



April is
National Testicular
Cancer Awareness
Month.

To learn more about
testicular cancer and
available support,

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Coping with Cancer

Ways to manage the effects of a cancer diagnosis

April 2014

Planning Your Stay at UAB During Treatment

Over 5000 new patients come to UAB each year for their cancer diagnosis, treatment, and follow up visits. Coming for treatment to our downtown Birmingham clinic locations can become very expensive, especially for those who travel long distances. And, it can be a challenge for patients who are unfamiliar with the area. Often, they need help finding affordable lodging can be difficult. That's why its important to talk to your social worker or patient navi-

gator who can help you find lodging that is affordable or organizations that offer free lodging like Hope Lodge.

The Hope Lodge is an American Cancer Society facility and serves cancer patients who need a place to stay while in Birmingham for treatment. To qualify, you must live over an hour's distance from the UAB downtown campus. While staying at Hope Lodge, it is recommended that a caregiver stay with the you.



Though children are not allowed at the Hope Lodge, they are able to visit during established visitor hours.

Another option for adult patients traveling to UAB for treatment is the UAB Townhouses. The townhouses are affordable and conveniently located near all downtown treatment units.

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Cancer and Your Job

When facing a cancer diagnosis, the last thing you want to think about is your job. Worrying about how to manage your workload and responsibilities while dealing with the disease and treatment side effects can compound your anxiety and fatigue.

The Family Medical Leave Act provides you with options for taking time off during your treat-



ments if you need to. Employers who have more than fifty employees must provide up to twelve weeks of unpaid, job-protected leave if you request it.

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Thinking Ahead: Advanced Directives and Care Planning



While planning ahead for your future care may not be something you want to think about now, you may want to reconsider. For all of us, there may come a time when we are unable to make decisions about the kind of care we would want to receive when we are very sick. Having a legal document, called an

“advanced directive” assures that you will get the treatment you want should you be unable to speak for yourself. And having an advance directive in place saves your loved one from having to make medical decisions for you.

There are different types of advanced directives including these: living

wills, medical power of attorneys, and “Do Not Resuscitate” orders (DNR). A living will indicates the type of care a person would like to receive in a life-threatening situation; this document can be revoked or altered at any point so you are not bound to it forever

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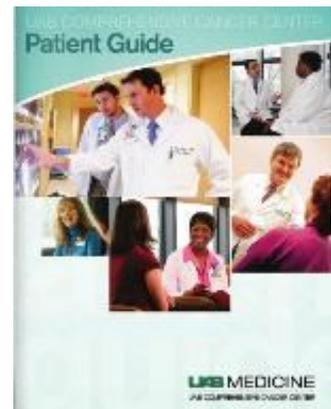
Temporary housing, cont.

Information about this option can be obtained from your care team, social worker, navigator or through Guest Services at UAB.

There are also options for children who are undergoing treatment and need to travel as well. If you have a child receiving treatment and have traveled over fifty miles to Children’s Hospital or UAB the Ronald McDonald House is an option. A shuttle runs seven days a week, from Ronald McDonald House to Children’s Hospital. It does require a key deposit and first night rent at check-in. They also require that the person receiving care be under the age of twenty-one, but they allow you stay during treatment together as a family. Playrooms are also featured in addition to meals. To

get a room at the Ronald McDonald House one must go through the Social Services Department at Children’s Hospital.

When having to stay in Birmingham for treatment there are a variety of options that may fit your budget better. Many hotels in the area offer discounted rates to UAB patients. If you know you will be traveling here for treatment and expect to have to stay, work with a member of your treatment team or Guest Services to find a place that is right for you; the Social Services department of Children’s Hospital is a additional resource for younger patients who are receiving care.



For more information visit:

<http://www3.ccc.uab.edu/patientguide/patient-guide/>

Your Rights as an Employee

To qualify family medical leave, you must work twenty-five hours or more per week for at least one year.

There are also protections in place that are intended to provide you with job security while you get treatment thanks to the American Disabilities Act (ADA) and Federal Rehabilitation Act (FRA). The ADA applies to any private employer with more than fifteen employees.

