

WELLNESS

CANCER SURVIVORSHIP AND WELLNESS



The Salish Wellness Plan

Diet	6
Exercise	9
Spiritual Care	12
Mind	13
Joy	15
Other Healing Modalities	15
The Salish Wellness Plan	15
My Wellness Plan	16



Cancer Survivorship and Wellness

- **What is a survivor?**

- Any person diagnosed with cancer from the beginning of your journey throughout the rest of your life.

- **What can I do to impact my survivorship and overall health?**

- Be your own patient advocate. Educate yourself on your disease, treatment, and lifestyle changes to optimize your health.
- Focus on overall wellness (the body, mind, and spirit). True health is much more than the treatment of cancer.
- Ask for a cancer treatment summary and survivorship care plan from your cancer treatment team. You, your family, and your other care providers will appreciate the concise plan.
- Engage friends and family for support. Accept support when it is offered.
- Remember you are a person. You will have good days and bad days. Celebrate the good days. Be gentle with yourself on the bad.
- Know you are strong and a survivor!

- **What is a cancer treatment summary?**

- A treatment summary is a form that provides a convenient way to store information about your cancer, cancer treatment, and follow-up care. It is meant to give basic information about your cancer history to any doctors who will care for you during your lifetime.

- **What is a survivorship care plan?**

- A survivorship care plan is a form that contains important information about the given treatment, the need for future check-ups and cancer tests, the potential long-term late effects of the treatment you received, and ideas for improving your health.

- **What is wellness?**

- Optimal health is the wellness of the body, mind, and spirit of a person.

- A well body is cared for with a healthful diet, regular exercise, conventional and integrative medicines.

- A well mind is an aware and peaceful mind. It is equipped with techniques to release stress and negative thoughts when they are identified.

- A well spirit is connected, uplifted, peaceful and joyful.

The Salish Wellness Plan

Diet

“Let food be thy medicine and medicine be thy food.”

Hippocrates

- As a cancer survivor, diet is an extremely important tool in the path to wellness. Studies with identical twins (meaning they share the exact same genes) have demonstrated that for most common cancers, diet and lifestyle factors contribute to 50% of the risk for developing cancer. Other studies of cancer survivors have shown that those who incorporate healthy eating tend to have fewer recurrences of cancer, and better overall, long-term health.
- The foods you eat influence a multitude of hormones and signaling pathways within cells. By choosing foods wisely it is possible to “instruct” your body to become cancer resistant. Healthy eating does not need to be complicated or difficult.
- When possible eat foods grown locally and in season as they will be higher in nutrients like minerals and antioxidants. Organic foods are desirable when available. Consider growing your own organic garden for fresh vegetables and salads right outside your door. Try to eat food with different colors. The green, red, yellow and orange colors in vegetables are the beneficial “phytochemicals” that make them so healthy. Eating a rainbow of color ensures you get plenty of these healthful compounds.

Diet “Pearls”

Here are a few quick guidelines on how to improve diet.

For each meal try to make ½ your plate consists of vegetables and salads, have a palm sized source of lean protein, and ½-1 cup of complex carbohydrates. (see below for recommended sources of each)

	PROTIEN
Animal sources	Fish (deep, cold water ocean fish such as salmon, halibut, mackerel, sardines, herring, cod, etc.), free range organic chicken and turkey, organic eggs, low-fat or non-fat yogurt, whey protein.
Vegetarian sources	Beans or legumes (black beans, pinto bean, lentils, soy beans, hummus etc.), soy, miso, quinoa, amaranth, nuts and seed butters (almond, walnut, Brazil nut, pumpkin, hemp)
Powdered sources	Whey, rice, egg white, soy, hemp
CARBOHYDRATES	
Whole Grains (i.e.: steel cut oats, brown rice, wild rice, quinoa, barley, beans, etc.)	

- Each day try to consume 2 servings of fruit and berries, a handful of raw nuts or seeds, and 1-2 Tablespoons of healthy oils such as olive oil, nut oils or fat rich foods like avocado.
- Every day try to drink 6-8 cups of liquids including water, green tea, herb tea and real fruit (limited to 4-6 oz. per day) or vegetable juice. Avoid all or most sugary drinks such as soda.
- Limit consumption of the following foods:
 - ✓ Sugar loaded foods like sweets, candies, sodas and desserts
 - ✓ Foods high in saturated fats such as bacon, cheese and fatty cuts of meat
 - ✓ “Junk foods” which tend to be full of chemicals, fats, salt and empty calories (such as chips)
 - ✓ Alcohol
- Enjoying your food is important. Most people have a short list of meals they cook and eat regularly. The key to making a long-term healthy change is to find foods you enjoy that just “happen” to be healthy too and using those new meals to replace the old unhealthy meals. Try out new recipes once a week.
- Finally, use the 90:10 rule. Eat healthy 90% of the time and allow yourself occasional indulgences. Healthy eating is a long-term commitment and it is easier to stick with it if you have some flexibility.

Exercise

Physical activity is a key component of your survivorship wellness plan

- Why is exercise important?

