

C o n n e c t i o n s

Quarterly

See this and previous issues of *Connections* at www.glensfallshospital.org

What Can I Say?

By Paul Miller, RN, OCN

As a cancer survivor, or the loved one of a cancer survivor, what can you say when the subject of cancer comes up? Should you tell your story? Should you simply say that you (or your loved one) had cancer and leave it at that? Should you share nothing at all? Certainly, you should say whatever you feel comfortable saying about your personal experience. However there is something that you can always say in any situation. "Early detection saves lives!" You may also wish to add that healthy lifestyle choices reduce risk. Below is a listing of guidelines for the early detection of cancer from the American Cancer Society. It is not intended that these screening recommendations be memorized, but it may be helpful to remember that the most updated recommendations are available on the American Cancer Society's web site, www.cancer.org.

The American Cancer Society recommends these screening guidelines for most adults:

Breast Cancer

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health
- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over
- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20s.

The American Cancer Society recommends that some women -- because of their family history, a genetic tendency or certain other factors -- be screened with MRI in addition to mammograms. (The number of women who fall into this category is small: less than 2% of all the women in the US.) Talk with your doctor about your history and whether you should have additional tests at an earlier age.

Colorectal Cancer and Polyps

Beginning at age 50, both men and women should follow one of these testing schedules:

Tests that find polyps and cancer:

- Flexible sigmoidoscopy every 5 years*, or
- Colonoscopy every 10 years, or
- Double-contrast barium enema every 5 years*, or
- CT colonography (virtual colonoscopy) every 5 years*

Tests that primarily find cancer:

- Yearly fecal occult blood test (gFOBT)**, or
- Yearly fecal immunochemical test (FIT) every year**, or
- Stool DNA test (sDNA), interval uncertain**

* If the test is positive, a colonoscopy should be done.

** The multiple stool take-home test should be used. One test done by the doctor in the office is not adequate for testing. A colonoscopy should be done if the test is positive.

The tests that are designed to find both early cancer and polyps are preferred if these tests are

(Continued on page 13)

Survivorship

Blessed to be Healthy and Cancer Free

By Eileen Amara

My journey with cancer began in August of 2007. I had been having signs that something was seriously wrong for several weeks, but foolishly put off going to the doctor because I didn't have health insurance. I was hoping I could hold off until I was eligible for Medicare. I had six months to go before I became a "senior citizen". I tried to convince myself that if ignored it, it would go away. Well, that didn't happen. I started experiencing heavy bleeding and had no choice but to seek medical help.



I think the hardest part of having cancer is going through the many diagnostic tests and exams before treatment begins. I started my rounds of tests on August 7th and didn't start treatment until September 21st. It was seven weeks of hell.

I had a Pap test on my first visit and I was set up for a CT scan and mammogram. On the day of my CT scan I received a "Happy Face" in the mail saying my Pap test was okay. I breathed a sigh of relief. At least I didn't have cervical cancer (or so I thought).

My CT scan showed a lesion on my uterus and a subsequent biopsy confirmed cancer. I was then set up with an appointment with a gynecologist/oncologist in Albany. The day I received the biopsy results I received a call informing me that my mammogram showed a mass in my breast and I would have to see a breast surgeon. Could all this really be happening? I was sure I was going to die. At this point I was put in touch with Melissa from the Cancer Services Program. Melissa, who I call my guardian angel, immediately took me under her wing and got me into a program to cover my tests and treatment until I was eligible for Medicare. I don't know what I would have done without her. Trying to make me comfortable, she also gave me a grand tour of the Cancer Center. She showed me the library and introduced me to Vickie Yattaw and Paul Miller, our resource nurses at the center.

At the time I was too numb to be interested. I just wanted to get my treatments over with and forget I ever heard the "C" word.

The following week I saw Dr. Morrissey in Albany. He examined me and did a biopsy of my cervix. He then informed me he was sure I also had cervical cancer (so much for happy faces). He outlined my treatment plan, 30 radiation treatments and 6 chemotherapy cycles, which could be done at GFH, followed by surgery. He would set it up as soon as he got the biopsy back, in about 3 days. Three days became another week.

On the morning of my appointment with Dr. D'Agostino, the breast surgeon, I received the call confirming cervical cancer. It was also my 48th wedding anniversary. When he read my medical history, he asked me when I found out I had cancer. I replied that morning and then I had a complete melt down. He very patiently listened to me pour my heart out. He then explained to me that I needed a breast biopsy and if it was breast cancer, he would work around my other cancer. The biopsy was scheduled for the following Tuesday. That Monday my husband spoke to Dr. Hellman, who was to be my radiation oncologist. He said it would be at least 2 or 3 visits before beginning treatment. My husband told him I didn't think I could handle 2 or 3 visits emotionally or physically and he agreed to come in that Friday and put me through all the steps in one day so I could start treatment the following Monday. When Dr. Hellman walked into the room that Friday morning he introduced himself and casually said, "Oh, by the way, your breast is okay, the biopsy was benign". My sense of relief was overwhelming. He was very professional and had a very confident air about him as he walked me through the exam, CT scan, planning, tattoos and everything else. For the first time in seven weeks I felt that I was going to be okay. I was in good hands. He also got me in to see Dr. Pillemer, my medical oncologist, that afternoon to set up my chemotherapy.

