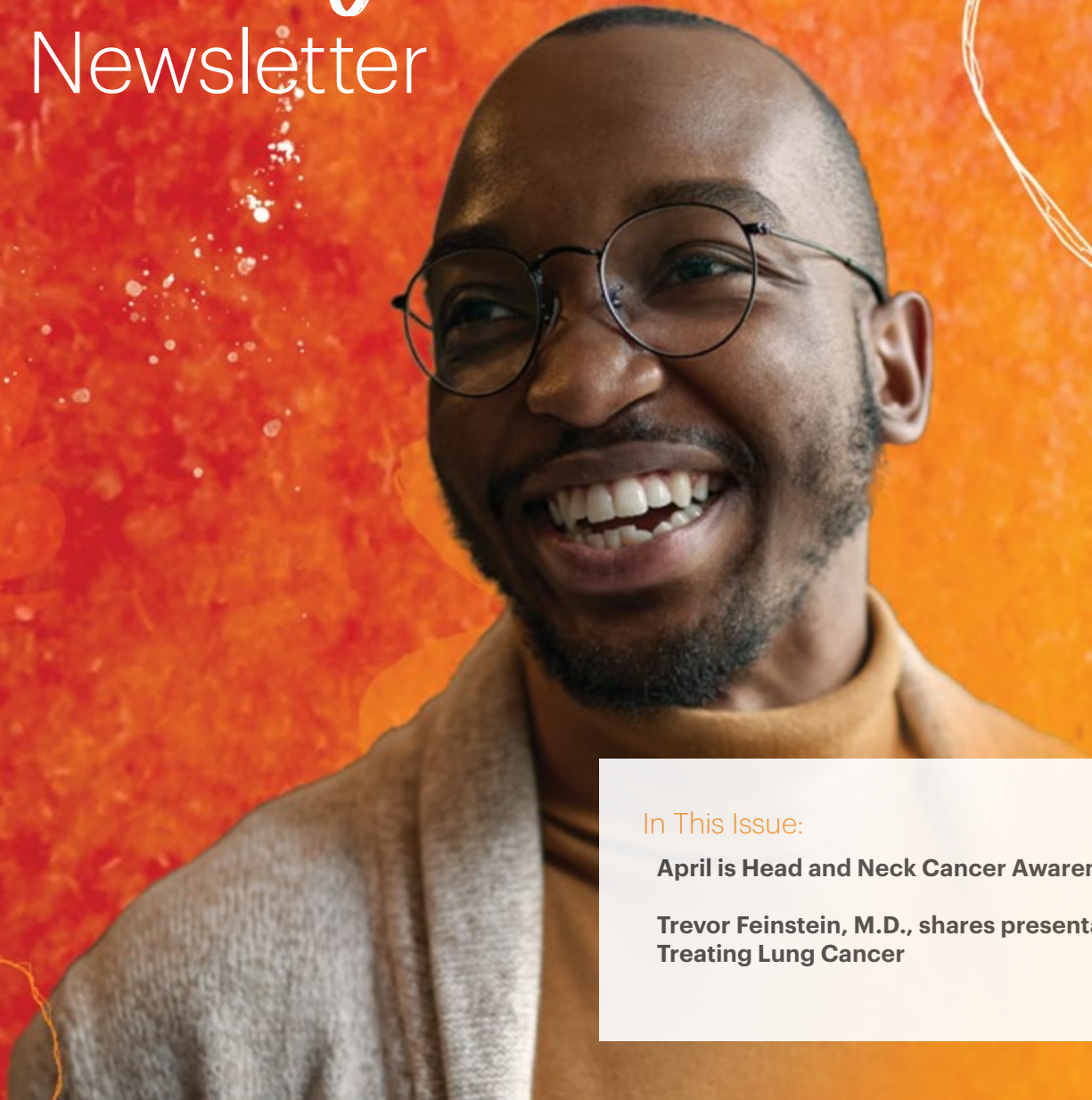


March/April 2022

Cancer Wellness

Newsletter



In This Issue:

April is Head and Neck Cancer Awareness Month

Trevor Feinstein, M.D., shares presentation on Treating Lung Cancer

Each month, hundreds of cancer patients, survivors and caregivers look to Cancer Wellness at Piedmont for support. To view the class schedule for all of our locations, visit piedmontcancerwellness.org.

