

Mar/Apr 2024

Cancer Wellness

Newsletter

In This Issue:

20 Years of Chest Conference

2024 "Re-Lei" for Life

New Time for Our Mindfulness Group

...and more, inside!



For more information about the Loran Smith Center programs or to register for a class, please email loransmithcenter@piedmont.org or call **706.475.4900**.


This newsletter is made possible by the Thomas J. & Sara Cooney Endowment.

Empowering cancer care close to home.

LORAN SMITH CENTER
for cancer support



Real change lives here



At Piedmont Athens Regional, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, cooking demos, expressive art classes, and counseling are available to anyone affected by cancer at any phase in his or her journey. The Loran Smith Center for Cancer Support at Piedmont Athens Regional serves anyone regardless of where they received treatment.

What's Happening at the Loran Smith Center

Sandy Pyle, BSN, RN, ONN-CG

On this chilly (17 degree start to the day) Wednesday in January, writing for March and April gives me a chance to know that spring is coming! For the MLK day of service on January 15th, we were blessed with a fabulous group of volunteers (photos inside) who tackled the garden, cleared brush, placed rock along the creek bed and added fresh mulch to the children's playground. Now the garden is ready for the first blooms of spring.

At The Center we have had a chance to look at and re-evaluate some of our programs. We are moving the weekly mindfulness group to Thursdays from 10:30-11 am. Our MSW intern, Tim Platz, is beginning a weekly coffee and tea "Coffee Hour" on Wednesdays at 12:30 pm. It is open to all patients and caregivers. This is an opportunity to meet others and share ideas and inspiration. The Tai Chi Beginner Series has been a huge success! If you missed out don't worry, we will offer it again later this year. We are once again partnering with the UGA Cooperative Extension to provide a Nutrition Class. Watch for announcements and register for fun and insightful programs on how to make thoughtful changes in your diet that can impact your nutrition in a positive way.

On January 9th we celebrated the 1,000th Chest Center Conference. The weekly chest conference began in 2004 and since that time over 7,000 patients have been presented. Chest conference allows providers from pulmonology, radiology, pathology, surgery, oncology and other disciplines to come together with the team at the Chest Center to discuss patients, their diagnosis and the most favorable form of treatment or follow up to provide the best outcome for the patient. See the article on page 3 to hear from the Chest team.

Don't miss the announcement in this issue from our friends at The American Cancer Society for the 2024 "Re-Lei" for Life. Friday April 19, (Survivors Banquet 5-6 pm, Relay 6-10 pm) at Oconee County Middle School (registration is through ACS).

With Peace and Love,

Sandy

For more information about the LSCCS programs or to register for a class, please email loransmithcenter@piedmont.org or call **706.475.4900**.



2024 Brings Us 20 Years of Chest Conference

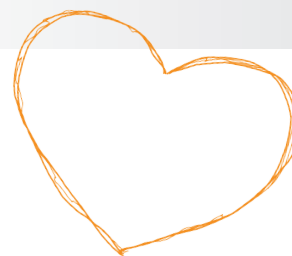
Chasica Bankston, Lung Navigator

This year, I had the honor to host the celebration of 20 years of Chest Conference presentations. It all began behind the incredible minds of a pulmonologist, a thoracic surgeon, and lung navigator. In 2004, Chest Clinic was developed to evaluate patients that had a recent discovery of an abnormality in their lungs. It was soon discussed that a panel should be created to review the patient's findings with other specialties to further treatment options. After a few arrangements and meetings, a multidisciplinary team that consisted radiology, pathology, pulmonary, thoracic surgery, medical and radiation oncology, cancer registry, and our nurses and social workers with cancer support was created. I embarked to the Chest Center in 2015, and I still get goosebumps by the passion that comes from each provider around the table every Tuesday. Chest Conference is ideally the best one-stop and all-in-one appointment that a patient can ever receive. Every Tuesday, our presentations consists of abnormal lung findings that are incidentally found through the ER, follow-up patients that are diagnosed with lung cancer, follow-up patients that have benign nodules, and patients who are a part of Piedmont's Lung Cancer Screening program. It primarily begins with our nurse practitioner, John Carey, presenting the patient's history to the team. While reviewing the patient's background and explaining the abnormality and location, the radiologist has the patient's images displayed on the enlarged screen for everyone around the table as well as online to review. In the moments to follow, each provider gives their input what should happen next – whether the patient's findings should be surgically cut out, if the radiologist thinks a biopsy should be performed, or if the patient doesn't want surgery or biopsy, can immunotherapy to the area of concern help. The only person missing is the patient. I am sure, within the next 20 years to come, the patient will too be a part of this discussions.