(2) (Continued on page 14)

Food for Thought

What to Drink When You Really Don't Feel Like Eating

By Joan Butler, RD, CSO, CDN, CNSC, CDE

We have many different reasons for eating which include hunger, social and emotional triggers, family traditions, and cultural patterns. Some of us eat because it's time to eat and some of us eat when we are hungry. Some of us live to eat and some of us eat to live. However the basic reason that we eat is to nourish our bodies. We need energy (calories), protein, a little fat, vitamins, minerals and fluid to keep us going.



Most of us drive cars and we know that we need to put gas in our car to get where we want to go. Our cars also need oil, brake fluid, transmission fluid, radiator fluid and other things to run well. We would not think about trying to run our cars without gasoline (energy), but when we lose our appetite it is not uncommon for us to expect our bodies to keep running on empty.

When undergoing cancer therapy you may lose your appetite, develop taste and smell changes, have a sore mouth or a sore throat. Some people eat less due to these symptoms without really realizing that they are doing so. Being aware of fueling your body and then adjusting what you eat will help you get the proper fuel mix to get through treatment and recover faster once your treatment is completed.

Sometimes it is easier to drink something nutritious rather than eating solid food that does not appeal to you or that you have a difficult time tolerating. Like all those liquid things we put in our cars, we can get our nutrients from liquids.

Here are a few recipes that you can try. You can also use commercially prepared liquids such as Boost, Carnation Instant Breakfast and Ensure. These are handy when you are away from home or don't feel like preparing a shake or smoothie. Preparing your own drinks allows you to adjust them

to your preference. Soon you will be creating your own recipes.

For more recipes, visit www.caringforcancer.com and search for smoothies. When using yogurt in recipes try Greek yogurt (available in the yogurt section of your grocery store). Greek yogurt is creamier and contains more protein than other yogurts.

Banana Oat Shake

Ingredients:

1/3 to 1/2 cup cooked oatmeal, chilled
1 banana (use a frozen banana if a thicker smoothie is desired)
1 cup any liquid (milk, soy milk, rice milk, Boost®, Ensure®, Boost Plus® or Ensure Plus®, (or a generic version of one of these products) – use more than 1 cup if needed to blend
1 Tablespoon wheat germ
1 Tablespoon honey
1 teaspoon vanilla extract

Instructions:

Clean, peel and prepare the fruit and other solid ingredients.

Place these ingredients in the blender.

Add liquid ingredients to blender.

Blend all of the ingredients together to your desired consistency.

Add additional liquid to the blender if needed to thin out consistency for better blending. Depending on the “strength” of your blender, you may need more or less liquid to make the mixture blend.

Per Serving:

646 calories; 20 grams protein; 110 grams carbohydrate; 14 grams fat; 6.5 grams fiber; 295 milligrams sodium; 1021 milligrams potassium. (If made with Boost Plus®, Ensure Plus®, or a generic version of one of these products. Calories and protein will be somewhat lower if made with milk, soy milk, rice milk or another liquid.)

Your Cancer Center Care Team

Mark Hoffman, MD

Mark Hoffman, MD has joined the medical staff at the C. R. Wood Cancer Center as a Hematologist / Oncologist. He did his post-graduate medical training at Upstate Medical Center in Syracuse, Baystate Medical Center of Tufts University, and the University of Rochester, Strong Memorial Hospital. He is board certified in Hematology, Medical Oncology and Internal Medicine. He is former president of the Upstate New York Society of Medical Oncology and Hematology and former medical director of Washington County Hospice. He has been practicing Medical Oncology and Hematology in Glens Falls since 1986.



LeeAnne Porter, Medical Secretary

LeeAnne recently joined the Medical Records Department. She previously worked at Adirondack Cancer Care for seven years in several departments, including Clinical Trials, Billing and Reception.



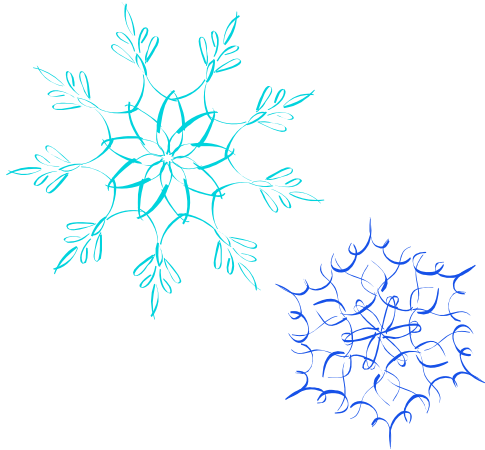
LeeAnne and her husband, Bruce, live in Fort Ann. She enjoys reading and traveling. She says her favorite place, so far, has been Italy.

Patricia Fredericks, Oncology Data Management



Pat recently joined the Oncology Data Management Team as a Medical Secretary. She worked at Adirondack Cancer Care for over nineteen years as a Receptionist and in Accounts Payable.

Pat has three grown children, three grandsons, one granddaughter and expects another granddaughter in March 2011. She sings with Adirondack Voices Choral Group. She enjoys reading, gardening, crocheting, and spending time with her family.



Diane Cutler, LPN



Diane recently joined the Hematology Oncology Clinic. She graduated from the BOCES Nursing Program in 1981. Diane has 26 years of experience in the health field. She worked the last nine years at Adirondack Cancer Care.

Diane and her husband, Bill, who is a Public Health Nurse in Washington County, have four daughters and four grandsons. She enjoys shopping with her daughters, attending Yankee games with her husband and friends and walking her dog, "Maggie".