THOMAS F. CHAPMAN FAMILY
cancer wellness



Real change lives here

At Piedmont, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, we recognize the needs of patients and their loved ones. As a part of our purpose to make a positive difference in every life we touch, we offer free programs and services to anyone affected by cancer regardless of where they have received their cancer care.

Your Cancer Wellness Team

Welcome to Piedmont Fayette Cancer Wellness—we're glad you're here!

Our entire Cancer Wellness team is available to meet with you virtually for individual consultations. In addition, we offer classes, support groups, videos and much more online.

Oncology Certified Dietitian – [Corey Tolbert, RDN LD](#)

Proper nutrition can reduce the risk of cancer, keep patients healthier during treatment and combat side effects. Our dietitian can help develop a nutrition plan that is customized for you.

Genetic Counselor – [Kelly Teed, MMsc, CGC](#)

Our genetic counselor is trained to interpret personal and family medical history to determine if genetic testing for a hereditary cancer predisposition is appropriate. She facilitates genetic testing and helps patients understand how the results impact their care plan.

Nurse Navigators – [Karen Bouwman, RN OCN](#) and [Elaine Harbin, RN OCN](#)

Nurse Navigators are specially trained oncology nurses who serve as a liaison between you and your healthcare team. They provide you and your family with education, support, and information about hospital services and community resources.

Wellness Coach – [Kirsten Soriano, BS, NBC-HWC](#)

A focus on strength is essential. Exercise has been proven to reduce fatigue, improve energy and help manage side effects. Our wellness coach partners with patients to help them envision healthier, happier lives, through lifestyle and behavior adjustments.

Oncology Social Worker & Female Sexual Wellness Educator – [Ashley Burgess, LMSW](#)

Our Oncology Social Worker supports patients and families by helping them navigate psychosocial challenges associated with cancer care. She can provide short-term, goal focused counseling to ensure a seamless transition to treatment completion.

Additionally, she is available for sexual health support for female cancer survivors. She is available to connect during treatment appointments or virtually for assessments, education, support and referrals as appropriate.

Contact us at 770.719.5860 to schedule an individual consultation and connect with our Cancer Wellness team.

Program Calendar

MARCH



Evolve Lifestyle and Weight Management - 6 p.m.



Prostate Cancer Support Group - 7 p.m.



Head & Neck Cancer Support Group - 6 p.m.



Living with an Ostomy Support Group - 2 p.m.

APRIL



Evolve Lifestyle and Weight Management - 6 p.m.



Evolve Lifestyle and Weight Management - 10 a.m. & 6 p.m.



Prostate Cancer Support Group - 7 p.m.



Evolve Lifestyle and Weight Management - 10 a.m. & 6 p.m.

Head & Neck Cancer Support Group - 6 p.m.

Find log in information for all classes and support groups on the following pages.

Visit **piedmontcancerwellness.org** for unlimited access to online classes, videos, articles, community support and more.

Thank you to our donors!

As a not-for-profit entity, Piedmont relies on the generosity of others like those who support Cancer Wellness at Piedmont in order to offer many programs, services and advanced medical technology to the community. For more information or to donate in support of Cancer Wellness at Piedmont, visit **give.piedmont.org** or call **404.605.2130**.

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Recognizing annual contributors to oncology programming at Piedmont Healthcare from January 1, 2021 to January, 31 2022. We have made every attempt to accurately reflect annual giving levels as well as listing preferences. If you have any question or notice a discrepancy, please contact Jeanine Osborne, Donor Relations Officer, at jeanine.osborne@piedmont.org or 404.605.2772.

