

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.



COMMITMENT

Submitted by Arlee Session, Corporate Clinical Executive

Given the nature of Oncology services it's easy to understand how we develop relationships and friendships with our patients, their family members, and our community. The fact is we provide a very important service in a very personable manner. As the Corporate Clinical Executive, stories of great customer service, sharing and sensitive team members, world's greatest doctors and nurses are frequently shared.

I readily admit I enjoy each and every one of those conversations, as all reinforce how rewarding working in Oncology is despite the daily stresses we face. The foundation of those kind words of hope, encouragement, and inspiration is our commitment.

In terms of commitment I want to recognize a particular group of Cancer Care professionals – our nurses. Trust me, I can list a cadre of special and dedicated professionals within Cancer Care that includes our physicians, receptionists, secretaries, pharmacists, therapists, social workers and so on.

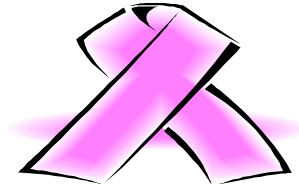
However, I want to recognize our Oncology Certified Nurses – this is a special qualification, earned by individual commitment and strong nursing leadership. We have Oncology Certified Nurses in each of our areas of operation including Pediatric, Adult Hematology/Medical and Radiation Oncology.

In particular I want to congratulate WRCS Adult Hematology/Medical Oncology nurses who along with our entire team of Radiation Oncology nurses in

becoming 100% oncology certified. This means each nurse practicing in those areas have demonstrated and obtained the experience, training and certified competencies to warrant this distinction, which is quite an accomplishment.

To those nurses, on behalf of our clinical team and patients – congratulations and keep up the good work.

And to think, if I were not so afraid of needles perhaps I could have been a nurse.



AWARENESS

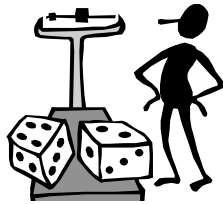
*Submitted by Linda Stickelmeyer, RN
Center For Breast Health*

Awareness is not just for one month even though Breast Cancer Awareness Month has just concluded. We are entering a new month and soon, a New Year. Everyday of our lives is an opportunity to become aware of what is around us. Many times we take everything for granted. When someone asks us "What's new", we usually respond nothing, absolutely nothing. That really is not true. Everything is new, nothing is really the same as it was the day before.

As the days go by, once a month continue to check your breasts, if you are a female reading this or remind someone you care about, to do that. There has been controversy surrounding the benefit of self breast exam. Does it make a difference in detecting breast cancer any sooner or keep people from dying from breast cancer? In some situations "lumps" are detected by a person before any tests are done. Become familiar with your breasts after the age of 20, by checking your breasts five days after your menstrual cycle if you continue to have menstrual cycles. If you no longer have menstrual cycles, check a certain day of month that is easy for you to remember. You don't have to try to figure out what is fat or strands of tissue, you just have to be *Aware* of what is normal for you over the years. In this particular instance, you want to know what is the same on that particular day of your life, or is there

something new and different. Clinical breast exams are exams done by your physician or someone trained in breast exam. This should be done once a year. Mammograms are to be done yearly after the age of 40. There are instances that mammograms should be done prior to the age of 40. Baseline mammograms can be done between the age of 35-40 years of age. If you have a first degree relative that has developed early breast cancer, we suggest you have a mammogram starting 10 years prior to the age your first degree relative developed breast cancer. If that is a very young age for you, (prior to the age of 25), perhaps another exam would be appropriate, such as an ultrasound. If you have any questions regarding exams or any other concern, please feel free to call us at the Center for Breast Health. The number is 330-884-2200.

I know that examining our breasts are the one thing that we want to be the "same". The other parts of life hold wonderful, marvelous, sometimes mysterious happenings. Let's become aware of all that is around us and about us. Awareness is everyday.



DIAGNOSIS CANCER: IS FAT WHERE IT'S AT?