Cathenia Kramer, Scheduler

Cathenia joins the Medical Oncology Department as a full-time Scheduler. She graduated from Mildred Elly as a Medical Assistant. For the past five years, Cathenia worked as a Receptionist at Adirondack Cancer Care.

Cathenia has two sons, Nicholas and Thomas. She enjoys writing poetry, doing jigsaw puzzles, and spending time with family and friends. She is also an avid Giants fan.



Angelita Serino, Certified Medical Assistant (CMA)

Angel recently joined Medical Oncology. She graduated from Pioneer Pacific College as a CMA. Angel recently relocated to the area from Oregon.

She worked for five years in a Rheumatologist Practice and one year at Peace Health Medical Group.

Angel has a 15-month old son, Davian. As a single mom, she doesn't have a lot of free time but she enjoys hiking, baking, dancing and most of all spending time with family. Angel plans to attend nursing school soon, pursuing an RN degree.

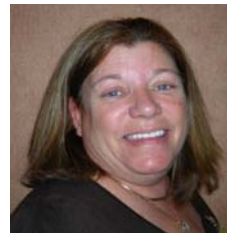
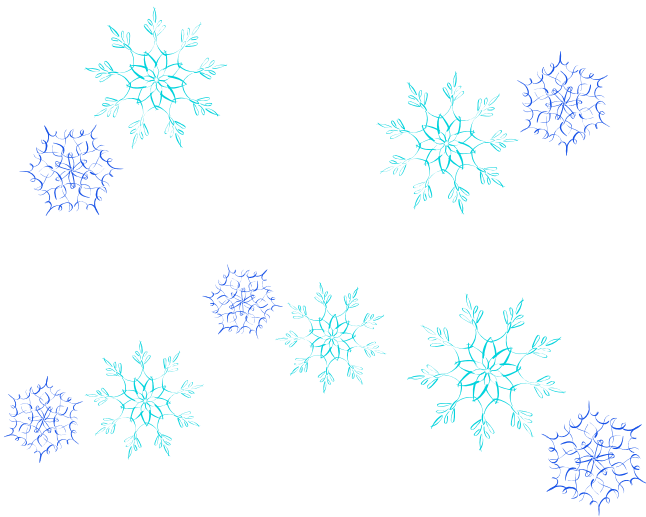


Chrystal Rothermel, Nurse Aide

Chrystal recently joined the Inpatient Oncology Unit, working part-time. She completed her Associates Degree in Nursing at Adirondack Community

College in 2009. Chrystal worked as a Certified Nursing Assistant for four years at The Pines.

Chrystal and her mom, (Claire) live in Wilton with her children, Aidan (12) and Shelby (7). She enjoys reading, hiking, watching movies, spending time with her children and walking their dog.



Santina Saragusa , Medical Records

Sandy joins the Cancer Center Medical Records Department as a full-time Medical Secretary. She previously worked for Healthport Medical Records at Saratoga Hospital.

She and her husband, Rob, moved to Queensbury two years ago from Long Island. They have three grown children, Robert, Stephen and Suzanne. Sandy enjoys baking, reading and bowling.

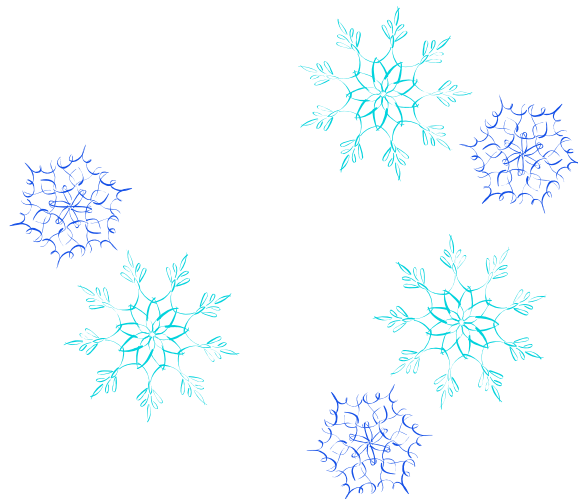


Linda Albrecht, Phlebotomist

Linda recently joined the Cancer Center Lab. She has over twenty-five years experience in health care; working for seventeen years at Quest Diagnostics

and working for the past five years at Adirondack Cancer Care.

Linda and her husband, Dwight, live in Hudson Falls and have three sons, Kenny, Lucas and Cole. She enjoys Pilates, yoga, walking and attending the boys' sports events, including football, baseball, basketball, wrestling and kayaking.



Pharmacy Corner

Jevtana[®] - New Treatment for Late Stage Prostate Cancer

Jevtana[®] (cabazitaxel) is a new cancer medication that interferes with the growth and spread of cancer cells in the body.

Jevtana[®] is used together with prednisone to treat prostate cancer that has spread to other parts of the body (metastatic). It is offered after other cancer medicines have been tried or are no longer working.

Jevtana[®] is injected into a vein through an intravenous (IV) once every three weeks. The injection must be given slowly, and the IV infusion can take about 1 hour to complete. Patients must take prednisone daily throughout therapy.

Serious side effects of Jevtana[®] can be: profound lowering of the white blood cells (neutropenia) and hypersensitivity reaction which may include generalized rash, decreased blood pressure or difficulty breathing. Other less serious side effects may include nausea, vomiting, diarrhea, decreased red blood cells and platelets, fatigue, peripheral neuropathy, muscle aches, kidney damage and/or hair loss.

