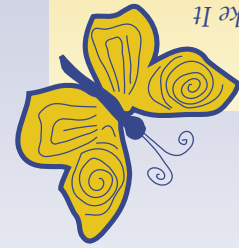


# the NETWORK connection

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

SUMMER 2005



## WHAT IS LIFE?

Life is an Opportunity ..... Take It  
 Life is a Challenge ..... Meet It  
 Life is an Adventure ..... Dare It  
 Life is Sorrow ..... Overcome It  
 Life is a Tragedy ..... Face It  
 Life is a Duty ..... Perform it  
 Life is a Game ..... Play it  
 Life is a Mystery ..... Unfold It  
 Life is a Song ..... Sing It  
 Life is a Journey ..... Complete It  
 Life is a Promise ..... Fulfill It  
 Life is Beauty ..... Praise It  
 Life is a Struggle ..... Fight It  
 Life is a Goal ..... Achieve It  
 Life is a Gift ..... Treasure It



SAINT JOSEPH'S  
 Cancer Survivors' Network



### Chair Emeriti

Maggie Beaumarrage  
 Chuck Keene  
 Alan Lipsey  
 Dick McClure  
 Sally Miller  
 Bill Moss  
 George Williams

### Board Members

Tom Simon, chair  
 Ilene Baker, vice chair  
 Bill Hartigan, vice chair  
 Charlotte Hartigan, secretary  
 Maggie Beaumarrage  
 Monica Anderson  
 Clay Futch  
 Scott Head  
 Sandra Jones  
 Judy Keiner  
 Ed Koszyrka  
 Bob Lammers  
 Cathy Matthews  
 Frank Petraglia  
 Marcy Sheerin  
 Jerry Smith  
 Minnette Stennett

### Editorial Committee

Ilene Baker, cancer survivor  
 Charlotte Hartigan, caregiver  
 Marcy Sheerin, cancer survivor  
 Renee Sevy Rickles, LMSW  
 Maggie Riley, MN, RN  
 Alice Kerber, MN, RN, AOCN

Newsletter design & layout by Ilene Baker

If you wish to be removed from the mailing list, please call (404) 851-5051 or email rsevy@sjha.org

the NETWORK connection  
 SUMMER 2005

5665 Peachtree Dunwoody Road, N.E.  
 Atlanta, GA 30342-1764  
 www.sjosephsatlanta.org/cancer support

SAINT JOSEPH'S  
 Cancer Survivors' Network

FORWARDING  
 SERVICE  
 REQUESTED

Non-profit  
 Organization  
 U.S. Postage  
 PAID  
 Permit No. 1067  
 Atlanta, GA

## An Inside Look

Sharing the Journey -  
 A Survivor's Story ..... 1 & 2  
 Kim Masak - Beating the Odds

How To ..... 1 & 4  
 Boost Your Immune System

Calendar: What's Happening ..... 2

Network Update ..... 3  
 Head & Neck Cancer Screening  
 Lung Cancer Run & Walk  
 "Happiness in a Storm" Book Talk

Network Support Programs ..... 3

Medically Speaking ..... 4  
 Benefits of Exercise

Volunteer Spotlight ..... 5  
 Jerry Smith  
 Dedicated & Dependable

Coordinator's Corner ..... 5  
 Celebrate Life

Our Mission At Work ..... 6  
 Developing Partnerships

Network Cards ..... 6

Free For the Asking ..... 6  
 Dietitian on Call

At Saint Joseph's ..... 7  
 Cancer Center  
 Annual Sharing the Journey  
 Cancer Survivors Conference

Looking to Volunteer? ..... 7  
 Conference Committee

Did You Know? ..... 7  
 National Cancer Institute  
 Clinical Trials

SAINT JOSEPH'S  
 Cancer Survivors' Network  
 Renee Sevy Rickles, coordinator  
 Cancer Survivors' Network  
 404-851-5051 or rsevy@sjha.org

## A Survivor's Story

### Kim Masak, Beating the Odds

The year 1996 was a wonderful one - I turned 26, was newly married and full of hope. That was also the year I noticed that the lump I'd had in my breast for several years (that doctors continued to tell me was nothing) seemed to be getting bigger. It wasn't until September 28, 1997, after surgery to remove what they thought was a cyst, that we learned that the lump was actually stage IIB breast cancer.

