



I'm Starting Chemotherapy & Immunotherapy  
What Is important for Me now?  
What Is Important for Me to Know?

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## Hematology/Oncology Services

Clinic Hours: Monday – Friday 8:30 a.m. to 5:00 p.m.

Internal Medicine Call Center: 1-877-236-0333 Monday – Friday 8:15 a.m. to 6:00 p.m.

Member Services: 1-800-464-4000 Spanish: 1-800-788-0616

### Oncology Physicians

Radha Canepa, MD

Jenny Devitt, MD

Nina Liu, MD

Dean Peng, MD

Thomas Sweet, MD

Sara Capatanos, MD

Nancy Lee, MD

Sujatha Murali, MD

Nicole Quenelle, MD

Xuemei Ye, MD

Brian Cheng, MD

Kristine Lethert, MD

Colin Zimmerman, MD

Ossowsky Stephanie, MD

### Reaching Your Physician

Your physician may be contacted Monday – Friday 8:30 a.m. to 5:00 p.m. at **1-877-236-0333**.

Sign up for [kp.org](http://kp.org) and email your physician.

### After Hours Care

If you have an urgent need that cannot wait until the next available office hours, medical care is provided to you 24 hours a day, Monday through Sunday by Kaiser Permanente.

**Emergency Department (619) 528-5000**

**Urgent Care Clinic 1-800-290-5000**

**KP on Call (Nurse call line) 1-833-574-2273 (1-833-KP 4 CARE)**

***In case of life-threatening emergency, call 911 or go immediately to your local Emergency Department.***

### Oncology Social Workers

**Debra Stern-Ellis, LCSW (Zion & Otay Mesa)**

**(619) 528-3152**

**Oceana Gage LCSW (San Marcos)**

**(760) 510-4038**

Financial Counselors

(619) 589-4920

Disability/Claims (see attached document)

[sdroin@kp.org](mailto:sdroin@kp.org)

Psychiatry Self-Referral

(1-877)-496-0450

Behavioral Health 24-hour Crisis Line

(800) 900-3277

Center for Healthy Living

(619) 641-4194

Positive Choice Integrative Wellness Center

(858) 616-5600

Nutrition Consultation

Request a provider referral

Home Health

(619) 641-4663

Hospice Services

(619) 641-4100

Chaplain

(619) 528-5188

Life Care Planning Class

(619) 641-4194

## San Diego Laboratory Locations and Hours

Please have your labs drawn the day before chemotherapy before noon. Go to the **Otay Mesa, San Marcos** or **Zion** as at these locations your labs results will be done quickly, and your results will be in our electronic medical record and available for your medical team. For routine non-chemo labs you may go to any KP lab.

	ADDRESS	HOURS
Bonita	3955 Bonita Rd. Bonita, CA 91902	Mon, Thurs, Fri: 7:30 am – 5:00 pm Wed: 7:30 am – 12:30 pm Tue: 7:30 am– 8:30 pm
Bostonia	1620 E. Main St. El Cajon, CA 92021	Mon, Tue, Thurs, Fri: 8:00 am– 5:00 pm Wed 8:00 am – 12:30 pm
Carlsbad	6860 Avenida Encinitas Carlsbad, CA 92008	Mon – Fri: 8:00 am – 5:00 pm
Clairemont Mesa	7060 Clairemont Mesa Blvd. San Diego, CA 92111	Mon, Tue: 7:30 a.m. – 7:00 pm Wed – Fri: 7:30 am – 5:00 pm
El Cajon	250 Travelodge Dr. El Cajon, CA 92021	Mon – Fri: 8:30 am – 12:30 pm
Escondido	732 N. Broadway Escondido, CA 92025	Mon – Fri: 8:00 am – 5:00 pm
Garfield	5893 Copley Drive San Diego, CA 92111	Mon – Fri: 8:30 am– 5:00 pm
La Mesa	8080 Parkway Dr. La Mesa, CA 91941	Mon – Fri 7:30 am – 9:00 pm
<b>Otay Mesa</b>	<b>4650 Palm Avenue San Diego, CA 92154</b>	<b>Mon – Fri: 7:00 am – 9:00 pm Sat: 9:00 am – 12:30 pm</b>
Point Loma	3250 Fordham Street San Diego, CA 92110	Mon, Tue, Thurs, Fri: 8:00 am – 5:00 pm Wed: 8:00 am – 12:30 pm
Rancho Bernardo	11939 Rancho Bernardo Road San Diego, CA 92128	Mon – Fri: 8:30 am – 5:00 pm Lunch 1:00 – 1:30 pm
Rancho San Diego	3875 Avocado Boulevard La Mesa, CA 91941	Mon, Tue, Thurs, Fri: 8:00 am – 5:00 pm Wed: 8:00 am – 12:00 pm
<b>San Marcos</b>	<b>400 Craven Road San Marcos, CA 92069</b>	<b>Mon – Fri: 7:00 am – 9:00 pm Sat: 7:00 am – 5:00 pm Sun: 8:00 am – 5:00 pm</b>
<b>SDMC (Zion) 619-528-7722</b>	<b>4647 Zion Avenue San Diego, CA 92120</b>	<b>Mon – Sun: 7:00 am – 9:00 pm</b>
Temecula 951-302-4063	27309 Madison Avenue Temecula, CA 92590	Mon – Fri: 8:30 am – 5:00 pm
Vandever	4405 Vandever Avenue San Diego, CA 92120	Mon – Sun: 7:00 am – 9:00 pm
Wildomar 951-600-3311	36450 Inland Valley Drive Wlidomar, CA 92595	Mon – Sat: 7:30 am – 8:30 am

## Checklist for Treatment (Chemotherapy/Immunotherapy) Days

**Make sure your labs have been drawn the day before.**

Bring with you:

- ☐ A list of your medications or the actual bottles, including over the counter meds and vitamins. The nurse will review this list with you each time you get chemo.
- ☐ Food and drink – Please DO eat something before you come in. The chemo room will provide water and crackers.
- ☐ Puzzles, books, magazines, needlework, music, iPad, laptop. There is no TV in the chemo suit. Please bring earphones if you plan to use a personal device for entertainment.
- ☐ Written questions for the Doctor and/or Nurse.
- ☐ Blanket or pillow (Optional).
- ☐ Chemotherapy/Immunotherapy guide received after the initial consult.
- ☐ A support person who helps you feel calm and safe (optional).

### **Important reminders:**

- ✓ Please do not wear any perfumes, colognes, or lotions with a scent and ask your guest/visitor to do the same.
- ✓ Wear comfortable clothing in layers as you may get too hot or too cold. Wear shoes that can be easily removed. You will be weighed each visit without your shoes. Bring fuzzy socks or a special throw blanket for your comfort.

