At Piedmont, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, we recognize the needs of patients and their loved ones. As a part of our purpose to make a positive difference in every life we touch, we offer free programs and services to anyone affected by cancer regardless of where they have received their cancer care.

**Cancer Wellness Online** - a virtual home for wellness. With unlimited access to online classes, videos, articles, community support and more, we invite you to become inspired, make connections and live better at [piedmontcancerwellness.org](http://piedmontcancerwellness.org).

**IN THIS ISSUE:**

- Wellness Program for Survivors
- Breathing Exercise for Relaxation and Recovery
- Eight Ways to Prevent Colon Cancer
**ARTS IN MEDICINE**
Arts in Medicine, also referred to as arts in healthcare, is a diverse, multidisciplinary field dedicated to transforming health and the healthcare experience through the arts. Research shows that patients participating in programs such as Arts in Medicine (AIM) require shorter hospital stays, less medication, and have fewer complications.

Please join us for:
- 1st Wednesday of the month, 10:30-11:45 a.m., Instructor-led
- 2nd and 4th Wednesday of each month, 10 a.m.-12 p.m., Self-led projects
- 3rd Wednesday of the month, 10 a.m.-12 p.m., Instructor-led
- Fridays, 10 a.m.-12 p.m., Knitting Circle

**ART AND HEALING - CLAY GROUP**
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. Join us weekly as we explore hand-building techniques (no wheel throwing) in a supportive environment. No experience necessary. Children, 5 years and older, may attend the last Tuesday of the month with prior notification to kirsten.soriano@piedmont.org. Facilitated by Jenny Welty-Green, Ed.S, ATR-BC.

**MUSIC THERAPY**
Ease fear and anxiety, promote creative expression, learn coping strategies for managing symptoms, and promote relaxation and stress relief in a group setting. Music therapy interventions may include listening to, reflecting on, or actively making music with a variety of instruments and music styles. Appropriate for adults 18 years and older. No music experience necessary. Classes held two Fridays per month. Led by Natalie Generally Kirk, LPMT, MMEd., MT-BC.

**CHAIR YOGA**
Participants are guided in postures, breath-work, and relaxation without strain on joints and ligaments. This practice promotes stability, flexibility, and a sense of wellness and calm. Postures are performed sitting in the chair and/or standing with the support of the chair. Instructed by Mary Beth Kealy, ERYT, NP.

**ONE HOUR DRUMMER**
Drumming provides an experience where participants can be free to connect with themselves and others, in order to release, restore and heal. It is a universal language that we can all speak, free from words and concepts so we can experience life with an open heart. Drumming has been proven to induce deep relaxation, increase feelings of wellbeing, release emotional stress, and boost the immune system. Children may attend with an adult. Facilitated by Peter Marino, BM, BMED.

**SoulCollage®**
Join us as we explore the use of collage using magazine images to create our own set of cards that will assist us in developing our creativity, intuition and imagination. SoulCollage® helps you understand that the wisdom you seek in answering the personal questions is within you. The card-making process is a creative tool that helps you access support that you may be seeking, but it is not in itself therapy. This class is facilitated by a Board Certified Registered Art Therapist. No artistic talent is needed. Led by Jenny Welty-Green, Ed.S, ATR-BC (Undergoing SoulCollage® Facilitator Training).

**MEDICAL BILL COUNSELING**
Dealing with medical bills and insurance claims can be confusing. The medical jargon, coding on invoices, and explanation of benefits can be indecipherable. Fayette patients in need of assistance with organizing bills can schedule an individual appointment with Elaine Harbin, RN, BSN, CBCN, OCN at 770.719.6098.

**CANCER FITNESS**
Wellness is a proactive lifestyle choice that helps you prepare for the fight, reduce treatment side effects, and live well during and after cancer. Research shows that patients who exercise regularly have 40 to 50 percent less fatigue which is a primary side effect of cancer treatment. Engaging in regular exercise increases muscle strength, joint flexibility and general conditioning, all of which may be impaired by surgery and some therapies.

**GENTLE YOGA**
Yoga calms the mind, body and emotions. Participants are guided through breath-work, simple yoga postures and deep relaxation. Instructed by Mary Beth Kealy, ERYT, NP and Latha Ravi, ERYT, RYT, CPC.

