

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.

CLINICAL TRIALS AT THE CANCER CARECENTER

Submitted by Beverly Brunker, RN, BSN, OCN

A very important part of our cancer program is the emphasis on research. We often refer to research as clinical trials, protocols, studies, or roadmaps. These studies test many types of treatments, such as new drugs, new approaches to surgery or radiation therapy, new combinations of treatments, or new methods of treatment in humans. Studies are done with cancer patients to find out whether promising treatments are safe and effective. Clinical trials contribute to knowledge and progress against cancer. If a new treatment proves effective in a study, it may become a new standard treatment that can help many patients. Many of today's most effective standard treatments are based on previous study results. Clinical trials may also answer important scientific questions and suggest future research directions. Because of progress made through clinical trials, many people treated for cancer are now living longer.

Cancer clinical trials at Forum Health are approved by The National Cancer Institute and obtained through our affiliation with the Southwest Oncology Group (SWOG), the Children's Oncology Group (COG), and the National Adjuvant Breast and Bowel Project (NSABP). We also participate in studies being conducted by pharmaceutical companies testing their own drugs. These studies look at both cancer treatments and ways to prevent cancer. Many studies involve looking at the Quality of Life in patients receiving treatment for their cancer.

For more information and questions related to your involvement in clinical research trials, please call Beverly Brunker, Clinical Research Coordinator at (330) 884-4176, at Northside Medical Center, or Debbie Anastasiadis, Clinical Research Coordinator at Trumbull Memorial Hospital at (330) 841-9376.



WHAT YOU CAN DO TO PREVENT CANCER

Submitted by Debbie Gilbert, MS RD LD

1. Eat a variety of healthful foods, with an emphasis on plant sources.

- Eat five or more servings of a variety of vegetables and fruits each day.
- Choose whole grains in preference to processed (refined) grains and sugars.
- Limit your consumption of red meats, especially high-fat and processed meats.
- Choose foods that maintain a healthful weight.

2. Adopt a physically active lifestyle.

• **Adults:** Engage in at least moderate activity for 30 minutes or more on five or more days of the week; 45 minutes or more of moderate to vigorous activity on five or more days per week may further enhance reductions in the risk of breast and colon cancer.

• **Children and adolescents:** Engage in at least 60 minutes per day of moderate to vigorous physical activity at least five days per week.

3. Maintain a healthful weight throughout life.

- Balance caloric intake with physical activity.
- Lose weight if currently overweight or obese.

4. If you drink alcoholic beverages, limit consumption.

• Scientific evidence suggests that about one-third of the cancer deaths in the US each year are related to poor diet and inadequate physical activity.

How does a poor diet cause cancer?

Diets high in fruits, vegetables, and whole grains are high in fiber and help move food through your body faster. Moving food through the body faster limits the time that the body is exposed to cancer-causing agents in the food we eat.

Diets high in fruits, vegetables, and whole grains and low in animal fat help individuals maintain a healthy weight and reduce the risk of being overweight or obese.

How does obesity cause cancer?

Obesity alters your body's hormonal balance. Hormones control the growth (both normal and abnormal) of many different tissues in the body.

How does physical activity help prevent cancer?

Physical activity helps keep the heart and other muscles of the body in good working order. Physical activity lowers your risk of being overweight or obese. Physical activity also boosts your immune system to keep you healthy

Source

- Cancer in Your Community: What You Can Do to Prevent Cancer
- American Cancer Society



REFLECTIONS FROM THE CHAPLAIN

Submitted by Chaplin Jim Melick, Th.d, BCC

I once read the following reflection about a Butterfly, which encouraged me to continue to trust God when I face challenges in my life.

A man found a cocoon for a butterfly. One day a small opening appeared, he sat and watched the butterfly for several hours as it struggled to force its body through the little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and could go no farther. Then the man decided to help the butterfly.

He took a pair of scissors and snipped the remaining bit of the cocoon. The butterfly then emerged easily. Something was strange. The

butterfly had a swollen body and shriveled wings. The man continued to watch the butterfly because he expected at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened. In fact, the butterfly spent the rest of its life crawling around with a swollen body and deformed wings. It was never able to fly.

What the man in his kindness and haste did not understand, was that the restricting cocoon and the struggle required for the butterfly to proceed through the small opening of the cocoon are God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon. Sometimes struggles are exactly what we need in our life.

If God allowed us to go through all our life without any obstacles, that would cripple us. We would not be as strong as what we could have been. Not only that, we could never fly.

Regardless of what you are experiencing or facing remember to trust in the Lord with all your heart and not to lean upon your own understanding, but in all your ways to acknowledge Him, and He will continue to direct your steps.

Have a wonderful day. Chaplain Jim Melick, Th.D, BCC



FORUM HEALTH'S MEMORIAL SERVICES

Forum Health's Memorial Services for those who have died in the Forum Health hospital, any employees who died or family members of employees who died in 2004.

The Memorial Services will be held on Sunday, May 22, 2005 at 3:00 PM at the following locations:

WRCS - First Presbyterian Church
201 Wick Avenue
Youngstown, Ohio

TMH - SS. Cyril and Methoduis Church
185 Laird Avenue Northeast
Warren, Ohio



WORKING DURING CANCER: TIPS TO MAKE YOUR TRANSITION EASIER

Submitted by Debra Anastasiadis, RN, MSN, OCN

Your job may be the last thing you think about after learning you have cancer, but most people with cancer return to work either during or after treatment. The truth is, working after a cancer diagnosis can offer a number of benefits, including giving you something to focus on besides your illness, helping you feel more in control and keeping you connected to people who care about you.