Patients on Jevtana[®] require frequent monitoring of blood counts. Jevtana[®] can interact with many other medicines including non-prescription and over the counter medications.

Transitions at the C. R. Wood Cancer Center

Dr. Hoffman has joined us and we are in the midst of transitioning his patients and others from Adirondack Cancer Care. We have also brought along some of his staff (please see *Your Cancer Center Care Team* on page 4 and 5) to support the increase in patient volume.

Dr. Martelo is retiring at the end of January. He has been practicing in the Glens Falls area for

many years. He has come to the Cancer Center prior to retiring so that his patients can have a smooth transition to a new physician.

Traffic flow in the Pryun parking lot has been changed to allow entrance and exit at either end of the lot. Also, the drop off area has been expanded and the sidewalk is heated so that ice will be less likely to form.

"Our feelings of dissatisfaction, unhappiness, loss of hope and so forth are in fact related to all phenomena. If we do not adopt the right outlook, it is possible that anything and everything could cause us frustration. Yet phenomena are part of reality and we are subject to the laws of existence. So this leaves us only one option: to change our own attitude. By bringing about a change in our outlook towards things and events, all phenomena can become friends or sources of happiness, instead of becoming enemies or sources of frustration."

"The Dalai Lama's Book Of Wisdom" (1999)

What to Drink When You Really Don't Feel Like Eating

(Continued from page 3)

Blueberry Smoothie

Ingredients:

4 ounces soft or silken tofu (try a brand that does not need to be refrigerated until opened. You can find these brands on the shelf, in the non-refrigerated health food or ethnic food section of your grocery store. Refrigerate any leftover portion of tofu after you open it at home.)

1 banana (use a frozen banana if a thicker smoothie is desired)

½ cup fresh or frozen blueberries

1 tablespoon canola, almond, or olive oil

1 cup any liquid (milk, soy milk, rice milk, Boost, Ensure, Boost Plus, or Ensure Plus, or a generic version of one of these products); use more than 1 cup if needed to blend.

Instructions:

Clean, peel, and prepare the fruit and other solid ingredients.

Place these ingredients in the blender.

Add liquid ingredients to the blender.

Blend all of the ingredients together to your desired consistency.

Add additional liquid to the blender if needed to thin out consistency for better blending.

Depending on the strength of your blender, you may need more or less liquid to make the mixture blend.

Per serving:

720 calories; 91 grams of carbohydrates; 22 grams of protein; 30 grams of fat; 5.1 grams of fiber; 308 milligrams of sodium; 1,157 milligrams of potassium. (If made with Boost Plus, Ensure Plus, or a generic version of one of these products. Calories and protein will be somewhat lower if made with milk, soy milk, rice milk, or another liquid.)

This recipe is high in fat, but contains healthy fat from the canola, almond, or olive oil.

Power Protein Smoothie

Ingredients:

1 cup any liquid (milk, soy milk, rice milk, Boost, Ensure, Boost Plus, or Ensure Plus, or a generic version of one of these products); use more than 1 cup if needed to blend

½ cup low-fat plain yogurt or soy yogurt

2 tablespoons protein powder (any type)

1 tablespoon peanut butter or almond butter

1 tablespoon finely ground flaxseeds (If your mouth is sore, skip the flaxseeds)

1 tablespoon canola, almond, or olive oil

1 banana

Crushed ice: optional; can be added if a colder smoothie is desired

Instructions:

Measure and prepare solid ingredients.

Place these ingredients in the blender.

Add liquid ingredients to the blender.

Blend all of the ingredients together to your desired consistency.

Add additional liquid to the blender if needed to thin out consistency for better blending.

Depending on the strength of your blender, you may need more or less liquid to make the mixture blend.

Per serving:

870 calories; 92 grams of carbohydrates; 40 grams of protein; 38 grams of fat; 6 grams of fiber; 529 milligrams of sodium; 1,536 milligrams of potassium (If made with Boost Plus, Ensure Plus, or a generic version of one of these products. Calories and protein will be somewhat lower if made with milk, soy milk, rice milk, or another liquid.)

This recipe contains healthy fat from the canola, almond, or olive oil and the peanut or almond butter.

Those who forget the pasta are condemned to reheat it. ~Author Unknown

Offering Support Services in Concert with Medical Care

For general questions about cancer or support services available, please call Oncology Resource Nurses:
Vickie at 926-6639 or Paul at 926-6629

Services for Individuals by Appointment

Care Management

For: Continuing care needs, transportation and financial concerns
Meets: By appointment
Info: Patty Godnick, RN ~ **926-3316** pager ~ **969-1211**

Nutrition Counseling

For: Nutrition advice for cancer prevention and during or after cancer treatment
Meets: By appointment
Info: Joan Butler, RD, CSO, CDN, CNSC, CDE ~ **926-2609**

Patient Financial / Insurance Assistance

For: Referrals, prior authorizations, billing, insurance questions
Meets: By appointment
Info: Michele Stauches ~ **926-6637**

Psychosocial Oncology

For: Counseling for patients and/or their families
Meets: By appointment
Info: Gerry Florio, Ph.D.
Karen Cook, LMSW, OSW-C ~ **926-6619**