Programs & Resources

SUPPORT GROUPS

Head and Neck Support Group

This group, facilitated by Doug Bradley, RN, will provide information and support to those newly diagnosed, undergoing treatment or recovering from treatment of head and neck cancers. Join the meeting virtually at zoom.us, meeting ID: 455 817 4435, passcode: 591923. Fourth Wednesday of each month, 6 to 7 p.m.

Living With an Ostomy

A support group for people living with an ostomy, their partners and caregivers. Members help each other learn to live a full life with an ostomy. Contact group facilitator Laura Lang, RN, at 678.379.9671, to register and for meeting details. Fourth Sunday of March, 2 p.m.

Prostate Cancer Information Group

Prostate Cancer Information Group is a chapter of Us TOO Int'l. The group is intended to allow men and their families to share information and enhance prostate cancer understanding (but not provide medical advice). Join on zoom.us, meeting ID: 950 6471 5979, passcode: 591923. Facilitated by Jim O'Hara. Fourth Tuesday of each month, 7 p.m.

YOUNG SURVIVORS

Cactus Cancer Society is a nonprofit organization providing online support programs to young adult cancer survivors and caregivers, changing the way that age-appropriate support is provided to young adults facing cancer. www.cactuscancer.org

MOVEMENT

MyFit Rx Exercise Program

Movement is one way that patients can fight fatigue, increase strength and boost energy during treatment and recovery. An increase in physical activity can improve hormone levels and the way your immune system works. The "My Fit Rx" program is appropriate for patients at the time of diagnosis and up to 12 months after completing treatment. Participants receive an individualized exercise program and participate in small group workout sessions two times per week for eight weeks. Physician referral is required. Call 770.719.5860 for additional information.

CREATIVITY

Hearts Need Art

Art therapy is a therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Visit heartsneedart.org to sign up for a free interactive arts experience – request songs, learn to draw or write a story. You can even invite friends and family.

GENERAL SUPPORT

Belong – Beating Cancer Together

The Belong.life app provides people with cancer and their families a unique and innovative personalized solution to help manage and fight cancer more effectively. Using Belong, you will find support groups for every type of cancer.

Chemocare.com is a comprehensive resource for cancer patients and their caregivers that provides chemotherapy drug and side effect information, cancer wellness information, and links to additional reliable resources and organizations.

The Cancer Survivors Network, a peer-supported site, provides a secure way to find and communicate with others who share your interests and experiences. www.csn.cancer.org

At **CANCERcare** you can connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by oncology social workers. www.cancercare.org/support_groups

ONE-ON-ONE SUPPORT

Cancer Hope Network provides free one-on-one confidential support to all people impacted by cancer. www.cancerhopenetwork.org

Ovarian Cancer - Steps Through OC is a new, national program offering free ovarian cancer counseling and other resources for any woman coping with OC, her family and her active caregivers. For more information or to register, visit stepsthrough.org or call 1.866.830.5134.

SEXUAL HEALTH

A-Z Guide on Kanwa.org

This is a witty, informal guide written to address sexual health and intimacy concerns for female cancer patients.

www.kanwa.org/sexual-health/a-z-guide

Sexual Wellness for Men

ED (erectile dysfunction) can be a common side effect of cancer treatment. There is hope for every man with ED to regain confidence, control, and wholeness. Visit edcure.org to learn more.

SURVIVORSHIP

Springboard Beyond Cancer is a mobile-friendly tool that enables and empowers people with cancer to play an active role in the management of their health. This includes management of illness and treatment, relationships, emotional and psychological stressors, and healthy lifestyle behaviors. www.survivorship.cancer.gov

NUTRITION

Individual Nutrition Consultations

Individual nutrition consultations are available for patients experiencing treatment side effects such as nausea and decreased appetite, and finding it difficult to get proper nutrition during treatment. Contact Oncology Dietitian Corey Tolbert, RD LD at 770.719.5862 to schedule an appointment.

Evolve Lifestyle and Weight Management

We understand that improving your body composition is more than just reducing your calorie intake or trying a fad diet. We also understand that cancer changes how your body gains or loses weight. This program uses nutrition, movement and lifestyle strategies to improve your overall health, reduce your risk of cancer returning and help you feel better overall. Beginning in April, this class will be offered during the day and in the evening.

