

Creating Your “A” Team

Identifying resources to support your health during and after cancer treatment

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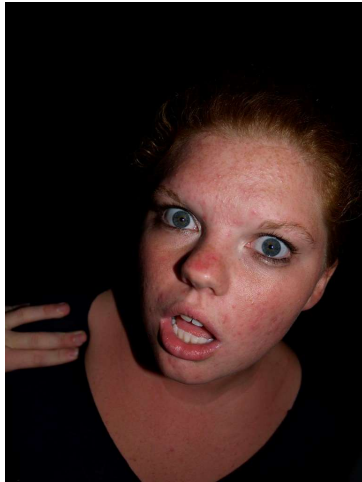


Objectives:

- 1) Provide a framework for newly diagnosed cancer patients and their families to assess what they will need during treatment.
- 2) Evaluate avenues of finding resources to meet those needs, including one's own willingness to accept help.
- 3) Expand the "A Team" model to explore the modalities available to improve health and wellbeing after treatment.
- 4) Discuss how building an A Team could differ if cancer recurs.

“It’s Cancer...”

- What are you thinking about?



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- What are you hearing?



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PRIORITIES???

Newly diagnosed or in treatment

1. Physical and Emotional Wellbeing

- SAFE
- SUPPORTED
- TREATED
- NURTURED
- WELLNESS

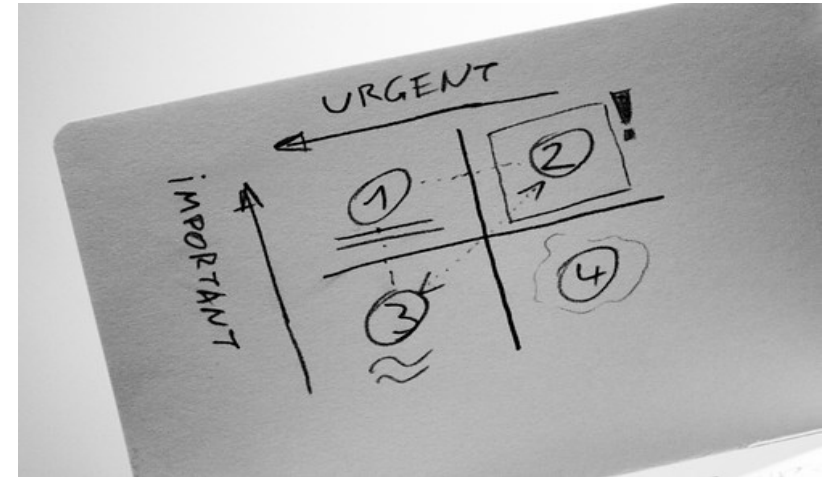
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MORE PRIORITIES...

Newly diagnosed or in treatment

1. Family/Friends
2. Information (capacity?)
3. Responsibilities



Needs?

1. Support
 1. Emotional
 2. Basics (food, rides, help...)
 3. Assistance
2. Information – Questions
 1. Write down
 2. Who takes notes?
 3. Second opinion?
3. Insurance, Finances, Work...
4. Juggling “life” and treatment



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HOW ????



What do YOU NEED MOST?

Who is in your corner?

Who/What gives you HELP, HOPE, and CONFIDENCE?

PLAN ahead

ASK

ACCEPTING HELP (with details)

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Other RESOURCES



- Medical Team
- ACS (transportation, lodging, information)
- ATTH (after initial treatment)
- Cancer Centers: UNMC, Methodist Estabrook.....
 - Counselors, Social Workers, Nurses who take phone calls
 - Community resources such as Food Bank or Churches

STORIES



- “Call a Friend”
- SAY “YES, please!”
- “Dottie’s sneak attacks”
- “Mom’s gifts”
- “Forget the Bobbie’s”
- **“DO SOMETHING”**
- Re-evaluate and REMEMBER YOUR PRIORITIES and RESOURCES



Other RESOURCES

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Medical Team

ACS
(transportation,
lodging,
information)

ATTH (after initial
treatment)

Cancer Centers:
UNMC, Methodist
Estabrook.....

When Tx Is Over

- Physical strength and health gradually come back
- Anxiety continues, especially around appointments and scans
- People often try to make sense of the cancer experience; why did it happen and what should I do now





Time to Get Healthy Again



Tending to the Basics

- Find a doctor
- Update legal documents
- Review your insurance



Supporting Physical Health: Foods (AICR.org)

1. Be a healthy weight.

2. Be physically active.

3. Eat a diet rich in whole grains, vegetables, fruits and beans.

4. Limit consumption of “fast food” and other processed foods that are high in fat, starches or sugars.

5. Limit consumption of red and processed meat.

6. Limit consumption of sugar-sweetened drinks.

7. Limit alcohol consumption.

8. Do not use supplements for cancer prevention.

Consult Legitimate Resources

Oncology certified dietitians

Information from respected
cancer authorities

Beware of Fad Diets and “Miracle”
drugs, foods, and supplements

Supplements shouldn't be
necessary



Next Steps???

