

## 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.



## GOOD NEWS FOR BREAST CANCER PREVENTION

*Submitted by Beverly Brunker, RN, BSN, OCN*

Initial results in the Study of Tamoxifen and Raloxifene, or STAR, have been released. Raloxifene, better known as Evista, currently used to prevent and treat osteoporosis in postmenopausal women, works as well as Tamoxifen, better known as Nolvadex, in reducing breast cancer risk for postmenopausal women at increased risk of the disease.

Scientists predict that as many as 9 million postmenopausal women in the United States might be at increased risk of breast cancer. Approximately 213,000 women in the U. S. will be diagnosed with invasive breast cancer in 2006. About 41,000 of those women will die from the disease in 2006. This study enrolled 19,747 postmenopausal women who were at increased risk of the disease. Women were randomly assigned to either raloxifene or tamoxifen and have been followed for four years. Both drugs have side effects, but raloxifene was proven to be as effective with fewer side effects experienced. Uterine cancers, especially endometrial cancers, are a rare but serious side effect of tamoxifen. The group taking the raloxifene had 36 percent fewer cases of uterine cancer than the group taking tamoxifen. Both drugs are known to increase the risk for blood clots, but the raloxifene group had 29 percent fewer blood clots. Additionally, STAR suggests that raloxifene does not increase the risk for developing a cataract, as tamoxifen does.

The Cancer CareCenter at Forum Health participated in this clinical trial, conducted by the National Surgical Adjuvant Breast and Bowel Project (NSABP), a network of cancer research professionals, sponsored by the National Cancer Institute (NCI), part of the National Institutes of Health. In 1998, the first Breast Cancer Prevention Trial showed that tamoxifen could reduce the risk of invasive breast cancer in premenopausal and postmenopausal women by nearly 50 percent. This study now tells us that raloxifene is just as effective, without some of the serious side effects known to occur with tamoxifen. The drugs should be taken for 5 years to produce the optimal benefit.

Although no drug is without side effects, raloxifene's benefits will outweigh its risks over tamoxifen for many women. Both drugs are vital options for women who are at increased risk of breast cancer and want to take action.



## NEW RADIATION ONCOLOGY CENTER OPENS AT TRUMBULL MEMORIAL HOSPITAL

*Submitted by Darla Habosky, RTT*

The Regional Radiation Oncology Center at TMH opened its doors on March 16<sup>th</sup>. The new department features a high-energy linear accelerator with multi-leaf collimators, portal vision, electrons, IMRT capabilities, a CT simulator, 3D treatment planning, and prostate seed implants. All patients can now receive all aspects of their treatment in Warren.

The Radiation Oncology Center is located across the street from the Main Hospital. Patients appreciate the close parking and easy access into the center. A skywalk spans East Market Street connecting the new building with the hospital. Inpatients and those patients using services at the hospital can travel between the buildings via the skywalk. Inspirational art work created by patients and employees at the Annual Survivor Day Celebration is on display within the Center.

## **WHEN PARENTS HAVE CANCER**

*Submitted by Mary Morris, MEd., LSW*

Receiving a diagnosis of cancer can have overwhelming effects on a family. The diagnosis forces people to make a number of difficult decisions and deal with a wide variety of emotions. This is particularly a matter of concern when the patient has children who will also be feeling as overwhelmed, confused, and upset as the parent. Only a parent(s) can determine the best approach to telling their child. It is important to provide information that is age appropriate and in a way that your child can understand.

Conversation about the diagnosis and proposed treatment should be as open and honest as possible. Answers to questions should also be straightforward. Children need to know there is a support network established for them among family members, friends, your clergyman, neighbors, school staff, and anyone else who may be helpful. You may need to prepare your child for physical changes such as fatigue, nausea, or hair and weight loss. They may also have concerns about how their circle of friends will respond to your physical changes.

