

the NETWORK connection

A NEWSLETTER OF THE CANCER SURVIVORS' NETWORK AT SAINT JOSEPH'S HOSPITAL

WINTER 2006

SAINT JOSEPH'S
Cancer Survivors' Network



You walk this path but once,
So make of it what you will -
Climb the mountains,
Span the seas,
Fulfill your dreams,
Touch others' lives,
Love and be loved,
And do leave your footprints behind
Because you walk this path
But once, my dear one!
~ Vi Patton ~



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SAINT JOSEPH'S
Cancer Survivors' Network



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An Inside Look

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SAINT JOSEPH'S
Cancer Survivors' Network
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A Survivor's Story

Jim Wilson, Doing What He Loves

In 2002, I noticed that I was tiring easily. After several tests and doctors not finding "anything wrong," the answer came six months later when I visited the ER with bleed-



Jim finds the time and energy to participate in a favorite activity, water skiing

ing. An MRI revealed a mass on my right kidney. The tumor was removed two weeks later and it proved to be renal cell carcinoma. I was told that my tumor was contained and not to worry. One year later, a scheduled x-ray showed tumors in both of my lungs and I found myself back at Saint Joseph's for thoracotomy surgery. My oncologist didn't offer much hope as there are really no good answers for kidney cancer. His advice to me was to enjoy life and he suggested that I look into clinical trials. I was determined to learn all I

could about new treatments. During my hospital stays, I was visited by volunteers who had survived cancer. They told me about classes and support groups that Saint Joseph's offered. I added these opportunities to my game plan along with my goal to be back on my water ski during the summer. I was determined to be a survivor! Since kidney cancer is rare and without a support group, the Saint Joseph's Lung Cancer Support Group has welcomed me and my wife Marty to their

meetings. We have both learned so much from the group - both medically and spiritually. My family and friends have been my biggest support as I fight cancer.

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How To...

Make Every Day Count

Attitude

One of the most powerful tools we have is our ability to make choices. Charles Swindoll¹ writes, "The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. I am convinced that life is 10% what happens to me, and 90% how I react to it, and so it is with you---we are in charge of our attitudes."

Gratitude

Be thankful when you awake each day for home, family, job, and even for your responsibilities. Ask for the strength and health you need to meet them. Be aware of how many things you will be able to say "thank you" for each day. Become a more grateful person.

continued on page 4

Survivor's Story

continued from page 1

I've learned that second opinions are helpful, especially for newer treatments. My daughter and I enjoyed a trip to the Mayo Clinic in Jacksonville to learn about new techniques for radio frequency ablation. I've found that the internet is the fastest way to learn new approaches for treatments and about clinical trials. I began a trial in Nashville in the Spring of 2005 and my friends quickly responded by offering to drive me up for treatments twice a month or to do "dog sitting" while we were away. Currently, I am in a newly established trial here in Atlanta and am pleased to report that my disease is now stable and one tumor is actually smaller! I've also learned that it is important to keep copies of all my test results so that I can share my current status with my other doctors (I'm also a type 2 diabetic). I exercise more and watch my diet more carefully as a part of my plan. And I did meet my goal of watering skiing: Three months after my last thoracotomy surgery!

For More Information

- **National Kidney Cancer Association**
www.nkca.org
- **National Cancer Institute - Kidney Cancer**
http://web.ncicrf.gov/research/kidney/

To research clinical trials online, see Clinical Trials article on page 7.

VISIT OUR WEBSITE

www.stjosephsatlanta.org/cancersupport

Information on cancer support services, upcoming events and volunteer opportunities with the Network

what's happening



December

Enjoy the Holidays!
Don't forget about our ongoing Network Support Groups and Gentle Yoga class

January

27 Network Lunch & Learn - "Understanding the new Medicare Prescription Drug Choices"; 11:30 am – 1:00 pm, Free; RSVP required (404) 851-5051.

February

24 Network Lunch & Learn - Topic to be announced; 11:30 am – 1:00 pm, Free; RSVP required (404) 851-5051. Look for more information in future Network flyers.

March

24 No Lunch & Learn due to Annual Conference
25 Annual Sharing the Journey Cancer Survivors' Conference
See announcement below. Look for more information by mail in late-January.

For more information on upcoming events, contact Renee Rickles, Coordinator, Cancer Survivor's Network at 404-851-5051 or csninfo@sjha.org

Latina Women's Cancer Support Group

4th Tuesday of the month, 11:00 am, Saint Joseph's Hospital
Group will be conducted in Spanish
Call Gladys Long at (770) 498-7245 or bob-long@msn.com



SAVE THE DATE!
2005 Sharing the Journey
6th Annual
Cancer Survivors' Conference

SATURDAY, MARCH 25, 2006

Your opportunity to gain valuable information, ask questions, hear inspirational speakers, and meet other cancer survivors and caregivers.

