Thank you to our donors!

As a not-for-profit entity, Piedmont relies on the generosity of donors, whose support of Cancer Wellness at Piedmont allows us 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.

In This Issue:

July is Bladder Cancer Awareness Month
August is National Wellness Month
Welcome New Employees

Cancer Wellness Newsletter

July/August 2022
At Piedmont Columbus, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, expressive art classes and counseling are 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.

July is **Bladder Cancer Awareness Month**

The bladder is a hollow organ in the lower pelvis. It has flexible, muscular walls that can stretch to hold urine and squeeze to send it out of the body. Bladder cancer comes from cells that make up the urinary tract that start to grow out of control.

**There are four types of bladder cancer:**
- Squamous cell carcinoma
- Adenocarcinoma
- Small cell carcinoma
- Sarcoma

**Are there any symptoms?**
- Blood in urine (hematuria)
- Changes in bladder habits or symptoms of irritation

**Advanced symptoms would include:**
- Being unable to urinate
- Lower back pain on one side
- Loss of appetite and weight loss
- Feeling tired or weak
- Swelling in the feet
- Bone pain

**What are the risk factors associated with bladder cancer?**
- Smoking
- Workplace exposures (certain chemicals)
- Certain medicines or herbal supplements
- Arsenic in drinking water
- Bladder birth defects
How can the risk factors be reduced?

- Don’t smoke
- Limit exposure to certain chemical in workplace
- Drink plenty of liquids (water)
- Eat lots of fruits and vegetables

What type of screenings are available and who gets it?

The most efficient, noninvasive and inexpensive test is a urinalysis/cytology, where a sample of urine is taken and evaluated for cancer cells, microscopic hematuria or infection.

However, bladder cancer occurs mainly in older people. About 9 out of 10 people with this cancer are over the age 55. The average age of a person when they are diagnosed is 73.

Who treats bladder cancer?

Based on your treatment options, you might have different types of doctors on your treatment team. These doctors could include:

- Urologists: surgeons who specialize in treating diseases of the urinary system and the male reproductive system
- Radiation oncologists: doctors who treat cancer with radiation therapy
- Medical oncologists: doctors who treat cancer with medicines such as chemotherapy and immunotherapy

How is bladder cancer treated?

- Surgery
- Intravesical therapy
- Chemotherapy
- Radiation Therapy
- Immunotherapy

August is National Wellness Month

National Wellness Month focuses on self care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

There are numerous ways to make small changes to help with wellness, and they include:

- Increase your water intake
- Add more fruits and veggies to your meals
- Monitor your sleep and make adjustments for better sleep habits
- Join a yoga, walking, or aerobics class
- Learn to meditate

Taking these small steps can lead to many more healthy habits in your lifestyle.
Peter Jiang, M.D., Ph.D.

Dr. Peter Jiang completed his Ph.D. from the University of Maryland at Baltimore’s Department of Pathology after earning his medical degree from the Shanghai First Medical College in China, where he was a faculty member in the Department of Clinical Medicine.

Dr. Jiang is a member of the American Medical Association and the American Societies of Hematology and Clinical Oncology. He is currently board certified in Oncology, Hematology and Internal Medicine.

Dr. Jiang was named the 2022 Physician of the Year in the Excellence in Clinical Care category for the midtown campus.

Nicolas Holl, PA-C

Nicolas Holl earned his Masters of Health Science in Physician Assistant Studies from South College in Knoxville, TN after graduating summa cum laude with a bachelor’s degree in chemistry from Georgia State University in Atlanta. He has three years of clinical experience involving all aspects of patient care.

Nicolas is board certified and a member of the National Commission on the Certification of Physician Assistants (NCCPA) and has licenses to practice in both Georgia and Alabama.

In his spare time, he enjoys spending time with his family and his dogs, and woodworking.
Welcome, DeWhitney Ashford - Mammogram Technician!

I have been doing X-ray since 2011 and switched over to mammography in 2020. I’m glad to be joining the Breast Care Center here at JBACC, where I did a lot of my training during school. Before joining the Breast Care Center, I had the pleasure of working at Martin Army Community Hospital. I’m from Smiths Station, where I’ve lived for the majority of my life. I love the country! My husband Jared and I have two boys, ages 6 and 9. We also have a little 3-pound Yorkie named Taz. A couple of fun facts about me: I am pescatarian and I enjoy making door signs, door hangers, small tables, etc. Glad to be joining an awesome team!

Welcome, Amber B. Coleman - Referral Specialist!

I am happy to say I get to marry my best friend in October of this year! I have a miniature dachshund named Millie Grace, and she is my world. I love fishing, hunting, hiking and anything that includes being outdoors. I am beyond excited to start working here!

Welcome, Jennifer A. Watkins, RN – Radiation Oncology Nurse!

I am a native of Columbus, GA and am married to my junior-high sweetheart, Dale. We have five children, four boys and one girl. I graduated from CSU with a BSN in 2006. I worked as a nurse apprentice/medical assistant on 7 Main from May 2005 until June 2006. I became an RN in June 2006 and stayed on 7 Main until June 2010. I worked as an L&D/Mother-Baby nurse from June 2010 until now. I loved my mamas and babies, but am excited to start my new journey as a radiation oncology nurse. I have achieved Clinical Ladder for the past three years, and I have been training new nurses off and on throughout my career as an RN. I so look forward to working with you!
**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 feelings 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 well-being. Date TBD

**Knowledge**

**Chemo & Radiation Education**
Classes are personalized for every patient starting chemotherapy. By appointment only.

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

**Smoking Cessation**
Please email tenetta.holt@piedmont.org or call 706.320.8618 for more information. 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

**Pastoral Care**
Available upon request.

**Support**

**Better Breathers (COPD) Support Group**
For patients with COPD, lung cancer and other lung diseases. Please email tenetta.holt@piedmont.org or call 706.320.8618 to reserve your place.

**Gastrointestinal Diseases Support Group**
Guest speakers will share how to combat this disease. Please email tenetta.holt@piedmont.org or call 706.320.8618 to reserve your place.

**Man-to-Man Support Group**
Please email tiarra.sanga@piedmont.org or call 706.571.1368 to reserve your place.

**Multiple Myeloma Support Group**
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**New Patients Support Group**
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**Next Step Support Group**
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**Sustenance**

**Nutrition Counseling**
Our licensed registered dietitians provide nutrition counseling for cancer patients during and after treatment. They provide customized therapies to help patients stay motivated, chart progress and achieve nutrition health goals. Individual sessions by appointment.
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Cancer Wellness Online - a virtual home for wellness. Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.