

## 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.

## BEEGHLY MEDICAL PARK RADIATION ONCOLOGY OPENS ITS DOORS

*Submitted by David Reese, BS, RT and Deborah M. Dashko, RN, BA, LPC, OCN, CHES, HNC, CPDS*

Following a well attended open house on the afternoon of June 3<sup>rd</sup>, 2004, the Radiation Oncology Center at Beeghly Medical Park opened its doors to patients on June 7<sup>th</sup>, 2004. The Forum Health's Cancer Care Center now has three convenient locations available for radiation cancer treatment; Beeghly Medical Park and Northside Medical Center in Mahoning County and Trumbull Memorial Hospital in Trumbull County. All of our sites house state of the art equipment and technology as well as the best clinical expertise in our staff. Our linear accelerator is Intensity Modulated Radiation Therapy (IMRT) capable, which is one of the most advanced treatment methods available and allows very precise external beam radiotherapy treatment. This results in a high dosage to the tumor and a lower dosage to the surrounding healthy tissue. The accelerator has the latest version of portal vision and a 120 leaf multi-collimation feature which ensures correct and exact location and shapes of the radiation beam to the size of the tumor.

The Radiation Oncology Center at Beeghly Medical Park resides in Building A, where the Forum Health Pharmacy previously was located. There is ample, free, designated parking close to the door. This center provides convenience and service to the populations of the southern half of Mahoning County, the northern half of Columbiana County and Western Pennsylvania residents. Expansion of our services to Beeghly Medical Park, shows our commitment to providing easy access to healthcare close to home.

Employees at the new location have been chosen from the staff already in place at Northside Medical Center Radiation Oncology Center. This will provide a continuity of care and allow us to benefit from their years of experience and expertise.

Patients now have access in the Boardman area to the latest clinical equipment and expertise in planning,

delivering and monitoring their treatment. We also provide supportive services such as education, support, nutrition, social services and research to meet all the needs of the cancer patient and their family. Remember, we are here to help you and try to make your treatment as easy as possible. More information on cancer care and our services offered at Beeghly Medical Park is available at (330) 884-4152.

## DEVELOPING AN EMPOWERED ATTITUDE

*Submitted by Deborah M. Dashko, RN, BA, LPC, OCN, CHES, HNC, CPDS*

Whenever we face any difficulty or challenge, we have the opportunity to learn, grow and be of service in one way or another. It is not uncommon for adverse situations to open a whole new pathway in life or add a new dimension in our relationship to God, to ourselves or to others. It takes patience and trust. We don't ordinarily see the lessons we are working on when we are in the middle of them. Usually insight comes in retrospect and develops through time.

Developing an empowering attitude requires a conscious effort to change any habits that make us feel weak, overwhelmed or powerless. Three common areas that we can all work on toward greater empowerment are:

- Words
- Feelings
- Body Language

## WORDS

We use words in both our speech and our thought. Many of us have picked up unhealthy expressions that actually bring us down or block us from things we are capable of achieving. The word "**can't**" is a good example. If we think we can't do something, we probably won't do it. But if we can, we may surprise ourselves in finding that we really can.

## ADVICE AND EXAMPLE:

When you find yourself using the word can't, try substituting the word "**won't**" and notice how energy shifts; now you're taking responsibility for in the situation. "I can't carry that heavy basket," becomes a lot more empowering when you change it to "I won't carry that heavy basket." Now you are making a conscious choice.

Try “**should**”, another disempowering word. Should is laddened with guilt. “I should clean the house,” or “I should go on a diet.”

### **ADVICE AND EXAMPLE:**

Be empowered. “The house needs cleaning but I want to go to an event. I’ll clean it tomorrow,” or “I’d love to lose weight, but I’m not ready to commit. After the holidays I’ll get serious.” These are examples of empowered choices. It is important to act on the choices you make. If you decide to put something off until another time, follow through when the time arrives. You will be surprised at how confident and powerful you become.

### **FEELINGS**

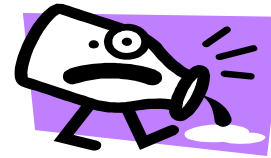
The next area that strongly affects our sense of empowerment is the realm of feelings. I remember that sadness and fear used to attack me in the middle of the night. This signaled the beginning of hours of miserable insomnia as emotions and scenarios ran amuck. Over time, I started to realize that if I allowed myself to be quiet and simply feel the feeling, its source would reveal itself. And when I thought about it, these feelings of sadness and fear had to do with something that already happened or that might never happen. The few fears that were realized over my illness released their hold on me as I dealt with them in the moment. In one way or another I was able to resolve whatever it was and deal with it.

