



AMERICAN CANCER SOCIETY CIRCLE OF LIFESM

CANCER JOURNEY presented by:

*Kendra Roland, MPH, MS1 at UNDSMHS; Former Cancer Manager
at AICAF*

Artwork courtesy of Jason Edwards, J. Morgan
Photography, Marcine Quenzer, Matt Atkinson, and Mary
Ruth Barnes



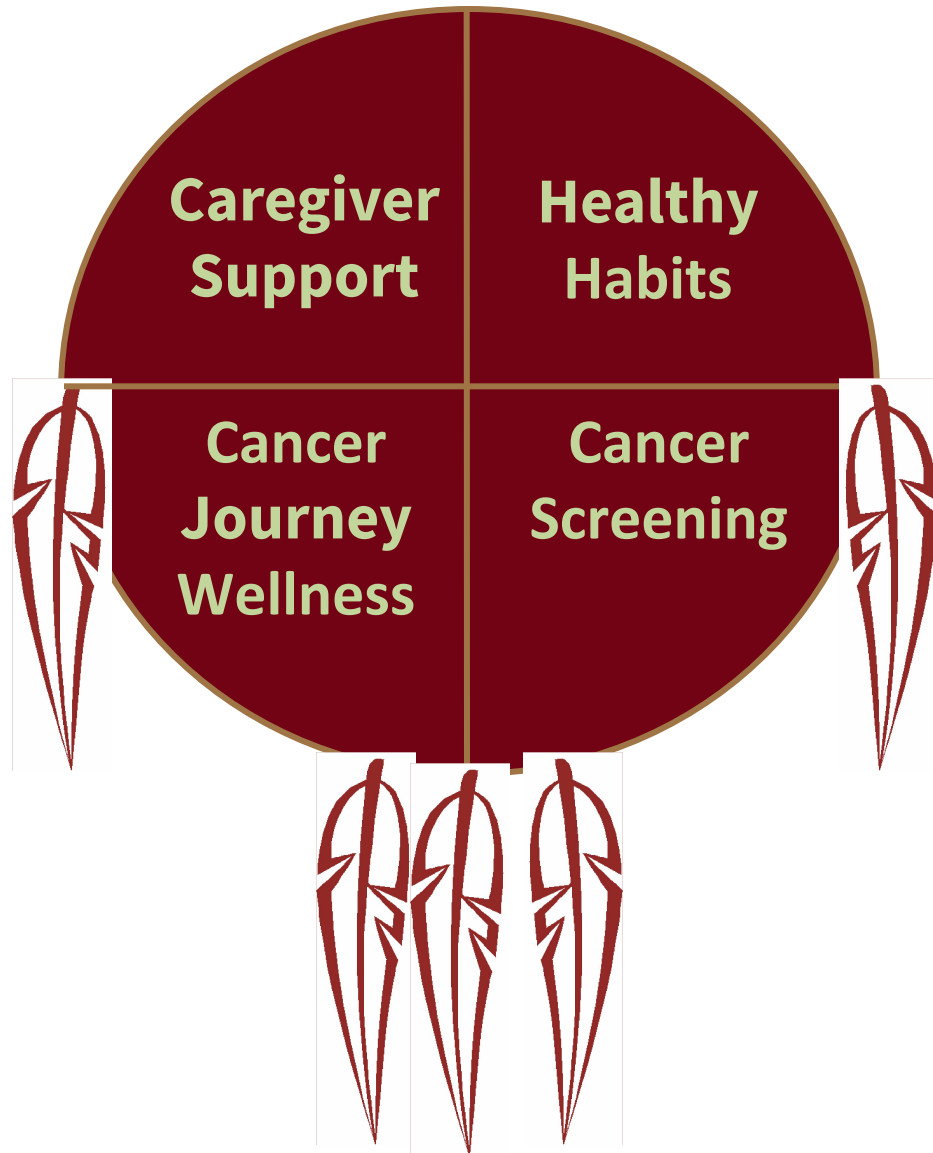
Revised: March 23, 2019

Wellness in Our Community



Photos courtesy Jason Edwards, J. Morgan Edwards Photography; Artwork courtesy of Marcine Quenzer

What is the Circle Of Life Initiative?



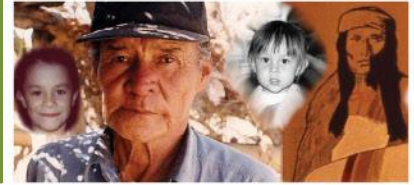
Session Objectives



To Discuss ...

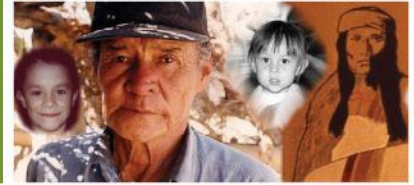
- What is cancer and how is it treated?
- How can traditional healing complement cancer treatment?
- How can patients take care of themselves during and after cancer treatment?
- What are the long-term and late effects of cancer treatment and survivorship?

Celebrating Life



- Eating healthy foods, staying active, not drinking excessively, and not using commercial tobacco can reduce cancer risk.
- Often, the sooner cancer is found and treatment begins, the better the chances are for living for many years.
- Together, we can do everything in our power to help prevent cancer, and continue on our journey.

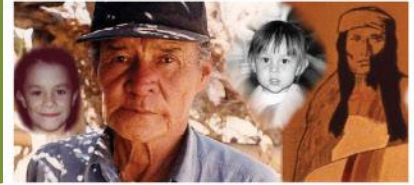
What is Cancer?



- Cells are the basic building blocks of the body.
- Cancer begins when damaged cells in a part of the body start to grow out of control.
- There are many kinds of cancer. They all start because of out-of-control growth of abnormal cells.



Symptoms of Cancer

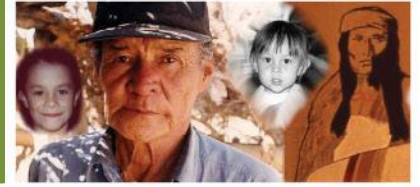


Any unexplained ...

- Weight loss
- Fatigue
- Pain
- Skin changes
- Lumps
- Fever



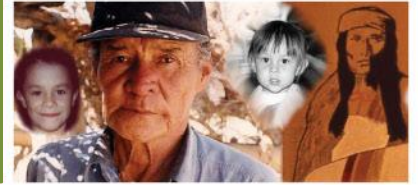
A Cancer Diagnosis



How do you think someone might feel after being diagnosed with cancer?

