

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.

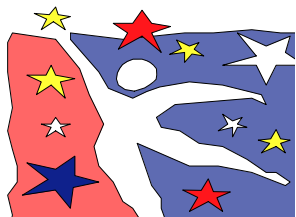
NATIONAL CANCER SURVIVOR'S DAY AND THE RELAY FOR LIFE

Written by Deborah M. Dashko, RN, BA, LPC, CPDS, OCN, CHES

Friday, May 17th promises to be the biggest and best National Cancer Survivor's Day (NCSD) ever! It will be part of the Relay for Life (RFL) at the Boardman Middle School on Market St. in Boardman, Ohio. On this day, we pause to celebrate the lives of all the people around the world who are living with a history of cancer, and focus attention on the issues of survivorship. It is also a time to acknowledge those professionals dedicated to cancer treatment, research and support services. A "survivor" is anyone living with a history of cancer.....from the moment of diagnosis throughout the remainder of life.

I am extending a warm invitation to everyone in our area to come celebrate the precious "gift of life". The Relay for Life, which is the premier fundraiser for the American Cancer Society, will start at 6:00 PM. National Cancer Survivor's Day is "kicked off" at the opening ceremonies of Relay For Life. This evening will be filled with joy, fun and camaraderie. There will be some wonderful surprises (HINT: falling from the sky), food, laughter and entertainment. The Struthers Singers will be back again this year to perform. We need you to be part of this! We need our seasoned survivors to welcome our new survivors with hope and encouragement. Dan Pompeii, a brain cancer survivor and American Cancer Society Courage Award Recipient is our keynote speaker. He is bringing a guest celebrity speaker, John Haycock the YSU football coach. This event promises to bring hope, inspiration and empowerment.

So mark your calendar now! You won't want to miss it. Bring your family and get ready to PARTY!



CANCER AND MASSAGE

Written by Norman W. Brown, Jr., BSAS, LMT, RRT

Benefits of Massage Therapy (MT) include: improvement in circulation, increased relaxation, and reduced stress. MT can also help with your self-esteem and reassurance through touch in a caring yet goal oriented manner.

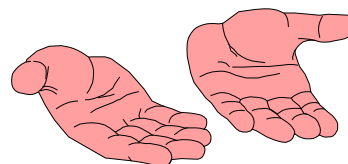
Research projects are being done on the benefits of MT for cancer. One such project is being directed by Dr. Prabhat Pokhrel, MD, MS, PhD, Director of research at New York College for Holistic Health Education and Research in Syosett, New York. This project is focused on stage II breast cancer and the effectiveness of MT. Books such as Gayle MacDonald's *Medicine Hands: Massage Therapy for People with Cancer* are being written to assist Massage Therapists in providing MT for cancer patients.

Who is the most important person when it comes to cancer and massage? Answer: The person with cancer. The cancer patient may have questions and concerns about receiving MT. Because of the different types and stages of cancer, the patient should always consult with the physician prior to receiving MT. The physician may feel that until certain cancer therapies are completed MT may be contraindicated. Physicians and other health care providers are becoming much more aware of the use and benefits of MT for their patients. Their perception that MT is contraindicated for all cancer patients is changing.

There is one other important person when it comes to cancer and MT. Who might that be? Correct, the Massage Therapist. Massage Therapists enjoy what they do and enjoy helping others feel better. In Ohio Massage Therapists are required to be licensed by the State Medical Board of Ohio. Always make sure that the Massage Therapist is properly licensed.

FYI: These terms are not used much anymore: A Masseur is a male Massage Therapist and a Masseuse is a female.

I'll be in touch.



WHEN FOODS DON'T TASTE RIGHT

Written by Pam Evans RD, LD, CDE

Your sense of taste or smell may change during your illness or treatment. Foods, especially meat or other high-protein foods, can begin to have a bitter or metallic taste. Many foods will have less taste. Chemotherapy, radiation therapy or the cancer itself may cause these problems. Dental problems also can change the way foods taste. For most people, changes in taste and smell go away when their treatment is finished.

There is no foolproof way to prevent changes to your sense of taste or smell because each person is affected differently by illness and treatments. However, the following tips may help.

