sexuality and intimacy**

There can be both physical and emotional reasons for changes in sexual intimacy after cancer treatment. You may struggle with changes in your body image and sexual function, decreased libido or exploring new relationships. Partners may also struggle with physical, emotional and/or relationship role changes. Often the hardest part is talking about these issues with your partner and/or health care provider but these issues can usually improve with simple and effective treatment or counseling.

### **Skin health**

If you received radiation, you may have a small increased risk for developing skin cancer. Regular skin examination and avoiding prolonged sun exposure and/or tanning booths is recommended. Wear sunscreen (SPF-30 or higher) and hats for protection.

## Physical wellbeing

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### Sleep hygiene

Sleep is essential to your general health. The various changeable factors that affect sleep quality are called sleep hygiene. How you can improve your sleep hygiene:

- Set regular sleep and wake times
- Avoid naps longer than 30 minutes during the day, if possible
- Minimize noise, light, and temperature extremes during sleep
- Avoid looking at your phone, watching television, eating, or discussing emotional issues in bed
- Avoid caffeine, nicotine, alcohol, fluids, and heavy meals close to bedtime
- Routine exercise can improve sleep but avoid vigorous exercise just before bedtime
- If you snore, have sleep apnea (periods of holding your breath when you sleep) or other persistent sleep concerns, seeing a sleep medicine specialist is recommended

### Thyroid health

Radiation to the body, particularly to the neck area can lead to changes in the thyroid gland working properly; this can cause hypothyroidism or hyperthyroidism or can increase the risk for thyroid nodules or thyroid cancer. Symptoms of thyroid problems can include fatigue, anxiety, hair loss, weight changes and irregular heartbeat. Some cancer survivors have annual thyroid exams and labs done.

### Vision

Certain chemotherapies, some hormone therapies and radiation to the eye can increase the risk for developing cataracts. Cataracts are when your eye's natural lens becomes cloudy. This makes it hard for you to see. Because vision can have a significant impact on daily living, it is important for survivors who received these treatments to have their eyes checked regularly. We recommend a yearly eye exam that includes visual acuity (how sharp your vision is), ocular symptom evaluation (how well your eyes work) and a fundus (retina) exam.

## Lifestyle and self-care

Cancer treatment can have profound effects on your physical health, and it can also affect your emotional health. It is normal to have a variety of feelings after your treatment ends.

Employment, education, insurance, housing and financial effects of cancer are often not talked about, but they are very real concerns. It is important to assess these effects and get the referrals and resources needed to address them.

Help is available and comes in many forms. Most schools offer social workers and school counselors that specialize in support, and your Human Resource department at your workplace is another great place to seek assistance. For further help, advocate groups and offices like the state Insurance Commissioner and Health Ombudsman are also available to you. It is important to assess if you have any practical effects and get referrals or find resources to address them so they do not become overwhelming.

The following section has information to help you improve your lifestyle and emotional health as a cancer survivor. This includes:

- Importance of primary care
- Healthy diet recommendations
- Healthy eating and weight
- General physical activity recommendations
- Stress management
- Advanced care planning

### Importance of primary care

#### What is primary care?

Primary care includes a range of health services such as prevention, wellness and treatment for common illnesses. Primary care providers (also called PCPs) include physicians, nurse practitioners, physician assistants, osteopaths, and naturopaths. They often maintain long-term relationships with you and advise and treat you on a range of health issues. They may also coordinate your care with specialists.

#### Establish a Relationship with a Primary Care Provider

It is essential you have annual check-ups with your primary care provider so you both can keep track of and maintain your health. Annual check-ups are an important way to manage chronic (long-term) conditions you may have, keep up-to-date on immunizations and have routine health screenings.

Your primary care provider can follow you during and after cancer treatment. They can also monitor your health over time for any long-term or late treatment effects. Your primary care provider can also assist in maintaining a relationship with your primary oncologist so that long-term follow-up guidelines are observed. Your Treatment Summary and Survivorship Care Plan can help inform your primary care provider of any specific tests or monitoring you will need.

#### Where can I find a primary care provider?

Primary care providers can be found in your community, through an internet search or by contacting your insurance company. If you need help getting started, UW Primary Care has many primary care providers in the Seattle and Puget Sound region. Some primary care providers are also listed in the Resource section at the end of this guide.