Look for more information in upcoming network publications.

If you'd like to get involved with the conference, see page 7 for conference needs.

At Saint Joseph's Cancer Center

Clinical Trials 101 - A Look at the Basics

Once diagnosed with cancer, many patients search for treatment options by visiting websites and gaining information on clinical trials that might be available for their specific type of cancer. There are many sources of clinical trials, some from pharmaceutical companies, others from research institutions such as universities and comprehensive cancer centers like MD Anderson, Memorial Sloan Kettering or Moffitt.

Saint Joseph's has many treatment and prevention clinical trials available from the National Cancer Institute, and through several disease-specific research bases. Regardless of the source of the clinical trial, there is a common language that describes clinical trials. That common language is "phases".

Clinical trials can be confusing. The main objective of all clinical trials is to compare what is known to be the best treatment available with what might be a better treatment, or to test for safety and effectiveness of a certain treatment or drug in a certain population of patients with specific diseases. Of course, pharmaceutical trials may also be looking to obtain FDA approval.

There are three "phases" of trials:

- **Phase I** - small number of participants (10-100), testing for safety.
- **Phase II** - larger number of participants (50-500), testing for effectiveness against for specific types of cancer.
- **Phase III** - largest number of participants (300-3,000), testing for potential side effects and long term effectiveness; may follow participants for an extended period of time.

Oncology Research at Saint Joseph's offers Phase II and Phase III trials through cooperative research groups who are sponsored by the National Cancer Institute. For the past 18 years, Saint Joseph's has served as the central office for an eight hospital consortium in Atlanta through which NCI clinical trials are offered.

The research staff is available to assist with questions regarding clinical trials. If a specific clinical trial is not available through the Atlanta Regional Community Clinical Oncology Program (ARCCOP) research program, the staff can help find other trials elsewhere in the country. To speak with someone in the Oncology Research Department at Saint Joseph's, call (404) 851-7115.

This article was contributed by Janell Bozza, intern with the Cancer Survivors' Network. Janell is a student at the University of Georgia and will graduate in December 2005 with a degree in Health Promotion and Behavior.

For More Information

- **National Cancer Institute**
www.cancer.gov
- **Atlanta Regional Community Clinical Oncology Program**
www.atlantaccop.org

CONFERENCE VOLUNTEER OPPORTUNITIES

Do you ...

- Like to collate & label materials?
- "Meet & Greet" people?
- Know an organization that might be interested in being a sponsor or exhibiting at our conference?
- Know someone who would like to receive a brochure about our Cancer Survivors' Conference?

... Call (404) 851-5051

Did You Know?

There's Help for Cancer-Related Depression

According to the National Cancer Institute (NCI), twenty five percent of patients diagnosed with cancer suffer a major depression. While a sense of hopelessness, sadness, and feeling tired are familiar feelings for someone who is newly diagnosed, clinical depression is identified when these feelings cause a withdrawal from daily routines for an extended period of time.

The NCI reports there are certain risk factors for depression that are unique to patients diagnosed with cancer, including poorly controlled pain, an advanced stage of cancer, being unmarried with little social support, increased physical impairment or pain, or treatment with some anti-cancer drugs (such as chemotherapy).

Clinical depression is most effectively treated with a combination of psychotherapy and antidepressant medication. Most antidepressants do not negatively interact with cancer treatments such as chemotherapy, but it is still extremely important to consult with your oncologist about every medication (or herbal supplement) that you consider. Research has also shown that cancer support groups can play a role in easing symptoms of mild depression in cancer patients by improving mood, coping skills, and quality of life.

This article was contributed by Janell Bozza, intern with the Cancer Survivors' Network.

For More Information

- **National Cancer Institute**
www.cancer.gov/cancertopics/coping
- **National Institute of Mental Health**
www.nimh.nih.gov/publicat/depression.cfm
- **National Institute of Mental Health** - clinical trials related to depression
www.nimh.nih.gov/studies/index.cfm

Our Mission AT WORK

We are off to a rousing start for 2006, as witnessed at our recent CSN Annual Meeting and Volunteer Ap-



preciation Event, held on September 29th. At the event, 2005 goals and accomplishments were reviewed, along with acknowledging all of our wonderful volunteers who help to make the CSN the tremendous force it is for cancer advocacy, support and education.

We are continually looking for ways to reach more people with cancer, in order to help them along their journey.