The decision to have surgery came easily. I decided on a single mastectomy with TRAM-flap reconstruction. When I learned that I would have to have chemotherapy, my heart sank. For some reason, I never really questioned that I would survive cancer. What I was most worried about was whether I would ever be able

to have children. I was told that chemotherapy could bring on early menopause, causing infertility. So, I started researching, reading everything I could find on the subject. I learned that although one option

is to "freeze" embryos for invitro fertilization, this option would be in conflict with my Catholic faith. I turned to the idea of adoption but was saddened to learn that many adoption agencies will not place a child with you until you are cancer free for ten years. I felt like there were few options

available to me. I would have to place my faith in God's hands. And so I did.

The day that I finished my last treatment, I began asking my doctors when I could safely get pregnant.

*continued on page 2*



Kim with husband, Joe and son, Michael, enjoy a day at the beach

## Boost Your Immune System

The body's immune system is designed to help the body heal itself. There are many ways to enhance functioning of the immune system, from diet and exercise to vitamins and nutritional supplements. There are some basic lifestyle choices that can have tremendous benefits in bolstering your immune system. Most of these strategies are familiar to us, but it can be helpful to review them.

**Sleep** - Quality and quantity. Try to extend your sleep hours until you find yourself waking up naturally refreshed.

**Water** - It is recommended that adults drink 6-8 glasses of water a day. If you feel thirsty, you are already beginning to dehydrate. Along with water, other beverages for hydration include juice, milk, and herbal tea. Be careful not to overdo beverages that dehydrate, including coffee, tea, carbonated sodas with caffeine, and alcohol.

*continued on page 4*

How To...

**Survivor's Story**

*continued from page 1*

My oncologist told me that I should wait five years before trying. My plastic surgeon questioned whether I would even be able to carry/deliver a baby after TRAM-flap surgery. You can imagine my elation when one year (to the date) after my last chemo treatment, I found out that I was pregnant! While sadly, that pregnancy ended in miscarriage, I found myself pregnant again three months later, this time to be carried full term and result in the birth of a beautiful baby boy in May of 2000. We named our son Michael which means "gift from God" and to us, he is indeed our gift from God.

It's 2005 and Michael is now 5 years old. I am blessed to have the family I had always hoped for. With God's continued blessing, Joe and I will welcome our second child into this world in January of 2006. What an incredible journey this has been.

*Kim Masak is a seven year survivor of breast cancer. She has volunteered with the Living with Cancer program for the recently diagnosed and the 2005 Cancer Survivors' Conference.*

**For More Information**

**Young Cancer Survivors**

- Young Survival Coalition  
www.youngsurvival.org

**Articles relating to fertility**

- CURE Magazine  
www.curetoday.com/backissues

**Breast reconstruction**

- American Society of Plastic Surgeons: www.plasticsurgery.org/public\_education/procedures/BreastReconstruction.cfm

**VISIT OUR WEBSITE**

[www.stjosephsatlanta.org/cancersupport](http://www.stjosephsatlanta.org/cancersupport)

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

**what's happening**



**September**

- 9 Saint Joseph's Annual Support Group Facilitator's Training.** 9:30 am - 3 pm; nominal fee; RSVP required; (404) 851-5051.
- 10 Saint Joseph's Annual Prostate Cancer Screening Day** 7 am - 11 am, Saint Joseph's Cancer Center; Free; Appointments are required; (404) 851-5175.
- 16 Network Lunch & Learn - "Two Ways to Change Your Life: When to Try Harder and When to Stop Trying So Hard";** Presented by Dr. Avrum Geurin Weiss, PhD ; 11:30 am – 1 pm; Free; RSVP required; (404) 851-5051
- 29 Network Annual Meeting and Volunteer Appreciation Event - "When Life Gives You Scraps, Make a Quilt",** Presented by Darlene Martin, MSCP,NCC, Professional Trainer with Kennesaw State University Continuing Education; 6:30 pm - 8:30 pm. Free. Call (404) 851-5051 to register.