## Chemotherapy/Immunotherapy Side Effects to Expect

1. You will be given information sheets on the type of medication you will receive. It will tell you how the chemotherapy/immunotherapy works and what side effects you may have.
2. A scheduler will be calling you with your treatment appointments.
3. Register on KP.org in order to obtain your schedules, lab results; refill your prescriptions, etc. It will make navigating Kaiser Permanente much easier.
4. You may want to check your Kaiser Permanente benefits before treatment. You can do so by calling Membership Services at 800-464-4000.
5. The day before your first treatment an Oncology qualified RN will be calling to remind you what to do to prepare.
6. You will have some prescriptions to help prevent nausea and other side effects of treatment. Be sure you pick them up and know when to take them. Your infusion nurse will review these with you.
7. You may call 877-236-0333 or email the doctor through KP.org with any questions or concerns at any time throughout your treatment.
8. The medical assistant will give you a list of phone numbers to call for any referrals and radiology appointments.

## Chemotherapy Treatment Side Effects

Your cancer treatment may cause side effects. Some people have no side effects or few side effects, others have many. Please take a moment to review this information that includes possible side effects that may arise during your treatment. Many of the side effects from treatment can be anticipated and managed at home. This information includes possible side effects, ways to manage these effects at home and when it is important to call or e-mail your provider for further assistance.

**\*\*Again, please note, you may not experience any or all the side effects listed. This is meant as a general guide for navigating your treatment.**

# Tips for Helping Chemotherapy Go Smoothly

## Nutrition

- Try to eat a well-balanced diet. Because of decreased appetite, it may be helpful to eat several small meals during the day rather than three large ones.
- Some treatments can cause food to taste differently, so try to experiment with different seasonings.
- Dietary supplements are an easy and good way to increase your nutritional intake. Ask your doctor or Chemo nurse for supplemental recommendation.

## Medications and Chemotherapy

- Make a list of all the medications and vitamins you are taking. Bring the list with you to all of your medical appointments.
- Avoid taking aspirin unless your doctor advises you to take it.
- Please call the pharmacy 4 days in advance for all medication refills.
- Certain chemotherapy drugs may cause mouth tenderness and/or ulcers. Studies have shown that sucking on ice for 15 minutes before, during and after chemotherapy can help to reduce this side effect.

## Skin Care

- The skin is one of the best barriers against infection. Chemotherapy medicines may

cause the skin to be more fragile, so keep your lips and skin moist to avoid dryness and cracking. We recommend using Vaseline or any moisturizer of your choice.

- Some chemotherapy drugs may cause the skin to be more sensitive to the sun. Always apply sunscreen and wear a hat or visor when going outside.

## Ask Questions

- Keep a journal and record questions and concerns as they arise. If you notice anything new or different with your body, write it down.
- Bring your journal with you to your medical appointments.

## Taking Your Temperature

- It is important to take your temperature if you feel warm, develop chills, sweating or any other signs of infection.
- Contact your doctor if your temperature is 100.5 degrees Fahrenheit or higher. If you develop a fever after clinic hours, go to the Emergency Department.

## Listen to Music

Research has shown that listening to music during treatment can be beneficial. It can reduce anxiety, reduce sleep disturbance, help you to feel calm, and increase your overall feelings of wellbeing. Please use earphones and enjoy your music.



## Hair Loss (alopecia)

Hair loss is a side effect of some, but not all, chemotherapy medicines. The hair follicle is composed of rapidly dividing cells. Certain chemotherapy drugs have a greater tendency to destroy these cells. Hair loss from chemotherapy will vary depending on the medicines you receive and your own kind of hair growth patterns.

- Hair loss may occur from your head as well as other areas of your body.
- Hair loss typically starts 2–4 weeks after your treatments have started.
- You may experience mild scalp pain before the hair loss.
- Your hair may thin gradually or fall out completely over a few days.
- Hair loss from chemotherapy is usually reversible.
- Your hair starts growing again at about 1 to 2 months after chemotherapy treatment is completed.

Your hair may be different in color and texture than it was before. It usually returns to your normal hair features after a few months. Hair may begin to regrow during treatment; this does not mean the chemotherapy has stopped working. Some of your hair follicles can be in a “resting” phase when you receive chemotherapy/immunotherapy and are not affected by it.

The treatment drugs with a high likelihood of causing hair loss ranging from mild thinning to complete loss include:  
bleomycin, cyclophosphamide, dactino-mycin, daunorubicin, doxorubicin, docetaxel, epirubicin, etoposide, idarubicin, ifosfamide, irinotecan, methotrexate, mitomycin, mitoxantrone, paclitaxel, teniposide, topotecan, vinblastine, and vincristine.



### What can I do at home to care for myself?

- ✓ Shop for a wig or head covering before you lose all your hair. It will be easier to match the wig to your normal hair.  
If you cannot do this, save some of your hair so you can match it later.
- ✓ Cut your hair shorter. Some people prefer to shave their heads completely, taking control of their own situation before their hair falls out.
- ✓ Use a mild shampoo and conditioner to maintain moisture. Limit washings to 2–3 times a week.
- ✓ Brush gently with a soft-bristled brush.
- ✓ Limit use of hair dryers, curling irons, and chemicals, such as dyes and perms, to help decrease damage to your existing hair follicles.
- ✓ Sleep on a satin pillowcase to avoid friction between your hair and scalp.
- ✓ If you find your scalp is sensitive once the hair loss is complete, use an oil or moisturizer and gently massage your scalp.



- ✓ Keep your head covered in the summer to prevent sunburn or use a sunscreen with a SPF of at least 15 on your scalp. Some people feel more comfortable in light head coverings or caps in the summer as wigs can become itchy in warm weather.
- ✓ Keep your head covered in the winter. People feel comfortable wearing a wig or beanie to prevent heat loss.
- ✓ You may use a hair net to assist with hair collection.

## What resources can help me with hair loss?

Your nurse or social worker can give you phone numbers of local wig shops.

Call the American Cancer Society at (800) 227-2345 for information on hair loss.

## Anemia

Cancer or cancer treatment may cause anemia. Anemia is a low level of red blood cells, which carry oxygen throughout your body. Many things can cause anemia. Lack of iron is one of the most common causes in people without cancer.

Having anemia can make you tired and weak. You may also have trouble focusing on something.

### What can I do at home to take care of myself?

- ✓ Eat a well-balanced diet that includes foods that are high in protein and are rich in iron. Meat, peanut butter, eggs, beans, chicken, leafy greens, and raisins are good choices.
- ✓ Save your energy. Choose the most important things to do each day.
- ✓ Balance rest with activity. Try to sleep at least 8 hours each night. You may need to take short naps during the day. Listen to your body!
- ✓ Ask for help from family and friends to do daily household chores such as cleaning, cooking, or shopping for groceries.
- ✓ If your physician recommends iron pills, try to take them on an empty stomach about 1 hour before or 2 hours after meals. However, you may need to take iron with food to avoid an upset stomach.
- ✓ Do not take antacids or drink milk or caffeine drinks (such as coffee, tea, or cola) at the same time or within 2 hours of the time that you take your iron pill. They can make it hard for your body to absorb the iron.



- ✓ Vitamin C (from food or supplements) helps your body absorb iron. Try taking iron pills with a glass of orange juice or some other food that is high in vitamin C, such as citrus fruits.
- ✓ If you forget to take an iron pill, do not take a double dose of iron the next time you take a pill.
- ✓ Keep iron pills out of the reach of small children. An overdose of iron can be very dangerous for them.

