Managing and Understanding Your Chemotherapy

*Your physician recommends this class before starting chemotherapy*

Being as prepared as possible for your chemotherapy helps ensure a positive and successful course of treatment. Oncology nurses and the Supportive Care Program created this class to familiarize you with everything you need to know about your upcoming chemotherapy. Patients say this class helps reduce anxiety before their first chemotherapy treatment. Family and friends are welcome. Class content includes:

- What is cancer and how is it treated?
- What is chemotherapy and how does it work?
- What to expect during chemotherapy treatment
- How to manage side effects
- How to best prepare yourself, family, and friends
- Strategies of coping with the emotional impact of chemotherapy
- What to expect in the Infusion Treatment Area, including a tour

For questions and reservations, please call Holly Gautier, RN at 650-725-9456. Reservations are encouraged. However, you are welcome to drop in to any class.

Parking Passes Provided for Pasteur Visitor Garage

**2014**

**Date/Time:**  Every Monday 2:00 pm - 3:30 pm. Every Thursday 2:00 pm - 3:30 pm.

**Location:**  Stanford Cancer Center, 875 Blake Wilbur Drive, 2nd Floor, Conference Room CC2104

**Led by:**  Stanford Infusion Treatment Nurses

*Stanford Cancer Center*
*Cancer Supportive Care Program*