### Healthy diet recommendations

Eating well and staying active can promote overall health and a sense of well being.

Tips for having a healthy diet:

- Try not to consume more than 1 alcoholic drink per day as alcohol may increase cancer risk. One alcoholic drink is defined as 5 oz of wine, 12 oz of beer, or 1.5 oz of liquor.

- Eat more whole, unprocessed foods and foods that are mostly plant-based.
- Limit sodium (salt) intake to 2,400 mg per day.
- Minimize or avoid processed, smoked and cured meats.
- Eat no more than 18 oz of red meats (beef, pork, lamb, goat) per week.
- Try to meet your nutritional needs through diet (food) instead of through supplements like multivitamins.

### **Calcium and vitamin D**

Calcium and vitamin D are essential nutrients throughout our lives. These nutrients are needed to maintain bone strength and density. Calcium is also needed for blood clotting, muscle contraction and normal nerve function. Vitamin D will help your body absorb and utilize the calcium.

### **How much calcium and vitamin D do I need?**

Calcium: Most health care professionals recommend 1,000-1,500 mg of calcium a day.

Vitamin D: Vitamin D levels are measured with a lab test called 25 hydroxy vitamin D. The recommendation for vitamin D is 600-800 units (15-20 micrograms), but make sure to talk to your health care provider (primary care provider or registered dietitian) to learn what dose is right for you.

Certain groups of people need more calcium and vitamin D. These people include:

- People taking prednisone, dexamethasone, or a similar corticosteroid drug
- People with osteopenia or osteoporosis
- Children and teens
- Post-menopausal females

### Herbal and nutritional supplements

#### Supplements

Many people take vitamins, minerals, and herbs to help boost their immune system. Whole food sources of nutrients are optimal for boosting the immune system. In addition, supplements and herbs are not subject to FDA (Food and Drug Administration) approval to assure safety, effectiveness, purity, and standards of measurement. Some supplements can cause side effects to the liver, kidneys, heart and other organs. Many supplements can have adverse interaction with food and other medications. Have an open discussion with your health care providers about the use of herbs, vitamins, and minerals.

A registered dietitian (RD) can assess your nutrition status and need for supplements such as calcium, vitamin D, Omega 3 fatty acids, iron, B12 and more.

#### Vitamins

Multivitamins are not likely to decrease your risk for cancer, but are not likely to be harmful.

#### Need more information about your personal dietary needs?

Ask your Fred Hutch provider to order a nutrition consult with a Fred Hutch registered dietitian.

**For more information:** [ods.od.nih.gov/factsheets/list-all/](https://ods.od.nih.gov/factsheets/list-all/)



## Healthy eating and weight

### Tools for a healthy weight

The following sections describe two tools that can help you have a healthy weight: the Body Mass Index table and the Glycemic Index.

### Body Mass Index Table

The Body Mass Index (BMI) is one way of looking at body weight to see if you are a “healthy weight” for your height. On average, a BMI of 18.5–24.9 is seen as optimal. There are many BMI calculators on the internet which can be used to help set goals for individual weight gain or loss. The one below does not take in to account age, gender or body type, but can be used as a general guide.

Body Mass Index Table																								
	Normal						Overweight					Obese												
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40+		
Height (inches)							Body Weight (pounds)																	
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191		
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198		
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204		
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211		
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218		
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225		
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232		
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240		
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247		
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255		
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262		
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270		
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278		
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286		
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294		
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302		
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311		
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319		
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328		

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*

BMI Calculator:

[cdc.gov/bmi/adult-calculator](https://cdc.gov/bmi/adult-calculator)

### Glycemic Index

The Glycemic Index (GI) is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food. The index rankings are based on how a carbohydrate food gets digested in comparison to the standard food, which is either white bread or pure glucose.

White bread and glucose are listed highest, with a rating of 100 on the Glycemic Index because they raise the blood glucose levels higher and quicker than most other foods.

Eating foods with a low GI may help you to control blood glucose levels, cholesterol levels, and appetite. Low GI diets also lower your risk of getting heart disease and/or type 2 diabetes.

The Glycemic Index of food can vary greatly; try to choose foods that have a low or medium Glycemic Index.