- Shocked
- Angry
- Afraid
- Guilty
- Numb
- Sad

Story of Hope



“There is a fear that goes through you when you are told you have cancer. It’s so hard in the beginning to think about anything but your diagnosis. It’s the first thing you think about every morning. I want people diagnosed with cancer to know it does get better. Talking about your cancer helps you deal with all of the new emotions you are feeling. Remember, it’s normal to get upset.”

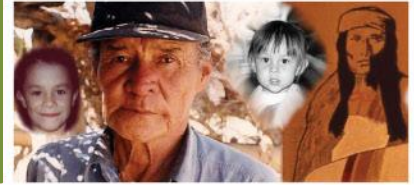
– *Delores, cancer survivor*

Cancer Treatment



- The types of Western medical treatment for cancer include:
 - Surgery
 - Radiation therapy
 - Chemotherapy
 - Immunotherapy
 - Targeted therapy
 - Hormone therapy

Surgery



- Most people with cancer will have some type of surgery.
- Surgery helps to diagnose cancer and find out how far it has spread.
- Surgery offers the greatest chance for cure for many cancers.



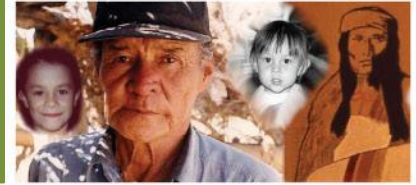
Radiation Therapy



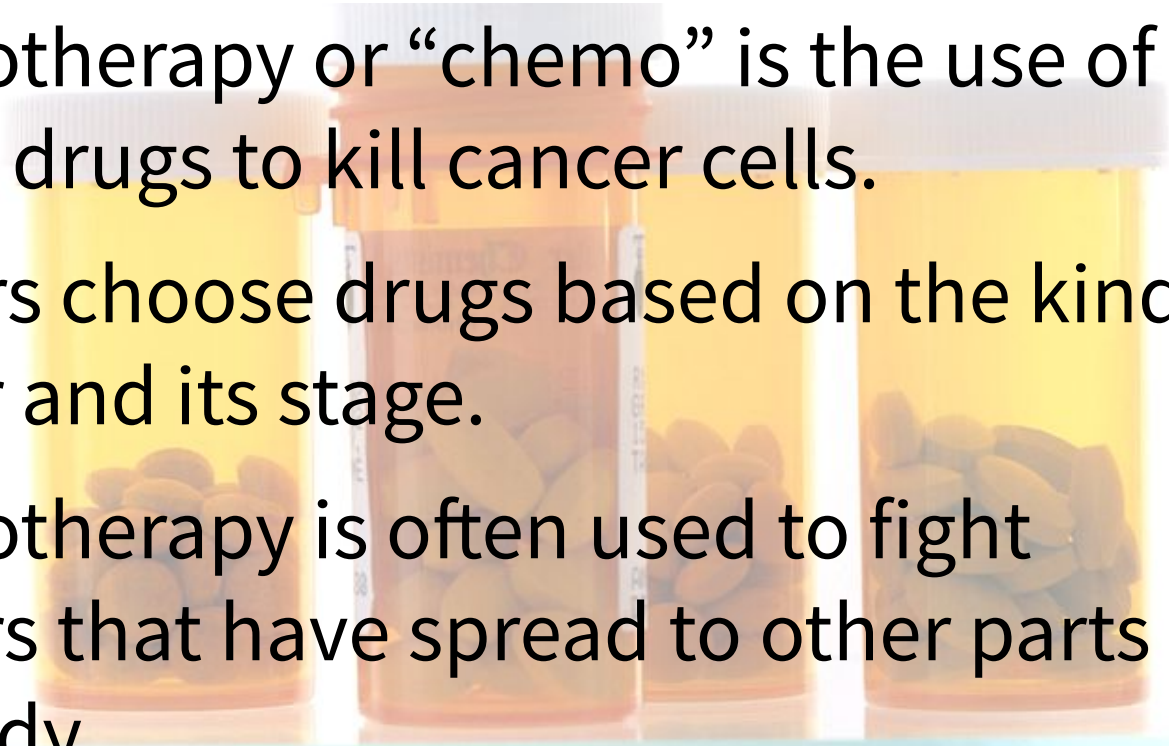
- Radiation therapy is the use of radiation to treat cancer and other problems.
- Special equipment sends high doses of radiation to kill the cancer cells or tumor.
- Radiation therapy can be given in 2 ways:
 - From a machine outside of your body
 - From an object or pellets that are put inside you



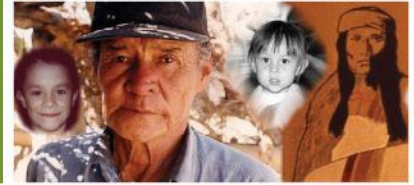
Chemotherapy



- Chemotherapy or “chemo” is the use of strong drugs to kill cancer cells.
- Doctors choose drugs based on the kind of cancer and its stage.
- Chemotherapy is often used to fight cancers that have spread to other parts of the body.



Treatment Plan



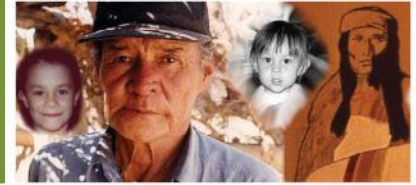
What should you ask a health care provider?

- What types of treatment will you need?
- Are there other ways to treat the cancer?
- What can you expect after each treatment?
- How can you contact them if you have questions?

Reference: (Native American Cancer Research. (2009). *Clinical Trials Education for Native Americans*. Retrieved May 1, 2018, from <http://www.natamcancer.org/>)

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

Clinical Trials



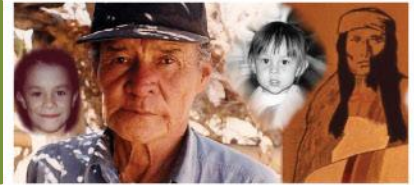
What do people believe about clinic trials?

- People in clinical trials will have access to quality care.
- You can stop taking part in a clinical trial any time you wish.
- They help scientists study cancers in tribal communities, and may lead to better care.

Reference: (Native American Cancer Research. (2009). *Clinical Trials Education for Native Americans*. Retrieved May 1, 2018, from <http://www.natamcancer.org/>)

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

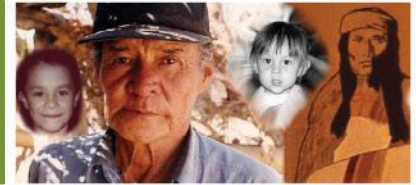
Story of Hope



“No question is too small or too silly to ask. I never was afraid to call the doctor or staff with questions about anything ... even questions about our bills and insurance. I found that our doctor and his staff were willing to answer any question.”

