

HOW TO REACH US

If you have any suggestions for topics, articles or just need to talk to us, please feel free to contact us. You can reach **LET'S TALK..... NEWSLETTER** at Forum Health's Cancer CareCenters by calling (330) 884-4152 or (800) 222-4603.

A SPRING TIME OF ACTIVITIES FOR OUR CANCER CARECENTERS

*By Arlee Session, Corporate Clinical Executive
Cancer CareCenters*

I suppose I should say hello and introduce myself, I'm sure I know many of our readers; however, this is my first submission for *Let's Talk*. I'm Arlee Session, the Corporate Clinical Executive – Cancer CareCenters. Now that we have been formally introduced I want to share some of our Spring Time activities with you.

It seems Oncology is constantly in the news nationally or locally, sometimes making headlines even without trying. As an example of national headlines, did you know the drug at the center of the Martha Stewart insider trading scandal is a new cancer drug approved to fight metastatic colorectal cancer, called Erbitux.

We continue to strive and achieve excellence for our oncology services. The Cancer CareCenters has recently been audited by the American College of Surgeons. This is the governing body that determines and grants accreditation of oncology programs. The accreditation is not mandatory, therefore to be accredited an organization has to be committed to educating their community and clinical care givers as well as demonstrate an ability to work closely with physician leaders. As a demonstration of that commitment, our Cancer CareCenters have been accredited since 1956.

Our Cancer CareCenters have made a tremendous amount of local news as well. In June, our newest site for Radiation services will open at the Beeghly Medical Park, in Boardman. Our patients living in that community will have the ability to receive their care closer to home. This new site will enhance patient convenience and facilitate support from family and friends.

In keeping busy during this Spring time, the Cancer CareCenters hosted several programs, all were quite successful, however I would like to mention two of them. The first is the Cancer Symposium "Melanoma and Other Skin Cancers" and another program titled "Taking

Care of the Skin You're In." Both of the programs had physician speakers that were nationally and locally known. The programs were well received, with interesting debates and relevant material. We are proud of our programs and the team members that plan, coordinate and staff the events.

On behalf of the Cancer CareCenters, thanks for your participation with our oncology program and support of our services.

SURF FOR HEALTH AND HELP

Submitted by Mary C. Morris, MEd, LSW, CCM

In this great age of technology many people enjoy "surfing" the net to find information, to chat, and entertain themselves. Here are some websites you may find handy:

Pancreatic Cancer Action Network/PANCAN

www.pancan.org

National Brain Tumor Foundation

www.brainumor.org

Alliance for Lung Cancer Advocacy, Support, and Education/ALCASE

www.alcase.org

Y-me National Breast Cancer Organization

www.y-me.org

CancerCare

www.cancercare.org

American Cancer Society

www.oh.cancer.org

Kidney Cancer Association

www.kidneycancerassociation.org

Cancer Hope Network

www.cancerhopenetwork.org

American Pain Foundation

www.painfoundation.org

Forum Health Cancer CareCenter.

www.forumhealth.org

NATIONAL CANCER SURVIVOR'S DAY

*Submitted by Deborah M. Dashko, RN, BA, LPC,
OCN, CHES, HNC, CPDS*

Cancer survivors, their families and friends are invited to help celebrate National Cancer Survivors Day.

Cancer Survivors Day will be held in conjunction with the Relay for Life, a 24-hour team event designed to raise funds to fight cancer. Festivities will begin with opening ceremonies on Friday, May 14th along with a

very special Cancer Survivors Day program at 6:00 PM. At 9:30 PM, luminaries will be lit in honor and memory of cancer patients.

Following the opening ceremonies, Relay for Life teams begin their crusade against cancer. Everyone is sure to enjoy the camaraderie, music, games, light refreshments and other activities planned during the 24-hour event.

For more information, to purchase luminaries or to form a team, call the American Cancer Society at (330) 533-0546 or 1-888-227-6446 or the Forum Health Cancer CareCenter at (330) 884-4152.