### **BODY LANGUAGE**

The third area of empowerment is body language. The way we hold and move our bodies can make a dramatic difference in how we approach things. When I am feeling down and disempowered, I stretch my arms overhead, reaching up with my fingertips. Then I open my palms upward and imagine receiving energy and grace from that endless universal source. Believe it or not simple actions like this can make a difference.

If you are slumping while you sit or stand, try pulling your shoulders back and breathe. When we’re tense, we’re usually holding our breath or breathing shallowly. Focused physical movement and deep, slow breathing can literally change our feelings. Doing yoga postures with a focus on keeping the spine straight, standing or sitting tall, and opening the chest while breathing can make a profound difference.

Empowered attitude equals centered strength and balance. Remember that whatever the circumstance, you can and will find a way to keep or regain a sense of strength and centeredness within yourself.



## **3 - A - DAY - THE CALCIUM WAY**

*Submitted By: Diane Racz, RD, LD*

Are you sporting a “milk mustache” several times daily? If you are like most Americans, you are not getting your recommended amount of calcium daily. United States Department of Agriculture research shows that Americans are only getting 50% of 3 servings of dairy daily. This low calcium intake is a major public health problem.

So what is the recommended daily calcium intake? Up to age 50, the recommended calcium intake is 1000 mg. per day. Over age 50, the recommendation is for 1200 mg. daily. Some experts even recommend 1500 mg. calcium per day for those over age 50. These guidelines can be met by using 3-4 dairy servings per day. A serving could be 1 ½ oz. of cheese or 1 cup of milk or yogurt. Other key food sources of calcium include: most dark green leafy vegetables (except spinach, beets, rhubarb and chard), fortified juices, as well as calcium fortified foods such as cereal, soy milks, and canned salmon and sardines with bones.

The tolerable upper intake level (UL) for calcium is 2500 mg. per day. This UL was established by the National Academy of Sciences (NAS). It is defined as the maximum intake up to which no adverse effects can be seen. According to NAS, there is no benefit to exceeding this daily goal.

Are there any benefits to an adequate calcium intake, you might ask? The answer is a resounding yes. An adequate calcium intake helps to promote bone strength and density and reduces the risk of osteoarthritis. Osteoarthritis is estimated to cause 1.5 million hip fractures *per year* in the US alone. This generates health care costs of \$13.8 billion per year. Weight bearing exercise is beneficial in the maintenance of bone health, as is an adequate vitamin D intake. Vitamin D is required for calcium

absorption. Sources of vitamin D include vitamin D fortified milk, fatty fish and sunlight exposure (even if only for a short time period). The daily recommended amount of vitamin D is 400 IU's.

An adequate calcium intake may help prevent colon cancer. The calcium binds with the carcinogens (cancer causing agents) to interfere with abnormal cell growth. Dietary calcium intake does have a probable preventive effect on colon polyps and colon cancer incidence.

Calcium also plays a role in the control of hypertension (elevated blood pressure). The DASH (Dietary Approaches to Stop Hypertension) program specifically recommends an adequate calcium intake. The study showed that a high fiber, low fat diet with adequate amounts of magnesium, potassium and calcium lowered blood pressure. This effect seems to be stronger with food sources of calcium rather than supplements.

Some experts feel that an adequate calcium intake may prevent gout. Gout is a type of arthritis, which produces swelling, inflammation and tremendous pain in the joints. Two or more glasses of skim milk daily can decrease the chance of a gout attack by 46%. An adequate water intake can also decrease the likelihood of a gout attack.

Research in leading journals suggests a link between dairy products and weight loss. Recent studies show that calcium may help with regulation and reduction of body weight. There does seem to be a link between daily calcium intake and body fat. Obese people who consumed 3-4 servings of dairy products daily on a calorie controlled diet lost more weight and body fat compared with those who were on a calorie controlled diet and either consumed one or less servings of dairy a day or calcium supplements with the same amount of calcium. Research is ongoing on this relationship between weight loss and calcium intake. The use of dairy as part of a calorie controlled diet can aid weight loss efforts more than just cutting calories.

The following recipe for a potato topper provides 378 mg. of calcium per ½ cup serving. This topper can be used in place of sour cream and can be refrigerated for up to one week for use.

### **Cheesy Potato Topper\***

1 ½ cups fat free ricotta cheese  
½ cup nonfat sour cream  
2 Tbsp. grated Parmesan cheese  
1 Tbsp. chopped parsley  
1 tsp. dried oregano  
½ tsp. garlic powder  
Black pepper to taste



Combine all ingredients in food processor and blend until smooth. Refrigerate until ready to use. Note: you can experiment with different herbs and seasonings. Use chili powder if you want a spicy topping to go with a bean filling, or use fresh chopped basil if you want an Italian style topping that tastes great.