### When should I call a physician?

- ✓ If you have chest pains, call 911 or go to the Emergency Department.
- ✓ Chest pain or pressure may occur with:
  - Shortness of breath.
  - Dizziness or lightheadedness.
  - A fast or uneven pulse.

## Constipation Prevention

Cancer or cancer treatment may cause constipation. Constipation means you have a hard time passing stools (called bowel movements). People pass stools anywhere from three times a day to once every three days. What is normal for you may not be normal for another person. Constipation may cause pain in the rectum and cramping. The pain may get worse when you try to pass stools. Sometimes there are small amounts of bright red blood on toilet paper or on the surface of stools because of enlarged veins near the rectum (called hemorrhoids).

A few changes in your diet and lifestyle may help you avoid having constipation. Your physician may also prescribe medicine to help loosen your stools.

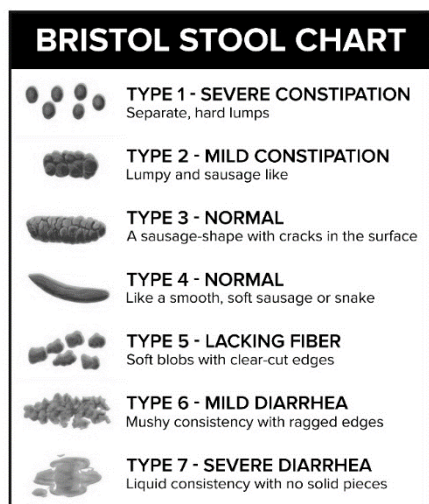
### Symptoms of Constipation

Constipation may cause you to have stools that are:

1. Too hard,
2. Too small,
3. Too difficult to expel, or
4. Too infrequent.

### What can I do at home to prevent constipation?

- Drink plenty of fluids. Drink enough so that your urine is mostly clear. If you have kidney, heart, or liver disease and have to limit your fluids, talk to your physician before you increase your fluid intake.
- Consume prunes, prune juice or warm fluids, especially in the morning.
- Include high-fiber foods, such as fruits, vegetables, beans, and whole grains in your diet each day.
- Get at least 30 minutes of exercise on most days of the week. Walking is a good choice.
- Take a fiber supplement, such as Citrucel or Metamucil, every day. Start with a small dose and very slowly increase the dose over a month or more.
- Schedule time each day for a bowel movement. A daily routine may help. Take your time having a bowel movement.
- Support your feet with a step stool when you sit on the toilet. This helps flex your hips and places your pelvis in a squatting position.



## Constipation Treatment

### Try over-the-counter medicines:

- Daily stool softener regimen (ex: Colace 100 mg to 300 mg a day)
- Senna (8.6 mg) and docusate sodium (100 mg). Take two of each at bedtime daily. You may need to increase to four of each, two times a day, if needed. Use these medicines daily as the maintenance dose.

### Things to avoid:

- Do NOT use digital manipulation or disimpaction.
- No enemas or suppositories if you are on chemotherapy.

### If you do not have a bowel movement in any 24-hour period:

- Add Milk of magnesia, 30 ml two times a day OR add MiraLAX once a day.

### No bowel movement in 48-hours, add one of the following:

- Dulcolax: Take 2–3 tablets at bedtime, one time only.
- Senokot 2-3 tablets at bedtime.

### No bowel movement in 72-hours, add one of the following:

- Dulcolax suppository once a day IF NOT ON CHEMOTHERAPY
- Magnesium Citrate 10-ounce bottle over ice once a day
- Fleet enema once or twice a day IF NOT ON CHEMOTHERAPY

### When should I call a physician?

- If you have abdominal cramping, distention, not passing gas, or bleeding for longer than 3 days.
- Your stools are black and tar-like or have streaks of blood.
- You have new pain in your abdomen, or the pain gets worse.
- You are vomiting.
- Your constipation does not improve, or it gets worse.
- You have other changes in your bowel habits, such as the size or shape of your stools.
- You have leaking of your stool.

If you call and/or e-mail, please answer the following:

1. When was your last bowel movement?
2. Are you experiencing abdominal pain?
3. Are you experiencing rectal bleeding?
4. Have you tried to take any medications for constipation?
5. What is your average daily fluid intake?
6. Are you experiencing nausea or vomiting?

**If you experience SEVERE ABDOMINAL CRAMPING, DISTENTION AND NOT PASSING GAS PROCEED TO THE EMERGENCY ROOM.**

## Diarrhea

Cancer and cancer treatment may cause diarrhea. Diarrhea is an increase in number of stools (called bowel movements) per day over what is normal for you. The amount of stools may increase and become loose or watery. Diarrhea is an increase of 4–6 stools per day and/or nighttime stools.

Chemotherapy can cause diarrhea because it harms healthy cells that line your large and small bowel. It may also speed up your bowels. Diarrhea can be caused by infections or drugs such as antibiotics, stool softeners, and laxatives. If diarrhea is not treated, it can cause dehydration (loss of body fluid) and electrolyte imbalances (loss of body minerals) that can be life-threatening.

### What can I do at home to take care of myself?

- Eat 5–6 small meals throughout the day, instead of 3 large meals.
- Drink at least 8–10 servings (8 ounces each) of fluid per day. Try taking small sips of clear fluids, such as water, Gatorade, or Propel throughout the day.
- Stop taking any stool softeners or laxatives.
- Take Loperamide (Imodium A-D) 4 mg (2 caplets).
- Try to drink 1 cup of fluid after each loose stool.
- Eat foods that will help thicken your stools, such as bananas, rice, apple-sauce, toast, chicken without the skin, and well-cooked eggs.

- Avoid foods that will make the diarrhea worse, such as raw fruits and vegetables, and greasy and fried foods.



- Avoid drinking milk and milk products, drinks with caffeine, and fruit juices.
- Clean skin after each bowel movement with a mild soap and water or unscented baby wipes.
- If your skin becomes irritated, gently apply a soothing topical agent such as Vaseline, A & D ointment, or Butt Paste.
- Wash your hands after each bowel movement.

### When should I call a physician?

- ✓ If you have continued diarrhea after 24 hours, if you are having more than 6 stools per day, or if the above remedies did not work.
- ✓ If you have severe pain or cramping in the stomach or abdomen.
- ✓ If you have fever greater than 100.5°F.
- ✓ If you have blood in your stool.
- ✓ If you have nausea or vomiting.
- ✓ If you are lightheaded or feel weak.

If you cannot reach your health care team or your symptoms get worse, go to Urgent Care or the Emergency Department.

## Fatigue

Fatigue is the decrease of physical and emotional energy that gets in the way of regular daily activities, such as sleep and overall general well-being. Fatigue is the most common side effect of chemotherapy. It comes in cycles following a round of chemotherapy treatments. Fatigue caused by chemotherapy is most intense during the first 48–72 hours and peaks again 7 to 10 days later. You may feel that it gets harder and harder to recover as your treatment continues. The combination of radiation or other medical conditions may make fatigue last longer.

