



# Living for

# TOMORROW

As the team at ENH helped her navigate through surgery and radiation, Wanetick wanted as much information as she could get, taking notes at every physician visit and reading everything on the topic that came her way, including articles about survivorship.

"When I first read something about a survivorship program, my reaction was 'this is so smart, so progressive,'" Wanetick said. When she learned the Living in the Future (LIFE) program was under way at ENH, she was thrilled.

"I remember thinking I am so glad I am with this

Wanetick said of Martz. "The program is a great resource, providing confidence and peace of mind."

"Working with Carole Martz, and going through the data gave me insight into the things that I should be paying attention to," said Linda Sizemore, Ph.D., a breast cancer survivor and LIFE supporter. "Talking with her and developing that vocabulary helped me with tools I need to develop relationships with my physicians."

Following their initial visits, LIFE patients are encouraged to attend the program's Thrivership

A dynamic creative director at an advertising agency, Arlene Wanetick was 51 years old when she was diagnosed with breast cancer. "Initially I didn't really know what I would need," she said. "It's not part of your consumer set to know. I just had to go on instinct, gut and faith."

Wanetick counts several doctors and nurses at Evanston Northwestern Healthcare (ENH) among her blessings in her personal breast cancer journey. She acknowledges their compassion, consideration and connections. From the start, Wanetick considered herself lucky since her cancer was detected early, and she had great confidence in the care she was receiving.

institution," Wanetick said. "Knowing this program existed made me feel like I was going to get better care. It gave me such confidence in this forward-thinking institution. I just thought 'they're on top of it.'"

The ENH LIFE program begins with a personal risk-assessment visit with clinical coordinator Carole Martz, RN, M.S., who reviews the survivor's cancer history and treatment, and covers medical surveillance guidelines and healthy lifestyle recommendations. Patients are encouraged to ask any and all questions throughout their participation in LIFE.

"She is so passionate, knowledgeable and caring, and she gave me lots of useful, tangible information,"

seminars (free and open to the public), including "Eat to Beat Malignancy and Walk Away from Cancer" and "Self Esteem and Sexual Intimacy After Cancer" facilitated by the LIFE expert medical team.

Dr. Sizemore, who is a clinical psychologist and one of the presenters of the Sexual Intimacy Thrivership seminar, knows firsthand the importance of these educational seminars and the value of the group setting.

She was surprised at her own initial feelings following a mastectomy and reconstructive surgery. "I had a talk with myself, and I said for women everywhere I have to work this out...the more you share it, the easier it becomes."

The Thrivership seminars, like the comprehensive, individual prescriptions for survivorship, are part of empowering patients to move forward and continue healing.

"We are providing survivors with education as a form of support," said Carol A. Rosenberg, M.D., who directs the cancer survivorship program at ENH. "There is a window of opportunity, the right 'teaching moment' following treatment when patients are amenable to hearing about the kind of strategies they can use to modify their risks."

From left, Linda Sizemore, Ph.D.; Carol A. Rosenberg, M.D.; and Arlene Wanetick