

# CANCER INFORMATION AND SERVICES

Kettering Health Network offers a comprehensive cancer program, including cancer prevention and screening programs, state-of-the-art diagnostics, access to cutting edge chemotherapy and biotherapy, clinical trials, radio-immunotherapy, robotic surgery, Gamma Knife, brachytherapy, IMRT, and more. Selected patient cases are discussed by teams of health care professionals to form an individualized plan of care.

Our mission is to improve the quality of life for the people in the communities we serve. Our network-wide cancer program is accredited by the American College of Surgeons, Commission on Cancer.

- **Ask-A Certified Oncology Nurse or Breast Patient Navigator** – *non-emergencies only*. Call Cancer Services at 937-395-8115 during normal business hours or leave a message.
- **Cancer Resource Center** – a collaborative effort between KHN and the American Cancer Society, offering brochures, Internet searches by trained volunteers, and an American Cancer Society Patient Navigator to assist in finding cancer information. Located at KMC, ground floor, next to Radiation Oncology. Call 937-395-8081 for assistance.
- **Makarius Library** – a free lending library with cancer information. KMC, 3rd floor on 3 South. Call 937-395-8115 for assistance.
- **Dayton Clinical Oncology Program** – KHN partners with DCOP to offer access to National Cancer Institute clinical trials and selected other studies without leaving the Dayton area. Ask your physician, "Is there a clinical trial for me?" Call 937-395-8678 or visit [www.med.wright.edu/dcop/](http://www.med.wright.edu/dcop/).
- **American Cancer Society Patient Navigator** – You can talk with an American Cancer Society Patient Navigator toll free. Call ACS at 1-888-ACS-OHIO (227-6446) x 8070 or ask for Robin Supinger.

## COPING WITH BREAST CANCER AND DEPRESSION (CONT'D)

- **Vacation:** Whether you can afford and are healthy enough for a trip abroad or even just to a local park or your backyard, seek out positive elements in your life.
- **Group Support:** Sign up for group counseling and/or support groups dealing with breast cancer and depression and couples therapy can also be beneficial.
- **Hobby:** Find something you enjoy. One cancer patient, who was also a doctor, watched dozens of movies when she was unable to work or even go out and socialize.
- **Community Service:** Focus on helping others, be it those less fortunate or people who are also struggling with breast cancer. Empathizing and assisting others can help you feel more connected and offer a greater perspective of the world.
- **Activism:** Get involved in raising money for cancer research. There are countless non-profit organizations that need your help in raising awareness and funding to make sure that everyone who suffers from breast cancer, regardless of their race, religion, or creed, has access to good medical care.

## WINTER WEATHER AND EMERGENCY CANCELLATION ADVISORY

In the event of bad weather, power outages, etc, or if you are just not sure if your support group is meeting, please call the Cancer Resource Center at 937-395-8081 and listen to the recorded message. If your group has been cancelled, the recording will be updated 2 hours before your meeting time on the day of the meeting. If your group is meeting, but you do not believe it is safe for you to travel, please do not come. Your safety is a priority.

# LOOKING AHEAD

FEBRUARY/MARCH 2010

Editor: Rae M. Norrod, MS, RN, AOCN® Oncology Clinical Nurse Specialist



## CANCER RECOVERY

Guest Contributor: Tina Banning, MS, RD, CSG, LD, registered dietitian, The Oaks of West Kettering

According to the American Cancer Society, cancer is the second leading cause of death in the United States. Nearly half of all men and a little over one-third of all women in the United States will develop cancer during their lifetimes. But with modern advances in cancer diagnosis and treatment, nearly 60% of people diagnosed with cancer today will be alive ten years from now.

In spite of living longer, many survivors are living with pain issues, weight loss, and debilitation such as limited ability to swallow, walk, or drive a car. Cancer recovery today includes a multitude of treatments that can assist the survivor to regain a good quality of life. Here are a few tools that may help you.