### What can I do at home to take care of myself?

#### Conserve your energy.

- Limit your daily activities. Do what is most important to you.
- Get plenty of rest and take naps during the day if you can. Maintain a regular bedtime at night and time to get up in the morning.
- Gather commonly used items in one location near your bed or chair.
- Mark on your calendar “feel good” days and “feel bad” days. Plan your social and important events on “feel good” days. Stay at home and limit your number of visitors on the “feel bad” days.
- Note the time of the day that you feel better and the time you feel tired. Get things done during the hours when you feel better. Ask for help during the low energy time.
- Try to go outside for 20–30 minutes in the morning. This will help reset your sleep/wake cycles. Wear sunscreen or cover-up to



protect yourself from sun damage.

- Keep doing activities you enjoy but choose easy ones that take less time and energy.

#### Exercise

- Do light exercises. Take short walks whenever possible.
- Plan things to do to reduce your stress, such as listening to music to help you relax when you feel tired.

#### Get good nutrition

- Maintain balanced nutrition.
- Eat frequent soft small meals.
- Maintain good hydration.
- Avoid caffeine and alcohol.

### When should I call a physician?

- ✓ When you have changes in your energy level.
- ✓ Dizziness when you get up.
- ✓ Extreme exhaustion.

If you cannot reach your health care team or your symptoms get worse, go to Urgent Care or the Emergency Department.



## Mouth Sores (Mucositis)

Mucositis is described as sores in the mouth, throat, stomach, rectum, or vagina due to inflammation of the mucous membranes. Mucositis can be caused by cancer therapy (chemotherapy or radiation). If mucositis is not controlled, it may lead to poor nutrition and infection in the bloodstream. It is helpful to know the signs and symptoms of mucositis and ways that you can prevent and control it.

Mucositis may cause you to have:

- color changes in the mouth (redness or white patches);
- mouth lesions or sores that may begin to bleed;
- discomfort and pain in the mouth or upper stomach area, or in the vaginal or rectal area;
- pain, tenderness, or swelling in the vaginal or rectal area;
- pain during sexual intercourse;
- change in taste;
- difficulty eating and swallowing; or
- diarrhea

### What can I do at home to take care of myself?

It is important to have good nutrition. Eating high-protein foods and drinking adequate fluids promotes mucous membrane healing. It is best to have small frequent meals that are soft and easy to chew.

Practice daily oral hygiene by doing the following:

- Brush your teeth regularly with a toothbrush that has soft bristles.
- Avoid alcohol-based mouth rinses like Listerine. Use saltwater rinses 4-5 times a day (1/2 teaspoon each of and baking soda in one cup of warm water).

- Avoid flossing if you have oral sores, low white blood cell or low platelet counts.
- Dentures should fit well
- Change your toothbrush regularly. A soft sponge swab may be used when there is a risk of bleeding.
- Avoid irritating and drying agents such as acidic, hot, or spicy foods; rough foods; tobacco; alcohol; glycerin lemon swabs; and commercial mouthwashes.
- Avoid water pick devices that may move bacteria into mouth sores.
- If you have vaginal mucositis, keep your vaginal area clean and use sanitary pads rather than tampons.
- If you have rectal mucositis, keep your rectal area clean. Use a sitz bath or warm water to rinse after having a bowel movement. Do not place anything in your rectum, such as a thermometer or suppository, and do not have an enema.

### When should I call a physician?

Tell your physician right away if you have signs of mucositis or your symptoms get worse.

If you call and/or e-mail, please be prepared to answer the following: •

- ✓ When did your symptoms start?
- ✓ Any bleeding and/or open mouth sores?
- ✓ Signs of dehydration excessive thirst, dry mouth, decreased urination, concentrated urine, sunken eyes?
- ✓ Difficulty eating soft foods and/or drinking?
- ✓ White patches to tongue or mucosa?
- ✓ Have you tried anything to help relieve your symptoms?

If you cannot reach your health care team or your symptoms get worse, go to Urgent Care or the Emergency Department.

## Nausea/Vomiting

Cancer or cancer therapy may cause nausea. When you are nauseated, you may feel weak, sweaty, and sick to your stomach. Nausea often leads to vomiting. Most of the time you do not need to worry about nausea and vomiting, but they can be signs of other illnesses.



### What can I do at home to take care of myself?

- Take your antinausea medicine as directed.
- After vomiting has stopped for 1 hour, drink 1 ounce of clear liquid every 20 minutes for 1 hour.
  - Clear liquids include apple juice, grape juice, or a Gatorade-like drink mixed with an equal amount of water, weak tea with sugar, clear broth, and Jell-O. Do not drink citrus juices or lemonade.
  - If you have kidney, heart, or liver disease and have to limit your fluids, talk to your physician before you increase the amount of fluids you drink.
- When you begin to feel better, start to eat clear soups, mild foods, and liquids until all symptoms

are gone for 12 to 48 hours. Good choices are Jell-O, dry toast, crackers, and cooked cereal.

- Suck on peppermint candy or chew peppermint gum. Peppermint or ginger often help an upset stomach.

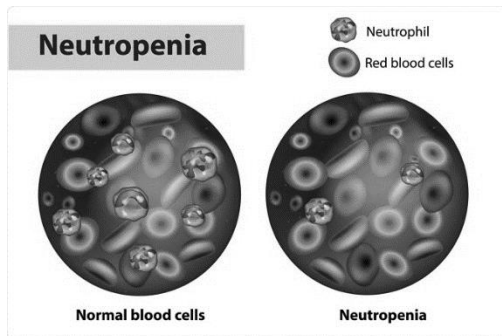
### When should I call a physician?

- ✓ You have taken your antinausea medicine as directed and are still vomiting.
- ✓ You have signs of needing more fluids, such as sunken eyes, dry mouth, and your urine is dark.
- ✓ You have a fever with a stiff neck or a severe headache.
- ✓ You are sensitive to light or feel very sleepy or confused.
- ✓ You have a new pain in your abdomen, or the pain gets worse.
- ✓ You have a fever of 100.5°F.
- ✓ You vomit blood or what looks like coffee grounds.
- ✓ Your vomiting lasts longer than 2 days.
- ✓ You vomit more than 2–5 times in 1 day.

If you cannot reach your health care team or your symptoms get worse, go to Urgent Care or the Emergency Department.

# Neutropenia

Cancer or cancer therapy can cause neutropenia. Neutropenia is a decreased number of neutrophils in a person's blood. Neutrophils are white blood cells that help protect the body against infection by destroying bacteria.



Neutropenia usually causes no symptoms. It increases the risk of infection of your skin and organs because your body cannot fight off germs as usual. Since neutropenia increases the risk of infection, look for these symptoms:

## Symptoms of Neutropenia

- ✓ If your temperature is greater than 101°F. orally or 100.4°F. or greater over 1 hour without an obvious infection.
- ✓ Chills or fever.
- ✓ Pain, swelling, warmth, or redness of your skin.
- ✓ Change in your skin color.
- ✓ Swollen lymph nodes in your neck, armpits, or groin.
- ✓ Shortness of breath.
- ✓ Pain with urination, or cloudy or strong odor to your urine.
- ✓ Any new pain or a change in your pain.

