

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.

FORUM HEALTH'S CANCER REGISTRIES RE-ACCREDITED

*Submitted by Norma Larsick, BA, CTA, Corporate
Manager Cancer Registries*

The Cancer Registry is responsible for managing all statistical information on cancer patients diagnosed and/or treated at Forum Health. The information is collected and maintained according to the American College of Surgeons Commission on Cancer guidelines, and serves as a reference for physicians, administrators and students. The Cancer Registry has three full-time and one part-time Certified Cancer Registrars.

Forum Health, formerly known as The Youngstown Hospital Association, with a designation as a teaching hospital, started their first Tumor Registry in 1953 under the guidance of Dr. Arthur A. Rappaport (pathologist) and Dr. William J. Flynn (surgeon). We received our first Certificate of Approval in 1956. This accreditation also included Tod Children's Hospital. Trumbull Memorial Hospital, with a designation as a community hospital, started their first Tumor Registry in 1983 and received their first accreditation in 1985.

On March 3, 2004, Western Reserve Care System was surveyed and received another three-year approval by the American College of Surgeons Commission on Cancer. Trumbull Memorial Hospital was surveyed on October 29, 2004 and also received another three-year approval. This makes 48 years and 19 years respectively of continuous approval of our programs for cancer treatment to our patients at Western Reserve Care System, Tod Children's Hospital and Trumbull Memorial Hospital. Forum Health is proud of this accomplishment. We constantly strive to give the very best treatment to our cancer patients close to home.

Every year, we publish an Annual Report with statistics on our cancers with survival data. This year, Western Reserve Care System will feature an in-

depth report on colorectal cancers with review and comments by Dr. Jeet Mehta, colorectal surgeon. Tod Children's Hospital will feature an in-depth report on pediatric cancers with review and comments by Dr. Ayman Saleh, pediatric hematology/oncology. Trumbull Memorial Hospital will feature an in-depth report on breast cancer, with review and comments by Dr. Linda Camp, general surgeon and plastic surgeon. We will also feature our Annual Report on our website: www.forumhealth.org. Please look for it.



EXCELLENCE AND CUSTOMER SATISFACTION

*Submitted by Arlee Session, Corporate Clinical
Executive*

Forum Health Cancer CareCenters continues our quest for excellence in clinical and customer service. Over the past several months, team members of the Cancer CareCenters have met to discuss and benchmark clinical and operational processes.

Our focus on clinical care has been led Pam Stephenson, RN, MSN, CS along with myself as we navigate our services and processes on a journey of clinical excellence. Along this journey we have established new processes such as a common toxicity grade, intranet based oncology learning modules and new policies and procedures. The goal of this group is simple, to ensure we continually provide the best care to our patients and their families - bar none. In this process we have benchmarked processes with the Advisory Board Oncology Round table, analyzed and compared our own Tumor Registry data to local, state and national trends; then asked how can we do better. In 2005, we will analyze the major aspects of our services, and determine opportunities for improvement with our clinical leadership team.

As we focus on customer satisfaction, it's important to note that the rendering of Oncology services go hand and hand with the Forum Health Planetree philosophy. The patients along with their families and friends are always at our center of focus. In caring for our patients, we also care for those who care for our patients. That group includes our clinical team members, and patient

family members and friends. We have reviewed and will continue to review processes that impact how our patients' access care, information, make appointments, have their questions and yes phone calls answered. The Cancer CareCenters team of professionals both clinical and support are dedicated to challenging ourselves so that we positively impact the care and service we provide to our patients.



SURFING

Submitted by Cathy Kajut, MSW, LSW

Let's surf the sites to see what is offered from some of the major organizations that specialize in Sickle Cell, cancer, and hemophilia. If you do not have a computer, you can log on at your local library! These organizations work hard at helping you get the support and information that can assist you.

Sickle Cell:

<http://www.emory.edu/PEDS/SICKLE/>

Provides links to other sickle cell sites and gives you a lot of information on sickle cell disease.

<http://www.sicklecelldisease.org/>

The Sickle Cell Disease Association of America.

Hemophilia:

www.allaboutbleeding.com

www.hemophilia.org

NOHF.org

Northeast Ohio Hemophilia Foundation

Pediatric cancer:

www.cancercare.org

Also available in Spanish.

www.candlelighters.org

www.supersibs.org

Provides services and activities for brothers and sisters of children with cancer.

Let us know what you think of these sites. Your input is important to us. Also, remember that

translator phones are available if English is not your primary language, and there is no charge for this service.



IF I HAD MY LIFE TO LIVE OVER AGAIN

Submitted by Chaplain Jim Melick

I hope you will be encouraged by the following reflection, "IF I HAD MY LIFE TO LIVE OVER" - by Erma Bombeck (written after she found out she was dying from cancer).

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner." There would have been more "I love you's." More "I'm sorry's."

But mostly, given another shot at life, I would seize every minute...look at it and really see it .. live it .and never give it back. Stop sweating the small stuff.

Don't worry about who doesn't like you, who has more, or who's doing what.

Instead, let's cherish the relationships we have with those who do love us.

Let's think about what God has blessed us with. And what we are doing each day to promote ourselves mentally, physically, emotionally. I hope you all have a blessed day.



RESOLUTIONS FOR A HEALTHIER NEW YEAR

Submitted by Pam Stephenson, RN, MSN, CS

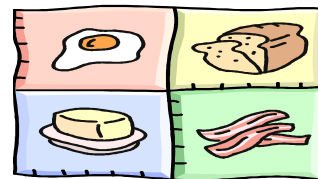
This year, as you are making your New Years Resolutions, consider making some changes that can help you live longer and better.