**Low GI (55 or less)****Breads:**

Heavy Mixed Grain  
Breads  
Spelt Bread  
Sourdough Bread  
Tortilla (Whole Grain)

**Cereal:**

All-Bran™ Cereal  
All-Bran Buds™  
With Psyllium Cereal  
Oat Bran  
Oats (Steel Cut)

**Grains:**

Barley  
Bulgur  
Mung Bean Noodles  
Pasta (Al Dente, Firm)  
Pulse Flours  
Quinoa  
Rice (Converted,  
Parboiled)

**Other:**

Peas  
Popcorn  
Sweet Potato  
Winter Squash

**Medium GI (56-69)****Breads:**

Chapati (White, Whole Wheat)  
Flaxseed/Linseed Bread  
Pita Bread (White, Whole Wheat)  
Pumpnickel Bread  
Roti (White, Whole Wheat)  
Rye Bread  
(Light, Dark, Whole Grain)  
Stone Ground Whole  
Wheat Bread  
Whole Grain Wheat Bread

**Cereal:**

Cream of Wheat™ (Regular)  
Oats (Instant)  
Oats (Large Flake)  
Oats (Quick)

**Grains:**

Basmati Rice  
Brown Rice  
Cornmeal  
Couscous  
(Regular, Whole Wheat)  
Rice Noodles  
White Rice (Short, Long Grain)  
Wild Rice

**Other:**

Beets  
Corn  
French Fries  
Parsnip  
Potato (Red, White, Cooled)  
Rye Crisp Crackers  
(e.g. Ryvita Rye Crispbread™)  
Stoned Wheat Thins™  
Crackers

**High GI (70 or more)****Breads:**

Bread (White, Whole Wheat)  
Naan (White, Whole Wheat)

**Cereal:**

All-Bran Flakes™ Cereal  
Corn Flakes™ Cereal  
Cream of Wheat™ (Instant)  
Puffed Wheat Cereal  
Rice Krispies™ Cereal  
Special K™ Cereal

**Grains:**

Jasmine Rice  
Millet  
Sticky Rice  
White Rice (Instant)

**Other:**

Carrots  
Potato (Instant Mashed)  
Potato (Red, White, Hot)  
Pretzels  
Rice Cakes  
Soda Crackers

### Physical activity recommendations

A physically active lifestyle is important to reduce the risk of various types of cancer, as well as heart disease and diabetes, which is why we encourage cancer survivors to adopt a physically active lifestyle. Try to engage in at least 30 minutes of moderate to vigorous physical activity at least five days per week. Discuss with your health care provider on ways to increase your current exercise routine. You may benefit from a referral to a physical therapist for help in setting goals and/or aid in dealing with any physical limitations you may have.

A daily routine involving some sort of movement and exercise is essential. Programs such as Exercise and Thrive (sometimes called LIVESTRONG® program) through the YMCA are specifically geared to cancer survivors. Yoga is another physical activity that can be incorporated into your daily routine, and is a 5,000-year-old practice based on Indian philosophy. With a combination of postures, rhythmic breathing, and meditation, studies have shown that yoga can have specific benefits for cancer survivors including increases in physical movement and flexibility, managing sleep and insomnia, and decreasing fatigue, anxiety, pain, stress and emotional distress management. The gentle movements of Qigong and Tai chi have also been noted to assist cancer survivors with mobility and stress management.



## Average Activity Calorie Counts\*

Activity	Calories Per Hour
Cleaning (light)	240
Cleaning (heavy)	432
Dancing	370
Gardening	324
Golf	240
Jogging	675
Mowing lawn (non-riding)	324
Playing with kids	216
Sitting	81
Sleeping	45
Skiing	740
Strolling	206
Swimming	603
Tennis	549
Walking (brisk)	297
Watching TV	72
Vacuuuming, mopping	150
Yoga	360
Biking (flat surface)	441

\*Averages are based on a 150 lb. person — these counts may vary depending on body composition and intensity levels.

More information can be found on the [American Cancer Society website](#).