- **Aqua Therapy** can help people with pain that is exacerbated by gravity (weight-bearing) or with movement. Two important factors, the buoyancy and viscosity of water, take the pressure off joints and muscles, allowing movement without pain. As a result, strengthening begins to occur, thus saving muscle mass.
- **Indirect Calorimetry** measures energy expenditure. Caloric burn rate is calculated from a measurement of oxygen uptake. A person sitting or reclining for ten (10) minutes breathes into a mask or a mouthpiece. The test indirectly measures Basal Metabolic Rate (BMR) which can help healthcare providers meet patient's caloric needs and avoid unwanted weight loss.
- **The Driving Simulator** is used to evaluate brain functions related to driving such as perception, cognition and motor-control abilities which are often impaired by cancer treatments and debilitation. Scenarios based on driving an actual car help to detect impaired memory, visual processing speed, attention, and judgment.
- **VitalStim Therapy** is a specialized form of neuromuscular electrical stimulation (NMES) which has been proven in managing dysphagia (difficulty swallowing), a side effect of some types of cancer. It re-educates the muscles in the throat needed for swallowing. Dramatic improvement is seen in as little as six (6) treatments.

For more information about these resources in your area, contact the American Cancer Society Ohio Call Center toll-free at 1-888-ACS-OHIO (227-6446) or an American Cancer Society Cancer Resource Center.

- Clark County – Springfield Regional Cancer Center, 148 W. North St. Springfield 45504
- Logan County – High Point Regional Cancer Center, 2160 Ewing Crawfis Cir, Bellefontaine 43311, 937-592-9221 ext 5902
- Montgomery County – Kettering Medical Center, 3535 Southern Blvd., Kettering 45429, 937-395-8081
- Montgomery County – The Oaks of West Kettering, 1150 W. Dorothy Lane, Kettering 45409, 937-293-1152

*"I don't have any more bad days. I have good days and I have great days. Cancer no longer consumes my life, my thoughts, or my behavior."* – Lance Armstrong, cancer survivor and champion cyclist

# CANCER SUPPORT GROUPS AND CLASSES

Kettering Health Network (KHN) offers a variety of **free** support groups and classes to help people with cancer. Families and friends are welcome. You do not need to receive treatment at a KHN facility in order to attend. Registration is not required unless specified. For more information, call Cancer Services at (937) 395-8115.

All KHN Cancer Support Groups meet on the first Tuesday of the month unless otherwise noted. Meeting times may change due to holidays or special events. Check this newsletter or call (937) 395-8081 two hours before the scheduled meeting time for a recorded message regarding changes and cancellations.

## RECOVERY REHABILITATION TUESDAY, FEBRUARY 2, 6 P.M. SOCIAL TIME; 6:30 P.M. PANEL DISCUSSION

**Kettering Medical Center, Nelson Conference Rooms 3 & 4, ground floor**

Join us for a panel discussion including physical, occupational, and rehabilitation therapy team members from Kettering Medical Center. Guests include Rhonda Sanderman, PTA, CLT, Angela Campanelli, MS, CCC, SLP, BRS-S, and Jennifer Cunningham, COTA.

## HEALING THROUGH ART TUESDAY, MARCH 2, 6 P.M. SOCIAL TIME; 6:30 P.M. PRESENTATION

**Kettering Medical Center, Nelson Conference Rooms 3 & 4, ground floor**

Jonathan Haag, LISW, ATR, BC, Art Therapist from Hospice of Dayton Grief Center will discuss expressive art followed by a hands-on experience. Be ready to create a masterpiece!

**The following groups will meet individually from approximately 7:15 to 8 p.m. after each guest speaker:**

- **Caring and Sharing** – a discussion group for newly diagnosed and long term cancer survivors with any type cancer. Families/friends are encouraged to attend.
- **SOAR – strength, optimism, and recovery** – a women's group focusing on issues unique to breast cancer.  
» March 2, Dr. Carol Sawmiller will discuss "Decreasing the Risk of Breast Cancer Recurrence"
- **Leukemia, Lymphoma, and Myeloma Family Support Group** – for adult survivors and families of persons with leukemia, lymphoma, Hodgkin's disease, and multiple myeloma, as well as other blood-related diseases. Support from the Leukemia-Lymphoma Society is available.
- **Prostate Forum** – for men coping with new or long-term prostate cancer

## SOUTHWEST OHIO BRAIN TUMOR SUPPORT GROUP MONDAY, FEBRUARY 8 AT 7 P.M. & MONDAY, MARCH 8, AT 7 P.M.

**KMC Dining Room #1, ground floor**

For patients with any type of brain tumor, benign or cancer, families, and friends. This group meets the second Monday of each month. For additional information, call Marilyn Reed (937) 298-3399 x 55299.

