



# Managing and Understanding Your Chemotherapy

Physicians recommend this class before starting chemotherapy

Being as prepared as possible before starting chemotherapy helps ensure a positive and successful course of treatment. Stanford Oncology nurses and the Cancer Supportive Care Program created this class to familiarize you with everything you need to know about your upcoming chemotherapy. Patients say this class helps reduce anxiety before their first chemotherapy treatment. Reservations are encouraged. However, you are welcome to drop in to any class. Family and friends are welcome.

Class content includes:

- What is cancer and how is it treated?
- What is chemotherapy and how does it work?
- What to expect during chemotherapy treatment
- How to manage side effects
- How to best prepare yourself, family, and friends
- Strategies of coping with the emotional impact of chemotherapy
- What to expect in the Infusion Treatment Area, including a tour

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## Stanford Cancer Center

875 Blake Wilbur Drive  
2<sup>nd</sup> Floor, Room CC2104  
Palo Alto, CA 94305  
Every Monday and Thursday, 2:00pm – 3:30pm  
Parking passes provided for Pasteur Visitor Garage

## Stanford Medicine Outpatient Center

450 Broadway  
Pavilion B, 3<sup>rd</sup> Floor, Room B35  
Redwood City, CA 94063  
Every Tuesday, 5:00pm – 6:30pm  
Last Tuesday of the month: Spanish Speaking  
Parking is free

## Stanford Cancer Center South Bay Campus

2589 Samaritan Drive,  
3<sup>rd</sup> Floor, Room 3300B  
San Jose, CA 95124  
Every Thursday beginning September 10, 2:00pm – 3:30pm