Resource Nurses

For: Individuals & family diagnosed with any cancer
Meets: By appointment or stop by (office is across the hall from the Cancer Center Library)
Info: Vickie Yattaw, RN, OCN® CBCN~ **926-6639**
Paul Miller, RN, OCN® ~ **926-6629**

Uniquely You® Boutique & Salon

For: Any cancer patient
free wigs, hats & turbans, skin & hair care
Meets: By appointment on Tuesdays in the C. R. Wood Cancer Center
Info: Call **926-6640** for an appointment

Look Good ... Feel Better® American Cancer Society

For: Women Cancer Survivors
Meets: C. R. Wood Cancer Center Library
Info: Call **1-800-395-LOOK** for date and time

Maratelle

For: Breast care and lymphedema products
Meets: By appointment on Thursdays in the Uniquely You® Boutique & Salon
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

Spa Services at Cindy's Healing Place (Reiki and Massage Therapy)

For: Cancer patients during and after treatment
Meets: By appointment in Cindy's Healing Place
Info: Call **926-6640** for an appointment

Special Programs Pre-Registration Required

Annual Survivors Events

Breast Cancer Survivor Luncheon - October
Call Vickie at **926-6639** for information

Spring Survivorship Breakfast
Call Paul at **926-6629** for information

CG Men's Retreat

For: Men living with and beyond cancer
Meets: One weekend each year in late Summer
Info: Paul Miller, RN, OCN® ~ **926-6629**

Cindy's Retreat

For: Women living with and beyond cancer
Meets: One weekend each Spring and Fall at Silver Bay on Lake George
Info: Karen Cook, LMSW ~ **926-6619**
www.cindysretreat.org

Cindy's Comfort Camp

For: Children and teens ages 6-17 years who have experienced the death or serious illness of a parent or close relative
Meets: One weekend each Spring and Fall at the Double "H" Hole in the Woods Ranch in Lake Luzerne, NY
Info: **926-6515** www.cindysretreat.org

Tobacco Cessation

Whether you're thinking about quitting or ready to quit, call the NYS Smokers' Quitline for help and support.
1-866-NY-QUITS (1-866-697-8487)

Open Support Groups

These groups are open-ended and you may come as you wish.
You may want to call if you are new or you have not come for some time to make sure that the schedule or location has not changed or that a special event has been scheduled.

Discussion Groups

ABC Support Group (After Breast Cancer)

For: Individuals with breast cancer
Meets: 4th Monday each month
6:00 P.M. ~ Cancer Center Waiting Room
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

Blood Cancer Support Group

For: Individuals & their family diagnosed with lymphoma, leukemia or multiple myeloma
Meets: 2nd Wednesday each month
6:00 P.M. ~ Cancer Center Library
Info: Karen Cook, LMSW, OSW-C ~ **926-6619**
Paul Miller, RN, OCN® ~ **926-6629**

Family Connections

For: Children, teens and parents facing life after illness or loss of a loved one
Meets: 3rd Thursday each month during school year
5:30 P.M. ~ Moreau Family YMCA
1433 Route 9, Moreau, NY
Info: Gerry Florio, PhD ~ **926-6528**

Featured Speakers Group

(Information Presented on Cancer Related Topics)

For: Individuals & family diagnosed with any cancer
Meets: 1st Tuesday each month 6:00 P.M.
Cancer Center Library
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

Living with Hope

For: Individuals with advanced or recurrent cancer
Meets: 3rd Thursday each month
1:00 P.M. ~ Cancer Center Library
Info: Gerry Florio, Ph.D. ~ **926-6528**

Prostate Cancer Awareness Group (American Cancer Society - Man to Man)

For: Men with prostate cancer and their families
Meets: 3rd Thursday each month
7:00 P.M. ~ Cancer Center Waiting Room
Info: Paul Miller, RN, OCN® ~ **926-6629**

Rays of Hope

For: Women with ovarian cancer
Meets: 3rd Wednesday each month
4:00 P.M. ~ Cancer Center Library
Info: Mary Davis ~ **656-9321**
Carol Smith ~ **793-0565**

Activity Groups

Circle of Hope Knitting Group

For: Cancer Survivors who want to learn to knit and crochet. Teachers available for new knitters
Meets: Wednesdays ~ 1:00 P.M.
Cancer Center Library
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

Healthy Steps®

For: Gentle exercise for individuals with a cancer diagnosis
Meets: Weekly for six weeks on Tuesdays at 10:00 am Auditorium B/C
Greenwich class meets on Fridays at 11:15AM - call for location
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

Meditation and Relaxation Group

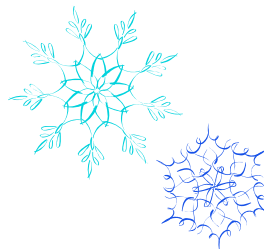
For: Individuals & family diagnosed with any cancer
Meets: First Thursday each month
1:00 P.M. ~ The Chapel on 1Central
Info: Gerry Florio, Ph.D. ~ **926-6528**

Tai Chi

For: Anyone interested
Meets: Monday afternoon at 3:30 P.M. and 5:30 P.M. Auditorium B-C
Info: Paul Miller, RN, OCN® ~ **926-6629**

Ways of Seeing - Art Workshop

For: Individuals & family diagnosed with any cancer who want to enjoy the life affirming pleasures of making art
Meets: 2nd and 4th Tuesday each month
11:30 A.M. ~ Cancer Center Library
Info: Paul Miller, RN, OCN® ~ **926-6629**