Volunteers are the heart of the CSN. Thanks to our past and present volunteers for all you do. And thanks in advance to future volunteers whose ideas, efforts and inspiration will keep the Network flourishing for years to come. Come join us and see what a difference it makes in your life and the lives of cancer survivors.

mission statement

The Saint Joseph's Cancer Survivors' Network is a volunteer organization whose mission is to promote cancer survivorship for all who are living the cancer experience.

sharing the journey

As part of our mission, we provide educational programs, Lunch and Learns, and an annual conference for cancer survivors, caregivers, family members and the community.

Network Cards

Available from the Cancer Survivors' Network at Saint Joseph's Hospital

TRIBUTE CARDS

IN HONOR OF

Would you like to honor someone special?

Great for special occasions - birthdays, get well, anniversary, congratulations, thinking of you, thank you, and more.

IN MEMORY OF

Would you like to send a memorial card to someone who has lost a loved one?

You may purchase one or more tribute cards to have on hand, or we can send the card(s) for you. Minimum donation is \$5 per card. Any amount above the minimum is gladly accepted.

CARDS FOR CANCER Note Cards

Would you like to send a uniquely painted note or give a special gift to someone?

You may purchase pre-packaged note cards designed by Network members, Ilene Baker and Faye Skillen. Note cards are available in a variety of designs at \$10 for a package of six cards with envelopes.



To purchase Tribute Cards or Cards for Cancer, visit the Cancer Network Resource Library or call 404-851-5051 to place your order.

All proceeds from your purchase support the educational programs and support services provided by the Cancer Survivors' Network at Saint Joseph's Hospital.

Free For the Asking

Medicare Prescription Drug Benefits Explained: Effective January 2006, there are new options for Medicare recipients who are seeking prescription drug coverage. It is important to understand the options available so you can make the best choice for yourself. Enrolling in the prescription plan is voluntary. However, if you don't join when you are first eligible, you may pay a higher premium if you choose to join later (and you will pay this higher premium for as long as you have a Medicare prescription drug plan). The initial open enrollment period is from 11/15/05 through 5/15/06. There is a wealth of information available from the Medicare website, on the toll free number shown below (available 24 hours a day, 7 days a week with English and Spanish speaking representatives), or in the "Medicare & You 2006" handbook. Also, please join us on January 27 for a Lunch & Learn on the subject. See "What's Happening" on page 2.

For More Information

- **Medicare Info:** www.medicare.gov or 800-MEDICARE
- **AARP:** www.aarp.org/bulletin
- **AARP Medicare Drug Benefit Calculator:** <http://sites.stockpoint.com/AARP/drugbenefit.asp>

Network Update

Network Annual Meeting and Volunteer Appreciation Event - 2005 At a Glance

It is with great pride that we gather together each year for our Cancer Survivors' Network (CSN) Annual Meeting and Volunteer Appreciation Event. On September 29th, the CSN celebrated its 15th year as a part of the Saint Joseph's Cancer Care team. It was our opportunity to offer special thanks to the many volunteers who have built the CSN over the years and remain its backbone. It is because of our volunteers, their ideas, energy, spirit and sense of hope, that we have been able to do such valuable and important work.



Maggie Riley, Cancer Program Director and program participants enjoy the Network Annual Meeting



Sally Miller, Network Volunteer and Janell Bozza, Network Intern, greet participants at Annual Meeting

During the 2004/05 year, CSN volunteers contributed more than 5,000 hours to Saint Joseph's, many of which were spent visiting patients with cancer in the hospital, planning programs such as our monthly Lunch and Learns, and organizing our annual Cancer Survivorship Conference.

The Annual Meeting was also our chance to congratulate the volunteer leadership of our Executive Committee for their time, talents and professional expertise, all of which is crucial to the overall success of the CSN. The following 2005/2006 Executive Committee members were installed at the Annual Meeting: **Chair** - Tom Simon; **Vice Chairs** - Ilene Baker and Bill Hartigan; **Members at-large** - Monica Anderson, Clay Futch, Charlotte

Hartigan, Scott Head, Judy Kelner, Ed Kostyrka, Bob Lammers, Cathy Matthews, Shannon Myers, Frank Petraglia, Jerry Smith and Minnette Stennett. Dick McClure, Sally Miller and Bill Moss will continue to serve as Chair Emeriti.

