

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.

SEPTEMBER IS CHILDHOOD CANCER AWARENESS MONTH

Submitted by Carla Vadala, RN, CPNP

Childhood cancers are cancers that primarily affect children, teens and young adults. One in every 330 Americans develops cancer during childhood or adolescence. On the average, 46 children and adolescents are diagnosed with cancer every weekday in the United States. While most adult cancers result from lifestyle factors, such as smoking, diet, occupation, and other exposure to cancer-causing agents, the causes of most childhood cancers, are not yet known. While adult cancers are primarily those of the lung, colon, breast, prostate and pancreas, childhood cancers are mostly those of the white blood cells (leukemia), brain, bone, the lymphatic system and tumors of the muscles, kidneys and nervous system.

The good news about childhood cancer is:

- Childhood cancer has been called the "modern medical miracle" because such remarkable progress has been made in curing infants, children, teenagers, and young adults with cancer.
- Up to 75% of the children with cancer can now be cured.
- Currently, more than one in every 900 persons in the United States between the ages of 20 and 45 years of age are survivors of childhood cancer.
- Research protocols developed by the Children's Oncology Group (COG) have resulted in literally all of the important improvements in treating childhood cancer.
- More than 235 childhood cancer institutions and 7,000 individual investigators throughout North America participate in the Children's Oncology Group

- The Pediatric Oncology Program at Todd Children's Hospital and the Cancer Care Center is a member of the Children's Oncology Group and treats children with cancer everyday.

If you have any questions please contact Pediatric Hematology/Oncology at 330 884-3955.

SEPTEMBER IS SICKLE CELL AWARENESS MONTH

Submitted by Carla Vadala, RN, CPNP

Below are some facts about sickle cell:

Sickle Cell Trait

- Never becomes disease.
- 1 in 10 African Americans has sickle cell trait.
- Important if you plan to have a family.

Sickle Cell Disease

- 70,000 African Americans have sickle cell disease.
- Lifelong
- Misshaped red blood cells can cause organ damage.

Sickle Cell Disorders

- Are inherited.
- Screened at birth since 1990.
- Common in persons of African, Asian, Mediterranean, Middle Eastern, Central and South American ancestry.

Become Informed and Involved

- Ask to be tested!
- Learn more about sickle cell disorders!
- Support research and fundraising efforts!



Normal Red Blood Cell



Sickle Red Blood Cell

FORUM HEALTH NORTHSIDE MEDICAL CENTER HOLDS CANCER CONFERENCE

*Submitted by Norma Larsick, BA, CTR
Corporate Manager, Forum Health Cancer*

Forum Health Northside Medical Center holds a series of weekly Cancer Conferences every Thursday morning at 7:00 a.m. in Auditorium "C" in the Medical Education Building. Cancer Conferences are educational conferences mandated by the Commission on Cancer, American College of Surgeons that are open to all physicians and ancillary personnel who wish to learn more about different cancers and their treatment. These Conferences are presented by three Tumor Fellows who play a significant part in studies and research and follow patients throughout their diagnosis, treatment and follow-up.

For the 2004-2005 Cancer Conference year, our three Cancer Fellows are Jorge Martinez, M.D., a fourth year Surgical Resident; Aref Al-Kali, M.D., an Internal Medicine Resident starting his third year, who will specialize in Hematology/Oncology; and James Shina, M.D., a second year Internal Medicine Resident who is specializing in Internal Medicine/Family Practice and will be practicing in the Youngstown area. Every Thursday two different cases are presented that describe the presenting symptoms, history and physical, surgery, radiology scans, pathology and the treatment suggested for this cancer. Experts in the medical field are in attendance who give their input and suggestions on how to treat this type of cancer. No patient is identified by name or address, and all HIPAA regulations are followed to keep identities strictly confidential. This year our Cancer Fellows are presenting our most interesting cases on Forum Health's Website, with narration and pictures of the surgery. This website will be available in the near future and is offered to both professional medical staff and the general public. It can be accessed by typing in www.forumhealth.org. Click on *Cancer Program* and then *Tumor Conferences*.

Forum Health Trumbull Memorial Hospital also holds Cancer Conferences twice a month; the second Thursday of the month and the fourth Monday of the month. These conferences are presented by Dr. Eric Svenson, Dr. Robert Schaffer and rotating medical staff. These conferences are held at noon, with lunch available to all medical staff and ancillary staff who attend, and usually last one hour.