— *Judith, caregiver for her husband*

Possible Side Effects



Surgery

- Pain at the site of the incision
- Infections after surgery
- Reaction to the anesthesia

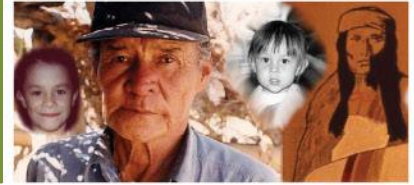
Radiation

- Fatigue
- Skin changes
- Loss of appetite
- Lymphedema

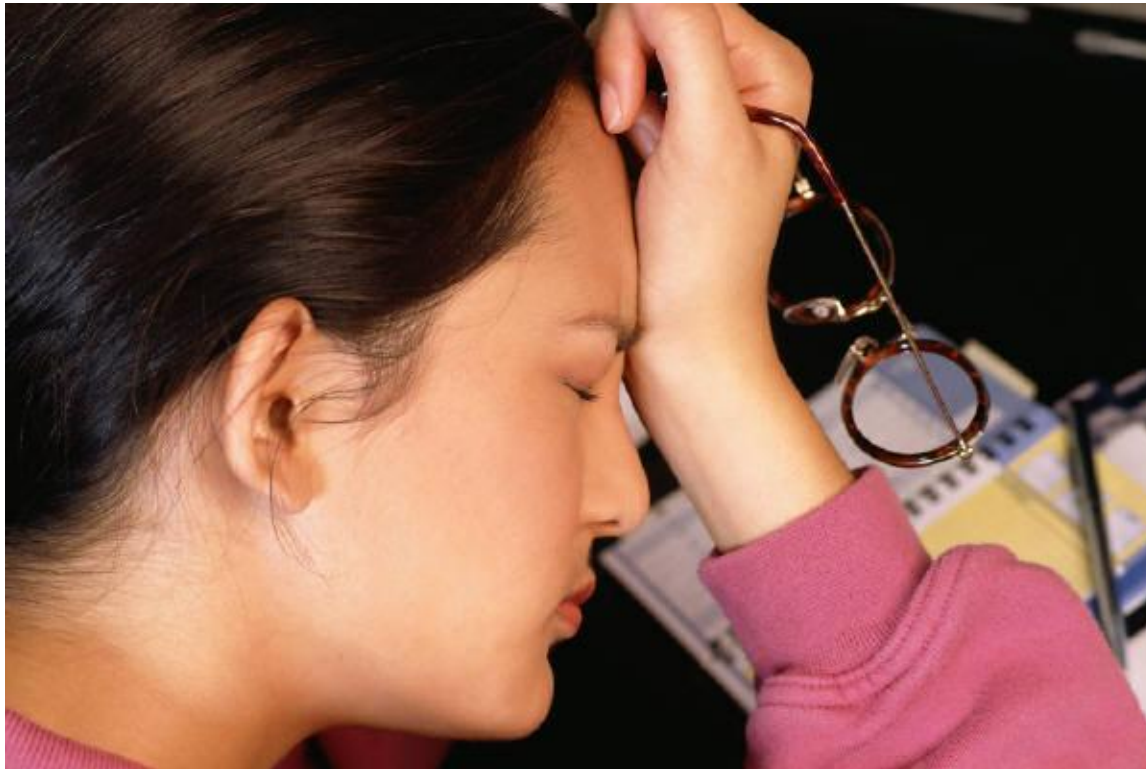
Chemotherapy

- Nausea & vomiting
- Hair loss
- Memory changes – “chemo brain”
- Bone marrow changes
- Mouth & skin changes
- Emotional changes
- Changes in sex life
- Fertility problems

Possible Side Effects



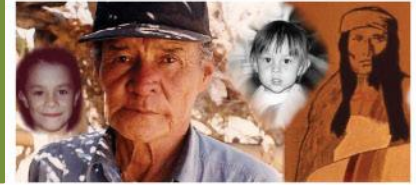
Fatigue ...



Reference: www.cancer.org

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

Cancer Pain Facts



1. Pain may go along with cancer, but this is not always true.
2. Keeping pain from starting and keeping it from getting worse are the best ways to control it.
3. You have a right to ask for pain relief.



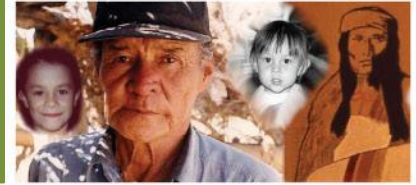
Palliative Care



“Palliative care is care for adults and children with serious illness that focuses on relieving suffering and improving quality of life for patients and their families, but is not intended to cure the disease itself. It provides patients of any age or disease stage with relief from symptoms, pain, and stress, and should be provided along with curative treatment.”



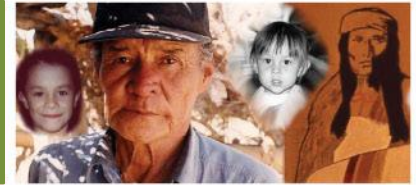
Palliative Care



When might someone consider palliative care?

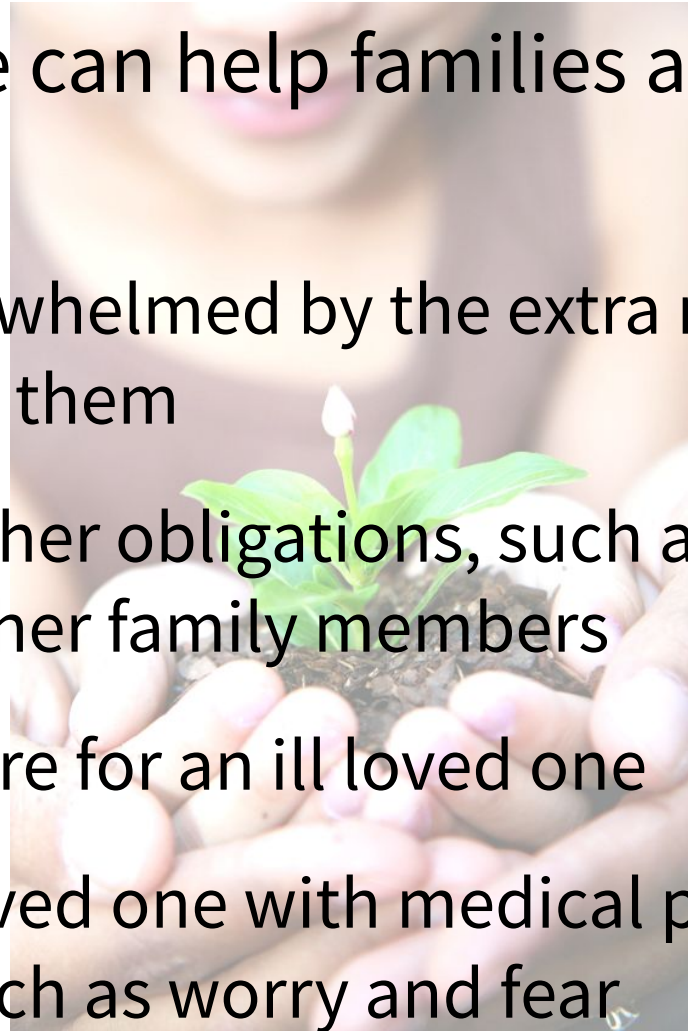
- If they are experiencing side effects of cancer treatment
- If they are losing more and more energy and feeling tired and weak
- If they are spending more and more time in bed

