

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.

FIGHT YOUR FEARS

Written by Deborah M. Dashko, RN, BA, LPC, OCN, CHES, CPDS

Everyone is scared of something! Fear can all too easily control us. Before you can battle your demons, you need to feel good about yourself. Beat back your insecurities with these helpful tips and learn to increase your self-esteem and become your own best friend.

1. **ACCENTUATE THE POSITIVE:** By reminding yourself what you are good at (whether it is a talent or a personality trait) you can ward off negativity in your head. Make a list of your strengths and read it aloud every day until you believe it.
2. **REACH OUT:** When you feel overwhelmed, don't ride it alone. Call a friend to calm your nerves. Don't make the mistake of thinking that asking for help is a sign of weakness. If you're feeling lonely, you can lose your perspective. Small, manageable problems may start to seem insurmountable. Checking in with someone who cares is sure to make you feel less alone and better able to understand what is making you feel bad.
3. **TAKE A RISK:** Challenging yourself to tackle uncomfortable situations can boost your self-esteem no matter what the outcome. Imagine seeing yourself as getting through that situation. Even if things don't come out exactly the way you want them to, acknowledge that by giving it a try, you succeed.
4. **HAVE A CHEERLEADING SQUAD:** Find a "support network" who believes in you. Lean on them when you are feeling insecure. They might be able to see you... and your problems... more clearly than you can yourself. And it never hurts to remember that there are people who believe in you!
5. **TRY, TRY AGAIN:** you may not reach all your goals the first time you go out for them. You need to be realistic. You need to pace yourself and be proud of your improvements along the way.

Remember that the human spirit is unbelievable! Face your fear head on and you'll have the courage to conquer anything!

A LITTLE BOTTLE AND A BIT OF CLAY...A GIFT OF HOPE

Written by Deborah M. Dashko, RN, BA, LPC, OCN, CHES, CPDS

Art therapy is rapidly becoming a favored alternative in self-expression for cancer patients, regardless of their artistic ability. Forum Health's Cancer CareCenters are pleased to present "Bottles of Hope," a dynamic new art therapy experience for cancer patients, their families and caregivers. During the experience, colorful polymer clay is molded on to a small non-toxic glass medicine bottle to create a work of art and provide a symbol of hope for the future.

We happily extend an invitation for you to attend this new and creative workshop on Saturday, August 10th for one of two sessions at 8:30-11:30 AM or 1:00-4:00 PM. The location is at Forum Health's Northside Medical Center Medical Education Building Auditorium at 500 Gypsy Lane.

So call 1-800-842-9727 today to reserve our seat!

FINDING THE BALANCE IN YOUR LIFE USING THE CREATIVE ARTS

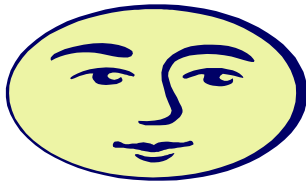
Written by Deborah M. Dashko, RN, BA, LPC, OCN, CHES, CPDS

Research shows that the creative arts are proving to be successful for recovering and rehabilitating cancer patients. New approaches such as these are giving patients the opportunity to try new and fun techniques in a safe, monitored environment.

Forum Health's Cancer CareCenters extend an invitation to have all cancer patients, their families and caregivers to experience the creative arts of movement, dance, music, art and journal writing on Saturday August 24th from 8:30am to 12 noon at the Holiday Inn Metroplex in Liberty. This program will be hosted by Jennifer Baligush, WYTV's Healthy Living Reporter. The presenters for the program are Scott Marlin, Forum Health's Art Therapist; Lana Van Auker, Forum Health's Activity Therapist; Jeanne Bryner, Forum Health's Journal Writing Instructor and Celeste Sinistro, a Music Therapist.

The event is free, but registration is limited. Register (by calling 1-800-842-9727) today to try these new and progressive creative arts. Be sure to wear comfortable clothes and shoes. See you there!





LIGHT THE NIGHT WALK

Written by Stacey Bene, MSSA, LSW, Patient Service Manager, The Leukemia & Lymphoma Society

The Leukemia & Lymphoma Society is pleased to announce our Light the Night Walk, new to Youngstown, scheduled for **Thursday evening, October 3, 2002, at Youngstown State University.**

As someone who has been effected by cancer would you consider participating in Light The Night either individually or by forming a team?

The Light The Night Walk is a 2-3 mile evening stroll with entertainment and refreshments. Individual walkers and family, civic, and corporate teams (raising a minimum of \$25) carry illuminated red balloons to celebrate and commemorate the lives touched by cancer. Patients and cancer survivors will carry white balloons as a "light of hope" during this spectacularly illuminated parade. All proceeds from the walk support The Leukemia & Lymphoma Society's mission to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life of patients and their families.

Won't you join The Leukemia & Lymphoma Society in honoring those touched by cancer and making this worthwhile event a success? You can register your family, friends, and neighbors to walk as a team, and/or ask them to support your fundraising efforts.

Light The Night is a truly magical event, with a sense of meaning and fulfillment for all who participate. Say you'll be among us when we walk in honor of cancer patients and survivors across the country. Please call The Leukemia & Lymphoma Society, Northern Ohio Chapter, at (800) 589-5721 for more information. We look forward to hearing from you!

TIPS OF COMMUNICATING EFFECTIVELY

Written by Debbie Anastasiadis, RN, MSN, OCN, CNS

It is important that, on the average, 50% of what patients are told is forgotten in minutes.

-M.E.L. Tonkin, MD

After he told me, "You have cancer," I froze. I didn't hear another word he said.

