

# MultiCare Regional Cancer Center: The Healing Environment



*"I wanted a perfect ending. Now, I've learned the hard way that some poems don't rhyme, and some stories don't have a clear beginning, middle and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity."*

*—Gilda Radner*

MultiCare  | Regional  
Cancer Center

[www.multicare.org/cancer](http://www.multicare.org/cancer)

# Understanding Cancer



## What Cancer Cannot Do

*Cancer is so limited:*

*It cannot cripple Love.*

*It cannot shatter Hope.*

*It cannot corrode Faith.*

*It cannot destroy Peace.*

*It cannot kill Friendship.*

*It cannot silence Courage.*

*It cannot invade the Soul.*

*It cannot steal Eternal Life.*

*It cannot conquer the Spirit.*

# Wellness and Support Services



*Life is mostly froth and bubbles,  
Two things stand like stone;  
Kindness in another's troubles,  
Courage in your own.*

*—Adam Lindsay Gordon*

# Medical Treatment Information – Keeping Track of My Care



*“What you can do, or dream you can do, begin it; boldness has genius, power and magic in it.”*

*–Johann von Goethe*

# The Caregivers



*“Four simple phrases – ‘Please forgive me,’ ‘I forgive you,’ ‘Thank you,’ and ‘I love you’ – carry enormous power. In many ways, they contain the most powerful words in our language. These four phrases provide us with a clear path to emotional wellness; they guide us through the thickest of interpersonal difficulties to a conscious way of living that is full of integrity and grace.”*

*– Ira Byock, Four Things that Matter Most*

# Self Care: Managing Your Symptoms and Improving Your Health



*“Since the human body tends to move in the direction of its expectations—plus or minus—it is important to know that attitudes of confidence and determination are no less a part of the treatment program than medical science and technology.”*

– Norman Cousins

# MultiCare Cancer Services and Resources

# Legal Considerations

# Comfort Care



*“You matter because you are you. You matter up to the last moment of your life. And we will do all we can, not only to help you die peacefully, but also to live until you die.”*

*–Dame Cicely Saunder, pioneer of the modern hospice movement*

# Glossary of Cancer-Related Terms