For most people, work is a healthy part of life. Returning to work, especially part time, makes you feel healthier and more normal. Working can also keep your health insurance benefits intact and provide financial relief at a time when you may experience a great drain on your resources from copayments, travel to treatment facilities, equipment and other expenses not covered by insurance.

Although returning to work after cancer poses challenges, your co-workers and supervisor will likely be caring and supportive. But you do need to be prepared.

Are you up to returning to work?

The first question to ask yourself is, "Do I feel well enough to work?" The physical and emotional response to cancer varies from person to person. It depends on the individual, the type of cancer you have and the kinds of treatment you're going through or have completed.

You'll also need to discuss the idea of returning to work with your doctor. Talk about how many hours you could work and how to ease back into your schedule.

One of the most common physical complaints of cancer treatment is fatigue. In addition to fatigue related to the disease itself, your fatigue can have many other causes:

- Inadequate nutrition resulting from a poor appetite
- Anemia

- Lack of exercise
- Depression
- Sleep problems
- Medications
- Fatigue can remain for weeks or months after treatment is completed

Helpful Hints:

- Plan your day. Schedule your activities carefully - don't overextend yourself.
- Plan high-priority activities at times of increased energy.
- Exercise in small doses.
- Moderate activity can help you manage some of your symptoms and side effects.
- Engage in restorative activities. Listening to music or meditating, for instance, may help you relax and gain strength.
- Report changes in energy level to your healthcare provider.

During treatment, if fatigue makes it difficult for you to do your job, talk to your supervisor about making temporary work accommodations. These might include working more flexible hours, working part time or working from home. Most people work less than full time during cancer treatment.

Before you return to work full time, think about your approach. Talk to your supervisor to enlist his or her support. Also talk to your human resources department to find out about company policy regarding disability. If your company has an employee health service, call for an appointment.

Periodically reassess your ability to do your job. If your work responsibilities become too much for you to handle, discuss this with your doctor and your boss. You may need to reduce your hours or take time off.



A WAY WITH WORDS FOUNDATION, INC.

Submitted by Brenda M. Rider

A Way With Words Foundation, Inc. is a non-profit founded by cancer survivor Brenda Rider. Together with Dr. William Reeves and others this foundation allows anyone who has been touched by cancer to share their experiences. Their first

book "There's Hope in What We Do" was released December 2004. It is currently for sale at Cancer Care Center. The book cost \$8.00 each or three for \$20.00. Proceeds benefit cancer research, and Silver Lining Fund. The book primarily features poetry and short uplifting stories. The youngest author is nine and the oldest eighty eight. A Way With Words are currently accepting submissions for publication till July 4, 2005. The next book will then be released

October 2005. Anyone who has been touched by cancer is encouraged to submit original material. Copyrights will belong to each author, and used with permission only. Anyone who has been touched by cancer, including caregivers, siblings and patients are invited to participate. Please send your material to: A Way With Words Foundation, Inc. 14 N. Anderson Ave. Austintown, Ohio 44515.

If you have any questions please contact Brenda Rider (330) 799-1903.

www.awaywithwordsfoundation.com



A MOTHER'S DAY

Submitted by Brenda M. Rider

This poem I've written for every mother,
That someone special, like no other.

From the time we needed to be fed
To a bedtime when a story must be read.

I'm sure every young mother has had her doubts,
Of how this child may turn out.

They don't come with directions or an instruction
book
Little do they realize how much care we took.

To that person who washed all our clothes
Was this really the life she has chose?

To the day when one of us was home with a
fever
To graduation day when she thought we'd leave

her.

Oh what demands we kids have put on her time,
And all she wanted was for us to be home on time.

But she sits through rehearsals, concerts and
games

Now if she could only call me by my name.

As it has been said before

You can't change your kids and Mothers ignore.

For this is a life sentence try as you might
Somehow we sometimes turn out right.

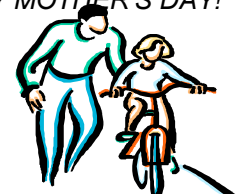
Everyone of us is our Mother's child
Our spirit reserved but often wild.

No one ever questions a Mother's intuition
Oh by the way can you send the tuition?

Now it's the second Sunday in May
When we honor our Mother's on this day

Just a day to ponder and reflect
And remind them we're still a pain in the neck!

HAPPY MOTHER'S DAY!



DAD IS ONE

Submitted by Brenda M. Rider

A dad is one who shows "NO FEAR"
The hurt he hides without a tear.
Always strong to one and all
Ready to catch you when you fall.

A dad is one who goes to your games
Whether or not you share the same name.
A did is one who holds you to cry
Without a reason or a why.

A dad is one who's proud of your success
Regardless the size more or less.
A dad is one on bended knee to pray
To keep you safe while he's away.

A dad is one of unconditional love.
Who knows what you're thinking of
This dad may be your father too.
Or maybe he's a dad because he loves you.

HAPPY FATHER'S DAY!