**October**

- 30 "Happiness in a Storm" Book Talk & Book Signing,** Featuring Dr. Wendy S. Harpham, MD; 3:00 pm - 4:30 pm, Free, Call (404) 851-5051 to register.
- 30 Young Survivors' Dinner:** To benefit programs & services for young cancer survivors through Saint Joseph's Cancer Survivors' Network, 6:00 pm; McCormick & Schmick's Seafood Restaurant, Dunwoody. \$75 per person; Call Lisa Allin at (404) 787-7146 for reservations or for more information.

**No Lunch & Learn program for October**

**November**

- 12 Lung Cancer Awareness Run & Walk sponsored by Saint Joseph's Hospital & The Lung Cancer Caring Ambassadors Program;** 5k fun run begins at 8:30 am; 1 mile walk begins at 9:00 am; The Concourse Corporate Center Four. \$20 fee to participate. (404) 577-4212.
- 18 Network Lunch & Learn - "Dealing with Depression";** 11:30 am – 1:00 pm, Free; RSVP required (404) 851-5051.

*Most Network activities take place in the Carroll Conference & Education Center (ground floor of main hospital next to the dining room) unless otherwise noted.*

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

**A SPECIAL THANK YOU . . . to all who helped to make our 2005 Sharing the Journey Cancer Survivors' Conference such a big success!**

- |  |   |
|--|---|
| <b>Platinum Sponsors</b><br>Saint Joseph's Mercy Foundation<br>Atlanta 2-Day Walk for Breast Cancer  | <b>Exhibiting and Other Sponsors</b><br>Amgen<br>Breast Friends<br>Cards for Cancer ~ Ilene Baker & Faye Skillen<br>Diversified Pharmacy Group<br>Juice Plus<br>Southern Refreshments<br>On Target Custom Mart<br>The Wellness Community-Atlanta Northside<br>VistaCare |
| <b>Gold Sponsor</b><br>Roche Laboratories  | <b>Volunteers &amp; Staff Members</b><br>Conference Planning Committee<br>Cancer Survivors' Network Volunteers<br>Saint Joseph's Hospital Auxilliary<br>Saint Joseph's Marketing Department   |
| <b>Silver Sponsors</b><br>GlaxoSmithKline<br>Varian Medical Systems  | <b>Conference Participant Donors</b>  |
| <b>Contributing Sponsors</b><br>Merrill Gardens of Dunwoody<br>Merrill Gardens of Roswell<br>PuraVida USA<br>TAP Pharmaceuticals<br>Williams Salon |   |

**At Saint Joseph's Cancer Center**

**Cancer Survivors' Conference - The Voice of Survivorship**

As the cancer community grows in its need for support and education, the Saint Joseph's Hospital Cancer Program and Cancer Survivors' Network are responding to those needs in numerous ways, one of which is the Annual Cancer Survivors' Conference.

On April 16, 2005, over 250 cancer survivors, caregivers and professionals came together for a day of information, inspiration and support. It was a special opportunity for participants to make connections with others who are sharing the cancer journey.

What makes this conference especially unique is the fact that the concept, planning, and implementation is volunteer driven. All committee members are cancer survivors, caregivers or concerned volunteers who have a special interest in reaching out to the cancer community. The enthusiastic support of Maggie Riley, Director of the Cancer Program at Saint Joseph's Hospital is reflected by her message to the Network, "We depend on you to tell us what the specific needs of

cancer survivors and caregivers are. You have walked in their shoes, you are their voice".

