

### FEELING BETTER

Living with a chronic condition doesn't mean you have to be ruled by it. Taking an active role in your health can help you feel better – and become better equipped to deal with life's ups and downs.



### Cancer Rehab Class

If you currently have, or have a history of, cancer, this class can help you to better understand and manage the side effects or symptoms related to your cancer treatment. Learn how exercise can impact your overall well-being both during and after cancer treatment. Other topics include scar tissue issues, American Cancer Society nutritional guidelines, and how to manage fatigue and conserve energy. You also can learn about the signs of lymphedema development, as well as risk reduction and treatment guidelines for this condition.

1 session, 1.5 hour for Kaiser Permanente members

No fee

#### Locations

- Interstate Medical Office Central
- Orchards Medical Office
- Skyline Medical Office

To register, please call 503-571-4910 or 360-619-4260. You also can register by scheduling an appointment on [kp.org/appointments](https://kp.org/appointments). Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.

### Adult Cancer Support Group

This group provides a time to share information and experiences, and generally support each other through cancer and treatment. Support persons are welcome to attend with you.

Weekly sessions

No fee

Groups are available in Portland, Vancouver, Longview, and Salem. For more information, please call 503-331-6550.

### Kidney Class

Have you been told you have some reduced kidney function? Chronic kidney disease (CKD) affects more than 20 million adults – and millions of people with high blood pressure, diabetes, and other chronic conditions are at risk for developing it. Learn to make lifestyle changes that reduce your risk for the disease and its complications.

1 session, 1.5 hours for Kaiser Permanente members

Members \$20

You are welcome to invite one adult family member or friend to attend with you.

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.



### Lifestyle Medicine Program

The Lifestyle Medicine Program is a physician-directed program that focuses on a plant-based eating plan (PBEP). It emphasizes vegetables, fruits, legumes, and whole grains to make your health the best it can be. A PBEP can:

- Help prevent or reverse heart disease and type 2 diabetes
- Improve chronic conditions such as high blood pressure, kidney disease, and rheumatoid arthritis – and reduce or omit the need for medications
- Help with weight loss, if needed
- Give you more energy

Fee: Office visit co-payment is required for physician consultations.

A referral is required for this program. Please contact your primary care doctor, or call 503-571-3123 for more information.

### Ostomy Support Group

Do you have an ostomy? Are you facing the possibility of having one? Share your experience with others who understand at this monthly support group, facilitated by a wound/ostomy registered nurse. Discussions include tips and tricks you've learned, facing challenges that come up, helpful resources, and returning to activities you enjoy.

Monthly meetings, 1.5 hours each, for Kaiser Permanente members

Family members and caregivers are welcome to attend.

No fee

#### Location

Interstate Medical Office Central

For more information, please call 503-571-2053.

### Persistent Pain Management Services

Explore and practice a variety of effective strategies to reduce pain and improve function. The Pain Management Group Appointment series is led by a team of nurses, social workers, pharmacists, and physical therapists. Its goal is to reduce the impact of pain on the quality of your life. Learn ways to do more activities that are important to you, improve sleep, communicate about your pain, and enhance coping. At the end of the series, you will meet one-on-one with a team member to discuss your personal pain management plan.

8 sessions for Kaiser Permanente members

Fee: Members pay half of their specialty copayment per session. An adult family member or friend may attend with you at no charge.

A referral is required to attend the appointment series. To confirm your referral and registration, or to learn more about this service, please call the Pain Clinic at 503-331-6131.





## Community Partner Program

### Living Well with Chronic Conditions

The Chronic Disease Self-Management Program is a 6-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma, and heart disease. Weekly sessions provide support for continuing normal daily activities and dealing with the emotions that chronic conditions may bring. All workshops are offered in English and Spanish. Fees vary.

6 sessions, 2.5 hours each

Offered by a community partner. For information, in Washington, go to [livingwell.doh.wa.gov](http://livingwell.doh.wa.gov). In Oregon, go to [healthoregon.org/livingwell](http://healthoregon.org/livingwell).

### Want to know more?

- Visit [kp.org/healthengagement](http://kp.org/healthengagement) for information on pain, ADHD, and more.
- Check out the free online management programs for Kaiser Permanente members:
  - [kp.org/carefordiabetes](http://kp.org/carefordiabetes)
  - [kp.org/careforpain](http://kp.org/careforpain)
- Watch videos on diabetes, hypertension, asthma, and COPD at [kp.org/video](http://kp.org/video).
- Go to [kp.org/audio](http://kp.org/audio) for free audio programs on headaches, fibromyalgia, and more.
- See page 9 for diabetes prevention information.
- Visit [kp.org/cancercare](http://kp.org/cancercare).
- Learn about health and wellness programs offered by the African-American Health Coalition, [aahc-portland.org/aahc-community-health-programs](http://aahc-portland.org/aahc-community-health-programs).