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.

January is Cervical Cancer Awareness Month
Physician Spotlight
February is Gallbladder Cancer Awareness Month

In This Issue:
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.

The cervix connects to the vagina (birth canal) to the upper part of the uterus, where a baby grows when a woman is pregnant. However, abnormal cells can grow out of control and attach to the cervix. Anyone with a cervix is at risk for cervical cancer. It occurs most often in people over the age of 30.

**What are the risk factors associated with cervical cancer?**
Almost all cervical cancers are caused by human papillomavirus (HPV)—a common virus that can be passed from one person to another during sex. There are several types and some of those types can cause the changes on a woman’s cervix that can lead to cervical cancer over time.

The risk factors would be:
- Human Papillomavirus (HPV)
- HIV diagnosis
- Tobacco Smoking

**What can you do to reduce risk factors?**
- Get vaccinated against HPV (most common)
- Have regular screening test (pap smear) with your OBGYN provider
- If abnormal screening test results, go back to physician until they are normal

**Are there any symptoms?**
Early on, cervical cancer may not cause signs and symptoms. However, advance cervical cancer may cause bleeding or discharge from the vagina that is not normal for you—such as bleeding after sex. If any of those signs appear, contact your physician.

**Who should get screened?**
Anyone with a cervix that is engaged in sexual intercourse.

Getting an HPV test and the PAP test can help prevent cervical cancer or find it early. HPV tests look for the virus that causes cell changes on the cervix. A PAP test looks for precancerous cells that have changed on the cervix.

**How is cervical cancer treated?**
Cervical cancer is treated in several ways depending on the kind of cervical cancer and how far it has spread. Treatment includes surgery, chemotherapy, and radiation therapy.

January is **Cervical Cancer Awareness Month**

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The gallbladder is a small organ below the liver. Its size and location make it easier for cancer to grow undetected.

**What are the risk factors associated with gallbladder cancer?**
Gallbladder cancer is seen mainly in older people, but younger people can develop it as well. The average age of people when they are diagnosed is 72.

**Are there any symptoms?**
There may be no symptoms. However, when the symptoms do occur they may include:

- Abdominal pain and cramping
- Bloating
- Itchiness
- Fever
- Lump in the abdomen
- Nausea or vomiting
- Jaundice (skin and eyes)

**How is gallbladder cancer treated?**
- Surgery
- Chemotherapy
- Radiation therapy
- Palliative care

February is **Gallbladder Cancer Awareness Month**
Welcome, Ashley Bailey - RN

I have been a nurse for 6 years. I started my nursing career in the Pediatric ER here at Piedmont Columbus Regional and I am so excited to now be here at JBACC in the infusion center. I have been married for 5 years and have two kids, Avery (2) and Charlie (6 months). Most of my free time is spent with my kids but whenever I can get Bluey and Cocomelon off my TV I love watching all things reality TV. I also enjoy a good shopping day at Target! I love sweet tea, specifically Chick-fil-a sweet tea. I’m so excited to meet each of you and be a part of this amazing team!

Welcome, Mandy Johnson - Mammogram Tech

My name is Mandy Johnson. I was born and raised here in Columbus. I completed my radiology training here at The Medical Center School of Radiology in 1996. I have been a Mammogram Tech for the last 20+ years. In the evenings and on weekends, I enjoy spending time with my husband and children. I have two boys (ages 22 and 18) that are in college and also a daughter (age 10) in the 4th grade. They keep us very busy with football, baseball and now softball with our daughter. I am very excited to be part of the JBACC family!”
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 John B. Amos Cancer Center patients and caregivers. All materials provided (funding made possible by the Piedmont Columbus Regional Foundation). Come relax and let our creativity flow! Date TBD

MOVEMENT

Gentle Yoga
Participate 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

KNOWLEDGE

Chemo & Radiation Education
Personalized for every patient starting chemotherapy/scheduled by appointment.

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.

Smoking Cessation
Group and individual sessions are available; please call 706.320.8618 or email Tenetta.Holt@piedmont.org for more information.

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 systems of the body to promote relaxation, reduce stress, and minimize side-effects Date TBD

Meditation
Learning to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation and less anxiety. Contact Tiarra Sanga at 706.571.1368 to reserve your spot.

Oncology Massage Therapy
We offer 30-minute complimentary massage 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 Tenetta Holt at 706.320.8618. By appointment only, dates TBD

Pastoral Care
Available upon request.

SUPPORT

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

Breast Cancer Support Group
This support group meet every 2nd Wednesday from 12-1 p.m. Please call 706.320.8762 or email Mary.Williams1@piedmont.org to reserve your place.

Gastrointestinal Diseases Support Group
Guest speakers will share how to combat the disease. Please call 706.320.8618 or email Tenetta.Holt@piedmont.org to reserve your place.

Gynecological (GYN) Support Group
This support group meet every 3rd Wednesday from 12-1 p.m. Please call 706.517.1368 or email Tiarra.Sanga@piedmont.org to reserve your place.

Man-to-Man Support Group
Please call 706.571.1368 or email Tiarra.Sanga@piedmont.org to reserve your place.

Multiple Myeloma Support Group
Please call 706.320.8618 or email Tenetta.Holt@piedmont.org to reserve your place.

New Patients Support Group
This support group meet every 2nd Thursday from 10-11 a.m. Please call 706.571.1368 or email Tiarra.Sanga@piedmont.org to reserve your place.

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.
### January 2023

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### Special Months
- **Cervical Cancer Awareness Month**
- **Gallbladder Cancer Awareness Month**
Location and Contacts

Piedmont Columbus Regional
John B. Amos Cancer Center
1831 5th Avenue
Columbus, Georgia 31904
**706.320.8700**

OUTREACH

**Tenetta Holt, MPH**
Oncology Outreach Coordinator
706.320.8618 • tenetta.holt@piedmont.org

NURSE NAVIGATORS

**Mary E. Williams, RN, BSN**
Breast Health Navigator
706.320.8762 • mary.williams1@piedmont.org

**Kim Carroll, RN**
Lung Navigator
706.320.8615 • kim.carroll@piedmont.org

DIETITIANS

**Abbi Onate, RD, LD**
Dietitian
706.320.8731 • kathleen.onate@piedmont.org

**Julee Christie, MPH, RD, LD**
Dietitian
706.320.8715 • julee.christie@piedmont.org

CASE MANAGEMENT

**Connie Flannigan, MBA, BSW**
Supervisor, Cancer Support Services
706.321.8829 • connie.flannigan@piedmont.org

**Arianna A. Smith, BS**
Case Manager
706.321.6603 • arianna.smith@piedmont.org

**Janet Stevens, BSBA**
Case Manager
706.660.6304 • janet.stevens@piedmont.org

SOCIAL WORK/COUNSELING

**Tiarra Sanga, MSW, LCSW**
Oncology Social Worker
706.571.1368 • tiarra.sanga@piedmont.org

Cancer Wellness Online - a virtual home for wellness. Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.