- Season foods with tart flavors such as lemon wedges, lemonade, citrus fruits, vinegar and pickled foods. (If you have a sore mouth or throat, do not use this tip)
- Chew lemon drops, mints or gum which can help get rid of bad or off tastes that linger after eating.
- Flavor foods with onion, garlic, chili powder, basil, oregano, rosemary, tarragon, barbecue sauce, mustard, catsup or mint.
- Increase the sugar in foods, This can help increase pleasant tastes and decrease salty, bitter or acid tastes.
- Marinate and cook meats in sweet juices, fruits, acidic dressings, or wine. For example, try sweet and sour pork with pineapple, chicken with honey glaze, and beef in Italian dressing.
- Blend fresh fruits into milkshakes, ice cream or yogurt.
- Rinse your mouth with tea, ginger ale, or water with baking soda before eating to help clear your taste buds.
- Serve foods cold. Hot foods produce stronger smells and flavors.
- Eat frozen fruits such as cantaloupe, grapes, oranges and watermelon.
- Select fresh vegetables. They may be more appealing than canned or frozen ones.
- Cover liquid supplements and drink from a straw or use a child's covered drinking cup if odor is a problem.

MEMORIAL SERVICE TO BE HELD SUNDAY, MAY 19, 2002

Written by Rev. Jim Melick, ThD, BCC, Corporate Director of Pastoral Services

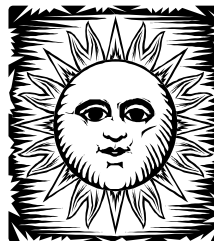
Research shows us that the rates for new cancer cases and deaths are declining in the United States, but some are still loosing the battle of cancer. Every person who dies leaves behind family and friends who experience grief as a result of their loss. For this reason Forum Health has two planned memorial services.

This year's Memorial Service for Northside/Tod Hospitals and the Western Reserve Care System will be held at the First Presbyterian Church in Youngstown at 3 PM., May 19, 2002.

A Memorial Service for Trumbull Memorial and Hillside hospitals will be held June 9, 2002. This service will be held at SS.Cyril and Methodius Catholic Church in Warren at 3 PM.

The Memorial Services will offer an opportunity for those attending to be surrounded by others, who have experienced grief from the loss of a loved one.

The service for comfort and healing will provide a special time to honor, remember and celebrate the life of a loved one or friend.



THE SKIN YOU'RE IN

Written by Deborah M. Dashko, RN, BA, LPC, CPDS, OCN, CHES

As the days get longer, many of us will be enjoying the fresh air and sunshine. It is important to remember the dangers of too much sun. According to the American Cancer Society, 1.3 million cases of basal cell and squamous cell cancer are detected each year. When detected early, these types of skin cancers have a cure rate of 95%. But the rate of the most dangerous skin cancer, melanoma, is on the rise. Someone dies of melanoma every hour and 6 out of 7 skin cancer deaths are from

melanoma. But there are things you can do to prevent skin cancer and detect it at its earliest, most treatable stage. Below are some points to remember:

- Avoid the sun between 10am and 3pm. This is when the sun's rays are the strongest, Pay attention to the UV index of the day. The UV index is a number between 0 and 10+. It indicates the amount of UV radiation reaching the surface around noontime. The higher the number, the greater your exposure to UV radiation.
- Cloudy skies only block 20% of the UV radiation. Snow and sand reflect sunlight and increase UV radiation. When out in the sun, wear a minimum SPF 15 sunscreen. Make sure it is waterproof and contains titanium dioxide, an opaque agent that blocks light.
- Sunscreen should not be used on children under 6 months of age because the chemicals may be too strong for their skin.
- Wear sunglasses to block 99 to 100% of the UVA and UVB rays. If there is no label on the sunglasses, do not buy them. Darkness of the lenses have nothing to do with the ability to block rays. UV protection comes from an invisible chemical applied to the lenses.
- Wear lightweight, loose fitting clothing in the sun. Tightly weaved cloth is the best to wear.
- Avoid "tanning pills". The main ingredient in tanning pills, canthaxanthin, can deposit in the eyes in the form of crystals causing injury and impaired vision.
- Tanning accelerators have not been approved by the FDA.
- Tanning beds are not recommended. If you use artificial tanning, make sure it is FDA regulated, has a timer to limit the amount of exposure one can receive in a session, comes with UV-blocking goggles, which should always be worn when using the tanning bed and provides information on proper use.
- Perform regular skin self-exams. Look for signs of a change in size, shape and texture, and color of a blemish or sore that does not heal.
- Wear a hat to protect your head, face and ears.
- Use an umbrella to shield you from the sun.

