

This Week

News and notes for patients, families and visitors

Dec. 18-24, 2017

Need to know

Things to do before 2018

Here are tips to help you prepare for the new year at MD Anderson:

1. Let a financial counselor know if your insurance coverage will change or if you will get new coverage. Questions? Contact a financial counselor at **713-792-4322**.
2. Make check-in faster by updating information in myMDAnderson before your appointment. Complete questionnaires and update your insurance details and contact information.
3. Tell us how you prefer to be contacted. Update your communication preferences in myMDAnderson. Go to **My Account > Notification Settings**.
4. Learn about myMDAnderson's upgrade in this newsletter and in the Notices of myMDAnderson.

Join us

Enjoy free holiday entertainment

Tuesday, Dec. 19, noon

MD Anderson Employee Choir
Main Building, Floor 2, The Park, Donor Wall

Thursday, Dec. 21, noon

Cellissimo Cello Choir
Main Building, Floor 2, Top of the escalators

Get the full schedule of holiday entertainment in the Notices section of **myMDAnderson.org**.

This Week at MD Anderson is published every Monday and distributed by a team of dedicated volunteers. Send events and feedback to PatientCommunications@mdanderson.org.

myMDAnderson news

MyChart will replace myMDAnderson in late January

MyChart will take the place of myMDAnderson when an upgrade is completed in late January.

What you need to know:

- Your username, password and health record will stay the same. You will be able to manage your care online like you can now.
- You will be able to access your health record at **MyChart.mdanderson.org**.
- The secure website and mobile app will look different.
- To access your record from your mobile device, you will need to download the free MyChart app from the iTunes App Store or Google Play Store in late January ahead of the upgrade.
- There will be resources available to help you learn how to find things in MyChart.

Learn more in the Notices section of myMDAnderson.

Did you know

You can get one-on-one support

Connect with trained survivors and caregivers who have had the same or similar diagnosis, treatment or experience.

Call **713-792-2553** or **800-345-6324** to learn more.

You also can stop by one of our Hospitality Centers:

- Main Building, Floor 2, near Elevator B
- Mays Clinic, Floor 2, near Elevator T

Join our community:



MD Anderson Cancer Center



@MDAndersonNews



MDAndersonorg



MDAndersonCancerCenter



I feel blessed to have a second chance at life, so I want to do everything in my power to prolong it.”

— Corey Ellis, Survivor

Life after lymphoma treatment: How I’m focusing on my health

In July 2013, I was diagnosed with stage IE extranodal N/K T-cell lymphoma, a rare cancer in my nasal passage. During my treatment at MD Anderson, my oncologists told me that exercise was an important part of treatment. So I walked a lot – about 5 miles every day. I think this is a big part of the reason my lymphoma treatment was relatively trouble-free.

As I entered remission, my doctors continued to stress the importance of physical activity. I committed to continuing my daily exercise routine, and four years later, I am still running every other day. To stay motivated, I think of daily exercise as part of my lifelong fight against cancer.

I approach my diet with a similar perspective. I developed diabetes while taking steroids with my chemotherapy regimen, so limiting my intake of sugar is twice as important for me. Once I started paying attention to my habits, I realized I was consuming way more sugar than I thought. I decided to eliminate added sugar — cold turkey.

Learning to control my chronic stress has also helped me maintain my health. I used to carry problems around and let them fester. Now, I am much more aware of what stress is doing to me, and I try my hardest to maintain my own mental peace despite any challenges I am facing. It is a constant chore, but I use my cancer journey to keep things in perspective.

I feel blessed to have a second chance at life, so I want to do everything in my power to prolong it.

Read more and other stories in Cancerwise at www.cancerwise.org



**Be our partner
in patient safety**

**We will always verify your identity
before providing care.**

Coming up

myCancerConnection PIKNICs

provide an opportunity for you to hear about issues related to the cancer experience.

Management of depression and anxiety during treatment —

Tuesday, Dec. 19, 12:30-1:30 p.m.
Mays Clinic, Floor 2, ACB2.1049ab

INTEGRATIVE MEDICINE CENTER CLASSES ARE FREE.

Call 713-794-4700 for more info or visit www.mdanderson.org/integrativemedcenter.

Classes are located on Mays Clinic, Floor 2. Check in at the reception desk between The Learning Center and the Hospitality Center.

Monday (12/18)

- Brief Relaxation Massages, 8 a.m.-noon
- Yoga for Health, 2-3 p.m.

Tuesday (12/19)

- Tibetan Meditation, 9:30-10:30 a.m.
- Get Moving, 11-noon
- Yoga for Health, 2-3 p.m.
- Tai Chi, 3:30-4:30 p.m.

Wednesday (12/20)

- Yoga for Health, 10:30-11:30 a.m.
- Brief Relaxation Massages, 1-5 p.m.
- Meditation and Daily Life, 2:30-3:30 p.m.

Thursday (12/21)

- Shape-Up Circuit, 11 a.m.-noon

Friday (12/22)

- Yoga for Health, 11:30 a.m.-12:30 p.m.

PATIENT EDUCATION CLASSES

For more information, email patientedumaterials@mdanderson.org or call 713-792-7128.

Main Building, Floor 4, Elevator A R4.1121.

Go through The Learning Center to the Patient Education Room.

- **New Patient/Family Orientation**
Mondays-Wednesdays, 2-3 p.m.
- **Ask the Expert: Treatment Side Effects**
Mondays, noon-1 p.m.