## What can I do at home to take care of myself?

- ✓ Eat a healthy, balanced diet. Eat high-fiber foods to help prevent constipation.
- ✓ Check your temperature for fever if you feel warm or have the chills.
- ✓ Use a soft toothbrush. Talk to your physician about other steps you can take to prevent infections in your mouth.
- ✓ Wash your hands with soap and water, especially before eating and after using the bathroom.
- ✓ For women, use sanitary napkins (pads) instead of tampons, and change frequently. Do not douche.
- ✓ Avoid rectal thermometers, suppositories, or enemas.
- ✓ Avoid tasks that might expose you to germs, such as disposing of pet feces or urine.
- ✓ Avoid crowds of people and anyone who might have an active infection or an illness such as a cold, Covid or the flu. You may also need to avoid people who have recently had certain kinds of vaccinations, such as MMR (measles-mumps-rubella), chicken pox, or any live vaccine.
- ✓ Take steps to prevent cuts, burns, and sunburns.
- ✓ Follow proper food handling and preparation. Make sure your food is:
  - Washed thoroughly,
  - Fully cooked, and
  - Wash and peel all fruits and vegetables well.

## When should I call a physician?

- ✓ If you have any symptoms described above.
- ✓ You have severe shortness of breath.
- ✓ You pass out (lose consciousness).
- ✓ You suddenly become weak and develop a fever.

If you cannot reach your health care team or your symptoms get worse, go to Emergency Department.

## Pain Management

Some diseases and injuries can cause long-term pain. You do not need to live with uncontrolled pain. A pain management plan helps you find ways to control your pain with side effects you can live with. Finding ways to reduce pain is important for your health and quality of life. Only you know how much pain you feel. Constant pain can make you depressed, cause stress, and interfere with eating and sleeping. Controlling pain can help you to stay active, improve your mood, and heal faster.



### How is pain management treated?

A pain management plan can involve several methods of pain control. You may take prescription or over-the-counter medicine. You can also include physical treatments, behavioral methods, or other techniques. Some medical treatments can also help with pain. For example, radiation can be used to reduce pain from bone cancer. You and your physician will work together to develop a pain management plan for you. It can be assessed and changed as needed.

### What can I do at home to care for myself?

- ✓ Take pain medicines exactly as directed.
  - If a dose is missed or delayed, take it when you remember and adjust the schedule. Do not take a double dose.
  - If your physician gave you a prescription medicine for pain, be sure to take the right

amount at the right times. Set an alarm on your phone.

- If your pain medicine causes side effects, such as constipation or nausea, you may need to take other medicines for those problems. Tell your physician about any side effects you experience.
- ✓ Hydrotherapy uses flowing water to relax muscles. Taking a warm bath, shower, or a sitz bath can help your pain.
- ✓ Gentle massage therapy (rubbing the soft tissues of the body) reduces tension and pain, improves blood flow, and helps you relax.
- ✓ If you are going to physical therapy, make sure to do any home exercises or stretching your physical therapist has told you to do.
- ✓ Stay as active as possible. Try to do some physical activity every day.
- ✓ Think about behavioral treatments to help you manage your pain.
  - Try relaxation techniques (there are alternative treatments for pain management).
  - Try guided imagery (a technique that guides your imagination toward a relaxed state).
- ✓ Take Kaiser Permanente's **Mind Over Cancer**, 4-session program to help you learn new tools. \$20. Please call 858-616-5600 to schedule the class.

### When should I call a physician?

- ✓ Your pain management plan is not relieving your pain.
- ✓ You have nausea and/or vomiting from your pain or pain medicine.
- ✓ You had an illness or injury that healed, but you still feel pain.
- ✓ You have side effects from your pain medicines.

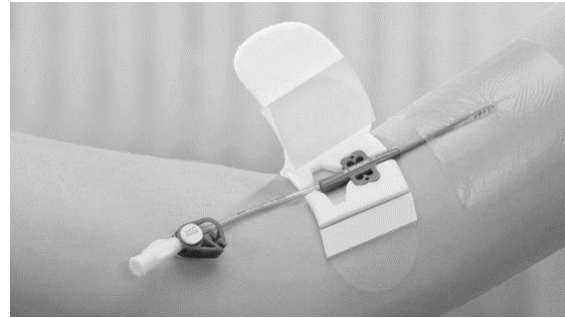
If you cannot reach your health care team or your symptoms get worse, go to Urgent Care or the Emergency Department.

## PICC Line Care

A PICC (peripherally inserted central catheter) line is a long-term intravenous (IV) catheter. It is inserted into a small vein in your arm and threaded into a larger vein in your chest. The PICC line has been inserted to make your IV treatments easier. The use of this catheter is to draw blood and give medicines.

### What can I do at home to care for myself?

- ✓ Always keep your dressing clean and dry.
- ✓ When showering, wrap the PICC line in plastic to keep it from getting wet. Avoid letting the water hit it directly.
- ✓ Do not lift more than 5 pounds.
- ✓ Any repetitive motion or exercise is not advised on the arm with the PICC line.
- ✓ After the PICC line is inserted, the dressing should be changed in 24 hours. Afterward, it is changed weekly. If the dressing becomes soiled, wet, or begins to lift, the dressing will need to be changed.
- ✓ Make sure that you make an appointment with a nurse for your weekly dressing changes.
- ✓ After the PICC line is inserted, you may have some bruising and tenderness at or above the exit site. If so, apply dry, warm compresses above the PICC line for 15 minutes four times a day for 24 hours. If you do not get relief, call your physician.
- ✓ Flush your catheter as your nurse taught you.



### When should I call my physician?

- ✓ Drainage or leaking occurs at the insertion site or anywhere along the PICC line.
- ✓ Fever.
- ✓ Chills.
- ✓ Shortness of breath.
- ✓ Warmth, swelling, redness, or pain on the PICC line arm or at the insertion site.
- ✓ If you are unable to flush the catheter.
- ✓ If your dressing becomes soiled, wet, or begins to lift.
- ✓ If your PICC line is damaged or broken, secure the end with paper tape and go to the nearest Emergency Department.

If you cannot reach your health care team or your symptoms get worse, go to Urgent Care or the Emergency Department.

## Implanted Port Care

An implanted port is a type of catheter that is implanted under the skin and can be used for many years. The port is made up of two parts: the catheter and a portal body to which it is attached. The body of the port is made of a plastic or metal disc with a rubbery center that is the entry into a reservoir. The catheter sits in the vein. Ports are very durable and can last for years. The port is used to draw blood and give medicines.

### How is the Port used?

- ✓ The port is used by sticking a special needle (called a non-coring needle) through the skin, into the rubber center, and into the reservoir.
- ✓ Your nurse will explain how it is inserted.
- ✓ You may ask your physician for a prescription for a numbing cream that can be used to make the needle stick more comfortable.
- ✓ Your port will need to be flushed every 4–6 weeks when it is not being used so that it will work well.