- [www.foodandhealth.com](http://www.foodandhealth.com)

### **“TRUST IN THIS: YOU CAN HANDLE WHATEVER SHAKE-UP IS NEXT!”**

*Submitted by Deborah M. Dashko, RN, BA, LPC, OCN, CHES, HNC, CPDS*

Every challenge we take on has the power to shake us.....to knock us to our knees. And yet, what's even more disconcerting than the jolt itself is the fear that we won't withstand it. When we feel the ground beneath us shifting, we panic. We forget everything we know and allow fear to freeze us. Just the thought of what could happen is enough to throw us off-balance.

What I know for sure is that the only way to endure the quake is to adjust your stance. You can't avoid the daily tremors. They come with being alive. These experiences are really gifts that force us to step to the right or the left in search of a new center of gravity. They all somehow teach us a lesson and help us to grow. Don't fight them. Just find a different way to stand. Balance lives in the present. The surest way to lose your footing is to focus on what dreadful things might happen. When you feel the earth moving, bring yourself back to the now. You'll handle whatever shake-up the next moment brings when you get to it. In this moment, you're still breathing. In this moment, you've survived. In this moment, you've found a new place to move your feet so you can step on higher ground!



## **HOSPICE: A JOURNEY OF HOPE**

*Submitted by Mary C. Morris, MEd., LSW, CCM*

Hospice and Palliative Care focus on easing the pain and discomfort of a terminal illness and providing quality of life to both patients and families as they determine quality to be in their home setting. A multidisciplinary staff of physicians, nurses, aides, therapists, clergymen, social workers, and volunteers assists in providing for the medical, emotional, social and spiritual needs of patients and their support network. Staff members also help with discussing goals of treatment and end-of-life issues.

Hospice is generally recommended when care is no longer curative and life expectancy is six months, or less. While staff is not necessarily in the home on a daily basis, they are available by phone 24/7. Assistance is provided with medications and medical equipment. Care plans are tailored to the individual needs of each patient.

Forum Health provides Forum Health at Home Hospice to serve your needs. Staff can be reached at (330) 841-5487. General information on Hospice programs can also be obtained through the National Hospice and Palliative Care Organization at [www.nhpco.org](http://www.nhpco.org).

## **RELAYING A MESSAGE OF HOPE**

*Submitted by Deborah Vrable and Deborah M. Dashko, RN, BA, LPC, OCN, CHES, CPDS, HNC*  
Relaying a Message of Hope

They are a diverse band of songwriters. The youngest is 14, the oldest 80. Some are classically trained, others self-taught. Some are folk singers, others rockers. But those differences are minor compared to what brings them together....all have a message of hope to help raise funds for the Pediatric Cancer Program at Forum Health's Tod Children Hospital.

You can hear them on *Relay the Message: Songs of Hope by Cancer Patients, Survivors, and Those Who Care*, a full-length CD of music and poetry produced by the Jessica Moorhead Foundation for Hope. The project began as a fundraising effort, but soon took on a greater purpose.....shining a light on the remarkable spirit, strength and hope of people whose lives have been suddenly changed by cancer.

The words and the voices on the CD are people from our community who have experienced the toughest challenges in life and or learned from watching the courage of others. Each song is original and reflects the style of the writer. In fact, the diversity of the songwriters and performers sends the powerful message of how we each are individuals and find hope in our own way. It shows how working together and sharing our strengths can create something positive and wonderful despite adversity.

This CD is so catchy and inspirational. You find yourself playing it, singing along and purchasing extras to give to any and everyone because it is uplifting and provides a gift of strength and courage. Many have responded with such words of praise and provided a testimony to how they themselves have been encouraged by the "gifts" that the creators of the CD have given us. It is wonderful to see a project like this come out of Youngstown, Ohio. Usually, this area only fosters sensational negative news.

It's funny how things get started. Paul Skowron was looking for a way to overcome his feelings of helplessness after his niece, Jessica Moorhead was diagnosed with leukemia. He finally found that help .....he wrote a song for her. Not long after, he met Brenda Rider, a breast cancer survivor, who had written a "Survivor's Song" called "Rainbow of Ribbons" (which appears on the CD) and singer Janeen Williams. The three collaborated on the song "Relay the Message" and decided to do a full-length CD. Brenda's foundation, A Way With Words, began collecting original lyrics and or music from members of the community. Quickly, an impressive array of creative work came together. With the help of several talented area musicians, Paul's creative oversight and the recording expertise of Mike Talanca at Tune Town, an inspiring and genuine collection of music took shape.

The CD "Relay the Message" is available at England Custom Furniture Direct On Board man-Poland Rd., Optiview in Austintown and Niles and Send It Packin' Plus in Austintown. Check the website for more locations and information at [www.jessicafoundationforhope.org](http://www.jessicafoundationforhope.org). We are sure you will be inspired by the words, poems and music of these fine artists!

