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Living Well After Breast Cancer Shared Medical Appointments

Lifestyle changes after treatment for breast cancer may help to prevent cancer recurrence. If you have been treated for breast cancer, you may be eligible for our Living Well After Breast Cancer Shared Medical Appointments (SMAs).

This unique and enjoyable series of seven appointments, held every other week, will teach you how to improve your health and well-being through lifestyle changes that help reduce the risk of recurrence.

Learning in a shared setting

Living Well After Breast Cancer SMAs are a series of uniquely designed medical appointments. They offer you extended time with medical oncology and lifestyle medicine providers, in the company of others who share similar health concerns. More information is often exchanged during a SMA than in an individual office visit as participants learn from each others' comments and interactions with experts. SMA participants also benefit from the support of others in the group.

What is Lifestyle Medicine?

Lifestyle Medicine is the use of nutrition, exercise, stress management and other lifestyle interventions as the *primary* treatment tool for preventing or managing chronic diseases. Studies indicate that changing your lifestyle to include the regular practice of stress relief techniques, physical activity and a healthful but delicious diet may reduce breast cancer recurrence. We want to offer everyone the opportunity to make often simple changes in diet, activity and stress management to create lasting, positive changes in their lives.

What can I expect from these SMAs?

Living Well After Breast Cancer SMAs are designed to help you adopt lifestyle practices that lead to optimal self-care. Each session will address one key lifestyle feature of a chronic disease. Discussions and practical experience will focus on lifestyle changes that positively impact health, as you learn:

- How to transition to healthy eating
- How to safely increase physical activity
- How to recognize and manage stress



Will I have to leave my primary care physician or my breast cancer treatment team?

No, you will keep your primary care and breast cancer specialists. During these appointments, lifestyle medicine physicians will work with your primary care and breast cancer teams to address the lifestyle-related aspects of your condition.

How will I maintain my progress at home?

After each session, you will be given a limited set of key practices to implement into your daily life. Needless to say, regular practice leads to lasting lifestyle modifications that promote health.

Are SMAs covered by insurance?

Shared medical appointments are covered by most insurance plans. Participants are responsible for insurance copays at each appointment and for a one-time charge for program materials. (Cleveland Clinic employees have no copay for the physician component of this program.)

Where and when are these SMAs held?

Living Well After Breast Cancer SMAs are currently being scheduled in the serene surroundings of the Wellness Institute on Cleveland Clinic's Lyndhurst campus.

Sessions will be held every other week on Wednesdays, from 5:30-7:30 p.m., for a total of seven visits.

For more information about Living Well After Breast Cancer SMAs, visit clevelandclinic.org/wellnessSMA. To register or reserve your spot, call the Tanya I. Edwards, MD, Center For Integrative and Lifestyle Medicine at **216.448.HEAL (4325)**.