Palliative Care

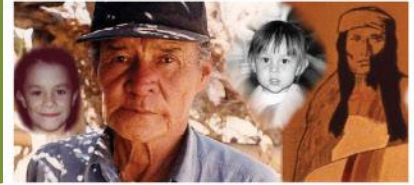


Palliative care can help families and friends with ...

- Feeling overwhelmed by the extra responsibilities placed upon them
- Managing other obligations, such as work and caring for other family members
- Providing care for an ill loved one
- Helping a loved one with medical problems and emotions such as worry and fear



Traditional Healing



- Traditional and complementary healing practices may also help relieve cancer symptoms and treatment side effects.

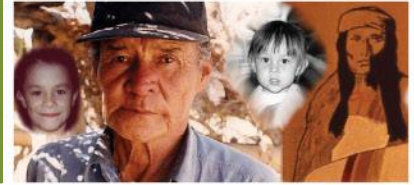


- What are some traditional healing practices in your community?

Reference: www.cancer.org

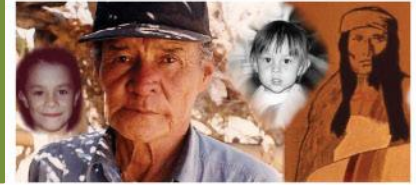
Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

Traditional Healing



- Many traditional healing practices define “health” as a balance within the body.
- The focus is on treating the whole person so that balance can be restored.
- When balance is restored, it is believed the body can heal itself.

Traditional Healing

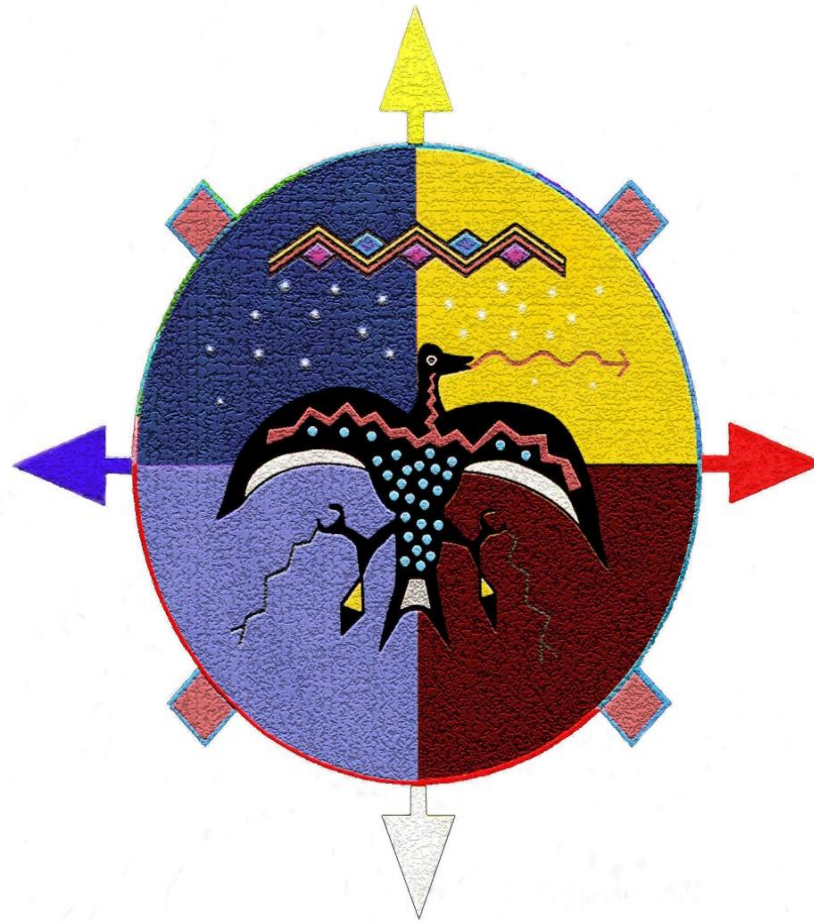
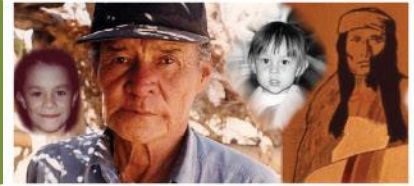


Traditional and complementary healing practices may help to...

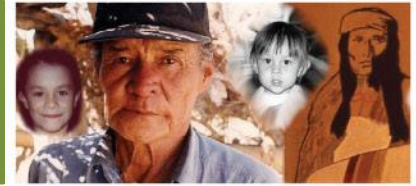


- Support healing after surgery, radiation or chemo
- Help with fatigue or pain during the cancer journey
- Support the emotional and spiritual well-being of the patient and the family

Generations



Importance of Self-care



How do you take care of yourself?



Reference: www.cancer.org

Photos courtesy J. Morgan Edwards Photography

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

Caring for the Body



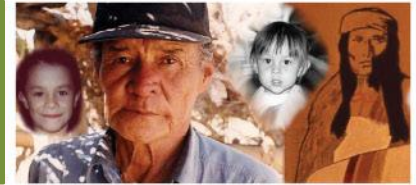
What are some healthy foods that bring you comfort?



Reference: www.cancer.org

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

Caring for the Mind

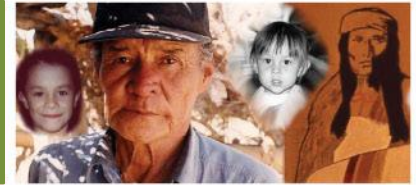


- Share feelings with a trusted person.
- Focus on staying healthy.
- Do activities that bring you joy.
- Ease back into a routine.
- Get out of the house.
- Let others know when you need help.