"For nearly 20 years, the chest conference has been serving patients in Athens and northeast Georgia by focusing on the early diagnosis and treatment of lung cancer. The collaboration that takes place on a weekly basis between pulmonologist, oncologist, radiologist, pathologist and cancer navigator represents a prime example of how to provide excellent patient care through a multidisciplinary team approach. It has an honor to be a part of such a dedicated partnership between clinicians."

-John Carey, FNP





March is Colorectal Cancer Awareness Month

Tim Platz, Intern, Loran Smith Center for Cancer Support

Cancer has a way of dragging certain subjects into the open that otherwise don't see the light of day, and colorectal cancer is a perfect example. For many of us, the "out of sight out of mind" adage is true when it comes to this part of the human anatomy. It's no surprise then that a wealth of information exists on the subject, from preventative actions, to care during a diagnosis and what to expect.

As we all know, the subjects we don't discuss often come around to bite us in this area, so being prepared can go a long way. Many myths lurk in these shadows, and it helps to focus on facts: About 1 out of every 24 people will experience this disease, or 1 player on the field in a football game. Colorectal cancer begins to appear around the age of 50, and colonoscopies can prevent the disease. African Americans are more likely to get the disease and less likely to get colonoscopies, which everyone should begin at age 45. Colonoscopies are safe and are the most reliable way to get a leg up on the illness.

Once someone receives a diagnosis there are options, and surgery may not be necessary depending on the diagnosis. Colorectal cancer is one of the most curable cancers, and most people go on to live normal lives. That said, the earlier it's discovered the better.

As with any cancer, the diagnosis can be sudden and bewildering. If you are diagnosed with colorectal cancer, ask your doctor for help developing a Survivorship Care Plan to sort your options and get an idea of what to expect. This will include a schedule of follow-up exams, tests, and lists of possible short and long-term side effects. Find a support group like those we offer at the Loran Smith Center where you can meet other people who are at various stages of the process. These people can share first-hand knowledge that the hot flashes subside and your sexual health can continue to thrive.

Now for the difficult part: you may want to change your lifestyle. Low-fat foods, with plenty of fresh vegetables and fruits, paired with regular exercise are the best way to fend off all kinds of disease. This is especially true for colorectal cancer due to its location near the common denominator so to speak. We're no strangers to the fact that lifestyle is one of the hardest things to change, and if you need it, there's nothing like a little education on the subject to light a fire under there.

April is Head & Neck Cancer Awareness Month

Robin Black, RN

Generally, cancer begins as an uncontrolled growth of cells that invade and destroy healthy body tissue. Head and neck cancer is defined as a type of cancer that develops from tissues in the mouth, lips, nose, throat, salivary glands, sinuses, or facial skin.

Symptoms for head and neck cancer include:

- Persistent cough
- Unintentional weight loss
- Sore throat/lump in the throat
- Voice changes, i.e., hoarseness or speaking unclearly
- Difficulty swallowing
- Ear pain

There are factors which put individuals at a greater risk for developing this type of cancer. Alcohol and tobacco abuse, UV light exposure, exposure to asbestos and other substances are included. Awareness of the causes of head and neck cancer are beneficial in that precautionary measures can play a prominent role in decreasing

the occurrence. Tobacco use should be avoided and alcohol intake only in moderation. Safe sexual contact and the human papillomavirus vaccine (HPV) decreases HPV infection – one of the leading causes of head and neck cancers. Eating a balanced diet with adequate fruits and vegetables vs eating an unhealthy diet ladled with sugar is key. Gastroesophageal reflux disease (Gerd) and acid reflux left untreated contributes to head and neck cancer as well as familial history. It is important to note, that even with being knowledgeable regarding risk factors and causes there are incidences when cells simply mutate and divide uncontrollably.

While there are no standard screening tests for head and neck cancers, routine dental exams screen for oral cancers and physical exams where your doctor looks and feels around your mouth, lips and face for signs of abnormalities or changes is appropriate. Be mindful of any abnormalities of your oral cavity – for example sores that don't heal. The goal is to find oral cancers early, when they are easiest to remove and cure.

