

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.



ELEMENTS OF A COMPREHENSIVE CANCER CENTER

Submitted by Arlee Session, Corporate Clinical Executive – Cancer Services

As I read the literature from various industry sources, written by medical and government experts defining characteristics and elements of a Comprehensive Cancer Center (CCC), I feel proud of the services we provide and the team members that provide those services. Proud because we meet or exceed those definitions, proud because of the team members and physicians that make up our multi-disciplinary CCC.

A CCC must have qualified clinicians and support staff. Our physicians are Board Certified in Hematology/Medical Oncology for adult and children, Radiation Oncology and Radiology. We have certified nurse's inpatient and outpatient, radiation therapist, physicists, social workers, dietitians and tumor registrars. In fact our cancer program has been certified with the American College of Surgeons since 1956.

A CCC utilizes the latest technology and regiments. We provide advanced radiation therapy services that include Intensity-Modulated Radiation Therapy (IMRT), prostate seed implants and brachytherapy. In fact we have the area most updated radiation oncology service in Mahoning County while developing the most updated program in Trumbull County.

A CCC provides access to research protocols. We have conducted cancer research since 1975 and currently have more than 200 patients on a variety of studies. Our research capabilities are the most defined and comprehensive in the area, providing patients access to studies whether medical, radiation or pediatric oncology. Also, being the areas only comprehensive breast center, as defined by the National Consortium of Breast Centers, we have brought several national trials to our community as we prepare to introduce several more.

In short when we say Forum Health – Cancer Care Centers are comprehensive, compassionate and close to home; we have the elements to prove it.

“WHAT DID YOU MEAN BY THAT?”

Submitted by Linda Stickelmeyer, RN, Nurse Coordinator, Center for Breast Health

Have you had a mammogram? When the health professional told you the results did you understand them? If not, don't feel bad. Well meaning professionals often forget to explain things in a way that patients can understand.

A person can have changes on their mammogram that are “benign.” Benign changes are non-cancerous findings such as a cyst that you might have shown on previous mammograms. It is not dangerous, but it is also not normal and the radiologist has to identify it in the report.

What is a cyst? A cyst is a fluid filled area that occurs in some people. It is like a balloon, or sac that contains fluid made of many types of cells. Cysts are not cancerous and they do not turn into cancer. A cyst might need to be drained if they become painful or if the doctor recommends it. A cyst can collect debris such as old blood cells which can thicken the fluid in the sac. This can make the cyst look solid when scanned by an ultrasound. In this case the radiologist might suggest an aspiration to “drain the fluid.” An ultrasound is a piece of equipment that uses sound waves to determine if an area is solid or fluid. An ultrasound does not use x-rays.

Calcifications are tiny specks of calcium that can happen over time. Anything that causes stimulation to breast tissue can leave behind a speck of calcium.

You can have calcium deposits anywhere in your body. Calcifications *do not* occur from taking calcium by mouth. They form because of something going on in your breast tissue. Why do we care about that? Well, calcifications that increase in size or area, or develop in a new area *might* be a sign of very early breast cancer. However, *that is usually not* the case. Calcifications are one of those benign changes we discussed above. If the radiologist has any concerns about the calcifications he/she may recommend a biopsy. Even with that recommendation, most of the time biopsies turn out to be negative.

This was a brief introduction to some confusing issues. If at anytime you don't understand a word or finding about your mammogram or breast ultrasound, please feel free to call **The Center for Breast Health at Beeghly Medical Park, Phone 330-884-2200 and ask for Linda Stickelmeyer, R.N.** I will be glad to answer any questions you might have. Please don't feel reluctant to call because you might not have had your exam with us. I would be happy to talk with you.



ARE YOU HYDRATED ENOUGH?