Endless hours are spent by a small group of dedicated and hard working volunteers to present the conference. With the guidance and support of coordinator, Renee Sevy Rickles, LMSW, the topics are selected, speakers are procured, and a workable agenda is created – all with one thing in mind – to provide a meaningful and memorable experience for cancer survivors, caregivers and professionals. Feedback from participants is encouraged. Comments and suggestions are carefully reviewed by the committee, and used as a basis to plan future Network conferences and educational programs.

As one conference planning volunteer says, "It is so satisfying to know that we have touched the lives of other cancer survivors and caregivers in a positive way. To see them make connections, gain valuable information and become inspired by the experience is what it's all about".

**“ Here's what participants have said when asked what they enjoyed and appreciated most about the conference... ”**

- It truly energized me and my battle with cancer . . . Professionalism of presenters*
- Being around enthusiastic survivors . . . The topics addressed were very informative*
- Excellent presentations & variety of topics . . . The camaraderie and laughter*
- It was a very uplifting experience . . . Hearing experiences of other survivors*
- Very well planned and organized conference . . . Comfortable atmosphere*
- Upbeat attendees and speakers . . . Everyone was knowledgeable and caring*
- It helped me be more positive . . . It was so inspirational to be here*
- All that I have learned has been very helpful in my personal and professional life*

**Looking to Volunteer ?**

**2006 CONFERENCE PLANNING COMMITTEE IS FORMING NOW.**  
Contact Renee at 404-851-5051 or rsevy@sjha.org if you'd like to get involved.

**Did You Know ?**

The following National Cancer Institute (NCI) supported clinical trials have recently released results. To find out more about these trial results or NCI-supported clinical trials that are currently enrolling participants, go to [www.cancer.gov](http://www.cancer.gov) or call 1-800-4-CANCER.

**Lung cancer:** Adding bevacizumab (Avastin™) to standard chemotherapy regimen increased survival for patients with previously untreated non-squamous, non-small cell lung cancer.

**Follicular Lymphoma:** Adding Rituximab (Rituxan®) to standard chemotherapy regimen dramatically delayed the progression of disease and produced higher response rates that lasted longer.

**Colorectal cancer:** Patients with advanced colorectal cancer lived longer and went longer without disease progression when their FOLFOX chemotherapy regimen was supplemented with bevacizumab (Avastin™).

**Stomach cancer:** Adding Docetaxel (Taxotere®) to other chemotherapy treatments improved survival for patients with stomach cancer.

**Pancreatic Cancer:** Patients with operable pancreatic cancer who got additional therapy with the drug gemcitabine lived nearly twice as long before their disease recurred as patients who were treated with surgery alone.

**Breast Cancer:** Patients who received bevacizumab (Avastin™) in combination with standard chemotherapy for previously untreated recurrent or metastatic breast cancer had a longer time period before their cancer progressed than patients who received the same chemotherapy without bevacizumab.

**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.

## Our Mission AT WORK

At the Cancer Survivors' Network, we strongly believe in the power of people working together. We will make



far more significant advances than any group working alone. This is why the CSN, consisting of volunteers dedicated to helping those with cancer, is developing partnerships with other cancer organizations to address the needs of cancer survivors and caregivers.

Partnering, nurturing relationships, and collaborating with other cancer organizations is good for the Cancer Survivors' Network, as well as cancer survivors, their family members and caregivers. The possibilities are endless when it comes to sharing the cancer journey.