- Studies suggest physical activity promotes increased survival in some cancer survivors and may prevent secondary cancers. (Holmes, et al, 2005, Meyerhardt et al 2006)
- Facilitates achieving a healthy weight.
- Decreases fatigue.
- Improves mood.
- Can provide a sense of community.
- Improves bone health.
- Can help prevent other chronic illness such as heart disease and diabetes.

- What type of exercise?

- It is best to aim for a mix of exercise types: cardiovascular, strength training, and flexibility.
- Cardiovascular: any exercise that elevates the heart rate for an extended period of time.
- Strength: weights or resistance machines, or body weight exercises.
- Flexibility: stretching or range of motion exercises.

How Much Exercise?

- Can I exercise during treatment?

- Yes! Physical activity may actually improve tolerance to therapy.

- What should I know about exercise safety?

- Always discuss your exercise plan with your physician before engaging a new exercise regimen.

- Listen to your body. If you are not feeling well you are probably overexerting yourself. Stop, rest, and ensure you are well hydrated. Call 911 if you experience chest pain.

- Discuss exercise safety with your doctor if your blood counts are low. (Platelets $<100,000 \times 10^9$, White Blood cells $<3,000 \times 10^9$, Hemoglobin $<10\text{g/dL}$).

Exercise “Pearls”

- Listen to your body and be safe.
- Start slow and progress slowly.
- Break it up: do three 10 min sessions in one day.
- Stay hydrated.
- Do what you enjoy.
- Mix it up. Variety can stave off boredom.
- Get a buddy. A partner can help encourage you and make exercise more fun.
- Limit sedentary behavior such as sitting, lying down, watching TV and other forms of screen based entertainment.
- Simply walking is a great start.

	Cardiovascular	Strength	Flexibility
Frequency	3-5 days per week	2-3 days per week	2 days per week and before/after exercise to reduce injury
Duration	20-30 min	8-12 repetitions of all major muscle groups	10-30 seconds per stretch
Intensity	Moderate (40-60% of heart rate reserve)	Gradually increasing to tolerance	Slow static stretching

(McNeely, et al. 2006)

Spiritual Care

- A cancer diagnosis often will send patients and families on a spiritual journey. Questions such as “why me?”, “why now?”, “what is the meaning?” commonly arise. Addressing spirituality in your cancer journey has many positive health benefits, including improved quality of life, and may even enhance your survival. (Larson et al 1992, McCullough et al, 2000)
- Spirituality, in general, is focused on purpose, meaning, and connectedness.
- Spirit care is unique to each individual.
- Some find this connection in nature, meditation, ceremony (i.e. native sweats), or prayer.
- Often, spirituality is called upon to give strength during a difficult diagnosis.
- It may be a healing practice to focus on what connects you and gives you meaning.
- Spend time each day connecting in a way that resonates with you.

Mind

Stress can trigger hormones in your body that produce inflammation. Inflammation is the body's attempt at healing itself when there is a harmful substance or event. However, when inflammation is present in the body for sustained periods of time chronic illness can occur (such as cancer). Stress resides within our minds, and with practice, you can alter your stress response even in stressful situations. Successful stress reduction can decrease the levels of inflammation and lead to better overall health.

Find What Works For You and Practice It Daily

- The first step in stress reduction is awareness. Take a stress inventory several times per day.
- When stress is identified, consciously set an intention to release it.
- Several techniques can be helpful to release tension including deep breathing techniques, meditation, mindfulness, aromatherapy, exercise, laughter, etc.
- Breathing is an exceptionally powerful technique. Many different breathing techniques exist. Here is one example from Dr. Andrew Weil. The “4-7-8” breath. Breathe out completely. Breathe in for the count of 4, hold for the count of 7, and then breath out slowly for the count of 8. (<http://www.drweil.com/videos-features/videos/the-4-7-8-breath-health-benefits-demonstration/>)

Stress Inventory

	STRESSED (Pro-inflammatory)	RELAXED (Anti-inflammatory)
M	Worrying about the future	In the present
I	Ruminating about the past	Engaging the breath
N	Perpetual planning	Nurturing self talk
D	Negative self talk	
B	Tense muscles	Relaxed muscles
O	Shallow breath	Deep, slow “belly” breaths
D	Cold, clammy hands	Warm hands
Y		

Joy

To be joyful is to be human. We, like children, are meant to laugh and to play. Rediscover what makes you joyful. Set an intention for joy to be part of your life every day.

Other Healing Modalities

Consider other healing modalities such as acupuncture, traditional Chinese medicine, naturopathy, massage, physical therapy, or osteopathy to compliment your wellness plan. These therapies may enhance your tolerance to therapy and decrease side effects both during and after treatment.

The Salish Wellness Plan

True wellness is a commitment. It is a promise to treat each aspect of yourself (body, mind, and spirit) each day. Spend time personalizing your own wellness plan and then holding yourself accountable each day.