In addition to our Cancer Conferences, Forum Health Northside Medical Center also holds monthly Breast Conferences that are open to all physicians, surgeons and ancillary staff. These breast conferences are held in the Pathology Conference Room on the fourth floor at 7:00 a.m. every fourth Wednesday of the month. Dr. William Reeves is the moderator.

Every April, Forum Health holds a special "Cancer Symposium" on cancer, it's treatment and related topics, usually on the last Thursday of April. Our next topic will be announced soon. Please plan on attending our cancer educational conferences!

"FALL CONCERT & FAMILY FUNFEST!"

Submitted by Jenifer Moorhead

September 19: A Day of Music and Family Fun

Did you know that September is Childhood Cancer Awareness Month? While many will wear gold ribbons as a show of support, the Jessica Moorhead Foundation for Hope is going one step further. The foundation is sponsoring a free Fall Concert and Family Funfest at Austintown Park on September 19. The idea, inspired by Jessica's love of children, is to give area families a beautiful, memorable day in hopes that awareness of the cause will come from reflecting upon what a blessing it is just to spend a day together as a family.

The gates will open from 2:00 p.m. until dark. There will be many free games and activities for kids of all ages with chances to win some prizes. Food will be sold, but families can bring picnics if they prefer. The concert is set for 4:00. Accompanied by professional musicians from the area, performers will be local citizens whose original music is featured on a full-length CD called "Relay the Message: Songs of Hope by Cancer Patients, Survivors, and Those Who Care." Performers will include Tristan Ula and Bryan Stefek, Ron Gianoglio, Paul Skowron, Janeen Williams, Beth Valentine, Will Fithian, and the young members of the R.O.C.C.K. Choir (Raising Our Commitment to cancer Kids). Several local musicians have donated their time to appear on the CD and in concert.

The Jessica Moorhead Foundation for Hope is a 501(c) (3) nonprofit organization. Its mission is to unite the community on behalf of its young cancer patients and raise funds for the pediatric oncology program at Tod Children's Hospital.



“AN EYE-OPENER”

Submitted by Deborah M. Dashko, RN, BA, LPC, OCN, CHES, HNC, CPDS and a Patient

I often receive letters from patients that are so moving. Many of them are letters of thanks and gratitude. Others provide me with knowledge and life inspiring words. I thought I might share one of these with you.

“Hi,
It was so good to have you and the many staff members to get me through. I can’t express what you have done for me. I can’t believe that I am saying this, but my experience with cancer has revealed many blessings to meand you are one of them! God has watched over me with gentle and loving care as new doors opened for me.....doors that I didn’t know existed. The door of journal keeping has helped me sort out my feelings, hopes and frustrations. Through this door of self-discovery, I have learned so much about others and myself. It has changed my priorities and helped me to redefine what is important to me.

If I had not gotten cancer, I would not have discovered my new and now cherished friends. They have touched my life in the deepest way. I openly share my crazy thoughts, longings, and outrageous ideas. I delight in the laughter we share. Another open door has showed me how effectively humor frees the moment to make things bearable and lighten my load. Laughter airs my soul. I use it freely with every opportunity I find.

I have developed the courage and spirit to do the unusual,such as dressing up to see my doctor, putting a clown nose on, and bringing special treats with me on doctor visits.....to make things I have to do and an event and a celebration.

I have learned to open my doors and let life sweep in! I, now, take the time to feel within, to listen within and to respond from within. I am grateful for these new doorswhich you have helped me to find. I have been blessed with so many opportunities of joy, inspiration, encouragement and creativity. I find life very exciting, meaningful, full of hope and funny. I thank you for giving me direction, love and support. I wonder if would I have found this if I wasn’t diagnosed with cancer? ---Anonymous---

“YOU DON’T HAVE TO LIVE WITH LYMPHEDEMA!”

Submitted by Janet Williams

Women with chronic swelling in their arms after their mastectomy have found relief for their discomfort. People who were born with Lymphedema have found a way to manage their condition. Men who have had prostate surgery with resultant leg and foot swelling have found a way to control their shoe sizes.

Lymphedema is a condition of swelling that often occurs after surgery, but it can be congenital. Lymph nodes affected do not drain or absorb lymphatic tissues. The backup or pooling of lymph fluid, which gets hard and uncomfortable, occurs primarily in the arms, but can also make a leg or one foot larger than the other. It can affect both legs or both arms making the person look fat.