Support Services Program Dates

Open Support Group Dates (Monthly)

ABC Support Group

Mondays - January 24, February 28,
March 28

Blood Cancer Support Group

Wednesdays - January 12, February 9,
March 9

Family Connections

Thursdays - January 20, February 17,
March 17

Featured Speakers Group

February 1 - Gerry Florio, Ph.D - Coping
March 1 - Joan Butler, RD - Nutrition

Living With Hope

Thursdays - January 6, February 10,
March 10

Meditation and Relaxation Group

Thursdays - February 3, March 3

Prostate Cancer Awareness Group

Thursdays - January 20, February 17,
March 17

Rays of Hope

Wednesdays - January 19, February 16,
March 16

Ways of Seeing Art Workshop

Tuesdays - January 11 & 25, February 8 & 22,
March 8 & 22

Support Program Changes

You may notice that some of the support groups have changed. Based on attendance at the groups that we offer, we have eliminated some groups and we have added some new ones.

The activity groups have been popular and well attended. We believe that they are filling a need. This conclusion is based on attendance and comments by many of the attendees. The Activity Groups are:

- Circle of Hope Knitting Group
- Healthy Steps[®]
- Meditation and Relaxation Group (new - starts on February 3, 2011)
- Next Steps (Springtime Walking / Running Group)
- Tai Chi
- Ways of Seeing - Art Workshop

Over the years we have added many site-specific and age or gender specific groups. Some of these have been eliminated. The discussion groups that we are continuing include:

- ABC (After Breast Cancer) Support Group (10)

- Blood Cancer support Group
- Living with Hope
- Prostate (Man to Man) Awareness Group
- Rays of Hope
- Featured Speakers Group (new - starts in February)

The new "Featured Speakers Group" (starting on February 1) will be the only group that provides guest speakers discussing a given topic related to cancer care. The other discussion groups will be round table peer discussion groups facilitated by cancer center staff or another representative.

The groups that will no longer meet as of January, 2011 are:

- Daytime Cancer Support Group
- Evening Cancer Support Group
- Sisterhood Social
- Young Survivors Group

As always, we will continue to evaluate our programs in order to best meet our patients' needs.

Motivations

This Is Good

An old story is told of a king in Africa who had a close friend with whom he grew up. The friend had a habit of looking at every situation that ever occurred in his life (positive or negative), and remarking, "This is good!"

One day the king and his friend were out on a hunting expedition. The friend would load and prepare the guns for the king. The friend had apparently done something wrong in preparing one of the guns, for after taking the gun from his friend, the king fired it and his thumb was blown off. Examining the situation the friend remarked as usual, "This is good!" To which the king replied, "No, this is NOT good!" and proceeded to send his friend to jail.

About a year later, the king was hunting in an area that he should have known to stay clear of. Cannibals captured him and took him to their village. They tied his hands, stacked some wood, set up a stake and bound him to the stake. As they came near to set fire to the wood, they noticed that the king was missing a thumb. Being superstitious, they never ate anyone that was less than whole. So untying the king, they sent him on his way.

As he returned home, he was reminded of the event that had taken his thumb and felt remorse for his treatment of his friend. He went immediately to the jail to speak with his friend. "You were right," he said, "it was good that my thumb was blown off." And he proceeded to tell the friend all that had just happened. "And so I am very sorry for sending you to jail for so long. It was bad for me to do this."

"No," his friend replied, "This is good!" "What do you mean", "This is good"? How could it be good that I sent my friend to jail for a year?" said the king. "If I had NOT been in jail, I would have been with you."

- Author Unknown

Boy Giving Blood

There was a story of a little girl named Liza who was suffering from a disease and needed blood from her five-year-old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying,

"Yes, I'll do it if it will save Liza."

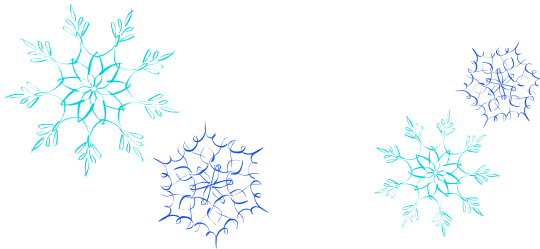
As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?" Being young, the boy had misunderstood the doctor; he thought he was going to have to give her all his blood.

Cindy's Retreat and Cindy's Comfort Camp

Silver Bay Conference Center was the setting of Cindy's Retreat during the weekend of September 24, 25 and 26, 2010. Ten women enjoyed a beautiful fall weekend on the healing grounds of Silver Bay on the northern end of Lake George. Activities included sharing their "roadmaps", belly dancing with Jill and Lisa, learning relaxation techniques, Healthy Steps exercise, Reiki, massage and even some kayaking. Each woman took home with her a new sense of purpose, new friendships, and tools to better navigate their daily activities. The next Cindy's Retreat is scheduled for late April 2011, again at Silver Bay Conference Center. If you are interested in attending, contact Karen Cook at 926-6619.



The Double H Hole in the Woods was the setting for the most recent Cindy's Comfort Camp during the weekend of October 15, 16 and 17, 2010. Thirty-eight children who have experienced the loss of a loved one within their family participated in a fun filled weekend. Each child was matched with a "Big Buddy" and activities included kickball, high ropes course and zip line, arts and crafts, a hilarious talent show, healing circles and a fun bon fire complete with S'mores. The kids had a great time, as did the adults. The next Cindy's Comfort Camp will be held mid-May 2011, at Double H Hole in the Woods camp in Lake Luzerne. This camp will be for children who have a family member with a serious illness. If you are interested in enrolling your child, or in volunteering, please call: 926-6515 for further information.