Coffee Hour

Come take a break with a warm cup coffee and some casual conversation at the Griffin-Dubose Healing Lodge on Talmadge Dr. every Wednesday from 12:30-1:30 pm. It's open to all!



April is Testicular Cancer Awareness Month

Robin H. Black, RN

Testicular cancer is the uncontrolled growth of abnormal cells of the testicles which are located inside of the scrotum. Although testicular cancer is not common, 1 out of 250 males will develop this cancer. It can affect males ages 15-49; with half of this cancer primarily occurring between the ages of 20-34. It is also important to note that 6% of testicular cancer has been found in children and teens and 8% in men older than 55. If detected early and treated promptly, the lifetime risk of mortality is approximately 1 person in 5,000.

Typical symptoms are painless swelling of the testis (one testicle) or a palpable lump unilaterally. Often, there is a sensation of heaviness in the scrotum. Some types of testicular cancer can increase blood levels of a protein called human chorionic gonadotropin (HCG). HCG can be checked with a blood test and is considered a tumor marker for certain types of testicular cancer.

Unfortunately, there is not a definitive cause of testicular cancer, but risk factors include:

- Undescended testicles (cryptorchidism)
- Abnormal cells in the testicle (Germ Cell Neoplasia in situ or GCNIS)
- Previous diagnosis of testicular cancer
- HIV or AIDS
- Ethnic background- White men are at 4-5 times higher risk than Black or Asian men
- Family history

Treatment options include surgery, radiation therapy, chemotherapy, high dose chemotherapy, and stem cell transplant.

Thank you, MLK Day Volunteers!



RE-LEI FOR LIFE

RELAY FOR LIFE OF GREATER ATHENS AREA



REGISTER ON
WEBSITE TO GET
YOUR SURVIVOR
T-SHIRT IN THE
NEW YEAR

PIEDMONT ATHENS REGIONAL PRESENTS

SURVIVOR BANQUET

APR 19 2024 | 5-6PM



FRI

APR 19 2024

6-10PM

RELAY FOR LIFE

OCONEE COUNTY MIDDLE SCHOOL

1101 MARS HILL RD WATKINSVILLE, GA 30677

WWW.RELAYFORLIFE.ORG/GAA



Programs

Please keep in mind that all of our program dates and locations are subject to change.

KNOWLEDGE

Hormone Therapy Class

This class is for women on hormone therapy for estrogen receptor positive breast cancer (Tamoxifen, Arimidex, Aromasin, Femara, etc). In this class you will learn the science behind the treatment and discuss methods for managing side effects. **RSVP required. Call 706.475.4900**

Mondays, 4/15, 7/15, 9/16, 11/4; 4–5:30 p.m.

MOVEMENT

Tai Chi

Tai Chi is a moving meditation that improves fitness of mind and body. We warm up with gentle qigong exercises and practice tai chi forms from the Tai Chi for Health Institute. Movements can be done standing or seated and can be adapted to your body.

Drop-ins welcome, but some prior experience with tai chi suggested for best experience.

Tuesdays, 11–11:45 a.m.

Yoga for Peace, Calm and Hope

This ongoing, weekly yoga class is designed for the cancer patient. The class incorporates gentle movement in a nurturing environment. To help increase energy, remove pain, and recover strength.

Fridays, 11:30 a.m.–12:30 p.m.

PEACE

Healing Touch and Reiki

Individual sessions that focus on the energy system of the body to promote relaxation, reduce stress, and minimize side effects.

By appointment only, 706.475.4900

Mindfulness for Mind and Body (In person)

Facilitated by Brooke Bidez, LMSW

Learn a variety of techniques focusing on the breath, observing your body for tension or discomfort and noticing all five senses. Studies suggest many positive benefits of mindfulness including reduced stress, help in coping with pain, improved cognitive ability and increased sense of well-being.

Every Thursday, 10:30–11 a.m.

Out of respect for others, we ask that you do not enter class after 10:30 a.m.

Mindfulness-Based Stress Reduction (Online)

Facilitated by Mike Healy, Ed.D.

Learn ways to reduce stress, lessen physical and emotional pain and cope better with everyday demands.

Call Mike at 706.248.8918 for more information.

