

News You Can Use

A monthly newsletter from the Cancer Learning Center

December 2009 – Issue 53

Managing Stress This Holiday

The holidays are a time of cheer and joy, but they can also be stressful for those facing cancer. The following suggestions can help you manage the season with minimal stress.

If you're hosting an event, look for ways to simplify things. Don't be afraid to ask for help. Friends and family members want to help. Giving them a task or errand to run will make both of you feel better.

Large dinners, decadent desserts and sweets, and alcoholic beverages may be part of your holiday traditions, but as a cancer patient your dietary needs may be different. If friends or family invite you to dinner, call ahead to let them know what foods you can eat and drink. Loved ones are usually very willing to honor your requests.

Gift shopping can be a challenge for cancer patients, but there are ways to simplify. Review your list to see if it can be a little shorter and plan a budget for each gift. Family members or friends can help you shop. You can shop online from home, or visit stores when they aren't as busy.

Finally, if you've lost a loved one to cancer, coping with grief during the holidays can be trying. Meet with a counselor or other professional if necessary. Reach out to loved ones and share your feelings.

Decide if you want to keep old traditions or start new ones. Find a way to honor and cherish the memory of the person who passed on, and make that part of your celebration.

For more information on managing stress while facing cancer, call the Cancer Learning Center at 1-888-424-2100.



The holidays are difficult for many, but there are ways to minimize the stress.

The Cancer Learning Center (CLC) is a free resource library on the first floor of Huntsman Cancer Institute
801-581-6365
1-888-424-2100
www.huntsmancancer.org/clc

RESOURCES IN THE CANCER LEARNING CENTER

Books

Beauty Pearls for Chemo Girls: Fashion, Hair, Makeup, Skin Care, and More!

The Cleveland Clinic Guide to Prostate Cancer: Everything You Need to Know About Prostate Health, From the Experts

You Can Do This! Surviving Breast Cancer Without Losing Your Sanity or Your Style

Video

Yoga for Cancer Survivors



Beauty in the Building

This mountain landscape by Hal Burrows is one of a series of watercolors that line the sixth floor hallway that leads from The Point to The Point Bistro. Nearly all art in Huntsman Cancer Institute (HCI) buildings was donated for patients to enjoy during their visits. For more information about donating fine art to HCI, please contact Roni Whittle at 801-587-9315.

Spirituality and Cancer

Spirituality can be called a consciousness that the physical realm may not completely define reality. People may express it as belief in a higher power or as awareness that each of us fits into a larger environment. No matter how it is expressed, spirituality can help people deal with cancer and its effects.

Everyone has their own way of connecting to spirit. Participation in an organized religion, acceptance of religious beliefs, prayer, meditation, creative work, or service to others—these are just a few of the many spiritual practices that can help people find hope and meaning.

Some studies show quality-of-life benefits for people with stronger spiritual beliefs and practices. Although there is no evidence that spiritual practice can treat cancer, it can decrease depression, anxiety, isolation, and substance abuse. It often increases positive feelings.

Patients interested in exploring spiritual practices that work for them can speak with the hospital chaplain or Patient and Family Support staff. They may also find resources in patient libraries and support groups. Patients involved in organized religions can turn to representatives of their faith for specific help.

For more information, contact the Cancer Learning Center at 1-888-424-2100.



Practices such as meditation can improve quality of life by decreasing depression and anxiety.

Look Good, Feel Better

Every month, the Linda B. and Robert B. Wiggins Wellness Center partners with the American Cancer Society to provide the Look Good...Feel Better program at Huntsman Cancer Institute. The program is offered on the fourth Wednesday from 4:30 – 6:30 p.m. Presenters show creative ways to use wigs, scarves, and other accessories. The program also offers cosmetic tips to help patients feel better about how they look. Participants receive a free cosmetic kit that matches their skin tone. Call the Wellness Center at 801-587-4585



Fitness activities
for current and former patients
and their families

Yoga
Tuesdays 5 – 6 p.m.
Fridays 10 – 11 a.m.

For more information, call the
Linda B. and Robert B. Wiggins
Wellness Center at 801-587-4585

Book Club

Join us for a once-a-month chance to share books about the life stories of some amazing and surprising individuals who meet life's challenges and joys head on!

Who: All Huntsman Cancer Institute patients and caregivers

When: December 17, 2009 @ 12:30 & 5:30

Where: Linda B. and Robert B. Wiggins Wellness Center, First Floor, Huntsman Cancer Institute

How much: It's free! Please call Cathy Ricci at 801-587-4585 to pre-register.

Questions About Cancer?

The Cancer Learning Center (CLC) gives you the answers you need—in person, by phone, or by e-mail. The CLC library has more than 3,000 books, videos, CDs, and audiobooks on a variety of cancer topics that anyone can check out free. Talk one-on-one with trained and caring staff, or send an e-mail for answers to your cancer questions.

Visit the first floor of Huntsman Cancer Institute
Call 1-888-424-2100 toll free

Send e-mail to patient.education@hci.utah.edu

9 a.m. – 5 p.m. Monday–Friday

9 a.m. – 7 p.m. Wednesday

Free for everyone