The "fruit of our labor" truly is the quality and quantity of programs that the CSN sponsors each year. This year was no exception. In 2004/05, the CSN:

- Provided 1,425 hours of one-on-one support to patients with cancer through our Living Room visitation program
- Doubled the number of Lunch & Learn programs and featured a wider variety of subjects than ever before
- Presented the 5th Annual Cancer Survivorship Conference and surpassed all expectations with more than 250 people attending
- Developed the lung cancer support group into a viable and helpful resource for those dealing with lung cancer and their families
- Created plans for the only colorectal cancer support group in the Atlanta area

Thank you to our many supporters for all of our wonderful successes. We hope you will join us for many more exciting things in the coming year!

NETWORK Support Programs

LIVING WITH CANCER: Survivorship Skills for the Recently Diagnosed (one-time support program)
2nd Wednesday of the month
 7:00 pm - 9:00 pm/even months
 1:00 pm - 3:00 pm/odd months

BREAST CANCER
2nd Tuesday of the month
 7:00 pm - 8:30 pm

COLORECTAL CANCER
1st Friday of the month
 10:00 am - 11:30 am

HEAD & NECK CANCERS
2nd Monday of the month
 6:30 pm - 8:00 pm
Carroll Conference & Education Center at Saint Joseph's Hospital
 For more information, call John Sandidge at 404-851-5585

LUNG CANCER
3rd Tuesday of the month
 10:00 am - 12 noon

PROSTATE CANCER
1st Wednesday of the month
 7:30 pm - 9:30 pm

GENTLE YOGA
Every Saturday of the month
 9:30 am - 11:00 am
 Shannon Myers, MS, CYT
 5673 Doctors Building at Saint Joseph's Hospital
FREE. Please call 404-851-5051 to register.

Programs take place in the Cancer Center Conference Room - 2nd level of the Cancer Center unless otherwise noted.

All programs are FREE and open to everyone in the community.

For Cancer Survivors' Network program information, or a listing of local support groups, contact network coordinator, **Renee Rickles** at 404-851-5051 or csninfo@sjha.org.

How To . . .

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Enthusiasm

Be excited about the day ahead. Find joy in the ordinary events and people you encounter. Surprise others each day with a small act of kindness. The rewards will bring amazing results in your life. Never lose your enthusiasm. It will keep you young.

Humor and Relaxation

Learn to laugh at events of the day, rather than becoming tense or angry. Take a break when you feel overwhelmed and do something relaxing or fun. Norman Vincent Peale² wrote, "In our hurry-up world, we are constantly stressed and worry too often. Take some deep slow breaths, and if you are able, play some music and move or march to the beat. Do not spend your days crawling through life, but make your life vital and joyful." Live each day as it comes. Humor helps us be healthier people.

Tasks and Goals

Decide on a task that you can easily accomplish today. Be realistic so you aren't overwhelmed or frustrated in the effort. Interruptions may occur, but calmly return and focus on the task's completion. Taking things "one day at a time," makes challenges easier to overcome. Do your best each day and let it go at that! If you are living each day fully, you will not worry about tomorrow. In reality, there is no tomorrow; when you awake, it is today.

Article contributed by Charlotte Hartigan, wife and supportive caregiver to a 13 year survivor of sinus and recurrent bladder cancer. Charlotte has been a member of the Cancer Survivors' Network Executive Committee for one year and will continue on the board for another two-year term.

(Footnotes)

¹ *Attitude* by Charles Swindoll
² *Stay Alive All Your Life* by Norman Vincent Peale

Medically Speaking

What's New in Breast Care at Saint Joseph's

Saint Joseph's Hospital is pleased to provide comprehensive breast health services at our new, state of the art Breast Health Center named in honor of Ed and Dora Voyles. The Ed and Dora Voyles Breast Health Center is conveniently located on the lobby level of the newest physician's office building at Saint Joseph's at 5673 Peachtree Dunwoody Road. In addition to a new and spacious environment, the center offers convenient scheduling of both screening and diagnostic examinations using state of the art digital equipment. In an effort to make the mammography experience more comfortable the new "Mammopad", a foam cushion for use during the exam is provided free of charge. In addition, the center offers the latest in ultrasound technology and performs outpatient biopsies using stereotactic and ultrasound guided techniques. Expert Radiology physicians are available for consultation and clinical guidance. As an added benefit, DEXA osteoporosis scanning also is available.



Dr. Michelle Ross, reviewing mammography films in the new Dora and Ed Voyles Breast Health Center

Appointments for the Ed and Dora Voyles Breast Health Center can be made by calling (404) 851-7471. The Mobile Mammography service employs a full size coach which is available to visit schools, businesses, and other facilities to

offer screening mammography services with maximum convenience. To find out about scheduling the Mobile Mammography coach to your business, call Nevia Warren at (404) 851-5930.