By Shelly Watson RD, LD, CDE

Now that summer is here, the longer days and warm weather allow us to spend more time outdoors. Keep in mind those warmer temperatures; increased sunshine and physical activity can all require you to pay closer attention to hydrating your body. Most adults lose approximately ten cups of water per day from excretion, exhaled air, and perspiration. Therefore, it's very important to replace the fluid your body is losing. Surprisingly, it is estimated that over 1/2 of the worlds population is chronically dehydrated and that only 10% consume adequate fluids on a regular basis.

Some of the symptoms of dehydration include:

- Thirst
- Dry lips and mouth
- Dizziness
- Fatigue
- Headache
- Muscle cramps
- Decreased urine output or dark colored urine
- Constipation
- Poor Coordination

Some tips to help you stay hydrated include:

1. Be proactive, don't wait until you are thirsty to drink – by then you're already dehydrated. Also, as we get older the sensation of thirst is reduced.
2. Aim for at least eight 8-oz glasses of water most days, more if physically active or if it's hot and humid.
3. Try drinking a glass of water first thing in the morning, with meals, and sipping on water throughout the day. You can also keep a glass of water on your nightstand in case you get thirsty at night.
4. While other fluids such as milk and juice can help meet your fluid needs, it's best to try to drink water instead of caffeinated beverages, which have a diuretic effect, or carbonated beverages which may make you feel fuller so you don't drink as much.
5. Try drinking water over ice or flavoring it with a slice of lemon if it will help you to drink more.
6. Drink before, during and after exercise. Drink even when cool and more than normal when hot.
7. Save sports drinks for after strenuous activity. Unless you are exercising strenuously or for extended periods of time, water is probably all you need.
8. If you have heart or kidney disease or other special healthcare needs, discuss your fluid needs with your physician to avoid drinking too much fluid.



Never let the fear of striking out get in your way.

-George Herman "Babe" Ruth -

Recipes:

Orange Banana Crème

1 cup milk
1½ cup orange juice
½ tsp. vanilla
½ frozen banana
1 cup frozen vanilla yogurt
½ cup orange yogurt



Pour liquid ingredients into blender. Add all frozen ingredients. Add fresh or cold ingredients. Add 1 cup of ice. Blend 30 seconds at mix setting. Stir and blend until smooth. Serve immediately. Makes 3-5 servings.

Strawberry Lemon Smoothie

2 cups lemonade
2 cups frozen strawberries
1 cup strawberry yogurt

Pour all liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at mix setting for 30 seconds then blend at smooth setting until smooth. Serve immediately. Makes 3-5 servings.
(American Cancer Society)

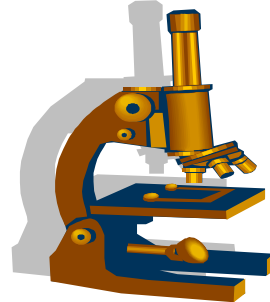


MEDICARE PRESCRIPTION DRUG PROGRAMS

Submitted by Mary C. Morris, MSED, LSW

Much is being said about the new Medicare Prescription Drug Programs and it is causing quite a stir among seniors throughout the country. On the advice of the Social Security Administration and OSHIIP (The Ohio Senior Health Insurance Information Program), you should save all correspondence you receive from drug companies and prescription plans. The "official" list of approved programs will be released in October, 2005. Individuals will then have from November 15, 2005, until May 15, 2006, to make a decision regarding the plan that is right for them. Above all, Social Security is recommending seniors not make a decision regarding selecting a plan over the telephone.

Beginning in June, 2005, you may receive the Social Security paperwork to determine whether your income makes you eligible to automatically be enrolled in a drug program. Any questions regarding decisions you may be making concerning the plan that is right for you can be directed to: www.medicare.gov, 1-800-MEDICARE, or OSHIIP at 1-800-686-1578.