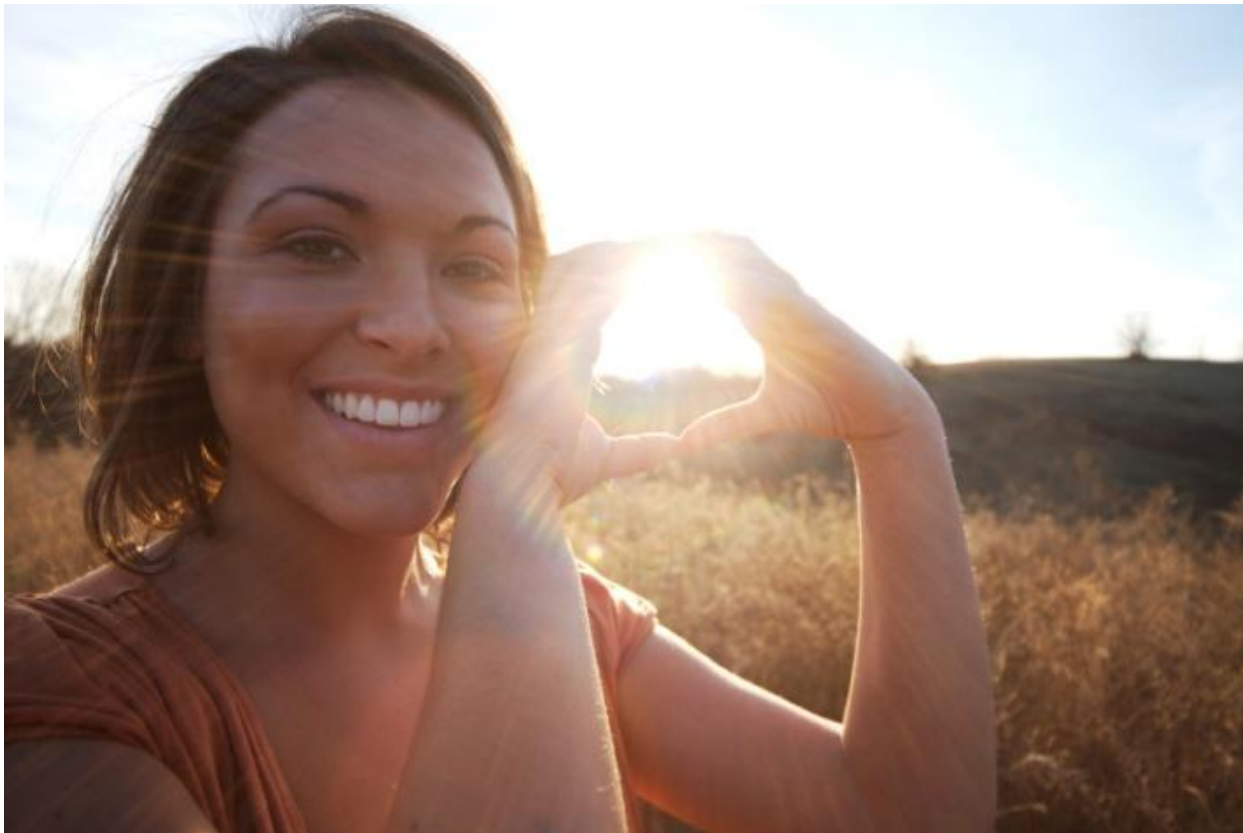
Reference: (Mayo Clinic Staff. (2018). Cancer survivors: managing your emotions after cancer treatment. Retrieved May 1, 2018, from <http://www.mayoclinic.com/health/cancer-survivor/CA00071>)

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

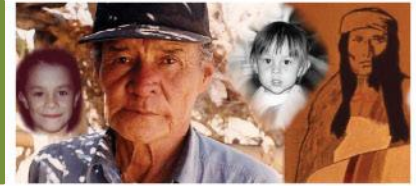
Caring for the Spirit



How do you care for your spirit?



Taking Care of Stress



Certain signs can be a warning that sadness and stress levels are too high.



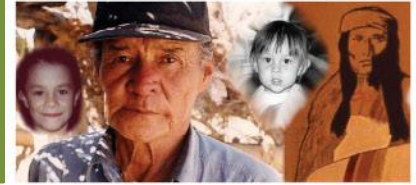
© J Morgan Edwards Photography

Reference: www.cancer.org

Photos courtesy J. Morgan Edwards Photography

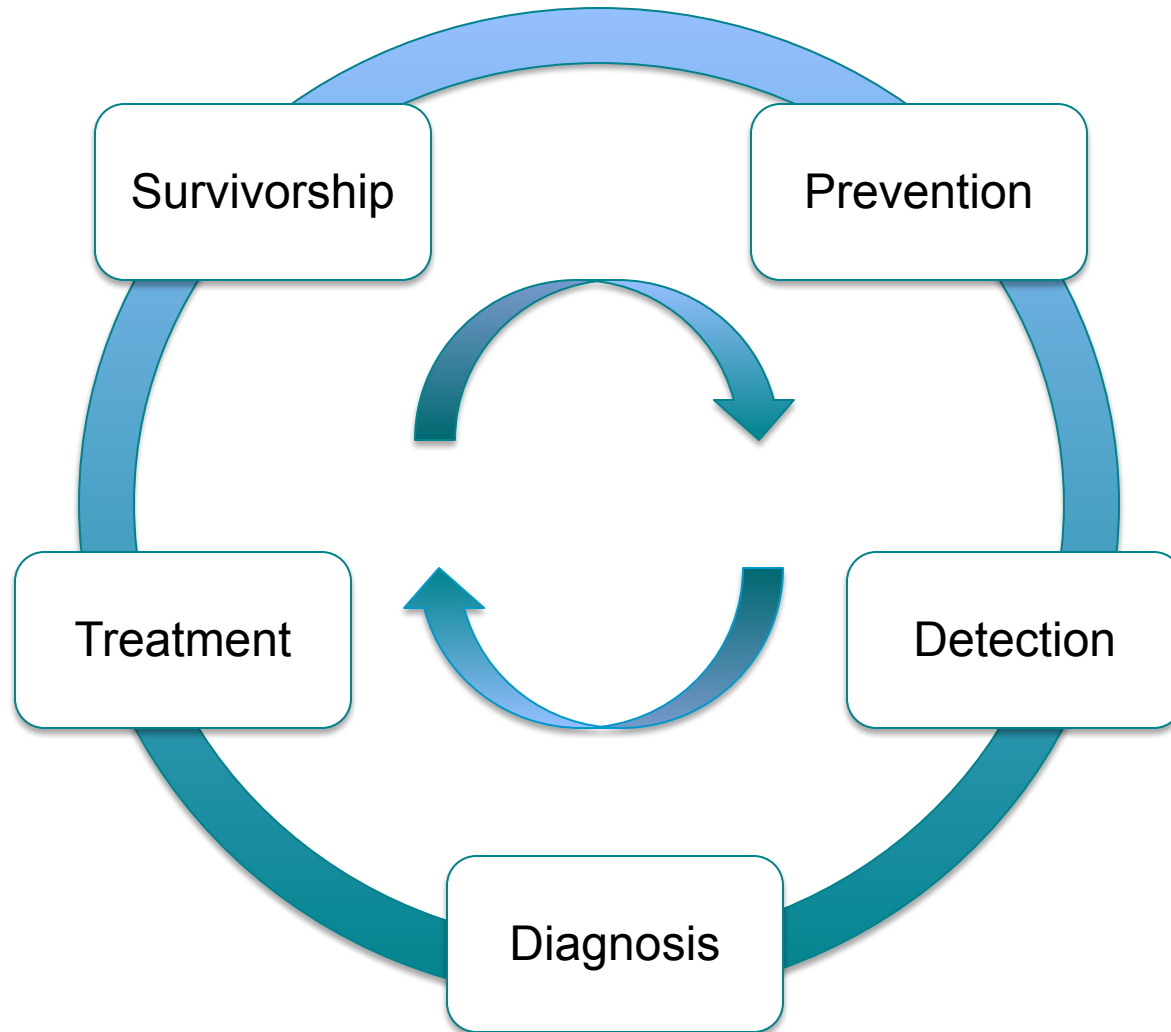
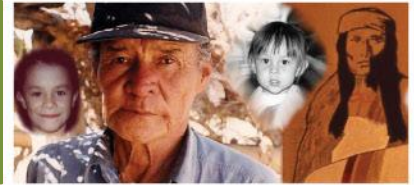
Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