A diagnosis of breast cancer can be overwhelming and anxiety producing. In order to support and guide patients and families through such a diagnosis, a Clinical Nurse Navigator expert in breast care is available on staff. Saint Joseph's is pleased to welcome Tina Ban,

RN, OCN as our new Breast Care Nurse Navigator and co-facilitator of the monthly Breast Cancer Support Group. Ms. Ban joins us from the cancer care team at Northwestern University Medical Center in Chicago and will be providing education, advocacy, and support to anyone with questions or concerns about their breast care or management of a diagnosis of cancer or treatment. Ms. Ban also will provide information about the other programs offered by the Cancer Survivors' Network. Ms. Ban can be reached at (404) 851-7118.

Dr. Michelle Ross, M.D. contributed to this article. Dr. Ross is a board certified Radiologist in the Ed and Dora Voyles Breast Health Center and specializes in mammography.

The Cancer Network Has a Resource Library!

A variety of new books and resource materials are available for you to check out on the 2nd floor of the Saint Joseph's Cancer Center.

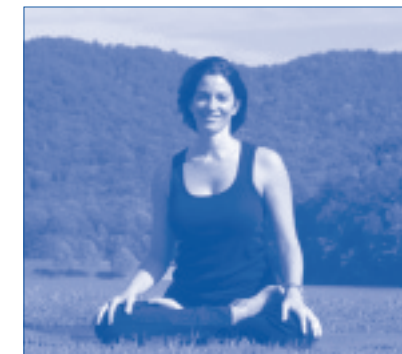
Volunteer Spotlight

Shannon Myers - Sharing Her Experience for the Benefit of Cancer Survivors

Shannon is a 3 year survivor of thyroid cancer. She is a certified yoga instructor and has led the Saint Joseph's weekly Gentle Yoga class since 2004. Shannon was recently elected as a member of the Cancer Survivors' Network Executive Committee.

Q What made you want to volunteer?

A I wanted to volunteer to teach a gentle yoga class because my own yoga practice has been so healing for me and I wanted to make an offering from my heart to teach other cancer survivors. It just felt like something I had to do. I have been practicing hatha yoga for the past seven years and fell in love with



Shannon strikes a yoga pose as she demonstrates the benefits of the body/mind connection

it from my very first class. As I go through the changes in my life, my own yoga practice lifts my spirits, urges me to go deeper inside and shows me how to surrender. Yoga takes me out of my head and into my heart. It challenges me to push to my edges and to relax into the ease, grace and softness of it all.

Q What is the best part about what you do as a volunteer?

A The best part of teaching the yoga class is seeing the glow of relaxation and serenity on the faces of my students when they are leaving class. Many members of the class have never done yoga before so

it is very gratifying for me to introduce them to something that has been so healing and helpful to me in my own life.

Q What has helped you the most on your own cancer journey?

A What has helped me the most is the love and support of my friends and family, living as much as I can in the present moment, and believing that my

cancer experience is an opportunity....an opportunity to grow and deepen as a spiritual being. My own yoga practice played an integral part during my experience with cancer, as it strengthened and soothed me during difficult times. I feel compelled to share this practice with other cancer patients and survivors.

Q Can you give us some words that you use to live by?

A "It is not necessary to have great things to do. I turn my little omelet in the pan for the love of God." - Brother Lawrence

Life is short, eat dessert first!

One day at a time.

Coordinator's Corner

The Cancer Survivors' Network is committed to providing a variety of quality programs that are supportive and helpful to people dealing with cancer. One of the most difficult parts of coping with cancer can be feeling alone and isolated from others. For this reason, it has become one of our goals to develop a sense of "community", supporting and encouraging one another as we travel the cancer journey together.



With this in mind, our focus has shifted to providing more frequent programs, such as weekly Gentle Yoga classes, monthly Lunch & Learn programs, and a greater number of support groups than ever before. We also are pursuing more opportunities to partner with others in the community for interesting programs and events that bring people together. Our most recent community event featured Wendy Harpham, MD speaking on her new book, "Happiness in a Storm," an event co-sponsored by Saint Joseph's, the Atlanta Cancer Care Foundation and the Leukemia & Lymphoma Society. If you have an idea for a community partnership opportunity, please let us know. And as always, we hope to see you soon.

Renee Rickles, LMSW,
 Coordinator, Saint Joseph's
 Cancer Survivors' Network

Let Us Hear From You!

- Have questions?
- Want to receive Network e-mail announcements?
- Know a friend who would like to receive our mailings?
- Want to volunteer with us?

Contact Renee at
 404-851-5051 or csninfo@sjha.org