Join Oncology Health Coach Sami Mansfield for this 12-week program to help you reach your goals!

Cancer Support Community provides

healthy eating tips and nutrition advice for cancer survivors, along with recipes for healthy meals and snacks. cancersupportcommunity.org/diet-nutrition

KNOWLEDGE

Feel More Like You Presented by Walgreens

When you are going through treatment for any type of cancer, the side effects can impact not only how you feel inside, but how you see yourself in the mirror. When you look more like yourself, it can boost your mood and confidence. Visit walgreens.com/feelmorelikeyou for information on participating locations, the Feel More Like You podcast and virtual resources.

FINANCIAL

Patient Access Network Foundation assists patients who cannot access the treatments they need because of out-of-pocket health care costs. www.panfoundation.org

Triage Cancer provides education on the practical and legal issues that may impact individuals diagnosed with cancer and their caregivers. They provide access to resources and advocate for the healthcare, financial, insurance, employment, and consumer rights of those diagnosed with cancer. www.triagecancer.org

COUNSELING

Georgia Crisis & Access Line provides 24-hour free access to urgent counseling services. 1.800.715.4225

Cancer Wellness Online -
a virtual home for wellness.

Visit piedmontcancerwellness.org
for unlimited access to
online classes, videos, articles,
community support, and more.

Head and Neck Cancers are More Common in Men Than Women

April is Head and Neck Cancer Awareness Month, and it is important for everyone to learn the risk factors for these diseases and the resources available for those who have been diagnosed.

"Tobacco use, including smokeless tobacco, and alcohol use are two the main risk factors for head and neck cancers," according to Dr. Jonathan Bender of Piedmont Cancer Institute. "Other risk factors include poor nutrition, poor oral hygiene, exposure to radiation or inhaling certain chemicals, and infection with cancer-causing types of human papillomavirus, among others."

Head and neck cancers occur more often in men than women and are also diagnosed more frequently among people over the age of 50. An annual screening with your physician is the best way to catch these diseases early. Symptoms to be aware of include lumps or sores that do not heal; sore throats that linger; trouble breathing, speaking, or swallowing; swelling of the jaw; and frequent headaches among others.

Dr. Bender explains, "If you are experiencing any of these symptoms, it's important to check in with your primary care doctor or dentist. It is very possible that these symptoms could be caused by other, less serious conditions, but if you have any of the risk factors, including gender and age, it is worth getting it checked out. Catching any form of cancer early gives you a better chance of beating the disease."

If you are diagnosed with a head or neck cancer, there are many treatment options available including surgery, radiation, chemotherapy, targeted therapy or a combination of treatments. The treatment plan often is determined by where the tumor is located, the stage of the cancer and the health of the patient. Piedmont Fayette offers a support group for patients with head or neck cancers and their caregivers. The group, led by Doug Bradley, RN, meets the fourth Wednesday of each month at 6 p.m. and provides information and support to those newly diagnosed or those in treatment or recovery.

To learn more about oncology services at Piedmont Fayette, visit piedmont.org/cancer.



Trevor Feinstein, M.D. Gave Presentation in Paris on *Treating Lung Cancer*



The European Society for Medical Oncology Congress met September 16–21, 2021 and oncologists, surgeons, and medical researchers from around the world gave presentations and updates to their colleagues on a wide range of topics. Piedmont Cancer Institute's own Trevor Feinstein, M.D., gave a presentation about adding plinabulin, a first-line class, selective immunomodulating microtubule-binding agent (SIMBA) to docetaxel in treating patients with non-small cell lung cancer.

"The patients in this study had already been treated for lung cancer and the treatment had failed," Dr. Feinstein said. "What we found was this addition of plinabulin significantly improved overall survival, progression-free survival and response rate, while reducing the toxicity of docetaxel."