After Treatment

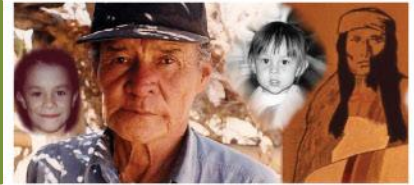


- The phase of the cancer journey that begins after initial treatment ends is often referred to as “survivorship,” but many people consider it to start when they’re diagnosed
- Many cancer survivors may continue to experience a variety of long-term effects resulting from treatment.
- Late effects may also occur many years after treatment ends.

Survivorship Care

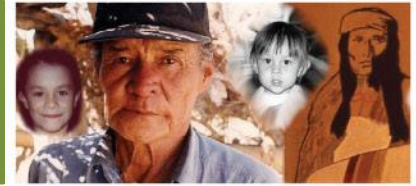


Survivorship Care



- Request a treatment summary and survivorship care plan from the cancer care team.
- Maintain a healthy weight, and get regular physical activity.
- Maintain regular cancer screenings and follow-up care to maintain optimal health.
- Seek assistance to manage physical, psychological, or social long-term/late effects.

Long-term / Late Effects



Surgery

- Sexual alterations
- Incontinence
- Pain

- Body image changes
- Infertility
- Functional disability (more trouble doing or unable to do common daily activities)

Radiation

- Fatigue
- Skin sensitivity
- Lymphedema

- Cataracts
- Tooth decay
- Heart disease
- Hypothyroidism
- Infertility
- Lung disease
- Intestinal problems
- Second cancers

Chemotherapy

- Fatigue
- Early menopause
- Sexual dysfunction
- Neuropathy
- “Chemo brain”
- Kidney failure

- Vision/cataracts
- Infertility
- Liver problems
- Lung disease
- Osteoporosis
- Reduced lung capacity
- Second cancers

Immunotherapy

- Fatigue
- Itching

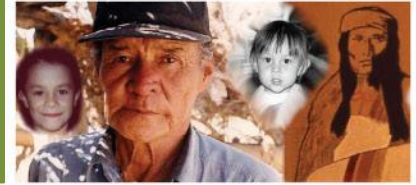
- Lung problems
- Intestinal problems
- Liver dysfunction
- Kidney dysfunction
- Hormone problems

Key Messages



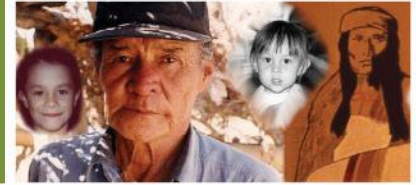
- The type of cancer treatments someone receives – surgery, radiation, chemotherapy – depends on the type and stage of the cancer.
- If someone has side effects from treatment, there are ways to help them feel better.
- Eating healthy foods and staying physically active during and after cancer treatment can help someone feel better.

Key Messages



- Life also changes for caregivers who help their loved ones through their cancer journey.
- Everyone copes with their cancer journey in their own way.
- The caregiver is a critical part of a health care team.
- When sadness, anxiety, or stress is becoming a serious problem seek help.

Key Messages



- Cancer survivorship begins from diagnosis.
- It's important for cancer survivors to understand the long-term or late effects that may occur after treatment and to talk with their health care provider about these issues.

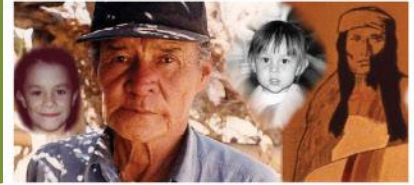


Reference: www.cancer.org

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

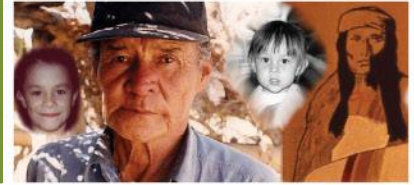


Take Action: Get Support



- The American Cancer Society provides cancer information, day-to-day help, and emotional support.
- You can call 1-800-227-2345 to speak with a trained American Cancer Society cancer information specialist.

Remember ...