Tom Simon, Chair  
Cancer Survivors' Network

### 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.

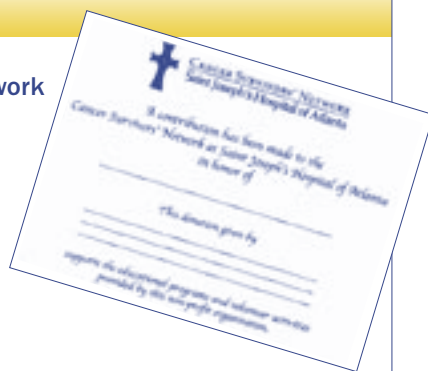
### CARDS FOR CANCER Note Cards

**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

**Dietitian on Call Program:** Cancer treatment can often bring on side effects like nausea, weight loss or gain, fluctuating appetite, and various eating difficulties. Nutrition tactics can help with these side effects and improve patients' quality of life. That is why the American Cancer Society's Mid-Atlantic Division recently launched the Dietitian on Call program. Through the program, a registered dietitian works with patients to develop personalized nutrition plans. Patients can access the free program by calling the Resource Center at 1-888-ACS-NEED. After the call, a registered dietitian contacts each patient to develop plans that meet their unique needs. When appropriate, the dietitian can also work with patients' families and medical teams.

### For More Information

- **American Cancer Society:** [www.cancer.org](http://www.cancer.org)  
Specific areas on website to try:  
[www.cancer.org/docroot/PED/content/PED\\_3\\_2X\\_Common\\_Questions\\_About\\_Diet\\_and\\_Cancer.asp](http://www.cancer.org/docroot/PED/content/PED_3_2X_Common_Questions_About_Diet_and_Cancer.asp)  
[www.cancer.org/docroot/PED/ped\\_3.asp?sitearea=PED](http://www.cancer.org/docroot/PED/ped_3.asp?sitearea=PED)

## Network Update

### Head and Neck Cancer Screening Day

On Saturday, April 30, 2005, Saint Joseph's Hospital sponsored its fifth annual free screening for head and neck cancer at the Mall of Georgia. Head and neck cancer includes all cancers of the mouth, neck and throat. Screening is painless and usually takes less than 15 minutes.

This year, 46 people were screened, 10% more than last year, with many more receiving prevention and detection information. Special thanks to Alice Kerber and John Sandidge for coordinating this event, and thanks to the physicians and staff from Saint Joseph's and volunteers from the Cancer Survivors' Network for participating.

For information on cancer screenings, contact Alice Kerber, cancer prevention and detection nurse with Saint Joseph's CanScreen program, at (404) 851-5175. For survivors of head and neck cancer, Saint Joseph's sponsors a free monthly support group. Call John Sandidge in the Evelyn Trammel Voice and Swallowing Center at (404) 851-5585 for more information.

### LUNG CANCER AWARENESS RUN AND WALK Saturday, November 12, 2005

Saint Joseph's Hospital and the Lung Cancer Caring Ambassadors Program will host the first annual Lung Cancer Awareness Run & Walk to benefit local lung cancer education, support, advocacy and research efforts. The event will feature a 5k fun run, 1 mile walk, and vendor's expo with children's activities, food, fun and entertainment. Form a team or come alone - bring the kids and grandkids - walk in honor or in memory of someone you know whose life has been touched by lung cancer. Event will be held at the Concourse Corporate Center (Hammond and Peachtree Dunwoody Roads); run will begin at 8:30 am, walk at 9:00 am. There is a \$20 fee to participate. Go to [www.active.com](http://www.active.com) to register or call (404) 577-4212 for more information.

### "Happiness in a Storm: Facing Illness and Embracing Life as a Healthy Survivor"

Book Talk, Book Signing and  
Author's Reception featuring  
Dr. Wendy S. Harpham, MD

Sunday, October 30  
3:00 pm - 4:30 pm

Saint Joseph's Hospital, Carroll  
Conference & Education Center

Co-sponsored by Saint Joseph's Hospital,  
the Atlanta Cancer Care Foundation, and  
Leukemia & Lymphoma Society of Georgia

**FREE COMMUNITY EVENT**  
Call 404-851-5051 to register

### NOW FORMING! Colorectal Cancer Support Group

Please call (404) 851-5051  
if you're interested!