WHO: Cancer Survivors, Friends, Family
WHAT: Celebration of Life
WHEN: 6:00 PM May 14
WHERE: Boardman Center Middle School
7410 Market Street, Boardman

ACTIVITY: Survivors Art Project
(in conjunction with YSU)

Survivors Meal Provided by Outback Steakhouse

2004 RELAY FOR LIFE DATES:

April 16 & 17 at YSU Beeghly Center
May 7 & 8 at Austintown & Niles
May 14 & 15 at Boardman & Warren
May 21 & 22 at Columbiana & Liberty
June 4 & 5 at Wintersville, East Liverpool & Cortland
June 11 & 12 at Lordstown
June 18 & 19 at Sebring, Salem & Carrollton
June 25 & 26 at Lisbon & Campbell

Cancer Survivors Take The First Lap
Come Join Our Celebration Of Life



HUG

Submitted by Chaplain Jim Melick, Th.D, BCC

There are times when each of us who are part of a healing environment need to be reminded of God's healing touch. The following reflection by an unknown author encourages us to reach out and touch in a special way.

“A HUG”

No moving parts, no batteries.
No monthly payments and no fees;

Inflation proof, not taxable,

In fact, it's quite relaxable;

It can't be stolen, won't pollute,

One size fits all, do not dilute.

It uses little energy,

But yields results enormously,

Relieves your tension and your stress,

Invigorates your happiness;

Combats depression, makes you beam,

And elevates your self esteem!

Your circulation it corrects

Without unpleasant side effects

It is, I think, the perfect drug:

May I prescribe, my friend....the hug!

(and of course fully returnable)

A touch, a smile or a hug when appropriate can provide healing and encouragement.

Have a wonderful day. Chaplain Jim Melick

CATCHIN' SOME RAYS

*By Deborah M. Dashko, RN, BA, LPC, OCN,
CHES, CPDS, HNC*

We all need sun exposure. It's the primary source of vitamin D, which helps us to absorb calcium for stronger and healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need. Unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression and even cancer. Even people in their 20s can develop skin cancer.

Most children rack up between 50% and 80% of their lifetime sun exposure before age 18, so it is important that parents teach their children how to enjoy fun in the sun safely. With the right precautions, you can greatly reduce your and your child's chances of developing skin cancer. Here is the lowdown on the most effective strategies:

- Avoid the strongest rays of the day:
10am to 4pm
- Cover up and shield your skin from the sun
- Use sunscreen consistently at least an SPF of 15 preferably of 30
- Purchase protective eyewear for yourself and kids and wear it
- Ask if the medication that you or your children are taking can increase your skin's sensitivity
- Check your skin monthly for any changes
- MOST IMPORTANT: If a new mole or lesion occurs or an old mole or lesion changes, see your doctor immediately

Forum Health's Cancer CareCenters in partnership with the American Dermatological Society and the American Cancer Society are sponsoring 2 FREE Skin Cancer Screenings. Listed below is the information. You must have an appointment, so call today (330) 533-0546 or toll free 1-888-ACS-OHIO.

Thursday, May 20, 2004 5:00 – 7:00 PM
Youngstown Community Health Center
726 Wick Avenue, Youngstown, Ohio

Thursday, May 27, 2004 6:00 – 8:00 PM
Community Health Conenction
Eastwood Mall, Route 422, Niles Ohio

UP

Submitted by Cathy Kajut, MSW, LSW

"Up" is a song by Shania Twain that helps Zack think about where he wants his numbers to be when it's time for his treatments. Zack's blood count has to generate an ANC (Absolute Neutrophil Count...a type of white blood cell) of 750 or higher for him to receive his treatment every week. So in the past, when he and his mother have been in the car and on the way to the clinic, his mother puts this song in the tape deck and they sing these words:

"Up, up, up
Can only go up from here!
Up, up, up, UP
Where the clouds gonna clear
Up, up, up
There's no way but up from here."



This inspires Zack to urge his blood count up, up, up so that he will be able to receive his treatment that day. This helps Zack maintain a good, positive outlook for his chemotherapy and helps him keep his optimism while he conquers this illness.

THE FIVE-A-DAY APPROACH TO HEALTHY EATING

By: Shelly Watson, RD, LD, CDE

What if you could do one simple thing to improve your health? Take a look at how many servings of fruits and vegetables you eat a day. The goal of five-a-day is to encourage all of us to eat at least five servings of fruits and vegetables a day as part of a diet high in fiber and low in fat. The bad news is that most of us fall short of the recommended five or more servings. In fact, this is the minimal standard – the Food Guide Pyramid recommends eating 3-5 vegetable servings and 2-4 fruit servings daily for optimal health.