## NAVIGATING THE BREAST CANCER JOURNEY CLASSES

**Available at both Kettering Medical Center and Grandview Medical Center**

KHN offers **free** classes for women diagnosed with breast cancer. **Registration is required.** Please call Cancer Services for current schedule and to register at 937-395-8115. Be sure to mention which location is best for you.

### Contact Us for Services

You can add, delete, or update your preferences for receiving the Looking Ahead newsletter or request additional information about cancer or cancer support groups by calling Cancer Services at (937) 395-8115. Looking Ahead is available by regular mail, e-mail, and on the website at [www.khnetwork.org/cancer/](http://www.khnetwork.org/cancer/).

# COPING WITH BREAST CANCER AND DEPRESSION

from Catie Lazarus, <http://www.wetv.com/fitness/coping-with-breast-cancer-and-depression.html>



**W**hile it makes sense one would feel sad in response to having breast cancer or the medication or treatment, it's still the pits. According to The National Institute of Mental Health (NIMH), clinical studies show that women who have depression and cancer may experience "more severe symptoms of both illnesses." Luckily you can get help!

Feeling depressed when dealing with cancer is common. Even though so many people are afflicted with breast cancer and depression, it's tricky for doctors to diagnose depression. Many of the symptoms of depression overlap with cancer. Also, symptoms may snow ball and lead to other issues. Like steroids may increase fluid retention, which can lead to weight gain, and that can affect body image and sexual desire. The same snowball effect can happen with hair loss. Also, there remains a societal stigma about depression.

Here is an overview of the symptoms; if you experience them for two weeks or more, you may be suffering from depression.

- **Appetite:** Experiencing a marked change in appetite (bingeing or loss of hunger).
- **Sleep:** Suffering from insomnia, difficulty falling or staying asleep, or oversleeping.
- **Mood:** Feeling depressed, weepy, hopeless or helpless, irritable or unusually angry.
- **Energy:** Sharp decrease in energy.
- **Concentration:** Trouble solving problems or keeping focused on a task at hand, ruminating and obsessing over negative thoughts.
- **Physical Tension:** Stiff or tight muscles (egs: locked jaw, stiff back or clenched fists).
- **Other Physical Symptoms:** Being restless, trembling or shaking.
- **Suicidal Thoughts:** If you're having suicidal thoughts or tendencies call 911 immediately. Certain chemotherapy agents have been known to lead

a small percentage of patients to feel suicidal or psychotic. Get medical care right away if you feel like you could hurt your self or someone else.

Treatment for depression may include professional counseling and therapy as well as community support, and self-help measures.

- **Counseling/Therapy** from a mental health expert. You can ask your medical doctor for a recommendation.
- **Medication:** Talk with a doctor about anti-anxiety or antidepressant medications.
- **Alternative Medicine:** Consult your doctor to see if acupuncture, cupping, and acupressure is right for you. Be aware that homeopathic medicine and Chinese herbs can be just as potent as prescription drugs so make sure to inform your doctor of any supplements you take.
- **Mindfulness:** Label your thoughts to pinpoint whether it is fear, anxiety, sadness, and determine which thoughts are repetitive or long standing. Instructional tapes you can do on your own are at <http://www.mindfulnessstapes.com>.
- Try spiritual, ritual, and religious practices either in a group setting or on your own. Celebrities aren't the only ones who can enjoy kabbalah to qi jong to tantric yoga. Of course there are plain-old church, mosque, temple, and synagogue services, which folks have relied on for centuries!
- Take deep breaths, and do relaxation exercises throughout the day.
- **Exercise:** As fatigue is a major issue for cancer patients in chemo, invest in more gentle exercise.
- **Work:** if you can return to your work schedule do, but even a modified one, if and when you can, is also helpful in feeling reintegrated and grounded.
- **Nutrition:** Eat well for your health, but also take time to delight in meals when you are up to it.

*to be continued on bottom of page 4*