### Stress management

#### 10 tips for cancer survivors

- 1. Get a summary of your treatments.** The Treatment Summary that we provide will have a list of any surgery, radiation and chemotherapy doses you received so that you can communicate these to your primary care providers. This will help you plan for the next tip on the list.
- 2. Make a plan for monitoring the long-term effects of your cancer treatment.** Talk to your health care team about the potential long-term effects of your cancer treatment and what to watch out for. For example, some cancer treatments can increase the risk of cardiovascular problems or second cancers; others can impact your bones.
- 3. Learn how to manage the fear of cancer coming back.** Talk to your health care provider about the risk of a cancer recurrence (your cancer coming back), and remember that risk is based on averages and does not apply to you as an individual. Consider counseling or other assistance to help you face any fears that interfere with your day-to-day life.
- 4. Get moving.** If you pick one healthy habit to change in your life, physical activity is likely to make the fastest change in how you feel and help reduce your cancer-related risks. Make opportunities to walk or take stairs. If it feels too hard to do alone or you don't know where to get started, finding an exercise program or class to join is a good option. Check to see if your local YMCA participates in the Exercise and Thrive Program (sometimes called LIVESTRONG® program).
- 5. Eat well.** Your diet doesn't have to be perfect but fruits, vegetables and whole grains can make a difference in how you feel. Eating more healthy foods can make it easier to avoid the things that add weight or complicate digestion. Talk to a registered dietitian or registered dietitian nutritionist if you are unsure what is healthy for you or have digestion problems.
- 6. Live a healthy lifestyle.** A healthy lifestyle helps ensure your long-term survival and a better quality of life. Physical activity and eating well are just two important parts of a healthy lifestyle. You should also not smoke, limit alcoholic drinks to one per day and use sunscreen to protect your skin.
- 7. Reclaim your body.** Many cancer treatments can lead to body changes and weight gain. Weight control is important. Check with your health care team and a registered dietitian or registered dietitian nutritionist and consider joining an exercise program to help you control your weight changes.

8. **Manage symptoms.** Talk to your health care team if you have any symptoms after completing cancer treatment. These can include having fatigue or lack of stamina that does not improve with time, “chemobrain” that makes it hard to work or remember what you need to do, or other aches, pains and symptoms that make it hard to enjoy your life. You deserve to be happy. Make an appointment to focus solely on the symptoms that reduce your quality of life.
9. **Connect with other survivors.** While your family and friends are great support pillars, many cancer survivors find it valuable to talk or exercise with others who have experienced what they have and truly understand what it’s like to be a survivor.
10. **Make use of resources.** There are lots of options in the community and online for cancer survivors. Some options:
  - Fred Hutch Resource Center: (206) 606-2081
  - The National Cancer Institute’s [“Facing Forward: Life after Treatment” manual](#)
  - Cancer Pathways ([cancerpathways.org](http://cancerpathways.org))
  - Cancer Lifeline ([cancerlifeline.org](http://cancerlifeline.org))
  - CancerCare ([cancercare.org](http://cancercare.org)).

For more resources, please see Cancer Survivor Resources section.



# Advanced care planning and advanced directives

## Advance care planning

Advance care planning is the process of making plans now for care you may need later. It helps your health care provider and family give you the medical care you want if you aren't physically able to speak for yourself. Advance care planning is for all adults, not just people who have an illness.

## Advanced directives

Once you figure out your medical care wants and desires, you can create a legal document called an advance directive. There are typically two forms: a living will and durable power attorney for health care.

- **Living will:** This can also be called a health care directive or advanced directive. It lets people know what kind of medical care you want if you are unable to speak for yourself. Written instructions can help reduce confusion or disagreement among your caregivers/family members or health care providers.
- **Durable power of attorney for health care (DPOA-HC):** Names the person to make the medical decisions for you if you are unable to make them for yourself. This person, chosen by you, is also called a health care proxy. You can have more than one person listed, in case the first person is unreachable or can't make the decisions.

In most states, these forms must be witnessed by a notary public when signed to be legal, but do not require an attorney. The Fred Hutch Patient and Family Resource Center staff can notarize your advanced care planning documents for free (by appointment only). To request an appointment, call (206) 606-2081.

You can find more information on Fred Hutch's Advance Care Planning webpage: [FredHutch.org/advance-care-planning](https://FredHutch.org/advance-care-planning).

### Advanced care planning resources

Below are some resources that offer assistance with end-of-life planning, as well as information on hospice care, memorials and coping with the loss of a loved one.