Second Friday of every month

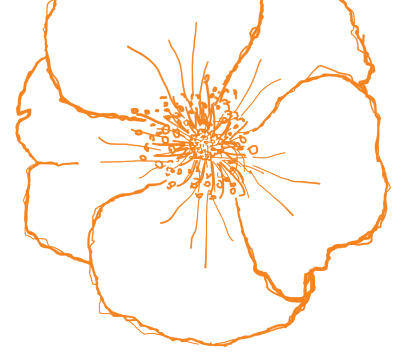
SUPPORT

Breast Cancer Support Groups

Facilitated by Sandy Pyle, RN, BSN, ONN-CG, and Robin Black, RN Nurse Navigator

A group for women with a diagnosis of breast cancer to share information, resources, and experiences.

Second Thursday of every month, 5:30 p.m.



Women's Cancer Support Group

Facilitated by Robin Black, RN and Brooke Bidez, LMSW

A group for any woman with any type of cancer diagnosis. A group to discuss treatments, side-effects, coping, stress reduction and survivorship in a safe, confidential setting.

Second Tuesday each month 1–2:30 p.m.

Mondays for Men, Cancer Support Group

Facilitated by Joel Siebentritt, LCSW

A confidential setting for male cancer patients to discuss treatment, side-effects, and survivorship. Any man from any diagnosis, currently in treatment through long-term survivorship is welcome.

Fourth Monday of every month, 12–1:00 p.m.

Triple Negative Breast Cancer Support Group

Facilitated by Robin Black, RN, Oncology Nurse Navigator

A group for women diagnosed with Triple-Negative Breast Cancer, aimed to address the unique needs of this community.

Fourth Monday of every month 2–3:30 p.m.

Illness Adjustment Counseling

Individual sessions to address issues such as stress, anxiety, treatment decisions, and family communication.

By appointment only, 706.475.4900

Grief Support

Individual and group support for grieving adults.

By appointment only, 706.475.4900

Healing Grief Workshop

Facilitated by Lauren Liverman, LCSWs

A nine-week workshop for those who have lost someone through death. The loss does not have to be a cancer-related death.

Please contact the center at 706.475.4900 for more information and to register. Registration Required.

Wednesdays, 2/14–4/11, 3–4:30 p.m.

Individual Support for Adults

By appointment only, 706.475.4900

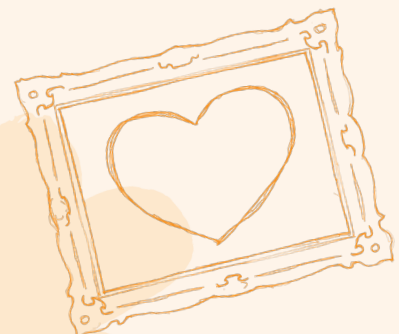
SUSTENANCE

Nutrition Counseling and Side-Effect Management

Individual sessions by physician referral.

By appointment only, 706.475.4900

**“Y’all are always thinking
about us! You’re angels.”
— a grateful patient**



Mindfulness Update

Brooke Bidez, LMSW

For the past six months, it's been my pleasure to offer a weekly mindfulness meditation session here at the Center. This class is open to anyone regardless if you have a cancer diagnosis or not. During this 30-minute session, we practice 2-3 meditations and discuss ways to introduce mindfulness into your daily life. We explore many types of meditations including guided imagery, loving kindness, body observation and awareness, progressive muscle relaxation, and breath-focused meditations. Whether you are looking to build on previous mindfulness experience or you are completely new to mindfulness, we hope you will join us in The Healing Lodge weekly on Thursdays from 10:30-11 a.m.!

Some of the benefits mindfulness can provide include:

- Reduced stress
- Improved cognitive function
- Help coping with pain
- Increased sense of well-being
- Improved sleep