Teenagers may also present a different set of challenges. The diagnosis may come at a time when they are attempting to establish the independence that comes with young adulthood only to find the parent may become dependent on them. The diagnosis and accompanying feelings may not be as easy for a teenager to discuss as a younger child. They may need to have the expressions of their feelings channeled through different way such as music, art, or writing.

Difficult as it may be, open communication generally fosters a better adjustment to treatment needs and builds a bridge to the future. Should you find that you are concerned about what and how to discuss your illness and treatment with your family, alert your treatment staff who can recommend information and individuals that may help you meet your needs.



## **POOR APPETITE**

*Submitted by Debbie Gilbert, MS, RD, LD  
Oncology Dietitian*

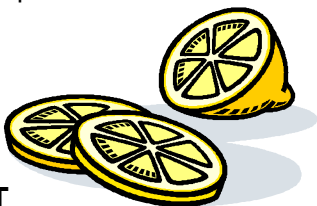
Your diet is an important part of your treatment for cancer. Eating the right kinds of food before, during and after your treatment can help you feel better and stay stronger.

Sometimes cancer treatment can cause side effects that may affect eating. Poor appetite is one of the most common problems that occurs with cancer and its' treatment.

Here are some practical tips that can help you cope with this:

- Eat 5 or 6 small meals each day, instead of 3 large meals.
- Take advantage of the times you feel well. Breakfast is the best meal for many people.
- Include fruits and juices with your meals. These are usually easy to eat and may perk up your taste for other foods.
- Include high-calorie and high-protein foods in meals and snacks throughout the day.
- Try a commercially prepared liquid nutritional supplement or a milkshake if you don't feel like eating.
- Try eating foods that need less chewing, such as cottage cheese, eggs, fish, and soft meats.
- Try softer, cool or frozen foods such as yogurt, milkshakes or popsicles.
- Keep snacks handy to eat when you are hungry. Try hard-cooked eggs, peanut butter, cheese, ice cream, granola bars, nutritional drinks and puddings, chips, crackers, and pretzels.
- Constipation can often contribute to decreased appetite. Try adding 1 or 2 tablespoons of wheat bran to your food or drinking warm prune juice 3 to 4 times a day.
- During meals sip only small amounts because drinking may make you feel full. If you want to have more than just a small amount to drink, have it 30-60 minutes before or after a meal.
- Allow friends and family to prepare meals for you. Don't hesitate to accept their offers. Be sure to tell them if there are certain foods you can't eat very well or don't like.

- Sometimes an appetite stimulant can be helpful. Talk to your doctor about whether one could help you.
- Make eating more enjoyable by setting the table with pretty dishes and flowers. Play your favorite music or watch television while eating.
- Try stimulating your appetite with light exercise.
- If your doctor allows, have a small glass of wine or beer during a meal. It may help to stimulate your appetite.
- Tell your doctor if you are having problems with diarrhea, nausea, vomiting, or pain. Medications can help.



## RECIPE

### LEMON SHERBET

1 ½ cups sugar  
 1/3 cup lemon juice  
 Grated rind of 1 lemon  
 2 cups whole milk

Mix the sugar, juice and rind in an electric mixer or blender at high speed for about 2 minutes. Slowly add the milk. Pour into a freezer tray and freeze. Cut into bite-size pieces to serve.

Makes 6 servings. Each serving is 230 calories, 3 grams protein.



## A MESSAGE OF LOVE

*Submitted by Rev. Jim Melick, ThD, BCC  
 Corporate Director, Pastoral Care*

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Because love is patient...I will desire to be slow to judge, but quick to listen. Hesitant to criticize, but eager to encourage.

Because love is kind...I will desire for my words to be gentle and my actions to be thoughtful.

Because love does not envy or boast, and it is not proud...I will desire to have a heart that is humble and sees the good in others. May I celebrate and appreciate all that I have and all that I am, as well as doing the same for those around me.

Because love is not rude or self-seeking...I will desire to speak words that are easy on the ear and on the heart. When I'm tempted to get wrapped up in my own little world, I will try to remember there's a great big world out there full of needs and hurts.