### 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

## NETWORK Support Programs

### LIVING WITH CANCER:

**Survivor 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  
Alice Kerber, MN, RN, AOCN  
Renee Sevy Rickles, LMSW  
Panel of cancer survivors

### BREAST CANCER

2nd Tuesday of the month  
7:00 pm - 8:30 pm  
Alice Kerber, MN, RN, AOCN  
Renee Sevy Rickles, LMSW

### HEAD & NECK CANCERS

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

### LUNG CANCER

3rd Tuesday of the month  
10:00 am - 11:30 am  
Renee Sevy Rickles, LMSW  
Tom Simon, Lung Cancer  
Caring Ambassadors

### PROSTATE CANCER

1st Wednesday of the month  
7:30 pm - 9:30 pm  
Hamid Mirsalimi, PhD  
Renee Sevy Rickles, LMSW

### 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 Sevy Rickles** at 404-851-5051 or [rsevy@sjha.org](mailto:rsevy@sjha.org).

## How To . . .

continued from page 1

**Exercise** – Oxygen plays a key role in our immune function. All physical activity increases oxygen in the body. Yoga and t'ai chi are forms of physical exercise that incorporate focused breathing and relaxation that can provide even greater immune system benefits.

**Diet** – Learn to eat consciously, carefully choosing what, how much, and how often you eat. Blood sugar is a powerful regulator of immune function. Limit sweet and starchy foods (including refined starch like in breads and pastries) that cause irregular blood sugar levels. Instead choose healthy starches such as whole wheat products, sweet potatoes, and beans. A healthy diet should include plenty of fruits and vegetables and limited animal proteins.

**Stress Reduction** – Stress can decrease the body's immune system responses over time. Relaxation exercises such as meditation, visualization, and yoga are useful in reducing stress and quieting the mind. Other choices include prayer, connecting with nature, music and art. (See page 3 for Gentle Yoga class)

**State of Mind** – There is a link between the nature of your thoughts and how you feel and function. Practice gratitude and seek out opportunities that bring inspiration and positive thinking to your life.

Consult your doctor. Some supplements to your diet can counter the effects of chemotherapy and other cancer treatments. While in treatment, all lifestyle changes should be discussed in detail with your doctor or nurse.

## For More Information

- National Center for Complementary Medicine (NIH): <http://nccam.nih.gov/>
- Office of Dietary Supplements (NIH): <http://ods.od.nih.gov/index.asp>
- Tips for Nutrition & Eating During Chemotherapy: [www.chemocare.com](http://www.chemocare.com)

## Medically Speaking

## The Benefits of Exercise for Cancer Survivors

While most cancer survivors know that physical activity is "good for you", many may not realize how tremendous the health benefits really can be. A recent report by the Agency for Healthcare Research and Quality suggests that cancer survivors may benefit from physical activity both during and after cancer treatment in terms of improved functional capacity and cardiopulmonary fitness, reducing symptoms of fatigue, and improving overall quality of life.

Out of the approximately 9.5 million cancer survivors in the U.S., the majority unfortunately do not meet the minimum public health recommendation for physical activity. This recommendation is that "adults should engage in moderate-intensity physical activities for at least 30 minutes on most, preferably all days of the week." What is a moderate level? While exercising, a person should feel some exertion but should be able to carry on a conversation comfortably during the activity. "Moderate-intensity" is a very important point to understand because scientific evidence has clearly demonstrated that the "no pain, no gain" exercise message is outdated. We now know small increases in levels of physical activity yield meaningful improvements in health for previously sedentary individuals.

The health benefits from regular physical activity are impressive, and may be particularly important to those suffering from side effects of cancer and cancer treatments.