- Increase your consumption of fruits and vegetables
- Experiment with new fruits, vegetables, and grains
- Substitute healthier alternatives into your favorite recipes
- Try new cooking methods
- Peruse new recipes and try some
- Take a cooking class

Supporting Physical Health: Moving



Moving is one of the best things you can do to improve health

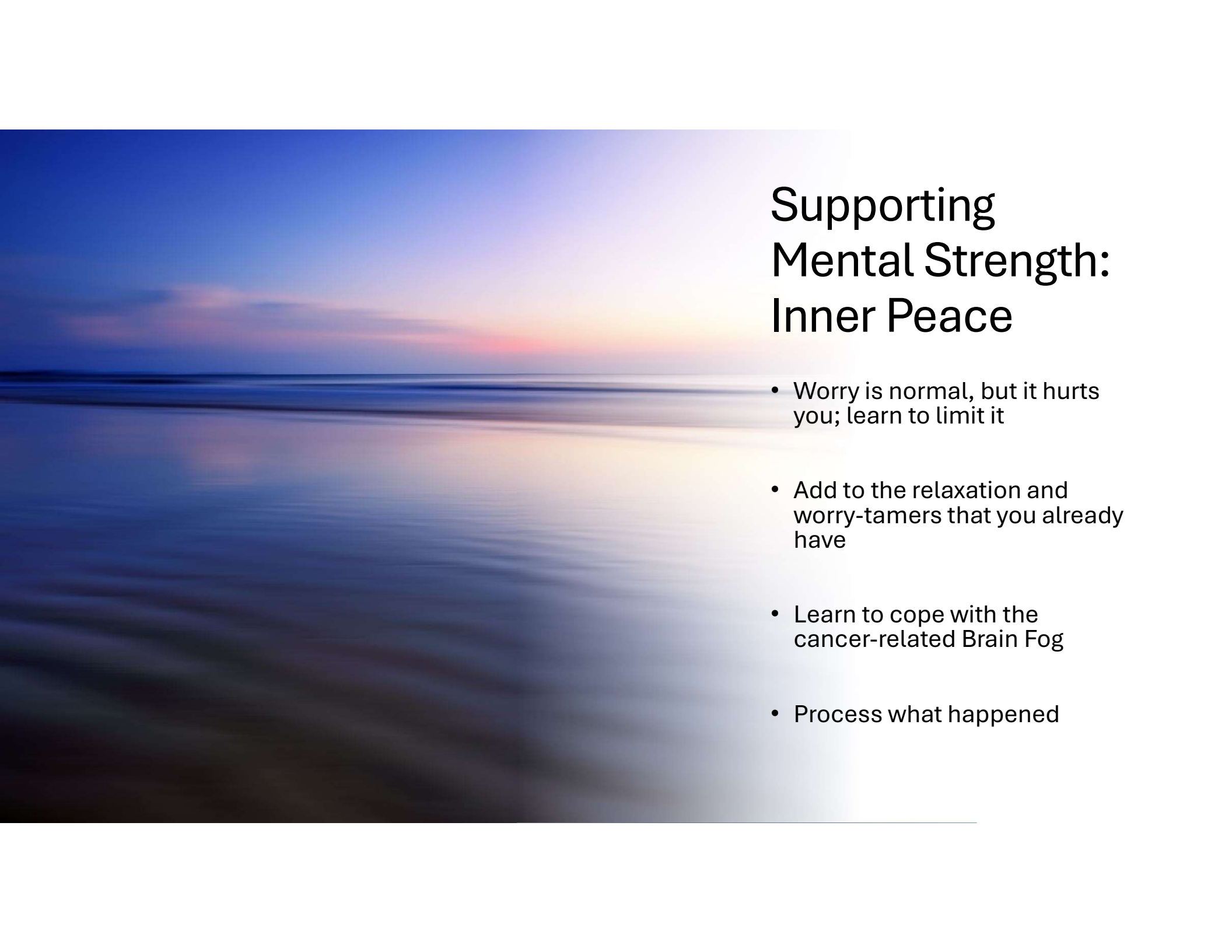
- Improves cardiovascular fitness and muscle strength
- Decreases fatigue, anxiety and depression
- Increases self-esteem and happiness
- Survivors who exercised more had a 45% reduction in risk of recurrence
- Exercise inhibits cancer cell proliferation





Next Steps??

- Find an exercise you like
- 150 minutes a week is suggested, but this can be 5-10 minutes at a time and normal house and yard work count
- Start slow and build up
- Find a walking buddy (dogs are awesome!)
- Take an exercise class
- Check out LiveStrong or Silver Sneakers at the YMCA
- Online exercise group/classes such as <https://www.growyoungfitness.com>



Supporting Mental Strength: Inner Peace

- Worry is normal, but it hurts you; learn to limit it
- Add to the relaxation and worry-tamers that you already have
- Learn to cope with the cancer-related Brain Fog
- Process what happened

Next Steps??
Experiment with different ways to
calm your mind

Meditation

Guided
Imagery

Hypnosis

Yoga

Taichi

Progressive
Muscle
Relaxation





Coping with Brain Fog

Cognitive Rehabilitation

Activities and hobbies

Reading

Exercise

Play mind

Stay social



Supporting Spiritual Strength: Core Power

- Take time to process your experience
- Find someone supportive to talk to
- Talk to other survivors and caregivers



Next Steps??

- Journal
 - Support group
 - Survivorship class
 - Counseling
 - Give Back
 - Explore and enrich your personal spirituality
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And if your
cancer
recurs,
reinforce
your “A”
team

- Get a second opinion
- Search for the places that specialize in your cancer; read what they recommend
- Explore clinical trials
- Get your legal affairs in order so you don't have to worry about that anymore.
- Tell your friends and ask for support
- Accept all offers of support