### What can I do at home to care for myself?

You may have some tenderness and bruising after the port is first inserted. Here's what you need to do for the first week:

- ✓ After 24 hours, you may remove the dressing.
- ✓ The steri-strips (look like tape strips) that are over the incision site will come off in about 7–10 days.
- ✓ You can shower, but don't let the water hit the incision site directly for the first 24 hours.
- ✓ Make sure the incision site area remains clean and dry.



### When should I call my physician?

Check daily for any of these signs:

- ✓ Redness or drainage at the port site.
- ✓ Swelling to the chest or arms.
- ✓ Shortness of breath.
- ✓ Pain at the port site.
- ✓ Warmth to the touch at the port site.
- ✓ Fever or chills.

If you cannot reach your health care team or your symptoms get worse, go to Urgent Care or the Emergency Department.



## Sexuality

Sexuality is unique for every person. A cancer diagnosis and treatment may change sexual feelings, desire, and functioning. After diagnosis and during treatment, your sexual response may be different from what you are used to experiencing. Changes in body image and negative thoughts may influence your enjoyment of sex. Sexuality is an important part of the quality of everyday life. Changes in sexuality can affect your self-image and relations with others.

You may find that intimacy takes on new meaning. Hugging, touching, holding, and cuddling may become more important, and sexual intercourse may become less important. There is no “right” way to express your sexuality. It is up to you and your partner to decide together what is pleasurable and satisfying to both of you.

Here are some facts about cancer and sexuality:

- ✓ Engaging in sex does not make your cancer grow or spread.
- ✓ Cancer is not a punishment for past sins or past sexual behavior.
- ✓ Refraining from sex will not cure cancer.
- ✓ Cancer is not “catching.”

The following safe sex tips can help you avoid trauma or exposure to sexually transmitted diseases:

- ✓ Use condoms (males and females) during sexual activity if there is increased risk of infection or if you are not in a monogamous (having only one sexual partner) relationship.
- ✓ Use birth control once chemotherapy begins and continue for three months after your last treatment, or as advised by your health care professional.
- ✓ Sexual activity is okay while on chemotherapy, except when your blood counts are low. You are at risk for bleeding or infection if your platelets are less than 50,000 or your white blood count is less than 1,000.
- ✓ Avoid “rough” sex that may cause mucosal or skin tearing throughout your cancer treatment.
- ✓ Wash hands thoroughly before and after caressing the genital area.
- ✓ Use water-based lubrication (e.g., K-Y Jelly, Astroglide, Replens). Do not use petroleum jelly or other oil-based lubricants.
- ✓ Clean sexual aids (e.g., vibrators) thoroughly after each use.



Let your nurse, social worker, or physician know if you have been feeling anxious, worried, distressed, or depressed. There are ways to manage these symptoms and your health care team can discuss options with you.

### Tips to help you engage in sexual activity include:

- ✓ It may be helpful to have sex when you are well rested, such as in the morning.
- ✓ Try several positions that require less effort, such as side-lying positions.
- ✓ Relaxation, warm baths, and massages may be helpful for pain. Use cushions and pillows to hold in place for comfort.
- ✓ A light meal or crackers and antinausea medicines may be helpful before having sex. Some have found it helpful to avoid heavy meals.

Being comfortable with your sexuality to maximize sexual function and quality of life is important. Sexuality can enhance self-esteem, improve overall comfort, and make coping with cancer easier.

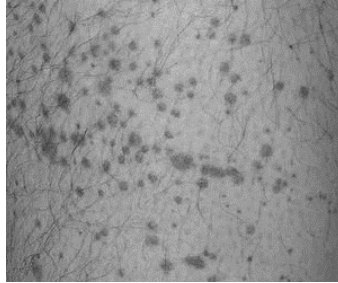
For more information about support groups, books, or other resources, please ask your health care team. You can also visit [cancer.gov](http://cancer.gov), [cancer.net](http://cancer.net), or [cancer.org](http://cancer.org) for more information.

Let your health care team know if you have any questions or concerns.

# Thrombocytopenia (low blood platelets)

Cancer and cancer therapy can cause thrombocytopenia.

Thrombocytopenia is a low number of platelets in the blood. Platelets are the cells that help the blood clot. If you do not have enough platelets, you may bleed anywhere in the body.



- ✓ You have severe pain that does not get better.
- ✓ Vomiting blood or what looks like coffee grounds.
- ✓ You pass maroon or very bloody stools.
- ✓ Bleeding anywhere and cannot stop it.
- ✓ You need dental clearance before you get any dental work.

If you cannot reach your health care team or your symptoms get worse, go to the Emergency Department

## What are the symptoms?

- ✓ Bruising
- ✓ Bleeding
- ✓ Rash of tiny, red dots.

## What can I do at home to care for myself?

- ✓ Take your medicines exactly as prescribed. Call your physician if you think you are having a problem with your medicine.
- ✓ Do not take aspirin or anti-inflammatory medicines such as ibuprofen (Advil, Motrin) and naproxen (Aleve) unless your physician says it is okay. They may increase the risk of bleeding.
- ✓ Avoid contact sports or activities that could cause you to fall or injure yourself.
- ✓ Brush your teeth with a soft toothbrush.
- ✓ Use an electric razor to shave.
- ✓ Blow your nose gently to prevent a nosebleed.

## When should I call my physician?

- ✓ Your stools are black and tar-like or have streaks of blood.
- ✓ You have any unusual bleeding, such as:
  - Blood spots under the skin,
  - A nosebleed that you cannot stop,
  - Bleeding gums when you brush your teeth,
  - You have blood in your urine,
  - Vaginal bleeding when you are not having your period or heavy bleeding during your period.

- ✓ Call 911 for any signs of stroke:
  - Sudden numbness, paralysis, or weakness in your face, arm, or leg, especially on only one side of your body.
  - New problems with walking or balance.
  - Sudden vision changes.
  - Drooling or slurred speech.
  - New problems speaking or understanding simple statements or feeling confused.
  - A sudden, severe headache that is different from past headaches.

## Financial and Insurance Resources

*This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of service provided by any service included.*

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### **KP Membership Services: 800-464-4000**

This department can tell you what benefits you have related to your treatment including copays and out-of-pocket expenses.

### **KP Financial Counselors: 619-589-4920**

This KP department can assist you with your eligibility and billing questions. They can also assist with applying for MFAP.

### **Medical Financial Assistance Program (MFAP): 619-461-3317**

This department can assist you to determine eligibility for financial assistance. MFAP will eliminate your co-pays for 6 months if you are eligible.

### **Disability Claims:**

Email: [sdrou@kp.org](mailto:sdrou@kp.org)

This department can help you with State disability (SDI). This department can also assist with FMLA, Paid Family Leave, and employer-based disability insurance paperwork. See the sections on Release of Information and Family Medical Leave Act.

### **California State Disability Insurance:**

<https://www.edd.ca.gov/disability/>

This department provides short-term Disability Insurance (SDI) and Paid Family Leave (PFL) wage replacement benefits to eligible workers (those who are paying into the fund) who need time off work. Apply online.