Many studies of fruits and vegetables have shown the health benefits of adequate intake such as lowering the risks of certain cancers, heart disease, obesity and other chronic illnesses. Many of us often rush through the day without thinking about the servings of food we consume. Unless we make a deliberate attempt to integrate better eating habits into our lifestyles, it often doesn't happen.

Here are five good reasons to eat “at least” five portions of fruit and vegetables each day:

1. They taste good and add a variety of color, flavor, and texture to meals and snacks.
2. They're great sources of dietary fiber, which helps to prevent constipation and reduce the risk of heart disease and some cancers.
3. They're packed full of vitamins and minerals - essential for good health.
4. They're low in fat and calories. Filling up on fruits and vegetables can help to replace or reduce the amounts of fatty foods, (especially those high in saturated fat and cholesterol) in our diet. Also, because they are lower in calories than many other foods, they are an excellent choice for helping control our weight.
5. They're rich in antioxidants and phytochemicals. These compounds help greatly to reduce the amount of free radical damage to our bodies' cells which occur during normal body processes, but are increased by cigarette smoke and pollution.

What counts as a portion size?

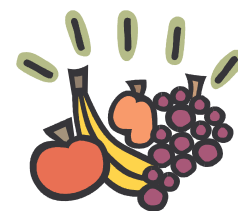
- 1 medium fruit – for example an apple, orange or banana
- Very large fruit e.g. melon, pineapple – 1 large slice
- Small fruits e.g. plums, kiwis – 2 fruit
- Raspberries, strawberries – 1 to 1¼ cup
- Fresh fruit salad, stewed or canned fruit – ½ cup
- Dried fruit – ¼ cup
- Fruit juice – ½ to ¾ cup – must be 100% pure fruit juice without added sugar
- Vegetables, cooked, frozen or canned – ½ cup
- Salad (including raw vegetables) – 1 cup
- 17 grapes

Tips to get you started.

- Keep washed and pre-cut celery sticks and carrots in the refrigerator for snacks.
- Place a bowl of fruit such as apples and bananas on the kitchen table or counter.
- Start the day with a glass of 100 percent fruit or vegetable juice such as orange or tomato juice.
- Add banana slices, raisins, strawberries or kiwi fruit to your favorite high-fiber breakfast cereal.
- Drink fruit juice instead of carbonated drinks.
- Vegetable soup is an ideal hot treat in winter.

- Eat some salad with at least one meal per day. Add crunch, color and flavor with broccoli, cauliflower, carrots, green pepper and tomatoes.
- Fruit makes great snacks – pack an apple for the morning and an orange for the afternoon. Keep snacks of dried apricots and figs in your car and desk drawer.
- Stuff sandwiches with sprouts, lettuce, tomatoes and cucumbers.
- Use chopped and grated carrots and cabbage as a garnish for other foods.
- Try including two servings of vegetables with your evening meal.
- Vegetable stir-fries are a delicious way to ensure variety.
- Add chopped vegetables such as carrots, peas, cabbage, onions or lentils to soups, stews and casseroles to enhance the nutritional value of your meal.
- Vegetable and fruit kabobs are great meal accompaniments.
- Prepare baked apples and pears for desserts or even add chopped up fruit to jelly.
- Consider investing in a cookbook devoted entirely to fruits and vegetables and experimenting on your own.

Planning ahead and coming up with new ways to make fruits and vegetables easily accessible will help increase consumption. It might be easier than you think to meet the five-a-day every day for better health.



RECIPE

Fruity Cream Dip

- 1 (8 oz.) cream cheese, softened
- 1 small ripe banana, mashed
- ¼ teaspoon ground nutmeg
- ¼ cup crushed pineapple, well drained
- ¼ cup crushed strawberries, well drained
- apple wedges, grapes, strawberries, or other assorted fruits

Mix together first 3 ingredients. Stir until smooth. Add crushed pineapple and crushed strawberries. Stir until well blended. Cover and chill 1 hour overnight. Serves 12-14.

<http://health.iafrica.com/dietonline/lifestyle/fiveaday0404.htm>