#### **Aging with Dignity**

[agingwithdignity.org](http://agingwithdignity.org)

**Five Wishes** (a booklet that covers medical, legal, personal, spiritual and family matters and includes a living will document)

[fivewishes.org](http://fivewishes.org)

#### **The Conversation Project**

[theconversationproject.org](http://theconversationproject.org)

#### **PREPARE**

[prepareforyourcare.org](http://prepareforyourcare.org)

**Coda Alliance - Go Wish** (card game assisting with decision making)

[codaalliance.org](http://codaalliance.org)

#### **Everplans**

[everplans.com](http://everplans.com)

#### **National Hospice and Palliative Care Organization (NHPCO)**

[www.nhpc.org/about/hospice-care](http://www.nhpc.org/about/hospice-care)

#### **People's Memorial Association**

[peoplesmemorial.org](http://peoplesmemorial.org)

#### **Washington Association of Area Agencies on Aging**

[agingwashington.org](http://agingwashington.org)

### Other advanced planning forms and actions

There are other important forms that are not considered advanced directives. A *will* tells how a person wants to divide money and property among surviving family members and others. A *trust* appoints the person a patient chooses to manage money for them. A *power of attorney* appoints a person to make financial decisions when they can no longer make them themselves. Frequently, an attorney is needed to establish these legal documents. Checking with an attorney, social worker or the States Attorney General's office is a good idea to be sure about the law in your state. It is best to create these forms before they are necessary and to review them periodically to update them as needed.

A *POLST (Physician Orders for Life Sustaining Treatment)* form is a way of communicating specific treatment desires for patients with advanced chronic progressive illness. This form has very specific details regarding nutrition, hydration and resuscitation wishes for patients and is reserved for use at the end of life. This form must be signed by the patient or health care proxy and a health care provider. More information can be found at: [www.POLST.org](http://www.POLST.org).

Deciding what will be done with the body after death can be a difficult topic. For many people, these decisions are based on cultural, spiritual or family values. For others, the decision is an individual one. Having survived cancer, it is likely you have considered this topic and even made some decisions regarding what you would prefer. Putting these preferences in writing can actually create peace of mind for you and your loved ones. If you have not thought about this topic, reviewing the options and creating a plan can be reassuring. Reviewing options, making decisions and communicating a plan is best done by the individual when they are not ill. Some resources to consider are:

#### **Organ Donation**

[organdonor.gov](http://organdonor.gov)

#### **People's Memorial Association**

[peoplesmemorial.org](http://peoplesmemorial.org)

#### **Neptune Society**

[neptunesociety.com](http://neptunesociety.com)

#### **End of Life Washington**

[endoflifewa.org](http://endoflifewa.org)

# Cancer survivor resources

## National cancer care resources

*Inclusion on this list does not mean endorsement by Fred Hutch.*

### **American Cancer Society (ACS)**

Source of news, information, and support

Phone: 1(800)-ACS(227)-2345, [cancer.org](http://cancer.org)

### **Amputee Coalition**

Dedicated to enhancing the quality of life for amputees and their families

[amputee-coalition.org](http://amputee-coalition.org)

### **Cancer Care**

Oldest, largest, nonprofit agency offering support and information

Phone: (800) 813-4673, [cancer.org](http://cancer.org)

### **Cancer Hope Network**

One-on-one patient and family support

Phone: 1.877.HOPENET, [cancerhopenetwork.org](http://cancerhopenetwork.org)

### **Blood Cancers United**

Research, education and patient services for all blood cancers

[bloodcancerunited.org](http://bloodcancerunited.org)

Phone: (206) 628-0777, Toll Free: (800) 955-4572

### **Livestrong Foundation**

Cancer awareness, education, and support

Phone: (855) 220-7777

[livestrong.org](http://livestrong.org)

### **National Cancer Institute (NCI)**

Free resources and materials for all cancer types

Phone: 1.800.4-CANCER, [cancer.gov](http://cancer.gov)

### **National Coalition of Cancer Survivorship**

Advocating quality cancer care and empowering survivors

Phone: (877) 622-7937, [canceradvocacy.org](http://canceradvocacy.org)

## Cancer survivor resources

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### National Institutes of Health (NIH)

Health information and resources

Toll Free: (301) 496-4000, TTY: (301) 402-9612, [nih.gov](http://nih.gov)

### The Cancer Support Community

A global nonprofit group that provides support, education and hope to people with cancer and their loved ones.