The study started in late 2015 and featured patients throughout the United States, Australia and China. Over 10 percent of the patients who received the addition of plinabulin were still alive four years later, compared to none of the patients who were treated with docetaxel along with the placebo.

"There were a lot of positive results with the study," Dr. Feinstein stated. "We found the addition of plinabulin reduced side effects of chemotherapy and improved time without symptoms by over 18%, and patients were less likely to have a suppressed immune system. Patients lived longer and had an improved quality of life. Those are all the results we are looking for."

There were many patients from Piedmont Cancer Institute in the study, and Dr. Feinstein could see the results up close. There are many active clinical studies, and Dr. Feinstein and his colleagues are always looking for patients who fit the criteria for the studies.

"The goal of clinical trials is to find new treatment options that lead to better outcomes for patients," Dr. Feinstein explained. "We are fortunate to have a great research department that provides access to many evolving therapies. Our hope is that these studies make a difference for our patients and their families." The group will now write up a manuscript on adding plinabulin to docetaxel and submit it to the Food and Drug Administration, hoping that they approve the addition of plinabulin to lung cancer treatment.

To learn more about oncology services at Piedmont, visit piedmont.org/cancer.

To learn more about Dr. Feinstein and clinical research trials, visit piedmontcancerinstitute.com.

Cancer Wellness at Piedmont Fayette

Piedmont Fayette Hospital (West Entrance)
1255 Highway 54 West
First Floor • Suite 1100
Fayetteville, Georgia 30214 • 770.719.5860

Catherine Hoffman,
Director of Oncology Services

Kirsten Soriano,
Cancer Wellness Coordinator and Health Coach

Community Connections

The Thomas F. Chapman Family Cancer Wellness community partners will be featured each month with educational tips and seasonally appropriate education for our readers.

Movement is Medicine with Piedmont Wellness Center

Being active is important for our health, but it is particularly crucial after a cancer diagnosis. Exercise reduces fatigue, increases strength, eases depression and maintains bone and muscle mass. Laura Millner, BPhED, PGDip, ACSM EP-C offers this tip on starting an exercise program:

With our busy lives, it can be difficult to find the time to exercise, and often it is the first thing to go from our schedules. To create a successful exercise routine, you need to change your mindset to prioritize exercise. This time should be looked at as an important investment in yourself. When creating your schedule, try to problem-solve to fit in some exercise, even if it is a small amount.



Eat Right with 180 Degree Farm



Proper nutrition can reduce cancer risk, keep patients healthier during treatment and combat side effects. Scott Tyson, owner and founder of 180 Degree Farm, has some good advice for people interested in healthy eating:

Gardening tip: Get ready for tomato season now! It's not too late to start seeds. Keep it simple by using an old paper egg carton and filling the cups with organic seed-starting soil mix (a little hint: when shopping for organic soils and amendments, look for OMRI on the label. That means it's approved for organic gardens). Plant one seed per cup and lightly cover with more soil. Water and keep in an area with light and temps at 70 degrees. If all goes well, you'll see sprouts in a week or two.

It's almost spring at 180 Degree Farm, and organic carrots, beets, salad greens, kale, broccoli, cabbage, and more are in season.

Skin Deep with The Skin Society



It's important for patients to learn how to care for their skin while under chemotherapy, radiation and other cancer treatments. Martha Miller, LME, from The Skin Society offers these important tips for skin care:

As the seasons change, so should your skincare routine. When the cold winter weather changes to spring, it's time to shed that dead winter skin and get your skin prepped to show off more of it with confidence. Spring is the time to lighten up your moisturizer and prepare for more sunshine.

Exfoliation via face and body peels help shed dead dry skin, improve hyperpigmentation and reveal a fresher, brighter skin.

Be sure to apply sun protection. SPF products should be used daily but when you are outdoors more, you have to re-apply.

Incorporate an eye cream. Spring is also a time for many outdoor allergies, which can cause itchy eyes, under eye circles and swelling. An eye cream can help reduce puffiness and dark circles.

The Skin Society is a team of medical estheticians that can recommend what products and treatments are best for your individual skin concerns.