If you have a suspicious lesion or a sore that has not healed in 2 weeks, consult your doctor. **May is National Skin Cancer Awareness Month. In honor of this, Forum Health's Cancer CareCenters, in collaboration with the American Cancer Society are holding various skin screenings throughout Mahoning and Trumbull counties during the month.**

Mahoning County:

- **Saturday, May 11th, 9:00 – 11:00 AM, in the Cancer CareCenter at Forum Health**
- **The second is scheduled for Wednesday, May 15th, 5:00 – 7:00 PM at Beeghly Medical Park, The Center For Breast Health, Building A, Suite 201.**

Trumbull County:

- **Wednesday, May 29th 6:300 – 8:00 PM at the Eastwood Mall County Health Connection.**

For more information and to schedule an appointment today, please call the American Cancer Society at (330) 533-0546.



I will take today in my arms and love it. I will love it all – ah, how good it feels! A hand of an old friend.

-Henry Wadsworth Longfellow



“FAMILY: NOW MORE THEN EVER”

Written by Deborah M. Dashko, RN, BA, LPC, CPDS, OCN, CHES

Family is the home we carry inside us. It is a haven in a troubled world. Often times, we do not take the time to consider how important family can be. Our world gets very busy and we become self-absorbed.

The very definition of family....connection, trust, support, unconditional love..... is what we yearn for and need to feel complete. Everyone needs someone to count on, no matter what. Whoever that is, they are family. Even at its most trying, family still helps us by expanding our capacity for tolerance and escorting us by, sometimes kicking and screaming, into new realms of understanding. These days, notions of family extend to an even wider community, embracing steps, exes, coworkers, friends and even helpful strangers. Whether we're linked by blood, marriage, adoption, or affection, let's remember to celebrate the bond that we have. That bond is even more important now than ever before, because we are all much more aware of what we need to create deeper meaning in our lives. Call "family" today to say "I love you" or "I'm thinking of you". We need to take nothing for granted anymore. Especially those we claim to care about. Use every day to reach out in love and kindness. Let yourself receive love and kindness. Embrace the warmth and comfort of others with your whole heart. Remember: Family now more than ever!

STAYING POSITIVE WHEN YOU'RE FEELING NEGATIVE

Written by Deborah M. Dashko, RN, BA, LPC, CPDS, OCN, CHES

THINK POSITIVE! STAY HOPEFUL! BE OPTIMISTIC! If you are a person fighting cancer, chances are that you have heard this advice ad nauseam. But exactly how do you stay positive when you are coping with cancer? What do you do with worry, fear, anxiety or depression? Are these feelings unhealthy? Should you push them away? How can you fight back?

It may surprise you to learn that positive coping includes some negative feelings. These negative feelings are normal and healthy and are an important part of adjusting. After all being diagnosed and treated for cancer is a life-changing thing. Life as you knew it no longer exists. Your immortality is challenged. Your daily life is defined by doctors, nurses, schedules and treatments. Your doctor's waiting room may feel like your second home. With all these changes, it is normal to feel sad or be anxious.

As you recover, your emotions will change again. You may wish to put this all behind you, but may

find this hard to do. Like any other life crisis or trauma (tornado, fire, car accident), there is a normal process of shock, disbelief, grief and recovery. The post-treatment period includes integrating the cancer experience into your life. In other words, as a person with cancer, you do not simply return to your old life. Rather, you will remember and use the cancer experience to move forward in a different, hopefully improved manner. You will change and grow from this experience, difficult as it may be.

Permitting yourself to go through this process is a positive way to cope with your cancer experience. It is important to remember that each person's path is different and unique.

Consider the following positive coping choices and see which may be right for you:

- There is evidence that expressing your feelings has a positive impact on your health. Begin to give yourself permission to verbally express your feelings. You may choose to talk to a close friend, or join a support group or speak with an informal network of survivors.
- Consider finding a nonverbal outlet for your feelings. Examples include music, art and journal writing.
- First person accounts of cancer experiences can help you feel more positive about your experience. It is helpful to read about a survivor's journey and relate to the feelings they have had. You may also discover helpful coping tips and outside resources from them.
- Pay attention to a healthy lifestyle and minimize unnecessary stress and let daily hassles remain small hassles.
- Consider physical activity. It works wonders as a natural antidepressant to lift your spirits.
- Get the most out of your medical team. Ask them questions. Ask their advice.

Remember that most people with cancer experience the full range of emotional feelings. Most survivors have had some bad days. Most survivors have had some sleepless nights. YOU ARE NOT ALONE! Experiencing negative feelings is all part of the process of successfully coping with cancer. Learn to express your feelings and seek out supportive relationships. Most of all, take pride in your cancer survivorship!