Phone: (888) 793-9355, [cancersupportcommunity.org](http://cancersupportcommunity.org)

### The National LGBT Cancer Project – Out With Cancer

Phone: (212) 673-4920, [lgbtcancer.com](http://lgbtcancer.com)

### Local cancer care resources

*Inclusion on this list does not mean endorsement by Fred Hutch.*

### Cierra Sisters

An African-American breast cancer survivor & support organization

Phone: (206) 505-9194, [cierrasisters.org](http://cierrasisters.org)

### Cancer Lifeline

24-hour staffed lifeline, offering emotional support, resources, and educational classes for those at any stage of cancer.

Phone: (206) 297-2500, Toll Free: (800) 255-5505, [cancerlifeline.org](http://cancerlifeline.org)

### Crisis Connections

Phone (206) 461-3222. Texting available in King County

24-hour crisis line: (866) 427-4747

[crisisconnections.org](http://crisisconnections.org)

### Cancer Pathways

A place for men, women, and children to build emotional, educational, and social support.

Phone: (206) 709-1400, Toll free: (866) 200-2383, [cancerpathways.org](http://cancerpathways.org)

### Northwest Sarcoma Foundation

A place of support and education for those who are living with Sarcoma or other rare bone tumor disease. [nwsarcoma.org](http://nwsarcoma.org)

## Primary care clinics

*Inclusion on this list does not mean endorsement by the Fred Hutch.*

**UW Medicine**, [uwmedicine.org](http://uwmedicine.org), (206) 598-3300

Family Medical Center	(206) 598-4055
Hall Health Center	(206) 685-1011
General Internal Medicine	(206) 598-8750
Women's Health Care Center	(206) 598-5500
Reproductive Care	(206) 598-4225
Men's Health Center	(206) 598-6358
Male Fertility Lab	(206) 598-1001

**UW Medicine Neighborhood Clinics**, [uwmedicine.org/neighborhood-clinics](http://uwmedicine.org/neighborhood-clinics)

Ballard	(206) 789-7777	Lopez Island	(360) 468-2245
Belltown	(206) 443-0400	Mountlake Terrace	(425) 275-5550
Factoria	(425) 957-9000	Northgate	(206) 528-8000
Federal Way	(253) 839-3030	Ravenna	(206) 525-7777
Fremont	(206) 545-9300	Shoreline	(206) 520-5000
Issaquah	(425) 391-3900	South Lake Union	(206) 485-9000
Kent/Des Moines	(206) 870-8880	Woodinville	(425) 485-4100

## Valley Medicine Center Clinics

Cascade	(425) 690-3400	<a href="#">Kent Station</a>	<a href="#">(425) 690-3491</a>
Covington Clinic North	(425) 690-3533	<a href="#">Lake Sawyer Clinic</a>	<a href="#">(425) 690-3425</a>
Covington Clinic South	(425) 690-3430	<a href="#">Maple Valley Clinic</a>	<a href="#">(425) 690-3460</a>
Fairwood	(425) 690-3405	Newcastle	(425) 690-3455
<a href="#">Family Medicine Clinic</a>	<a href="#">(425) 690-3445</a>	<a href="#">Renton Landing</a>	<a href="#">(425) 690-3540</a>
Highlands	(425) 690-3410	<a href="#">Senior Care Clinic</a>	<a href="#">(425) 690-3489</a>
<a href="#">Internal Medicine</a>	<a href="#">(425) 690-3490</a>		
Kent	(425) 690-3420		

## Washington state public clinic resources

### Free and Charitable Clinics

[wahealthcareaccessalliance.org](http://wahealthcareaccessalliance.org)

Phone (267) 713-9422

### Washington State Department of Public Health

[doh.wa.gov/YouandYourFamily.aspx](http://doh.wa.gov/YouandYourFamily.aspx)

### King County Public Health Clinics

[kingcounty.gov/healthservices/health/locations.aspx](http://kingcounty.gov/healthservices/health/locations.aspx)

## Community resources

*Inclusion on this list does not mean endorsement by Fred Hutch.*

### Acupuncture

Acupuncture is a complementary therapy that treats patients by insertion and manipulation of needles in the body along meridians to direct the flow of energy

#### **National Center for Complementary Medicine, National directory of clinics**

[nccam.nih.gov/health/acupuncture](http://nccam.nih.gov/health/acupuncture)

### Camps and Retreats

There are many organizations across the country offering camps and retreats for cancer survivors. Consider this list as only a starting point of resources available to you.