**Programs**
The following programs and services are offered at Piedmont Fayette Hospital. For more information, call 770.719.5860 or visit piedmont.org/cancerwellness.
TAI CHI
Meditation and movement combine in this graceful form of exercise. This class is designed to promote health, healing and longevity. Participants can see improvement in concentration, focus and balance. After mastering the beginner class, participants are invited to attend the advanced class. Mondays

MINDFULNESS TRAINING 101/PRACTICE
Learn to meditate and move through the world in a more peaceful way. Numerous benefits include enhanced immune system, reduced inflammation and less anxiety. Each participant receives a CD for daily practice. Facilitated by Mary Beth Kealy, ERYT, NP, Latha Ravi, ERYT, RYT, CPC and Mark Flanagan, LMSW. Tuesdays, Wednesdays and some Saturdays

AROMATHERAPY WORKSHOP
Join Mary Beth Kealy, ERYT, NP, to learn about aromatherapy, the 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. Call 770.719.5860 to register. March 31, Apr. 28

REFLEXOLOGY WORKSHOP
Reflexology is a simple, non-invasive method to help balance the body. In this workshop, participants will learn to apply pressure on specific reflex points of the feet or hands that match parts of the body to create relaxation, improve circulation and promote a general feeling of wellness. Led by Mary Beth Kealy, ERYT, NP. Call 770.719.5860 to register. March 17, Apr. 21

SPIRITUAL WELLNESS
Spiritual wellness has the power to make our decisions and choices easier, ground us during periods of change and give us the resiliency to thrive with grace and inner peace in the face of adversity. Contact Cancer Wellness to schedule an appointment with Mindy Littlejohn LPC, BCCC.

BLOOD CANCER SUPPORT GROUP
Blood cancer patients and family members are welcome to join this professionally facilitated group. A diagnosis of cancer is often followed by an emotional upheaval; a support group can provide a non-judgmental, confidential and supportive setting to openly discuss feelings. Facilitated by Mark Flanagan, LMSW, MPH, MA. Healthy dinner served, but you must reserve a spot. Apr. 21

HEAD AND NECK SUPPORT
This group, facilitated by Doug Bradley, RN, will provide information and support to those newly diagnosed, undergoing treatment or recovering from treatment of head and neck cancers. Fourth Wednesday of each month

INDIVIDUAL COACHING AND COUNSELING
Short-term counseling with one of our counselors is available to anyone during the active treatment phase. To schedule an appointment, call 770.719.6007.

INDIVIDUAL NUTRITION CONSULTATIONS
Individual nutrition counseling is available for cancer patients during treatment and for survivors. To schedule an appointment, call 770.719.5860.

LIVING WITH AN OSTOMY
A support group for people living with an ostomy, their partners and caregivers. Members help each other learn to live a full life with an ostomy. Facilitated by Laura Lang, RN. Call or text 678.379.9671 with questions. Fourth Sunday of each month

PROSTATE CANCER INFORMATION GROUP
Prostate Cancer Information Group is a chapter of Us TOO Int’l. The group is intended to allow men (and their families) to share information and to enhance prostate cancer understanding (but not provide medical advice). Facilitated by Jim O’Hara. For more information, call 770.632.2898. Fourth Tuesday of each month

COOKING DEMONSTRATION – SURVIVORSHIP
Now is the time to rebuild your health and nutrition. Join us to understand how to make long term changes that will promote a healthy weight, lower inflammation, and increase energy following active cancer treatment. This class is designed and appropriate for patients who have completed the active treatment phase. Space is limited, call to register.

March 12 – Chef Nancy Waldeck
Apr. 9 – Chef Hans Rueffert
Apr. 14 - Special cooking demonstration from 180 Degree Farm

COOKING DEMONSTRATION – SIDE EFFECTS
Different treatments may cause a variety of side effects, which can lead to decreased calorie and protein intake and malnutrition. Join us for a cooking demonstration that will focus on symptom management and will provide insight on specific foods/recipes that may be better tolerated during these difficult times. This class is designed and appropriate for active treatment patients, and their caregivers. Space is limited, call to register.

March 26 - Chef Nancy Jaworski - Chemotherapy and Radiation Symptoms
CANCER WELLNESS LAUNCHES SURVIVORSHIP WELLNESS PROGRAM

The end of treatment can be both stressful and exciting. Please join our cancer wellness team as we focus on teaching survivors and co-survivors how to navigate the 18 months post active treatment.

Participants will be able to set goals related to nutrition, physical activity, managing stress, sleeping well and promoting sexual, emotional and spiritual wellness after cancer treatment.

These classes meet three Fridays each month from 10 a.m. to 12:30 p.m. A healthy meal will be served. This series will be held monthly throughout the year. Registration is required.