The FRA applies to employers of any size who receive money, federal contracts, or contracts from the federal government. Both the ADA and the FRA have defined cancer as a protected disability. One of the protections provided prohibits employers from asking about your health unless it will affect your job performance. For instance, if you are required to lift heavy objects, they may ask you about limitations

for doing this if it is part of your job description. Employers are also required to make reasonable accommodation for you provided it does not cause undue hardship for other employees. An example of a reasonable accommodation is modifying your schedule to ensure you can make all of your doctor appointments. Not only do these protections apply during treatment but can also extend to after

To learn more about the Americans with Disability Act, The Rehabilitation Act and Family Medical Leave, go to: www.cancer.org or click on the ADA icon below.



Your ONE Source for ADA Guidance

Programs for You!

The Affordable Care Act and You

Join us as Dr. David Becker from UAB's School of Public Health discusses the Affordable Care Act and what it will mean for you. We will talk about new protections, new benefits, and what to expect as a cancer survivor as insurance plans and markets change.

When: Thursday, May 22nd
11:30AM-12:30

Where: Patient Education Center-WT1 220

To Register:
tgw318@uab.edu

Gentle, Restorative Yoga

Join us for a flowing sequence of supported yoga postures, breathe work and meditation designed to help manage the side effects and stress of cancer. All cancer patients and survivors, with physician's approval, are welcomed.

When: Wed, Mar 19-May 21
12:15-1:15 PM
Embodiment Practice Center

Thurs, Mar 20-May 22
5:45-7:15 PM
Embodiment Practice Center

For more information:
Jennifer Hicks
(205) 996-5054
jenniferhicks@uabmc.edu

Radiation Oncology Support Group

Providing an open time for discussion as well as educational information so that you may be able to complete Radiation Therapy in a supportive environment.

When: Thursday, Apr 17
3:30 p.m.

Where: The American Cancer Society
1100 Ireland Way,
Birmingham, AL

For more information:
Janie Rothe
975-5628
jrothe@uabmc.edu

UAB
COMPREHENSIVE
CANCER CENTER

Wallace Tumor Institute

Phone: 205.934-5772

E-mail: tgw318@uab.edu

We're on the Web!
www.ccc.uab.edu



We would like your suggestions

Please let us know the topics you would like us to include in our newsletter and programs you would like for us to offer.

Email your suggestions to:

tgw318@uab.edu

UAB COMPREHENSIVE
CANCER CENTER

Knowledge that will change your world

Thinking Ahead: Advanced Directives and Care Planning cont.

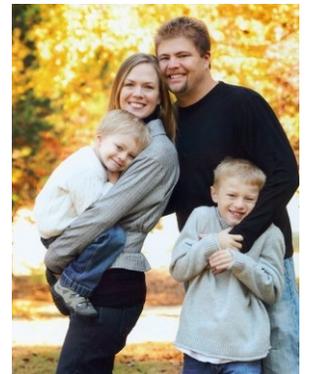
and can change it if you change your mind about a procedure

You might also want to include a "Do Not Resuscitate" order and wishes regarding tissue or organ donation. Another thing you may want to consider is a medical power of attorney. Your medical power of attorney designates a person who is able to decide treatments and procedures if you are unable to do so - which means you are placing a lot of trust in them to stick to your medical wishes. For this reason, you should have an open discussion with whomever you choose to let them know your wishes and en-

sure that they can handle this responsibility.

While planning for the future you may want to think about transitional planning which is essentially thinking about the aspects of switching between different types of care. At different points in your treatment, you may go from in-patient to out-patient care to a nursing home, your home, or a hospice. Any of these moves should be reflective of your finances, family situation, employment, spiritual or religious values, and desire for quality of life. It might seem stressful to plan for these events, and it may be the last thing on your mind following your diagnosis and going through treatment. But, making these decisions can make

the process a little easier on you and your family. You will probably transition between places during care well but you can avoid unnecessary stress by having a well-defined plan.



Resources and More Information About Care Planning

- <http://www.cancer.gov/cancertopics/factsheet/Support/advance-directives>
- <http://www.cancer.gov/cancertopics/pdq/supportivecare/transitionalcare/Patient>

A helpful template for a living will from the Alabama Hospital Association

- <http://www.alaha.org/uploadedFiles/Resources/advdirective.pdf>