Submitted by Pam Stephenson, RN, MSN, CS, AOCN, CHPN

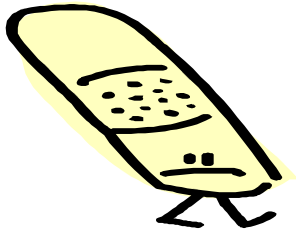
Lately, there has been a lot of attention about how overweight American's have become. Obesity has been tied to everything from heart disease, to diabetes, and cancer. Overall, the media reports that obesity occurs because we (1) tend to substitute natural, healthy foods with fast foods and foods that are loaded with sugar and fat, and (2) that we aren't exercising enough. The Fall, 2005 issue of **Cure** magazine talks about obesity and cancer in the article, "The Science Behind Obesity: Is there a cancer link?" This article reviews years of obesity-related research, how fat cells function, and how diet and exercise are important to the cancer patient. They also offer explanation about some of the more recent diet trends. Free copies of the **Cure** magazine can be found in any of our outpatient waiting rooms.

HEALTHY DIET AND EXERCISE

Submitted by Debbie Gilbert, RD, LD

Healthy diet and exercise must be a life style change. If you are overweight and sedentary consider these changes to reduce your cancer risk:

- Eat a variety of foods from the Food Guide Pyramid.
- Cut back on fat in your food choices. Trim fat and calories in your cooking style. Buy lower fat substitutes of your higher fat favorites. Order foods with less fat and calories when you eat out.
- Fill up on fruits, vegetables and whole grains. They are high in fiber and low in fat and can help to satisfy you without many calories.
- Control portion sizes. Follow standard serving sizes from the Food Guide Pyramid.
- Limit intake of wine, beer and other alcoholic beverages.
- Snack smart. Choose fruits, vegetables, pretzels as low fat choices.
- Physical activity is the key to maintaining a healthy weight. Exercise on a regular basis.
- Choose an exercise you enjoy such as walking, bicycling, dancing etc. Gradually work up to 45-60 minutes 5-6 times a week.
- Physical activity burns energy. When you burn more than you consume your body uses its energy stores and you lose weight.
- Physical activity helps you keep muscle and lose body fat.
- Exercise speeds up your basal metabolic rate for up to 12 hours even after you stop. You'll burn more energy at rest.
- Exercise can help relive stress. Stress may lead to nibbling on more food and more calories than your body needs.



DAILY SURVIVAL KIT

*Submitted by Rev. Jim Melick, ThD, BCC
Pastoral Care*

The American people have been experiencing new challenges as a result of the many natural disasters that have been hitting our country and the world.

Many people recently have been thinking about, how to survive national disasters and some have even purchased survival kits. I would encourage you to focus on the good things in life. Don't panic in these challenging days, but instead be prepared in the event a disaster happens near you. Pray for those who have experienced so much loss.

Take a moment to look at the following Daily Survival Kit. Discover something that might be useful to you, and give it a try.

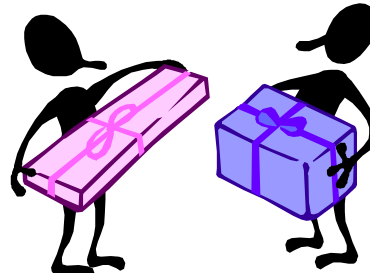
"Daily Survival Kit"

- 1) TOOTHPICK - to remind you to pick out the good qualities in others. -Matt. 7:1
- 2) RUBBER BAND - to remind you to be flexible, things might not always go the way you want, but it will work out. - Romans 8:28
- 3) BAND AID - to remind you to heal hurt feelings, yours or someone else's. -Col. 3:12-14
- 4) PENCIL - to remind you to list your blessings everyday. -Eph.1:3
- 5) ERASER - To remind you that everyone makes mistakes, and it's OK. - Gen.50:15-21
- 6) CHEWING GUM - to remind you to stick with it, and you can accomplish anything.-Phil 4:13
- 7) MINT - to remind you that you are worth a mint. - John 3:16-17
- 8) CANDY KISS - to remind you that everyone needs a kiss or a hug everyday. - 1 John 4:7

- 9) TEA BAG - to remind you to relax daily and go over that list of blessings.--1 Thess. 5:18

--Author Unknown

May God's peace and protection be with you each day.