This program is most suitable for patients who have completed their initial treatment within the last 18 months.

BODY – March 13 and Apr. 10
- Nutrition
- Movement
- Sleep Wellness
- Female Sexual Health and Wellness

MIND – March 20 and Apr. 17
- Mental Wellbeing
- Fear of Recurrence
- Stress Management
- Goal Setting

SPIRIT – March 27 and Apr. 24
- Spirituality
- Living with Purpose
- Coping with Survivor’s Guilt
- Quiet and Walking Meditation

PATIENTS AND CAREGIVERS FIND INFORMATION AND SUPPORT ON THE WEB

GENERAL SUPPORT
Belong – Beating Cancer Together. The Belong.life app provides people with cancer and their families a unique and innovative personalized solution to help manage and fight cancer more effectively. Using Belong, you will find support groups for every type of cancer. You can find this app in the App Store on your smartphone.

Chemocare.com is a comprehensive resource for cancer patients and their caregivers that provides chemotherapy drug and side effect information, cancer wellness information, and links to additional reliable resources and organizations.

The Cancer Survivors Network, a peer supported site, provides a secure way to find and communicate with others who share your interests and experiences in ways only those of us who have “been there” can truly understand. csn.cancer.org/

ONE-ON-ONE SUPPORT
Cancer Hope Network provides free one-on-one confidential support to all people impacted by cancer, along the entire continuum from diagnosis through survivorship. cancerhopentework.org

Imerman Angels partners anyone, seeking support with someone just like them – a “Mentor Angel. imermanangels.org

SEXUAL HEALTH
A-Z Guide on Kanawa.org. This is a witty, informal guide written to address sexual health and intimacy concerns for female cancer patients. kanwa.org/sexual-health/a-z-guide

SURVIVORSHIP
Springboard Beyond Cancer, survivorship.cancer.gov/ is a new online tool for survivors during and after treatment created by the American Cancer Society and National Cancer Institute helps them create personalize Action Decks. These collections of selected information help survivors better communicate with caregivers and care teams to manage their physical and emotional care after a cancer diagnosis.

YOUNG SURVIVORS
Lacuna Loft is a nonprofit organization providing online support programs to young adult cancer survivors and caregivers, changing the way that age-appropriate support is provided to young adults facing cancer. lacunaloft.org

At Stupid Cancer, we create shared experiences by producing life-changing live events and digital content that end isolation, build community, provide education, and foster meaningful relationships that last a lifetime. Our mission is to empower, support, and improve health outcomes for the young adult cancer community. stupidcancer.org

Relay for Life of Fayette County is scheduled to take place Friday, Apr. 24 at Drake Field in Peachtree City.

Register at relayforlife.org/fayetterecountyga or call 800-227-2345
In the United States, lung cancer is the deadliest cancer and the second most commonly diagnosed. While smoking is one contributing factor, many individuals diagnosed with lung cancer have never smoked and often are healthy individuals prior to their diagnosis. For smokers, this may be a time where they are quitting smoking to take on a healthier lifestyle.

In lung cancer, earlier screenings, advanced surgical procedures and new treatments such as immunotherapy are improving overall prognosis. Many patients are living longer with their diagnosis and earlier stage lung cancers have more curative treatment options. For anyone diagnosed with lung cancer, the Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette Hospital provides proactive resources to help patients live better with a diagnosis of lung cancer through educational resources, empowering information and a support team.

Exercise, best understood as planned movement (with a plan, purpose, goal or intention), plays a very powerful role to reduce symptoms including shortness of breath, fatigue and anxiety. For someone with lung cancer, traditional forms of exercise may be difficult to manage or adapt. Exercise is an effective way to help anyone with cancer live their best life by making simple daily tasks such as stairs, making meals or playing with your kids more manageable.

The American College of Sports Medicine and American Cancer Society recommend that exercise should be part of the cancer care plan for all types of cancer. Guidelines also advise each patient to have a personalized and tailored cancer exercise plan. Piedmont Fayette is the only cancer center in the region to have an expert as part of your care team to guide you through this process. Michelle, the Cancer Strength Coach at the Thomas F. Chapman Family Cancer Wellness Center, is a part of the care team from diagnosis throughout treatment and survivorship. She is available to meet with patients to develop their personal plan and make recommendations.

A diagnosis of cancer has many different timepoints. Physical exercise is beneficial no matter where you are related to diagnosis, treatment or stage of cancer.