### **Social Security Disability Insurance (SSDI)**

Long term (planned over 1 year) or permanent disability. Provide them with your cancer diagnosis as this can expedite the process. As for “Compassionate Allowance” program as certain diagnoses are eligible for this much quicker processing (up to 45 days). Retroactive payments may be received to date of application or diagnosis at times.

If denied on the initial application, please consider appealing this decision (within the time allowed).

Once approved, you will be eligible for MediCare 24 months from your application date.

Apply in person at the Social Security Administration office or Online: [www.ssa.gov](http://www.ssa.gov) or Call (800) 772-1213 for a phone interview.

### **Supplemental Security Income (SSI)**

The SSI program pays benefits to disabled adults and children who are considered **low or with limited income** and resources. SSI benefits also are payable to people 65 or older without disabilities who meet the financial limits.

If accepted onto the SSI program, this automatically approves you to receive Medi-Cal coverage as well. You may then discuss with Kaiser Permanente’s membership services (800)464-4000, if you desire to link your Medi-Cal coverage with KP.

Apply in person at the Social Security Administration office or Online: [www.ssa.gov](http://www.ssa.gov) or Call (800) 772-1213 for a phone interview.

### **Medi-Cal**

Phone: 866-262-9881

If considered low income/low assets in the bank, you may be eligible for Medi-Cal. If you are approved for Medi-Cal, then you may wish to apply for In Home Support Services (IHSS) assistance through County of San Diego (800-339-4661). A family member or friend may be able to earn a small amount caring for you.

### **COBRA**

Continuation of employer's health care coverage. Please discuss with your Human Resources office. Refer to [www.dol.gov/dol/topic/health-plans/cobra](http://www.dol.gov/dol/topic/health-plans/cobra) for further information.

### **Family and Medical Leave (FMLA)**

Federal law which provides "eligible" employees 12 weeks of unpaid leave to care for your own health or that of a family member (only for employers with 50 or more employees). You need to have worked 25 hours per week for at least a 12-month period. For further information visit:

[www.dol.gov/whd/fmla](http://www.dol.gov/whd/fmla).

Paperwork obtained from your employer can be sent via KP.org (*Your physician's office will not be able to complete these forms.*) or emailed to [sdrou@kp.org](mailto:sdrou@kp.org).

**Paid Family Leave (PFL)** – For your family to assist in your care. California law provides up to 8 weeks of paid leave in a 12-month period. Your family member needs to be contributing into the State Disability Insurance (SDI). One is not eligible to obtain this if currently receiving worker's compensation, SDI, or unemployment benefits.

[www.edd.ca.gov/disability/Paid Family Leave](http://www.edd.ca.gov/disability/Paid_Family_Leave)

## **OTHER FINANCIAL RESOURCES**

### **American Cancer Society**

(800) 227-2345

Possible mileage reimbursement or rides for medical appointments. Assists with wigs and other cancer related resource referrals.

### **Leukemia & Lymphoma Society**

(858) 427-6645 [www.lls.org](http://www.lls.org)

Check website for current grant availability for various needs of patients with blood cancer.

### **SDG&E**

(800) 411-7343

They can assist if you are finding it difficult to pay for gas and electric utilities. Ask for their "Care" or "Neighbor to Neighbor" programs.

### **Cleaning for a Reason**

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

They offer free home cleaning to patients battling cancer.

# San Diego Release of Information (ROI) Department is now virtual



While our ROI department is now virtual,  
we are committed to continue providing you  
the best possible service.

Below are information and instructions on  
how to submit some of the common requests  
to our office.

## \*\*\*State Disability Insurance (SDI) and Paid Family Leave (PFL) Claims

- Step 1: File your Claim by visiting the website,  
[www.edd.ca.gov](http://www.edd.ca.gov).
  - (Step-by-step instructions on website)
- Step 2: Go to [www.kp.org/requestrecords](http://www.kp.org/requestrecords), select  
"State Disability Insurance" and have your EDD  
receipt number ready to submit.
- Step 3: The ROI department will provide your medical  
certification electronically to the EDD office.
- Paid Family Leave for Baby Bonding is handled  
exclusively by EDD (refer to Step 1).  
(No Physician Certification is needed).

## \*\*\*State Disability Insurance (SDI) Extension Claims

- Go to [www.kp.org/requestrecords](http://www.kp.org/requestrecords), select "State  
Disability Insurance" and have your EDD Claim ID  
number ready to submit.

### Virtual Service Options Available 24/7



Web:

[www.kp.org/requestrecords](http://www.kp.org/requestrecords)



Email:

[sdrolu@kp.org](mailto:sdrolu@kp.org)

### Telephone Option



**619-583-4293**

Telephone hours are  
Monday- Friday from 9am-4pm.  
We are closed all Major Holidays.

[kp.org/requestrecords](http://kp.org/requestrecords)





### Family Medical Leave Act (FMLA) Certifications

- Go to [www.kp.org/requestrecords](http://www.kp.org/requestrecords), select 'Family and Medical Leave Act (FMLA)' and follow the step-by-step instructions on website.
  - Please note that we complete a computer-generated version of a FMLA form, so we do not need a copy of the FMLA form you received from your employer or Third Party insurance.
  - Intermittent leave is for chronic conditions that cause occasional periods of incapacity and require treatment by a health care provider at least once every 6 months.
  - Blocked time FMLA certifications are for serious health conditions that incapacitate the employee for more than 3 consecutive days.

### Form Completion by Physician

- Email form to the Release of Information Department at [sdroi@kp.org](mailto:sdroi@kp.org).
  - Member section of the form must be completed prior to submission. Please include medical record number & date of birth on all correspondence.
  - This applies to any form requiring a physician's medical opinion and signature, other than State Disability or FMLA certification.

### Medical Records / Radiology Images

- To request records for yourself or to send to a Third Party,
  - Go to [www.kp.org/requestrecords](http://www.kp.org/requestrecords), select 'Medical Records' and follow the step-by-step instructions on website.
- Medical records will be e-mailed in a password protected PDF format.  
(Radiology images will be burned onto a CD and are only available by mail)

### Other Disability Certification Requests (Attending Physician Statements/Accommodation forms)

- Disability certifications for Third Party insurance companies such as Aetna, MetLife, Hartford, Cigna, etc.
- Please note that we complete a computer-generated Attending Physician Statement or Accommodation form. We do not need a copy of the form you received from your employer or insurance.
- Email the Release of Information Department at [sdroi@kp.org](mailto:sdroi@kp.org).
  - Please include Work Status Report dates, medical record number & date of birth on all correspondence.

### \*\*\*State Disability Insurance Initial and Extension Certifications

- Kaiser Permanente submits the Provider Certification online directly to the State Disability Insurance. We do not need a copy of the Provider Certification form that you receive from the EDD. Simply submit your request by logging on to [www.kp.org/requestrecords](http://www.kp.org/requestrecords) or for patients that receive an Industrial Work Status form, send us an email to [sdroi@kp.org](mailto:sdroi@kp.org).

