At Piedmont, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, free services and programs such as yoga, cooking demos, expressive art classes and counseling are also available to anyone affected by cancer at any phase in his or her journey through Cancer Wellness at Piedmont, regardless of whether or not they are a Piedmont patient. Each month, hundreds of cancer patients, survivors and caregivers look to Cancer Wellness at Piedmont for support. To view the class schedule for all of our locations, visit piedmont.org/cancerwellness.

Thank you to our donors!

As a not-for-profit entity, Piedmont relies on the generosity of others like those who support Cancer Wellness at Piedmont in order to offer many programs, services and advanced medical technology to the community. For more information or to donate in support of Cancer Wellness at Piedmont Columbus, visit piedmont.org/pcrfoundation or call 706.660.6115.
September is Prostate Cancer Awareness Month

What is prostate cancer?
Prostate cancer happens when normal cells in the prostate gland change into abnormal cells and grow out of control. The prostate gland makes fluid that is part of semen. This gland sits below the bladder and in front of the rectum, and forms a ring around the urethra, the tube that carries urine out of the body. Prostate cancer occurs most often in men older than 50. Although prostate cancer is very common, most men do not die from it. This is because prostate cancer usually grows very slowly.

What are the symptoms of prostate cancer?
Prostate cancer often causes no symptoms at first. But if symptoms do occur, they can include:

- The need to urinate more often than usual
- A urine stream that is slower than usual

These symptoms can also be caused by conditions that are not prostate cancer. But if you have these symptoms, you should let your doctor or nurse know.

Is there a test for prostate cancer?
Yes. Doctors use a blood test called a PSA test and an exam called a rectal exam to check for prostate cancer. In a rectal exam, your doctor or nurse puts a finger in your anus and up into your rectum. They press on the rectum wall to feel for abnormal areas on the prostate.

If your doctor or nurse suspects you have prostate cancer, they will follow up with one or more tests. These can include:

- Biopsy – A doctor will take a small sample of tissue from the prostate. Then another doctor will look at the sample under a microscope to see if it has cancer.
- Ultrasound, MRI scan, or other imaging tests – These tests create images of the inside of the body and can show abnormal growths.

What is cancer staging?
Cancer staging is a way in which doctors find out how far a cancer has spread.

How is prostate cancer treated?
Men with prostate cancer often have a choice of treatment. The main options are:

- Active surveillance – Men who choose this option do not have treatment right away. They have routine tests to check whether the cancer starts to grow more quickly. If it does, they can start active treatment.
- Surgery – Prostate cancer can sometimes be treated with surgery to remove the prostate gland.
- Radiation therapy – Radiation kills cancer cells. Radiation can be given from a machine that moves around your body, or a doctor might put a source of radiation directly into the prostate gland.
- Hormone therapy – Male hormones in the body make prostate cancer grow. Hormone therapy reduces the levels of these hormones, which can shrink the cancer. For hormone therapy, men might take medications, or they might have surgery to remove the testicles (male hormones are made in the testicles). This treatment is usually only for men with advanced cancer, but some men with early-stage cancer get it along with radiation or surgery.
- Chemotherapy – Chemotherapy is the medical term for medicines that kill cancer cells or stop them from growing. Men with advanced prostate cancer might get chemotherapy if hormone therapy stops working. In some cases, chemotherapy and hormone therapy are given at the same time.
Some men, especially older men with other serious medical conditions, might choose not to do any of the above. Instead, they might choose “watchful waiting.” Watchful waiting is not exactly the same as active surveillance. It does not require regular testing but involves treating symptoms when they happen.

**How do I choose which treatment to have?**
You and your doctor will have to work together to choose the right treatment for you. The right treatment will depend on:
- The stage of your cancer
- Your age
- Whether you have other health problems
- How you feel about the treatment options

Always let your doctors and nurses know how you feel about a treatment. Any time you are offered a treatment, ask:
- What are the benefits of this treatment? Is it likely to help me live longer? Will it reduce or prevent symptoms?
- What are the downsides to this treatment?
- Are there other options besides this treatment?
- What happens if I do not have this treatment?

**What happens after treatment?**
After treatment, some men keep getting checked to see if the cancer comes back or starts growing more quickly. Other men choose not to be checked. Follow-up tests can include PSA tests, exams, biopsies or imaging tests.

**What happens if the cancer comes back or spreads?**
If the cancer comes back, you might have more radiation therapy, surgery or hormone therapy. You might also have chemotherapy or immunotherapy. Immunotherapy is the medical term for medicines, including vaccines, that work with the body’s infection-fighting system (the immune system) to stop cancer growth.

**Can prostate cancer be prevented?**
Men who are at high risk of getting prostate cancer can sometimes take medication to help prevent the disease. If you have a family history of prostate cancer, talk to your doctor.
Cancer Screenings at John B. Amos Cancer Center

Screening is available for men between 40 and 69 years old. Men with family history of prostate cancer and African Americans are considered high risk and should start screening at age 40.