Treatment for Lymphedema involves light massage, followed by noninvasive mechanical pumping and then careful wrapping, protection, and prevention. Results can be phenomenal! Take Janet’s case for example. Janet was born with Lymphedema. She suffered from the age of 10 years when kids would tease her about her enlarged legs. They did not know it was from a disability. The condition worsened as she got older. In high school, she was always competing with girls who had nice figures.

Once married, she had to juggle work and family despite the hardening disabling edema. When Janet’s condition was at its worst, her physician referred her to a specialist. She found out about Lymphedema massage, compression therapy, and pressure garments. Her life began to change as she learned wrapping and manual lymphatic drainage techniques to control her body size. Janet lost 130 lbs. and went from a size 42 to a size 10-12.

Today, Janet is an advocate for Lymphedema massage and what it can do for others. Janet is so grateful to her doctor that she dedicates this article in his honor and hopes that others will take this information and get therapy.

Ask your Rehabilitation Services provider if they have therapists trained and certified in Lymphedema massage. Why let edema keep you from going out of the house and enjoying yourself with others? Now you can manage your Lymphedema and take control of your life!

For more information, call these Forum Health Rehabilitation sites: Austintown Rehabilitation Services, Austintown Medical Park at 330-884-1520; Center for Rehabilitation, Elm Road Medical Park at 330-841-2000; and Beeghly Therapy Center, Beeghly Medical Park at 330-884-2250.



FIGHTING CANCER-RELATED FATIGUE

Written by Debbie Gilbert, MS RD LD

Cancer-related fatigue as defined by the National Comprehensive Cancer Network is the persistent, subjective sense of tiredness related to cancer or cancer treatment that interferes with usual daily functioning. Patients describe it as a heaviness, loss of strength and endurance, extreme tiredness that is not easily overcome with sleep or rest. Some days the fatigue is greater than others especially if too much energy is exerted the day before.

What You Can Do To Manage Fatigue

- **Rest** and **sleep** but don't overdo as too much rest can decrease your activity level
- **Activity** like walking several times each week may help
- Good **nutrition** eating foods from the Food Guide Pyramid and drinking plenty of liquids may help. Eat frequent small meals rather than three large meals.
- **Energy restoration**, do activities that you enjoy and that makes you feel good e.g., gardening, listening to music, calling a friend on the phone or reading a book. Learning relaxation techniques maybe helpful.
- **Energy conversation** spread your activities throughout the day and take 15-20 minute rest breaks between activities.

Suggested Strategies For Energy Conservation In Meal Preparation

- Use convenience foods or easy to prepare foods
- Use a microwave or crock pot as they take less effort to use
- Arrange the preparation area for easy access to frequently used items
- Prepare meals setting down
- Prepare double portions and freeze half
- Allow family and friends to prepare a dish when they offer

"TRY IT YOU MIGHT LIKE IT"

Submitted by Deborah M. Dashko, RN, BA, LPC, OCN, CHES, HNC, CPDS and a Patient

"When I joined the group, I realized I wasn't alone!" "I needed time to talk with others about what I had just been through." "I thought I was healthy and then this thing came along!" "I felt wounded, and nobody else seemed to get it!" "I found that what I said seemed to register with others in the group." "It felt so good just to get my feelings out in the open." These are familiar comments people make after attending a support group.

We benefit from sharing with others our feelings and find understanding in their responses and stories about themselves. Having cancer gives us an immediate life threat. Treatment offers hope and new challenges. The life threat may subside with treatment, but many of us need to talk about this with others in order to reclaim our special sense of inner control.

Talking with others in groups gives us a chance to recognize, that we have felt a loss of control at times and provides us the opportunity to talk about a variety of feelings and how to cope with them. Usually when we share with others, ideas and strategies on how to cope come up within ourselves and from each other. We enjoy the emotional sharing and feel understood and more at peace.

Any and many topics come up in support group. Some of these include but are not limited to:

- the impact of the diagnosis
- the sense of loss and grief
- the overwhelming reactions that we feel
- physical issues
- communication challenges
- reactions to others
- changes in our values and goals
- a new sense of meaning to life

Here at Forum Health's Cancer CareCenters, we have a variety of groups available to you. You can see a listing of them in our calendars. Think about coming today! Groups are not for everyone, but you should try them.....you might like them!"