H.O.P.E.: Helping Other People Endure

H.O.P.E.: Helping Other People Endure is a cancer awareness group that Holli Crear started at Hudson Falls High School where she is an English teacher. As a cancer survivor, Holli knows all too well how life changes once someone has been diagnosed. She started this group to help spread awareness to young people, and to also get students involved in community service.

H.O.P.E will be involved with several fundraisers and events throughout the year to raise money for a variety of cancer organizations. H.O.P.E. would

also like to help local families who are dealing with cancer by offering assistance like raking leaves, doing shopping, wrapping presents, making meals, hosting a play date for children or making monetary donations for gas cards or other needs. The target areas are Hudson Falls, Kingsbury, Fort Edward, Glens Falls, South Glens Falls, Queensbury, and Fort Ann. Our HOPE is to help make more birthdays possible. If you, or someone you know, could benefit or needs help, please contact Holli Crear at hcrear@hfcsd.org or call 581-7745.

What Can I Say?

(Continued from page 1)

available to you and you are willing to have one of these more invasive tests. Talk to your doctor about which test is best for you.

The American Cancer Society recommends that some people be screened using a different schedule because of their personal history or family history. Talk with your doctor about your history and what colorectal cancer screening schedule is best for you.

Cervical Cancer

- All women should begin cervical cancer screening about 3 years after they begin having vaginal intercourse, but no later than 21 years old. Screening should be done every year with the regular Pap test or every 2 years using the newer liquid-based Pap test.
- Beginning at age 30, women who have had 3 normal Pap test results in a row may get screened every 2 to 3 years. Women older than 30 may also get screened every 3 years with either the conventional or liquid-based Pap test, plus the human papilloma virus (HPV) test.
- Women 70 years of age or older who have had 3 or more normal Pap tests in a row and no abnormal Pap test results in the last 10 years may choose to stop having Pap tests.
- Women who have had a total hysterectomy (removal of the uterus and cervix) may also choose to stop having Pap tests, unless the surgery was done as a treatment for cervical cancer or pre-cancer. Women who have had a hysterectomy without removal of the cervix should continue to have Pap tests.

Some women -- because of their history -- may need to have a different screening schedule for cervical cancer.

Endometrial (Uterine) Cancer

The American Cancer Society recommends that at the time of menopause, all women should be informed about the risks and symptoms of endometrial cancer. Women should report any unexpected bleeding or spotting to their doctors.

Some women -- because of their history -- may need to consider having a yearly endometrial biopsy. Please talk with your doctor about your history.

Prostate Cancer

The American Cancer Society recommends that men make an informed decision with their doctor about whether to be tested for prostate cancer. Research has not yet proven that the potential benefits of testing outweigh the harms of testing and treatment. The American Cancer Society believes that men should not be tested without learning about what we know and don't know about the risks and possible benefits of testing and treatment.

Starting at age 50, talk to your doctor about the pros and cons of testing so you can decide if testing is the right choice for you. If you are African American or have a father or brother who had prostate cancer before age 65, you should have this talk with your doctor starting at age 45. If you decide to be tested, you should have the PSA blood test with or without a rectal exam. How often you are tested will depend on your PSA level.

Cancer-related check-up

For people aged 20 or older having periodic health exams, a cancer-related check-up should include health counseling and, depending on a person's age and gender, exams for cancers of the thyroid, oral cavity, skin, lymph nodes, testes, and ovaries, as well as for some non-malignant (non-cancerous) diseases.

Take control of your health and reduce your cancer risk.

Stay away from tobacco.

Stay at a healthy weight.

Get moving with regular physical activity.

Eat healthy with plenty of fruits and vegetables.

Limit how much alcohol you drink (if you drink).

Protect your skin.

Know yourself, your family history, and your risks.

Have regular check-ups and cancer screening tests.

As a survivor, people will listen to you. Tell them "Early Detection Saves Lives".

References:
www.cancer.org

Blessed to be Healthy and Cancer Free

(Continued from page 2)

The dark side of my journey was behind me. My radiation and chemotherapy treatments went fairly well. Not a walk in the park, but bearable.

Dr. Hellman said I was a "Classic Textbook Case". Dr. Pillemer said "I was boring". When I had my surgery in December, 2007, the pathology report showed the cancer gone with no lymph node involvement. You can't get much better than that! I was very fortunate to have the C.R. Wood Cancer Center available to me for my treatment. The entire staff is exceptional. Everyone showed compassion, were very supportive and efficient. I know that's why I did so well.

Having cancer has changed my life and the way I look at life in many ways. I am a much happier person. I have a stronger sense of self confidence and I've developed a great sense of humor. I worry a lot less and I don't take too many things seriously anymore. In other words, I'm having "fun." There have been a few bumps in the road on my journey since my surgery. One was getting lymphedema in my legs, which turned out to be a good thing since it got me started in the Healthy Steps class. It is low impact exercise with a lot of laughter thrown in. The women in the class are a lot of fun and I cherish my friendship with them. A small group of us from Healthy Steps formed a baton twirling class taught by a fellow cancer survivor, Carol Newton. We call ourselves The Twisted Twirlers. I sometimes think I'm more twisted than a twirler, but as a group we've come a long way (we've even performed) and we're having "fun".