## For More Information

- Agency for Healthcare Research and Quality Evidence Review: [www.ahrq.gov/clinic/epcsums/pacansum.htm](http://www.ahrq.gov/clinic/epcsums/pacansum.htm) or call (800) 358-9295
- Saint Joseph's Wellness & Rehabilitation Center (Exercise Programs and Facility Information) 770-730-0019

Muscle-strengthening exercises are important for healthy bones, muscles, and joints which can help older adults become stronger and better able to move about without becoming excessively fatigued. This not only improves quality of life but also increases a person's ability to live independently. Obesity has been named as a risk factor for several types of cancer and for recurrence. Physical activity is an important part of maintaining a healthy body weight. Physical activity reduces feelings of depression and anxiety and promotes psychological well-being which may be particularly important for cancer survivors. Also, physical activity lowers total blood cholesterol and triglycerides and increases high-density lipoproteins (HDL or the good cholesterol). It lowers the risk of developing high blood pressure and helps reduce blood pressure in people who have hypertension.

It's more important than ever to discover what physical activities you enjoy and can look forward to, whether you like gardening, playing with children, walking, swimming, playing a sport - participate for enjoyment and watch as the health benefits follow.

*John Librett, Ph.D., MPH, Health Scientist with the Centers for Disease Control and Prevention, contributed to this article. John serves on the Advisory Board for the Lance Armstrong Foundation, is a volunteer with Saint Joseph's Cancer Survivors' Network, and is a six-year cancer survivor.*

## Volunteer Spotlight

## Jerry Smith - Dedicated and Dependable

*Jerry is a six year survivor of prostate cancer. He is an active volunteer with the Cancer Survivors' Network (CSN) serving on the Executive Committee and the annual conference planning committee for the past four years. Together with his wife, Ruth, Jerry also volunteers on a monthly basis helping to prepare our Network mailings and every year at Saint Joseph's Prostate Cancer Screening Day (coming up this year on September 10, 2005).*

**Q** What made you want to volunteer with the Network?

**A** In February 2000, I had radiation seed implants

at Saint Joseph's and began attending the prostate cancer support group. Later that year, I volunteered to help with the Saint Joseph's Cancer Survivorship Conference. Originally I questioned whether I wanted

to attend the support group but after attending a couple of meetings, I realized that my experience and my journey with cancer could help others. In the process, I have learned to be humble and thankful and I wish to help make the cancer experience better for those who are diagnosed with cancer. I feel my volunteering helps in that way.

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

**A** The CSN gives me the opportunity to help in the development of programs for caregivers, the newly diagnosed and survivors like myself. Getting to know other cancer survivors and assisting them is what I enjoy most about being a volunteer.

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

**A** The excellent care that I received from my physicians, the excellent post-op care that I received from the nursing staff in the outpatient cancer center and the faith and support that I received from family and friends helped me in my cancer survivorship.

**Q** Can you give us some words to live by?

**A** My cancer experience has made me adamant in getting the message out to all men that the PSA test can be life saving. All men need to have a PSA test done annually during their physicals. I also feel that an uplifting attitude and hope are essential in my day to day living.

## For More Information

- Saint Joseph's Annual Free Prostate Cancer Screening Day, Saturday, September 10, 7 am - 11 am. Call 404-851-5175 for appointment.
- Saint Joseph's Prostate Cancer support group - see page 3 for information
- [www.cancer.org](http://www.cancer.org)

## Coordinator's Corner

This year marked the 15th year that cancer survivors from Saint Joseph's have gathered to "celebrate life" on the first weekend in June to honor National Cancer Survivors' Day. Cancer Survivors' Day is an effort by the National Coalition for Cancer Survivorship to focus attention on those surviving cancer and to acknowledge the many oncology professionals who are dedicated to quality care for those with cancer.

Today, even with the Cancer Survivors' Network having grown and expanded with many new and innovative programs, we continue to value celebrating life with all of you and your families. It is important to us to celebrate the journey that we have all faced with cancer and share in the joy of life with all of you. At this year's Celebrate Life party, we welcomed 200 survivors, caregivers, and family members, each with a unique cancer story. We loved hearing each of your names and survivorship stories as we made our way around the room. On behalf of everyone at the Saint Joseph's Cancer Program, thank you for being a part of our "family" and for letting us be a part of yours.

*Renee Sevy 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 [rsevy@sjha.org](mailto:rsevy@sjha.org)