



**Cleveland Clinic**  
Wellness

TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE AND LIFESTYLE MEDICINE

## Living Well After Colorectal Cancer Shared Medical Appointments

By choosing to make appropriate lifestyle changes after completed treatments for colorectal cancer, you may reduce the risk of cancer recurrence. If you have been treated for colorectal cancer, you may be eligible for our Living Well After Colorectal Cancer Shared Medical Appointments (SMAs).

Your participation in this unique and enjoyable series of seven group appointments, held every other week, may help you improve your health and well-being through common sense and sustainable modifications.

### Learning in a shared setting

Living Well After Colorectal Cancer SMAs are a series of uniquely designed medical appointments. They offer you extended time with lifestyle medicine providers who are working closely with your oncologist, in the company of others who share similar health concerns. More information is often exchanged during an SMA than in an individual office visit as participants learn from each other's 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 health-promoting foods, physical activity, stress relief techniques and other lifestyle interventions as the *primary* treatment tool for preventing or managing chronic diseases. Studies indicate that diets rich in foods containing dietary fiber, increased physical activity and regular practice of stress relief techniques, such as meditation and yoga, may reduce risk of colorectal cancer recurrence and other chronic diseases. We want to offer everyone the opportunity to gain the necessary essential knowledge to make often simple modifications of the current lifestyle to establish beneficial self-care practices.



### What can I expect from these appointments?

Each group appointment 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 and food preparation.
- How to safely increase physical activity and fitness.
- How to recognize stress and use tools that provide relief.

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

No, you will keep your own primary care physician and colorectal cancer specialists. During the appointments, lifestyle medicine physicians will work with primary care and medical oncology teams and lifestyle medicine experts (professional chef, registered dietitian, behavioral health coach and yoga therapist) to address the lifestyle-related aspects of your condition(s).

### How will I maintain my progress at home?

After each group appointment, a limited set of key self-care practices will be suggested for you to experiment with and implement into your daily life between the appointments. Your successes and ideas to overcome potential encountered challenges will be discussed

at the next group appointment. Regular practice, even of small improvements, leads to sustainable lifestyle modifications that promote good long-term overall health.

### Are SMAs covered by insurance?

Shared medical appointments are covered by most insurance plans. Participants are responsible for insurance copays for 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 Colorectal Cancer SMAs are currently being scheduled in the serene surroundings of the Wellness Institute on Cleveland Clinic's Lyndhurst campus.

To register or reserve your spot, please call the Tanya I. Edwards, MD, Center for Integrative and Lifestyle Medicine at 216.448.4325, option 4.

**For more information about Living Well After Colorectal Cancer Shared Medical Appointments, visit [clevelandclinic.org/wellnessSMA](https://clevelandclinic.org/wellnessSMA).**

To learn more about The Tanya I. Edwards, MD, Center For Integrative and Lifestyle Medicine, call 216.448.4325, or visit [clevelandclinic.org/wellness](https://clevelandclinic.org/wellness).