Harmony Hill	<a href="http://harmonyhill.org">harmonyhill.org</a>
Epic Experience	<a href="http://epicexperience.org">epicexperience.org</a>
Camp Mak-A-Dream	<a href="http://campdream.org">campdream.org</a>
Camp Koru	<a href="http://projectkoru.org">projectkoru.org</a>
First Descents	<a href="http://firstdescents.org">firstdescents.org</a>
The Good Times Project	<a href="http://thegoodtimesproject.org">thegoodtimesproject.org</a>
Camp Kesem	<a href="http://campkesem.org">campkesem.org</a>
Camp Erin	<a href="http://safecrossingsfoundation.org/programs/camp-erin">safecrossingsfoundation.org/programs/camp-erin</a>

## Childhood Cancers

### **American Childhood Cancer Organization**

Information and research for children and adolescents with cancer and their families

Phone: (855) 858-2226, [acco.org](http://acco.org)

## Compression Garments

### **Shine (Run by Fred Hutch)**

Phone: (206) 606-7560

[FredHutch.org/shine](http://FredHutch.org/shine)

### **Mary Catherine's**

Phone: (206) 322-1128

[marycatherines.com](http://marycatherines.com)



## Cancer survivor resources

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### Dental

#### **Public Health Dental Clinics**

[KingCounty.gov](http://KingCounty.gov)

#### **King County Dental Society**

Phone: (206) 443-7607, [skcds.org](http://skcds.org)

#### **University of Washington Dentists**

Phone: (206) 616-6996

[dental.washington.edu](http://dental.washington.edu)

### Exercise

#### **Iyengar Yoga National Association of the United States**

[www.iyinaus.org](http://www.iyinaus.org)

#### **Team Survivor Northwest**

Provides fitness and health programs specifically for women cancer survivors.

Phone: (206) 732-8350, [teamsurvivornw.org](http://teamsurvivornw.org)

#### **YMCA of Greater Seattle**

Phone: (206) 382-5000, [seattleyymca.org](http://seattleyymca.org)



## Financial

### **Cancer Care**

Phone: (800) 813-4673, [cancer.org](https://www.cancer.org)

### **Cancer for College – scholarships and grants**

[cancerforcollege.org](https://www.cancerforcollege.org)

## Genetics

### **University of Washington, Division of Medical Genetics**

Phone: (206) 598-4030

### **Fred Hutch Genetics Clinic**

[FredHutch.org/genetic-counseling](https://www.fredhutch.org/genetic-counseling)

Genetics testing for known family genetic mutations:

[color.com/learn/family-genetic-testing-program](https://www.color.com/learn/family-genetic-testing-program)

## Insurance

### **Medicare**

[www.medicare.gov](https://www.medicare.gov)

### **Statewide Health Insurance Benefits Advisors (SHIBA)**

Phone: (800) 562-6900, [insurance.wa.gov/shiba](https://www.insurance.wa.gov/shiba)

### **Washington State Health Care Authority-Apple Health**

[hca.wa.gov](https://www.hca.wa.gov)

### **Washington Health Insurance Comparisons**

[healthinsurance.org/washington](https://www.healthinsurance.org/washington)

### **Washington State Health Insurance Pool**

Phone: (800) 877-5187, [wship.org](https://www.wship.org)

## Cancer survivor resources

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### Legal

#### **Cancer Legal Resource Center**

Phone: (866) 999-3752, [disabilityrightslegalcenter.org](http://disabilityrightslegalcenter.org)

#### **Advanced Directives**

Attorney General's Office: [atg.wa.gov](http://atg.wa.gov)

#### **Washington State Medical Association**

[wsma.org/POLST](http://wsma.org/POLST)

### Lymphedema

#### **Northwest Lymphedema Center**

Phone: (206) 575-7775, [nwlymphedemacenter.org](http://nwlymphedemacenter.org)

### Naturopathy

Naturopathic medicine is the practice of assisting in the health of patients through the application of natural remedies.

#### **Bastyr University**

An accredited, globally respected institution of natural health arts and sciences.