My Wellness Plan

- My goal is to eat

- My exercise goal is

- I plan to engage my spirit by

- I will bring more joy to my life by

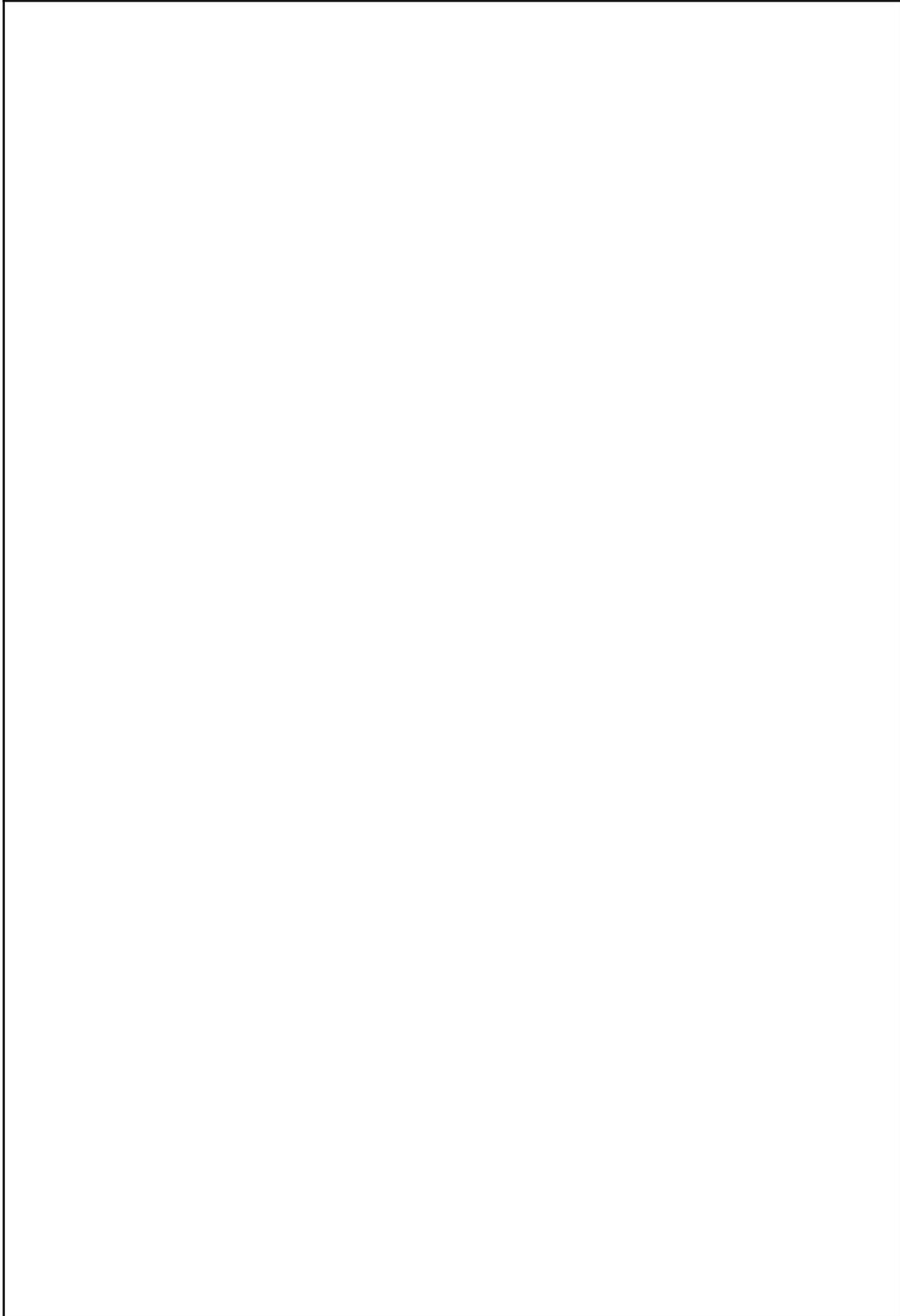
- Other ways I have committed to enhancing my wellness

My Wellness Plan

Each day take an inventory of each category of wellness.
Did you nurture each aspect of yourself?

	<u>Body</u>	<u>Mind</u>	<u>Spirit</u>	<u>Joy</u>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

MY NOTES

A large, empty rectangular box with a thin black border, intended for the user to write their notes. It occupies the central portion of the page.

REFERENCES

- American Cancer Society
(www.cancer.org)
- National Comprehensive Cancer Network (www.nccn.org)
- American Institute for Cancer Research
- Cancer and Careers
- Cancer Care
- Cancer Financial Assistance Coalition
- Cancer Support Community
- American Society of Clinical Oncology
(www.cancer.net)
- Job Accommodation Network
- Journey Forward
- Livestrong
- Livestrong Survivorship Centers of Excellence
- National Coalition for Cancer Survivorship
- MyOncofertility.org
- National Cancer Survivors day foundation
- National Cancer Institute: Office of Cancer Survivorship
- Book on Traditional Native foods: Feeding the people by Elise Krohn and Valerie Segrest

Dr. Paul Reilly, ND, Lac, FABNO
Naturopathic Oncology

Dr. Kristina Gowin, DO
Medical Oncologist



3700 Pacific Highway East
Ste. 100
Fife, Washington 98424

(253)382-6300
www.salishcancercenter.com