Paul Miller's art class is also "fun". We draw, paint, sculpt and laugh. It is also very relaxing. Even though none of us started out with an artistic background, I think we all have accomplished at least one piece of "Art" we can be proud of. I've also joined the belly dancing class and I probably would have joined a few other of the classes at the Cancer Center if I didn't live 44 miles from GFH.

Recently I was invited by the Center of Disease Control (CDC) to participate in a campaign for gynecologic cancer awareness. I had to go to Manhattan for a photo shoot. It was very exciting. I felt like a model for a day. My photo and story should be on the Web shortly. Hopefully it will help get the message across to get screened and not make the same mistake I did.

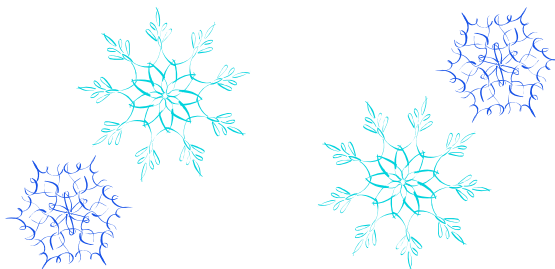
Since the day I started cancer treatment I have been waking up every morning with a smile on my face and I can't stop smiling. Life is too precious to walk around with a frown. Someone in Healthy Steps told me I was an inspiration because I was always smiling. I'm glad my smiles are making a difference in peoples' lives.

I plan on spending the rest of my journey beyond cancer smiling and having "fun". Hopefully I will continue to hit only little bumps in the road and not potholes.

I am not an overly religious person, (I am active in my parish) but I know God has been with me throughout my journey and I feel truly blessed to be healthy and cancer free.

“It is not good for all our wishes to be filled; through sickness we recognize the value of health; through evil, the value of good; through hunger, the value of food; through exertion, the value of rest.”

Dorothy Canfield Fisher



Antoinette Booth - Intern

Antoinette Booth is Oncology Education & Support Service's (OESS) newest intern. She is a doctoral student at Antioch University, New England located in Keene, New Hampshire. Dr. Florio is her direct supervisor and she's working collaboratively with the OESS team, oncology outpatient services, and T2.

Her past experiences include working in Gerontology, Substance Abuse, Youth at Risk, and with individuals and families involved in various aspects of the Criminal Justice system.



Antoinette lives in Saratoga and was a guidance counselor at South Glens Falls High School for over a decade. She left South High to stay home with her children, returning to school when her youngest started elementary school. Presently, she's an adjunct college professor for SUNY Empire state college and is developing a course entitled, "The Psychological Aspects of Chronic Illness."

For fun she loves to cook, bake, dance, hike, watch movies, scrapbook, and spend time with her family and friends.

Cancer Services Program (CSP)

Glens Falls Hospital provides a New York State Department of Health Cancer Services Program grant that funds breast, cervical and colorectal cancer screenings and follow-up testing at no cost for

uninsured women and men. If you or someone you love is without health insurance, call today at: 1-800-882-0121 or (518) 926-6570.

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Please let us know if you wish to be removed from our mailing list.

!Save the Date!

April 2, 2011

Spring Survivorship Breakfast

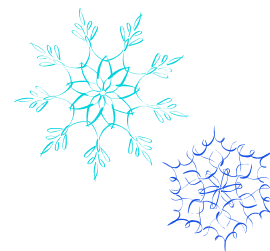
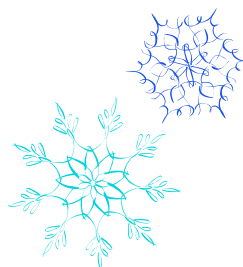
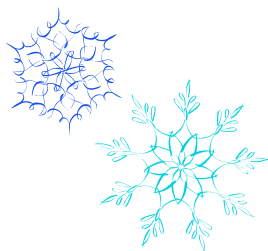
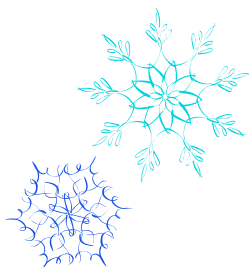


**Featuring:
Joel Goodman of the Humor Project**

The C. R. Wood Cancer Center at Glens Falls Hospital
is pleased to sponsor the
Spring Survivorship Breakfast
Saturday, April 2, 2011 (9:00 am - 12:00 noon)
At Fort William Henry

All cancer survivors and their guests are invited to attend.
The cost will be \$5.00 per person which includes breakfast

!Please - Save the Date - and look forward to more information coming soon!



Inside Connections

Feature: What Can I Say?	Page 1
Survivorship: Blessed to be Healthy and Cancer Free.	Page 2
Food for Thought: What to Drink When You Really Don't Feel Like Eating	Page 3
Your Cancer Center Care Team	Page 4
Pharmacy Corner: Jevtana® - New Treatment for Late Stage Prostate Cancer Transitions at the C. R. Wood Cancer Center	Page 6
Support Services	Page 8-9
Support Services Program Dates Support Program Changes	Page 10
Motivations: This Is Good, Boy Giving Blood	Page 11
Cindy's Retreat and Cindy's Comfort Camp H.O.P.E.: Helping Other People Endure	Page 12
Antoinette Booth - Intern, Cancer Services Program (CSP)	Page 15