March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Yoga, 11:30 a.m.	2 Mindfulness Practice Group, 8:30 a.m.
3	4 Healing Touch, by appt.	5 Healing Touch, by appt. Tai Chi, 11 a.m.	6 Coffee Hour, 12:30 p.m. Healing Grief Workshop, 3 p.m.	7 Mindfulness, 10:30 a.m. Healing Touch, by appt. Breast Cancer Support Group, 5:30 p.m.	8 Yoga, 11:30 a.m.	9 Mindfulness Practice Group, 8:30 a.m. (online only)
10	11 Healing Touch, by appt.	12 Healing Touch, by appt. Tai Chi, 11 a.m. Women's Cancer Support Group, 1 p.m.	13 Coffee Hour, 12:30 p.m. Healing Grief Workshop, 3 p.m.	14 Mindfulness, 10:30 a.m. Healing Touch, by appt.	15 Yoga, 11:30 a.m.	16 Mindfulness Practice Group, 8:30 a.m. (online only)
17	18 Healing Touch, by appt.	19 Healing Touch, by appt. Tai Chi, 11 a.m.	20 Coffee Hour, 12:30 p.m. Healing Grief Workshop, 3 p.m.	21 Mindfulness, 10:30 a.m.	22 Yoga, 11:30 a.m.	23 Mindfulness Practice Group, 8:30 a.m. (online only)
24	25 Healing Touch, by appt. Men's Cancer Support Group, 12 p.m. Triple Negative Breast Cancer Group, 2 p.m.	26 Healing Touch, by appt. Tai Chi, 11 a.m.	27 Coffee Hour, 12:30 p.m. Healing Grief Workshop, 3 p.m.	28 Mindfulness, 10:30 a.m.	29 Yoga, 11:30 a.m.	30
31						

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Coffee Hour, 12:30 p.m. Healing Grief Group, 3 p.m.	4 Mindfulness, 10:30 a.m. Healing Touch, by appt.	5 Yoga, 11:30 a.m.	6 Mindfulness Practice Group, 8:30 a.m.
7	8 Healing Touch, by appt.	9 Healing Touch, by appt. Tai Chi, 11 a.m. Women's Cancer Support Group, 1 p.m.	10 Coffee Hour, 12:30 p.m. Healing Grief Group, 3 p.m.	11 Mindfulness, 10:30 a.m. Healing Touch, by appt. Breast Cancer Support Group, 5:30 p.m.	12 Yoga, 11:30 a.m. ACS Relay for Life, 5 p.m.	13 Mindfulness Practice Group, 8:30 a.m.
14	15 Healing Touch, by appt.	16 Healing Touch, by appt. Tai Chi, 11 a.m.	17 Coffee Hour, 12:30 p.m. Healing Grief Group, 3 p.m.	18 Mindfulness, 10:30 a.m.	19 Yoga, 11:30 a.m.	20 Mindfulness Practice Group, 8:30 a.m.
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28	29 Healing Touch, by appt.	30 Healing Touch, by appt. Tai Chi, 11 a.m.				

Thank you to our donors!

Gifts in support of Loran Smith Center for Cancer Support guide patients and their families through their cancer journey. To make a donation and help continue to make these programs possible, checks may be made out to The Loran Smith Center for Cancer Support or visit give.piedmont.org/lscs.

Loran Smith Center for Cancer Support

Athens Ford
Cadence Bank
George's Lowcountry Table
Stifel
Prof. and Mrs. Gregg A. Coyle
Dr. and Mrs. David Lockman
Dawn Torcivia
Delena C. Brockmann
Mr. and Mrs. William B. Hallman
Mr. and Mrs. Jackson Tarver III
Joe D. Irving
Kristina Schultz Tanner
Mona L. Taylor

Nita Beatenbough
Patricia Bell-Scott
Primrose School of Athens
Mr. and Mrs. Charles Marsh
Dr. and Mrs. Greg F. Mathis
University Cancer & Blood Center

Loran Smith Center Tribute

In memory of Margaret W. Tribble
Carolyn B. Edwards
Mr. and Mrs. Stanley M. Peaks
In memory of Elizabeth Edwards
Dr. Gaylen L. Edwards
In memory of Larry Petroff
Mr. and Mrs. Tom Stephens

In memory of Bettye Smith
Janet Barron
Dr. Katheryn B. Davis
Linda Fortson
Judge Patricia Barron
Patricia J. Brown

In honor of Cheryl Crowder
Watkinsville United Methodist Women
In honor of Catherine B. Slaughter
Nancy O'Neil

Lymphedema Therapy Program Fund

Mr. and Mrs. Craig Canfield



BEAUTIFUL Y♡U BOUTIQUE

*Beautiful You is a cancer wellness boutique
specializing in products for women who have
had or are going to have breast surgery.*

For more information and to learn more about all
that we offer, please visit our website!

piedmont.org



706.475.4811



Piedmont Athens Regional
Medical Services Building



BeautifulYou@piedmont.org