CHILDHOOD LEUKEMIA

Submitted by Carla Vadala, RN, MSN, CPON, CPNP

Childhood Acute Lymphocytic Leukemia (also called ALL) is a cancer of the blood and bone marrow. Normally, the bone marrow produces stem cells (immature cells) that develop into mature blood cells. In ALL, too many stem cells develop into a type of white blood cell called lymphocytes. These lymphocytes may also be called lymphoblasts or leukemic cells. Also, as the number of leukemic cells increase in the blood and bone marrow, there is less room for healthy white blood cells, red blood cells, and platelets. This may lead to infection, anemia, and easy bleeding.

ALL is the most common cancer in children. It represents about 25% of cancer diagnoses in children younger than 15 years. There are approximately 2,400 children and adolescents younger than 20 years diagnosed with ALL each year in the United States. ALL is more common in white children than black children. The incidence of ALL appears to be highest in Hispanic children. Standard treatment of childhood acute lymphoblastic leukemia (ALL) during the induction, consolidation/intensification, and maintenance phases includes combination chemotherapy and intrathecal chemotherapy with or without radiation therapy to the brain. Some of

the treatments being studied in clinical trials for childhood ALL include the following:

- A clinical trial of new combination chemotherapy treatments.
- A clinical trial of intrathecal chemotherapy with or without low-dose radiation therapy to the brain.

Seventy-five percent to 80% of children with ALL reach remission and survive free of leukemia for at least 5 years from diagnosis with standard treatment. Much of this progress has been achieved through controlled clinical trials.



A WAY WITH WORDS, FOUNDATION, INC.

Submitted by Brenda M. Rider

A Way With Words, Foundation, Inc. is a literary non-profit. Our goal is to publish original written material by those who have been touched by cancer.

We currently are accepting poems, anecdotes, short stories of inspiration dealing with all aspects of cancer written by patients, caregivers, medical professionals, siblings and those who have been touched by cancer. They can be sent to: 14 N. Anderson Avenue, Austintown, OH 44515, through our web site www.awaywithwordsfoundation.com or contact Brenda Rider (330) 799-1903 or (330) 720-0563.

Another event for A Way With Words Foundation, Inc. is a Golf Scramble to be held Sunday August 7th at 1:00 PM shot gun start. The location is Tanglewood Golf Course in New Bedford, PA on Route 208. Cost is \$240.00 for a 4 person team, which includes golf fees, cart, lunch and steak dinner, water, beer and pop. This also includes a chance to win a 2006 V-Rod Harley Davidson on a par 3 donated by the Youngstown Harley Davidson shop in Boardman.

Corporate or family hole sponsor cost is \$100.00 or \$300.00 exclusive. Proceeds from this event pay for the second book to be published this fall. Money left from the event and sale of the book will go to the Silver Lining Fund at Forum Health Cancer Care. For more information please contact Brenda Rider at (330) 799-1903 or (330) 720-0563.

ROCCK CHILDREN'S CHOIR

Submitted by Brenda M. Rider

The ROCcK Children's Choir is a choir comprised of patients, siblings and anyone touched by cancer ages 3 - 17 years. Our goal is to raise awareness and have fun! Musical ability is not required only a love for music. Everyone is welcome!!!

Practices are starting in July/2005 at the main auditorium in the Medical Education Building at Forum Health on July 11th, 20th, 25th and August 1st, 11th, 17th and 23rd from 5:00 – 7:00 PM. More information contact: Brenda Rider (330) 799-1903 or Forum Health Cancer CareCenter (330) 884-4152.



INDEPENDENCE DAY

Submitted by Brenda M. Rider

July 4th arrives each year
Brings about pride and a few tears.
To celebrate our country's freedom
Honor the hero's we do need them.

Though freedom comes in many ways,
To speak our thoughts and choose to pray.
To appreciate a morning sunrise,
Or vote across family ties.

Independence has so many applications
Our daily lives to how treatment happens.
Freedom we and others fight hard to protect
Against enemies and diseases yet.

This day of celebration salute those in uniform
Soldiers, public servants and the medical norm.
Savor a victory no matter how small
and remember the brave in us all.