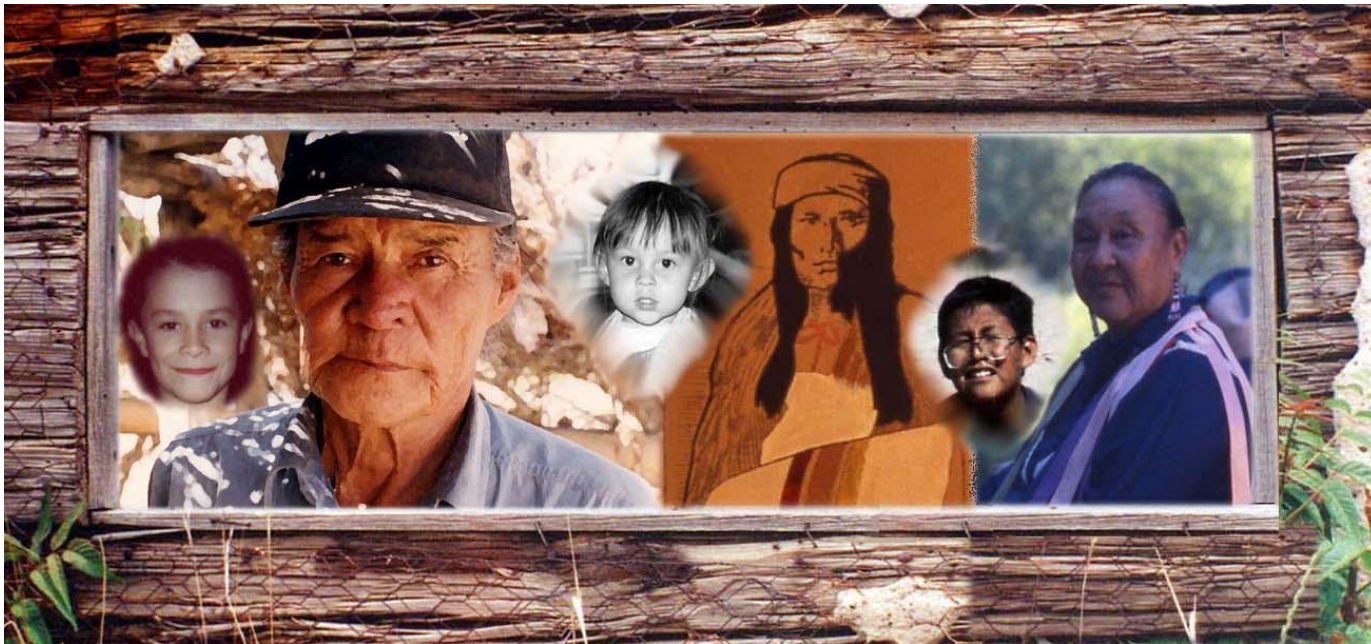


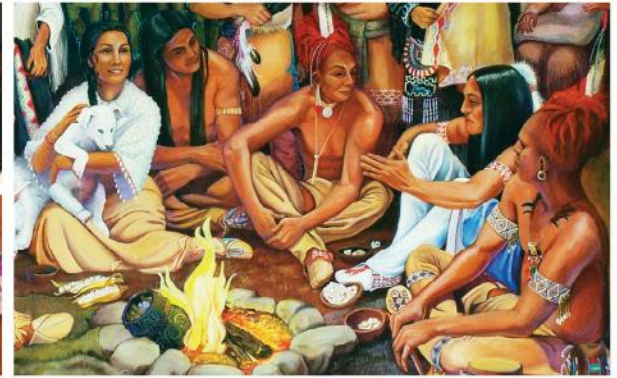
- Healthy lifestyle changes can help reduce cancer risks. It is never too late to make those changes.
- Talk to your health care provider about regular screening tests for cancer. Early detection can help save lives.
- Together, we can do everything in our power to help prevent cancer, and continue on our journey.

Closing



- Questions?
- Thank you for participating!





cancer.org | 1.800.227.2345

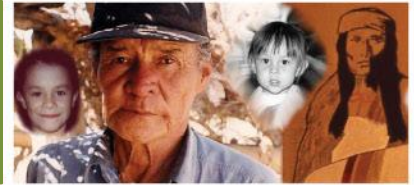
Photos and Artwork courtesy of Jason Edwards. J. Morgan Edwards Photography, Marcine Quenzer and Mica Valdez

Supporting Materials



- Print the supporting materials that follow this slide:
 - Talking points
 - Learning activities
 - Key messages
 - Fact sheets

Talking Points



- There are three main types of cancer

treatment: surgery, radiation therapy, and chemotherapy.

- Not everyone will experience side effects, and for those who do, not everyone will experience the same side effects.

Know about traditional healing.

- Many traditional healing practices define health as a balance within the body.

- Traditional healing can support the emotional and spiritual well-being of the patient and the family members.

caregiving.

- Caregivers can be friends, or neighbors. Caregiving can be a rewarding experience.

- Caregivers may have to coordinate care, give medications, and provide emotional support.
- Caregivers should get physical activity.

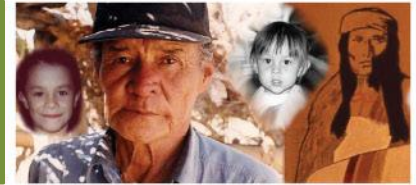
survivorship.

- Survivors should continue getting regular cancer screenings.

- Some survivors may experience long-term or late effects from cancer treatment and

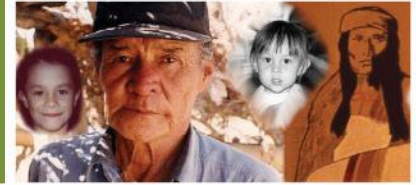
should talk with their health care provider

Demographic Questions



Please circle an answer for each question.			
Do you believe cancer is an issue in your community?	Yes	No	Not Sure
How long have you worked as a CHR or in health education?	Less than 1 year	1-3 years	
	3-5 years	5-10 years	
	10-15 years	15+ years	
Have you ever heard of the Circle Of Life?	Yes	No	Not Sure
What is your gender?	Female	Male	
What is your age?	Younger than 25	25-39	
	40-59	60-74	
	75+		

Knowledge Questions

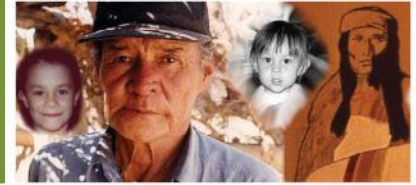


1. Common treatments for cancer include:
 - a) Surgery
 - b) Chemotherapy
 - c) Radiation
 - d) All the above

2. Side effects of cancer treatment may include fatigue, pain, nausea and hair loss.
 - a) True
 - b) False
 - c) Did not know

3. Palliative care is used to:
 - a) Help cancer advanced cancer
 - b) Help patients manage symptoms related to treatment
 - c) Help patients and their family's cancer journey from the point of diagnosis through the end of life