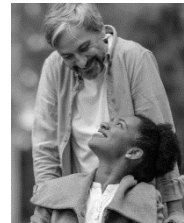


## Caregiver & Patient **Online** Support Resources

To attend any of the below support resources you will need to schedule 24 hours prior to the meeting. There is no fee to attend. Schedule by email [KP-SD-ONSW@kp.org](mailto:KP-SD-ONSW@kp.org) or call Debra Stern-Ellis, LCSW at 619-528-3152, or Ocean Gage, LCSW at 760-510-4038.

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**Making Today Count** is a support group for patients with any type or stage of cancer and their loved ones. **Meets online the 1st & 3rd Thursday of every month at 5:00-6:30 pm (excluding holidays).**



**Breast Cancer** — Stage 0-3 Join this community of positive women waiting to support you! **Meets online 2nd Thursday of every month from 5:00-6:30 pm (excluding holidays).**

**Metastatic Breast Cancer** Join the community of “*metavivers*” living with advanced breast cancer. **Meets online 4th Wednesday of every month from 11:00am–12:30pm**

### **Caring Through Cancer – A Group Especially for Caregivers**

Support for anyone caring for an oncology patient. **Meets online 2nd Wednesday of every month from 11:00am–12:30pm**

**Under 50 with Cancer** Support for those 18-49 years old with any type of cancer. **Stages 0-3: Online 1st Monday of every month from 4:00–5:00pm, Stage 4/Metastatic: 3rd Monday of every month from 4:00-5:00pm**

Focus on your emotional balance during treatment by monitoring your:



**Sleep** – adequate sleep is essential for coping. Ask for help if needed.



**Self Talk** – what are you telling yourself about your diagnosis and treatment? Positive self talk can increase hope and quality of life during treatment. Be gentle with yourself during this journey.



**Nutrition** – eat what feels good in your belly while making as nutritious of choices as possible.



**Meditation/Prayer/Quiet**

**Time/Relaxation** – consider enrolling in our Mind Over Cancer class for tools to assist in managing your treatment experience.



**Exercise** – try to get up each day, even for a short walk. Going outside for 20-30 minutes in morning light can help with fatigue. Protect yourself from sun damage.



**Social Support** – it is important to let supportive family and friends assist you during this time. Also consider participating in a cancer support group to meet others who understand what you are feeling and experiencing.

**Need assistance or emotional support? Call your Social Worker:**

Debra Stern-Ellis, LCSW (Zion, Otay Mesa) – 619-528-3152

Oceanna Gage, LCSW, San Marcos – 760-510-4038

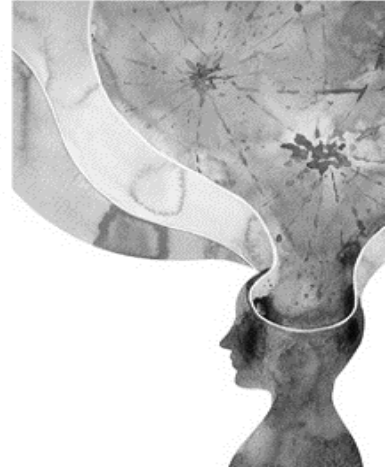
A cancer diagnosis can be devastating. The treatments and/or fear of relapse can lead to overwhelming feelings of anxiety and stress. These feelings can be hard for others to understand and difficult to communicate to family and friends.

The stress, isolation, pain, and insomnia that sometimes come along with cancer can weaken your immune system and leave you with less energy for recovery.

***Mind Over Cancer*** is a 4-session, online program designed to support you through the experience of cancer. Whether you are in active treatment, recovery, or caring for someone with cancer this program teaches mindfulness techniques that enable you to lessen the effects of worrisome thoughts and strong emotions.

You learn mindfulness techniques while participating in an online supportive setting with others who are dealing with similar stresses. Mindfulness interventions help improve sleep, reduce pain, lessen fatigue, and improve overall quality of life for people who have or are recovered from cancer.

MIND  
OVER  
CANCER



**4-session, virtual program**

**Mondays 1-2:30 pm**

**Or Tuesdays 5:30-7:00 pm**

Open to people actively being treated, those in remission, and those caring for someone who has/had cancer. Payment and pre-registration is required for all attendees.

**\$20**

**Call to enroll 858-616-5600**

## Eating Well

### Through Your Cancer Treatment

One of the best strategies for recovery from cancer is to make sure you are eating enough and eating an abundance of high-density nutritious foods. In this seminar, learn nutrition strategies that can increase your comfort level through your treatment, maximize your nutrition status, and help you manage common side effects that affect your ability to eat. Whether you are just starting your treatment or have been battling cancer for a while, you will benefit from this seminar. It's simple to attend, use any electronic device (iPad, tablet, computer or smart phone) and click-in.

**Meets every third Wednesday of the month**

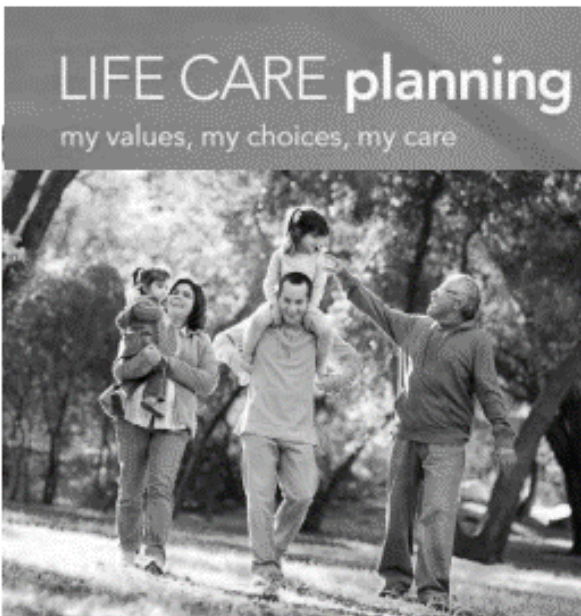
**5:30-7:00 pm**

**No Fee. Please enroll by calling 858-616-5600**



Scan to see dates  
and information

## Lifecare Planning



We prepare for life's major events. But if you suddenly became injured or ill, would you be prepared?

Life Care Planning will help you **reflect upon** your values and beliefs so that you may **write down** your future health care decisions in an Advance Directive. This type of planning can help **prepare your loved ones** to honor your wishes.

You can begin your Life Care Planning by following these steps:

- 1 To sign up for a free **Life Care Planning workshop**, call: **(619) 641-4194**
- 2 Go to [kp.org/lifecareplan](http://kp.org/lifecareplan) to view videos and complete and print an interactive Advance Directive.
- 3 Once completed, have it notarized or have two witnesses sign it.
- 4 We want to be sure your **Advanced Directive** is in your medical record. We recommend you review it often to make sure it reflects your current values and wishes. Go to [kp.org/lifecareplan](http://kp.org/lifecareplan) or attend a workshop to help you and your agent think and talk about what you would want.
- 5 Southern California members can email a copy of their completed Advance Health Care Directive to: **SCALCentralized-Scanning-Center@kp.org** or mail to: **Central Scanning  
1011 S East St  
Anaheim, CA 92805**

*These are important decisions to make.  
Life Care Planning is a gift you can give yourself and your family.  
We encourage you to start your planning today!*