Because love is not easily angered and keeps no record of wrongs...I will desire to forgive others as others have forgiven me. I will try not to hold onto a grudge, but will reach out with a hand of love instead.

Because love does not delight in evil but rejoices with the truth...I desire to stand up for what is right and good. May I defend the defenseless, and help the helpless.

Because love always protects and always trusts...I desire to be a refuge for those around me. When the world outside is harsh and cold, may my heart be a place of acceptance and warmth.

Finally, because love always perseveres...I desire for my heart to continually beat with love for God and others.

-Unknown Author-



## A WAY WITH WORDS, FOUNDATION, INC.

*Submitted by Brenda M. Rider*

The book is finally finished! Local Hall of Fame football player Paul Warfield has written the forward to the book entitled "The Gift of Giving". It's not a gift till you give it away". It's currently at the publisher and should be ready for sale by April 27th 2006. Cost will be \$12.00 unless a bulk order is received and the cost will be less.

**A Way With Words Annual Golf Scramble is Saturday June 3, 2006 at Olde Dutch Mill Golf Course at 8AM.** Cost is \$300.00 per four person team. Includes green fees, cart, lunch, steak or chicken dinner, beer, water and pop. Proceeds will support the ROCcK Children's Choir, a third book and Silver Lining Fund. There are team cash prizes, individual prizes, raffles, mulligans, give-a-ways. Also courtesy of Bob and Chuck Eddy a 2006 Turbo convertible PT cruiser for a hole-in-one. More details to come. Please contact Brenda Rider for reservations (330) 360-3300.

**ROCcK Children's Choir**

Any child touched by cancer ages 4-17 are welcome to join.

**Performances scheduled now are:**

- Saturday April 29th at Sharon Speedway 5PM
- Saturday June 10th at 9AM at Medina Relay For Life Opening ceremony
- Saturday June 17th Cleveland Metro Zoo celebration of kids with cancer
- Tuesday July 18th Scrappers game, choir will perform the National Anthem and at the 7<sup>th</sup> inning stretch
- Saturday August 19th Salem Relay For Life 1PM
- Sunday September 24th St. James Church New Bedford PA. Celebration of hope in community churches 2PM
- Saturday October 21st at IHM Parish Hall in Austintown. NASCAR Auction, spaghetti dinner, Car show and concert. For A Way With Words Foundation to raise money for the ROCcK choir and upcoming book. 3-7PM

For more information about the performances, ROCcK choir, golf scramble or NASCAR auction please contact Brenda Rider (330) 360-3300.

**BLESSINGS**

*Submitted by Brenda M. Rider*

I'm not the first or the last  
To have my world move so fast.  
Life changing decisions will be made  
All seems lost, and I'm a little afraid.



It's difficult at times to look past today,  
But the anger and tears are part of the way.  
To ready ourselves for mountains to climb,  
Knowing it's all just a matter of time.

There is always someone worse off than you.  
They just keep smiling, knowing what to do.  
Taking in stride the ups and downs,  
Always looking forward not turning around.

For these people are the rocks where flowers grow,  
A peaceful garden for they always know.  
A faith as certain, as the day is long  
Ready with a hand, steady and strong.

We may never realize the life we're living  
The blessings we have and gifts given.  
How fortunate are we to have the flowers,  
Maybe for the summer or a couple of hours.

There are survivors of cancer and life all around  
Sharing their experience and strength they've found.  
Life changing decisions have all been made,  
With all the blessings I'm less afraid.

-Brenda M. Rider-



**RELAY FOR LIFE**

*Submitted by Brenda M. Rider*

Survivors have a common bond  
A reality shared and courage found.

Symbolic first lap a circle with friends.  
Giving us hope to begin again.

Survivors wish to participate,  
Remembering those we dedicate.  
Each single candle, a gentle flame.  
Unite as one just the same.

Survivors prevail never alone,  
But with another solid as stone.

Both survive cancer and life,  
A team event relay for life.

-Brenda M. Rider-