Knowledge Questions

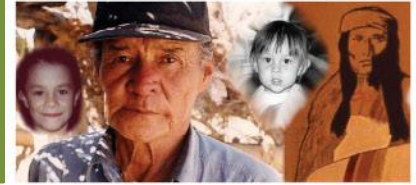


4. It is important to tell your cancer care team that you are using traditional or complementary therapies in addition to your medical treatment for cancer.
 - a) True
 - b) False
 - c) Do not know

5. Eating healthy during cancer treatment can help cancer patients:
 - a) Keep up their strength
 - b) Keep of their weight and their body's store of nutrients
 - c) Tolerate treatment related side effects
 - d) All the above

6. Cancer survivors may experience a variety of long-term late-effects after cancer treatment.
 - a) True
 - b) False
 - c) Do not know

Activity



In the past month, how often have you ...	Never	Almost Never	Sometimes	Fairly Often	Very Often
1. Been upset because of something that happened unexpectedly?					
2. Felt that you were unable to control the important things in your life?					
3. Felt nervous and stressed?					
4. Felt confident about your ability to handle your personal problems?					
5. Felt that things were going your way?					
6. Found that you could not cope with all the things that you had to do?					
7. Been able to control irritations in your life?					
8. Felt that you were on top of things?					
9. Been angered because of things that happened that were outside of your control?					
10. Felt that difficulties were piling up so high that you could not overcome them?					

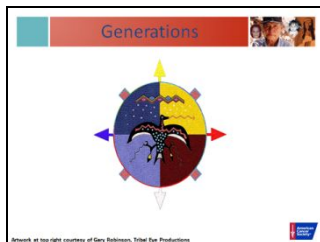
Perceived Stress Scale

Artwork at top right courtesy of Gary Robinson, Tribal Eye Productions

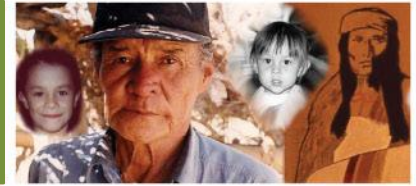
Activity



- Imagine this: All your direct ancestors standing on your left, in a line, starting with your father (or mother), your grandfather, your great-grandfather, etc.
- All of your future direct descendants standing on your right, starting with your son (or daughter), grandson, etc.
- These two lines stretch out over the horizon. Imagine being able to send messages – whispering up and down the line.
- What would you say? What would you ask?



Activity



Please match the component with the health benefit.

Antioxidants (i.e.,
vitamin A & E)

Proteins

Phytonutrients

Fats (i.e., mono and
poly saturated)

Walking

Repair body tissue, and keep our immune
systems healthy.

Plant compounds thought to have health-
protecting effects.

Store energy, insulate body tissues, and
transport some types of vitamins through the
blood.

Keep muscles working as well as possible,
reduce stress, and relieve fatigue.

Absorb and attach to free radicals, preventing
them from attacking normal cells.

Key Messages: Cancer Journey

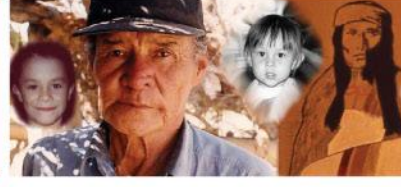
Cancer Overview

- Cancer is a general term for a group of more than 100 different diseases characterized by uncontrolled growth and spread of abnormal cells.
- There are more than 15.5 million cancer survivors in the United States.
- Cancer is now the leading cause of death for American Indians and Alaska Natives, according to the CDC.
- About 87% of cancers are diagnosed in people over the age of 50.
- Using tobacco, being overweight, lack of physical activity, and having a diet low in fruits, vegetables, and fiber account for about 2/3 of cancer risk.
- A healthy lifestyle can help reduce the risk of cancer even in people who have a family history of cancer.
- Treatment choices for cancer will depend on the type of cancer, the stage of the cancer, and factors such as a person's age, health status, and personal preferences.

Coping with Your Feelings about Cancer

- Find a support system of friends and loved ones.
- Get support from other cancer survivors.
- Explore your spiritual beliefs.
- Learn new things.
- Focus on what is most important to you. Make time for those things that bring joy.
- Rely on your sense of humor.
- Reinforce existing good habits.

Lance Armstrong Foundation, (2009). *Livestrong® Guidebook*. Austin: (Publisher) and cancer.org



Key Messages: Cancer Journey

What to Expect during Cancer Treatment

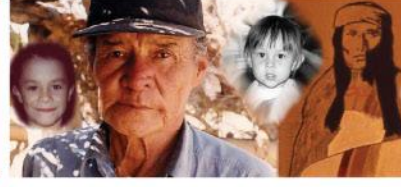
- Write down all the questions you have for your health care provider about your cancer treatment and take them with you to your appointment.
- They type of cancer treatments someone receives – surgery, radiation, chemotherapy, and immunotherapy treatments – depends on the type and stage of the cancer.
- Side effects of cancer treatments will vary from person to person and depend on the types of treatments.
- Eating healthy foods and staying active during and after cancer treatment can help you feel better.

Native Healing

- American Indian and Alaska Native healing traditions have been in practice for thousands of years in North America.
- It is important to check with your health care provider before beginning any type of traditional herbs or healing practices if you are undergoing cancer treatment.
- American Indian and Alaska Native healing practices seek to restore balance and to restore a person to a healthy and spiritually whole state.

Coping after Cancer Treatment

- Cancer survivorship begins from diagnosis.
- It's important for cancer survivors to understand the long-term or late effects that may occur after treatment. They should ask their health care provider about what to expect.
- Be compassionate with yourself, and remember everyone copes with their cancer journey in their own way.
- Strive to establish healthy eating, activity, and weight control habits – or strengthen and reinforce existing good habits after treatment.



Key Messages: Cancer Journey

Celebrating Life

- Everyone defines their cancer journey in their own way.
- Talking to or reading about other cancer survivors can help someone who is finishing cancer treatment find strength, courage, and ways to cope.
- Thriving after cancer treatment means learning to live in the moment and celebrate life.

Caregiving

- Life also changes for caregivers who help their loved ones through their cancer journey.
- The caregiver is a critical part of a health care team.
- It is very important for caregivers to take care of themselves so they can then care for the cancer patient. Don't be afraid to ask for help or to say no.

Cancer Support Resources

- All American Cancer Society resources are free.
- The American Cancer Society provides cancer information, day-to-day help, and emotional support at www.cancer.org or by calling 1-800-227-2345. We're there when you need us.
- The American Cancer Society partners with community volunteers and organizations to offer services to support patients and their families and caregivers. Transportation, lodging, and support groups are available to help cancer patients and their caregivers.