Our next screening is being held on Saturday, September 11 from 9 a.m. to 1 p.m. at the John B. Amos Cancer Center. For more information or if you’re interested in joining our Prostate Cancer Support Group, call 706.321.6603.
The 2021 Breast Cancer Awareness Luncheon will feature a Top Gun team of clinicians and staff with a message for women to Stay Out of the Danger Zone. On Tuesday, October 5th our team of Mavericks will open the doors at 10:30 a.m. so that you can enjoy our pre-flight Pink Partner Exhibit, featuring vendors and sponsors from across the region. Guests will enjoy lunch, an uplifting message from this year’s featured survivor, Jennifer Sillitto, and keynote speaker, Kevin Paul Scott.

If you are not able to join us on Tuesday, October 5th, you can still support this incredible cause by hosting your own Lunch-In... Hope Wherever You Are! virtual event any day starting Wednesday, October 6th. By becoming a host, you will receive a Lunch-In Box for you and seven guests with a choice of lunch delivered from our restaurant sponsor, table décor for eight, and a private viewing link... everything you need to Stay Out of the Danger Zone!

On behalf of the more than 23,000 breast care patients we serve each year, we hope you will join us – whether in person or virtually – for an inspirational lunch. To reserve your table at the Breast Cancer Awareness Luncheon or to reserve your Lunch-In Box, please contact Zarina at zarina.cheves@piedmont.org or 706.660.6204.

We hope we can count on you for your support this October as we strive to help women Stay Out of the Danger Zone by helping raise funds to purchase a new 3D tomosynthesis mammography unit. We look forward to seeing you on Tuesday, October 5th, or virtually starting Wednesday, October 6th!
**CREATIVITY**

**Art Therapy**
Art therapy is a therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Art therapy can improve cognition, reduce stress, and facilitate feeling of well-being or pleasure. Spend time with a local artist exploring various themes and self-expression through different art media. Join us weekly as we explore painting and other creative techniques in a supportive environment. Program is free to all JBACC patients and caregivers. All materials provided (funding made possible by the Piedmont Columbus Regional Foundation). Come relax and let your creativity flow! Date TBD

**MOVEMENT**

**Gentle Yoga**
Participants are guided through breath-work, simple yoga postures and deep relaxation. Yoga calms the mind, body and emotions so even first-time participants enjoy an improved sense of wellbeing. Date TBD

**Survivorship Exercise Class**
This is a safe, inviting exercise program developed to improve the physical health and quality of life for people with cancer. You are invited to join us in the June B. Wright Community Conference Room (located on the 2nd floor of the John B. Amos Cancer Center). Date TBD

**KNOWLEDGE**

**Chemo Education**
Classes are personalized for every patient starting chemotherapy.

**Patient Advocacy Group**
In this unique forum, patients and caregivers are giving an opportunity to point out areas that could use some improvement, and give recommendations based on their experiences here at the center. 9/20, 10/18

**Radiation Education**
Classes are personalized for every patient starting Radiation therapy.

**Smoking Cessation**
Please contact Michael Nwogbo at 706.321.6603. By appointment only.

**PEACE**

**Aromatherapy**
Aromatherapy is an art and science of using botanical essential oils to promote health and wellness. Learn the basics of aromatherapy and create an uplifting essential oil blend to use at home. Date TBD

**Healing Touch and Reiki**
Individual sessions that focus on the energy system of the body to promote relaxation, reduce stress, and minimize side-effects. Date TBD

**Meditation**
Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation and less anxiety. Date TBD

**Oncology Massage Therapy**
We offer 30-minute complimentary massages for patients in active cancer treatment. Massage therapy has been shown to improve quality of life for those with cancer. Benefits include improved relaxation, sleep and immune function as well as relieving anxiety, pain, fatigue and nausea. To schedule an appointment with one of our massage therapists, call Cindy Ivey at 706.320.8718. By appointment only.

**Pastoral Care**
Available upon request.

**SUPPORT**

**Better Breathers (COPD) Support Group**
For patients with COPD, lung cancer, and other lung diseases. Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! Date TBD

**Gastrointestinal Diseases Support Group**
Guest speakers will share how to combat this disease. Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! 9/15, 10/20

**Man-to-Man Support Group**
Please call 706.571.1368 or email ana.gutierrez@piedmont.org to reserve your place! 9/21, 10/19

**Multiple Myeloma Support Group**
Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! 9/22, 10/27

**New Patients Support Group**
Please call 706.571.1368 or email ana.gutierrez@piedmont.org to reserve your place! 9/14, 9/28, 10/12, 10/26

**Next Step Support Group**
Please call 706.321.6603 or email michael.nwogbo@piedmont.org to reserve your place! Date TBD

**Woman-to-Woman Support Group**
Please call 706.320.8762 or email mary.williams1@piedmont.org to reserve your place! 9/8, 10/13

**SUSTENANCE**

**Nutrition Counseling**
Our licensed Registered Dietitians provide nutrition counseling for cancer patients during and post treatment. They provide customized therapies to help patients stay motivated, chart progress, and achieve nutrition health goals. Individual sessions by appointment.
### September 2021

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Location and Contacts

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John B. Amos Cancer Center
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Columbus, Georgia 31904

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