SIMPLIFY YOUR HOLIDAYS

*Submitted by Mary C. Morris, LSW, MEd.
Oncology Social Worker*

Holidays are particularly stressful times under normal circumstances. When a cancer related diagnosis is added to the preparations and festivities, the results can be disastrous. We all have our own expectations for what the holidays should be. We all get caught up in keeping family rituals and traditions. It is important to use your health care team for advice to get you through. Your dietician may be able to provide ideas for maintaining adequate nutrition and dealing with food-related side effects of chemotherapy. The nursing staff is available to help with concerns relating to fatigue and medication side effects. Your pharmacist may give some insight into the best way to arrange taking medications. The Social Worker will help with relaxation and stress management.

Simplify-family and friends will not fault you for making changes in your approach to the holidays. Gift certificates for goods and services cut down on the amount of time you are dealing with crowds. While traditions are hard to break, or change, consider starting some new ones, or abandoning those that made you "crazy" anyway. If caregiving, and/or fatigue, is wearing you down, don't stand in the kitchen. Consider changing your menu, or better still have friends and family contribute dishes for the holiday table. Stand back and do what is important to you and your loved ones not what you think is expected.



A WAY WITH WORDS, FOUNDATION, INC.

Submitted by Brenda M. Rider

A Way With Words Foundation, Inc. is currently publishing our second book. The expected arrival date is December 15, 2005. The foundation is currently accepting material for our third book. It can be submitted to Brenda Rider 14 N. Anderson Ave. Austintown, Ohio 44515. Material must be original or you have written permission to use the material. We are also accepting original drawings/artwork for publication. Anyone who has been touched by cancer are welcome to submit.

ROCck Children's Choir, recently performed at the grand opening of The Youngstown Convocation Center. The choir currently has a 5 song CD available for sale featuring the choir. Cost is \$5.00. All proceeds benefit the choir and A Way With Words Foundation, Inc. The CD is for sale at Glorious Homes, Inc. and through the website www.awaywithwordsfoundation.com

The ROCck choir is currently accepting performance events for the months of November & December/2005. To book the choir contact Brenda Rider (330) 799-1903 or cell# (330) 720-0563.

A Way With Words Golf Scramble is at Olde Dutch Mill Golf Course 2745 Grandview Rd. Lake Milton, Ohio 44429. The date is Saturday June 3, 2006 shotgun start at 8:00AM. Mark your calendar details to follow.

THROUGH AN ARTISTS EYE

Submitted by Brenda M. Rider

Through an artists eye the world has many colors
And it's up to them to be the story tellers
From brilliant pink to subtle green
Capturing the world as they've seen

Through an artists eye, details are very defined
Shapes are blended to form new lines
Shadows are used to give it some depth
Beyond our imagination as it appears yet.

Through an artists eye, they see the forest for the trees
The movement of grass in the breeze
The noise of a thunderous waterfall
And the song of a cardinals call.

Through an artists eyes mountains stand perfectly still
As clouds dance around the shadowed foot hills
Water moves gently across the rocks
It's almost as though these paintings can talk.

Through an artists eyes the world is theirs to paint
From the vivid images to the very faint
A beautiful orchid against the blue sky
For a moment today I saw through an artist eyes.



WATCH THE MIRROR

Submitted by Brenda M. Rider

I realized just the other day
Why these words you always say.
I mostly thought they were in jest you see
Until I realized how they applied to me.

Often said on moving days
Fragile items in such a way.
Be careful with breakable stuff
Better gentle than too rough.

Don't bang the walls or scratch the molding
It may be the broken end you're holding
A little to the left, no a little to the right
Just put it in the center it will be all right.

Once the room is arranged and your heart within
The flowers are placed, you begin again.
Hanging the curtains and sweeping the dust
Polishing the mirror in each of us.



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CANCER PATIENT SUPPORT GROUP

This support group is designed to help you and your family members to participate in your care and recovery process. The purpose of this group is to foster self-directed awareness in cancer patients to help with the daily demands of living with a cancer diagnosis.

For more information on this free support group, call the Sara R. Wean Cancer CareCenter at Trumbull Memorial Hospital at 330 841-9376, or the Northside Medical Center Cancer CareCenter at 330 884-4152 Monday through Friday from 8:00 AM to 4:00 PM.

**Third Wednesday of Each Month
6:30 -8:00 PM
Sara Wean Cancer CareCenter
Van Huffel Community Room
Trumbull Memorial Hospital**

2006 Schedule

**January 18
February 15
March 15
April 19
May 17
June 21**

**July 19
August 16
September 20
October 18
November 15
December 20**