*-Judy Truskett
Lymphoma Survivor*

Be prepared before your appointment, discuss questions with your care partner and give them a copy so he or she can help to ensure you get the answers you need.

- Write down questions when you think of them and take them with you to discuss with your health care team.
- Listen carefully to what you are being told. Bring someone with you to your appointments if possible to help remember issues that were discussed during your office visit.
- Take notes during the visit. Ask the doctor to repeat something if you weren't able to get it all down on paper.
- If you bring books, articles, or information you have printed from the Internet to your appointment, highlight important information that you would like to discuss.
- Do not be afraid to ask for clarification if you do not understand some of the information that you receive.
- Visualize what is being explained to you. Ask your doctor to show you an illustration that will help you understand where your cancer is, how tests will be performed, and how your cancer will be treated.
- Ask for explanations in Terms familiar to you.
- Ask how you can learn more.
- Rephrase your question and/or the doctor's answer.
- Verbalize what you heard. Repeat to the doctor what you thought he or she said.

References:

Clark, E.J., "Teamwork: The Cancer Patient's Guide to Talking with Your Doctor." (1998), National Coalition for Cancer Survivorship.

Eli Lilly and Company, "Find your focus. Build a network. Embrace the future. A guide to making decisions about your cancer therapy." (2001).

CAREGIVERS NEED CARE TOO!

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

Caregivers and caregiving are important parts of our lives. The demands of the role have become more taxing with changes in society. We often have high expectations of our ability to meet everyone's needs and at the same time keep our lives on track and focused on our other responsibilities. It is common

for caregivers to feel overwhelmed when limits of their ability to function have been reached. We may experience some physical symptoms. You may be feeling tired, angry, frustrated, and as if you'd like to scream.

It is important to keep yourself energized and on a path that provides the opportunity to step away and renew your spirit. Educate yourself on supports that are available in your community, about the patient's disease and course of treatment, and where to go for information. Let go of the small part of yourself that feels guilty when you need to step away. Take a class, read a book, exercise, maintain hobbies and friendships. If possible, ask family, friends, and neighbors for help. Maintaining your routines will sometimes give a feeling of control in a situation where we sometimes feel we are spinning with no direction.

Caring for yourself will enable you to provide better care and reduce some of the stress your "patient" may feel they are placing on you. Stepping away to renew our spirits often gives a different perspective when we step back into our roles.

THE OTHER TOBACCO

Written by Pam Stephenson, RN, MSN, AOCN, CHPN

Many people believe that the only way to develop tobacco-related cancer is through smoking. The less talked about use of "smokeless tobaccos" carry great health risks as well, and are not a "safe substitute" to smoking as many people believe. In fact, because smokeless tobacco is held directly against the cheek, lip, gum, or tongue, damaging chemicals are absorbed in greater quantities than through smoking. Smokeless tobacco is associated with cancers of the mouth, esophagus, larynx, and stomach. It includes "chaw", which is used as a large wad of tobacco leaves inside the cheek or "snuff," a pinch of powered tobacco placed between the lower lip and gum.

Although only 4% of adult men over the age of 18 use smokeless tobacco, the use of smokeless tobacco among America's youth is on the rise. A 1997 survey of Ohio students showed that nearly 19% of boys between the ages of 9 to 12 admitted to using smokeless tobacco within the 30 days prior to the survey. (Less than two percent of girls admitted to using smokeless tobacco during the same time frame.) Because an individual becomes addicted to the chemicals in smokeless tobacco just as they would through smoking, smokeless tobacco users are more likely than non-users to become

cigarette smokers later in life. What is the best way to stop children from becoming addicted to the nicotine in tobacco products. . .talk to them. Remember, smokeless tobacco is no safer than traditional tobacco.

According to the Surgeon General, the bottom line is this: "Tobacco is tobacco. It all contains nicotine and it's all addictive. . .BE THROUGH WITH CHEW!!"

(Next Issue: [Smokeless Tobacco: Tips to Quit](#))

PROTECT YOUR FOOD, PROTECT YOURSELF

Written by Debbie Gilbert, MS, RD, LD

Everyone is susceptible to food-borne illness. But you are more at risk if your immune system is weakened because of radiation or chemotherapy treatments. It is important to take steps to minimize the risk of contracting a food-borne illness. The following food handling tips will help lower the risk of potential food contamination.

- Wash hands vigorously with warm soapy water before and after preparing food and before eating.
- Be careful not to use the same cutting surface for meats and vegetables. Sanitize cutting boards well after each use. (Wash the board with warm soapy water and rinse well. Wash the board again with a solution of 1 tablespoon bleach in 4 cups warm water. Let the solution stay on the board for at least 2 minutes and then rinse with hot clean water.)
- Keep hot foods hot (above 140° F) and cold foods cold (below 40°F).
- Thaw foods in the refrigerator or microwave. Never thaw foods at room temperature. Cook foods immediately after thawing. Germs grow rapidly at room temperature.
- Refrigerate all leftovers within 2 hours of cooking.
- Eat only well-cooked foods. Avoid raw and undercooked foods. Never drink unpasteurized milk.
- Substitute frozen pasteurized eggs or powdered egg whites for raw eggs in recipes such as eggnog, Caesar salad dressing, and meringues. Avoid tasting raw cookie dough or cake batter that has raw eggs in it.
- Bottled water and commercially bottled soft drinks and juices are safe to drink.
- When in doubt, throw it out. Write the date on leftovers and throw them out after 2 to 4 days. Read labels and follow "use by" dates on packages.