Phone: (206) 834-4100, [bastyrcenter.org](http://bastyrcenter.org)

### Neuropathy

#### **Neuropathy Association**

Phone: (877) 883-9942, [foundationforpn.org](http://foundationforpn.org)

### Nutrition

#### **American Institute for Cancer Research**

[aicr.org](http://aicr.org)

#### **Cook for Your Life**

[cookforyourlife.org](http://cookforyourlife.org)

#### **Fred Hutch Medical Nutrition Therapy Services**

Phone: (206) 606-1148

#### **National Eating Disorders Association**

[nationaleatingdisorders.org](http://nationaleatingdisorders.org)

## Physical therapy

Physical therapy helps patients learn proper and safe exercise to rebuild function, endurance, and muscle and bone strength.

### **Fred Hutch Physical Therapy Department**

Phone: (206) 606-6373

### **American Physical Therapy Association (APTA), national search engine and referral resource**

[apta.org/apta/findapt/index.aspx](http://apta.org/apta/findapt/index.aspx)

## Psychiatry and psychology services

### **Fred Hutch Psychiatry and Psychology Department**

Phone: (206) 606-1030

### **How to find a provider in any county or state:**

[psychologytoday.com/us/therapists](http://psychologytoday.com/us/therapists)

## Sexuality and intimacy

Promotion of sexual health through counseling, education and therapy.

### **American Association of Sex Educators, Counselors, and Therapists**

[aasect.org](http://aasect.org)

### **CIACT Center for Intimacy After Cancer Treatment**

[renewintimacy.org](http://renewintimacy.org)

### **Babeland: Seattle's Adult Toy Store**

Phone: (866) 525-1439, [babeland.com](http://babeland.com)

### **Reclaiming Intimacy**

[reclaimingintimacy.org](http://reclaimingintimacy.org)

Resources, education, and therapeutic products to help address sexual and intimacy challenges.

### **SheBop: A Female Friendly Sex Toy Botique**

Phone: (503) 437-8018, [sheboptheshop.com](http://sheboptheshop.com)

### **Shine**

A unique cancer specialties store with books and intimacy products as well as cards, clothing, self-care items, mastectomy and compression garments, and more.

Phone: (206) 606-7560, [FredHutch.org/shine](http://FredHutch.org/shine)

## Cancer survivor resources

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### **The Testicular Cancer Resource Center**

[tc-cancer.com/tcsex.html](http://tc-cancer.com/tcsex.html)

### **Everything Nobody Tells You About Cancer Treatment and Your Sex Life, from A to ZaZaZoom**

[prc.coh.org/A-Z%20Booklet%209-14.pdf](http://prc.coh.org/A-Z%20Booklet%209-14.pdf)

### **American Cancer Society: Sexual Side Effects**

[cancer.org/cancer/managing-cancer/side-effects/sexual-side-effects.html](http://cancer.org/cancer/managing-cancer/side-effects/sexual-side-effects.html)

### **American Cancer Society: How Cancer Can Affect Sex and Intimacy**

[cancer.org/cancer/managing-cancer/side-effects/sexual-side-effects/how-cancer-affects-sexuality.html](http://cancer.org/cancer/managing-cancer/side-effects/sexual-side-effects/how-cancer-affects-sexuality.html)

### **LGBTQ Community**

[cancer-network.org/cancer-information/cancer-resources-for-the-lgbt-community/](http://cancer-network.org/cancer-information/cancer-resources-for-the-lgbt-community/)

## Smoking cessation

### **Telephone Resources:**

Centers for Disease Control and Prevention (CDC)

1.800.QUIT-NOW (800) 784-8669

American Cancer Society (800) 227-2345

American Heart Association (800) 242-8721

National Cancer Institute (877) 448-7848

### **Online Resources:**

[cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html](http://cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html)

[heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/living-tobacco-free](http://heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/living-tobacco-free)

## Vocational counseling

### **DSHS, Division of Vocational Rehabilitation**

Phone: (360) 725-3636, Toll-free: (800) 637-5627

[dshs.wa.gov/dvr](http://dshs.wa.gov/dvr)

### **Department of Rehabilitation Medicine at University of Washington**

<http://rehab.washington.edu/aboutus/clinics.asp>

### **Young Adults**

[www.StupidCancer.org](http://www.StupidCancer.org)