- **Eat a well-balanced diet** that keeps fat content to a minimum and includes five servings of fruits and vegetables a day.
- **Limit time in the sun** and regularly use sun screens to protect your skin.
- **Get moving!** See your doctor for advice about starting an exercise program that best suits your lifestyle needs and physical condition.
- **Limit alcohol consumption.** Alcohol has been associated with cancers of the mouth, esophagus, and bladder.
- **QUIT SMOKING!** The American Cancer Society says that tobacco is damaging to nearly every organ in the body. We know about the tobacco connection to lung cancer, heart and respiratory diseases, but what about your friends

and loved ones exposure to second-hand smoke? Research tells us that people who have never smoked themselves but have been in close proximity to smokers can also develop cancer, heart and breathing diseases associated with smoking.

- **Stop using smokeless tobacco** also known as "snuff" or "chew." These are not safe alternatives to smoking and are also associated with health risks.

The American Cancer Society has more information about making these suggestions a reality. To request more information, log on to www.cancer.org or call 1-800-ACS-2345.



NUTRITIONAL SUPPLEMENTS – AN ALLY DURING CANCER TREATMENT

Submitted by Diane Racz, RD, LD

Good nutrition is important for people of all ages and in all stages of health. It is especially important for people suffering from cancer and/or undergoing cancer treatment. Eating a well balanced diet is an essential part of the cancer treatment plan. As part of the cancer process the body is undergoing stress. This stress can be from recent surgery, the disease itself, or even a side effect of the treatment.

Eating the right kinds of foods helps the cancer patient to boost the immune system, maintain their weight, prevent malnutrition and avoid excess fatigue. Good nutrition increases tolerance for and the effectiveness of cancer treatments. Persons in good nutritional health may tolerate higher doses of chemotherapy and radiation therapy and tolerate them for longer periods of time. Those people who have surgery find that they recover faster and avoid infections when they are well nourished.

In spite of our best efforts, there are times when it is very difficult to eat the right kinds of foods in sufficient quantities or even to feel like eating at all. That is when an oral nutritional supplement may be helpful. Commercial nutritional supplements do what their name implies, they "supplement" oral

intake. Their purpose is to "complement" the foods being eaten. They may be useful in times of illness, for weight gain or maintenance, or for people with chewing and swallowing problems from a sore mouth or throat. They can also be useful when a lack of energy for food preparation or lack of appetite interferes with food intake.

There are many types of nutritional supplements available depending on your particular needs. Some supplements provide extra protein or extra calories, while others provide fiber which helps with bowel regularity. Your doctor, nurse, or dietitian can help you find the most appropriate supplement.

Forms of supplement available include beverages, fruit juices, thick shakes, puddings, soups, chewy bars or cookies. An oral supplement can be used in the form of a drink or shake right from the can. It can be used in a homemade recipe with fresh fruits, flavorings, syrups, ice cream, sherbet, or whipped cream and made into smoothies. A nutritional supplement can be used in place of milk or water in many recipes to provide more calories and protein than regular milk or water.

You may wish to try the following recipes to help you get started with using nutritional supplements.



RECIPES

High Protein or "Fortified" Milk

¼ cup skim milk powder
1 cup whole or 2% milk

Combine both ingredients in blender, mixer, or shaker bottle and mix until smooth. Then chill.

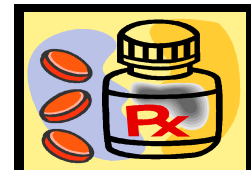
This milk can be used in any recipe calling for milk.

Butterscotch Oatmeal

2 beaten eggs or ½ cup low cholesterol liquid egg substitute
3 ½ cups milk (or "High Protein Milk" or Liquid Vanilla Nutritional Supplement)
1 cup brown sugar (or to taste)
2 cups quick cooking rolled oats
¼ cup butter or margarine
Milk
Cinnamon

Directions: In large saucepan combine eggs, milk and sugar. Cook and stir over medium heat till slightly thickened, about 5 minutes. Stir in rolled oats; cook just till mixture begins to bubble, about 3 minutes. (For creamier texture, add oatmeal to uncooked egg mixture; cook and stir over medium heat till thickened, 8 to 10 minutes.) Add margarine or butter; cover and remove from heat. Let stand a few minutes, then stir to blend in margarine. Sprinkle with cinnamon. Serve with additional milk as desired. Makes 4 to 6 servings.

Adapted from Better Homes and Gardens, "Good Food on a Budget"



DRUG HELPS

Submitted by Mary C. Morris, MS Ed., LSW

If you are having difficulty due to the high cost of medications, check with your prescribing physician's office to see if the pharmaceutical company has a Patient Assistance Program. Some times, if you meet the company's financial criteria, the medication can be provided at no cost, or at a lower cost.

Other options also include:

Together Rx 1-800-865-7211

Pfizer for Living Share Card 1-800-717-6005

Medicare patients, with cancer related diagnoses taking Targretin, Iressa, Hexalen, Gleevec, Thalomid, Arimidex, Aromasin, Femara, Nolvadex, and Fareston may also be eligible for assistance through the Medicare Replacement Drug Demonstration Program. Additional information can be obtained by calling: AZ CSN at 1-866-992-9276 and/or TrailBLazer Health Enterprises at 1-866-563-5386.