At Diagnosis:
- A diagnosis of lung cancer can feel overwhelming. Physical exercise can help improve your function and energy as you prep for surgery or treatments. An emphasis on muscle building movements and strong posture will reduce fatigue and allow your lungs to work as efficiently as possible.
- Having an exercise plan that fits you personally will help you feel more in control of yourself and your body when you may be feeling out of control.

Preparing for Surgery:
- If you are a surgical candidate, exercise has been shown to improve the odds of being able to undergo curative lung resection surgeries, as well speed up surgical recovery.

During Treatment:
- Exercise can ease chemo-related fatigue. Having purposeful movement developed around your goals and abilities such as a chair-based strength training program can positively impact your day to day abilities and improve your energy levels.
- Some chemotherapies cause heart damage known as cardiotoxicity. There is increasing research showing that exercise can help mitigate this damage and “protect” the heart.

Emotional Wellbeing:
For both patients and caregivers, the role of exercise is a way to take some control of your body both physically and mentally. In situations where physical fatigue is too overwhelming or you are seeking some additional relief, a focus on breath work is another way to improve how you are feeling overall.

Box breathing, which is a simple strategy developed in the armed forces, can be done anytime and anywhere. It has been shown to decrease anxiety by slowing the heart rate and reducing the body’s stress response.

Directions: Start in a comfortable position. Close or narrow your eyes if you need to gain internal focus. Place your hand(s) just below your breast bone if it feels comfortable.

1. Inhale slowly for four counts.
2. Hold your breath for four counts. This may be difficult or uncomfortable at first but keep trying.
3. Exhale slowly for four counts.
4. Hold your breath for four counts.
5. Repeat 4-5 times. If you count on your fingers, complete five cycles using one finger per cycle.
“Loneliness is common in our society because we are increasingly cut off from real connection and human interaction,” says Mark Flanagan, LMSW, MPH, MA, a social worker at Cancer Wellness at Piedmont.

Loneliness can impact your:
• Mental health. Loneliness can increase your risk of anxiety and depression. It can also affect your sense of gratitude, contentment and self-worth.
• Physical health. Research suggests loneliness can increase the risk of high blood pressure, obesity, heart disease, a weakened immune system, Alzheimer’s disease and cognitive decline.
• Relationships. When you feel lonely, you may withdraw from family and friends or try to find solace in unhealthy relationships.

What causes loneliness?
Loneliness isn’t necessarily caused by being alone. Flanagan says he thinks of loneliness as alienation from oneself and others.

“I think you can be lonely even if you’re in a crowd of people,” he explains.

Flanagan says loneliness can stem from challenges in life that make you desire a sense of comfort. It can also be triggered by traditional media and social media exposure. “We are bombarded with images of happy families and ideal situations with tons of people involved,” he says. But most of our lives don’t look like the images presented on television or Instagram.

“Social media can exacerbate loneliness because it feeds into the narrative that we should always be happy on the outside and if we’re not, something is wrong with us,” he says. “We are comparing our inner experiences with other people’s outward presentations of themselves.”

Flanagan says it’s important to know that everyone is going through their own battles, no matter what you see on the outside.

Finding the source of loneliness
Flanagan recommends inquiring into the source of your feelings with the help of a counselor, sitting meditation, yoga or journaling.

“These activities can reduce restlessness and help you determine what’s behind your loneliness,” he explains. Avoid trying to get rid of or cover up uncomfortable feelings. Ask yourself what you truly want. Do you want to be around other people? Or is there some other value you are seeking?

Forming genuine connections
Humans are social creatures, so it’s important to have social connections, but that doesn’t mean having more friends on Facebook. It means cultivating better friendships with perhaps fewer people.

“Loneliness can occur when you aren’t connected to yourself, other people or the community,” says Flanagan. “When we find genuine connections with others who share our values and interests, we can effectively reduce loneliness.”

Seek out others in your community who share your values. Consider joining an exercise group, religious organization, book club, music group or another activity that allows you to see likeminded people regularly.

Social media: Friend or foe?
Social media is a tool; it’s not good or bad, Flanagan explains. Sometimes it can increase your feelings of loneliness and low self-worth, or you can use it to connect with friends and family in a meaningful way.

“But because of the culture and how social media platforms are set up, they lend themselves to superficial interaction,” he says. “The more genuine interaction we can have, the better off we will be.”

If you are experiencing loneliness accompanied by sleeplessness, racing thoughts, the inability to concentrate or extreme agitation, you should see your primary care provider or a counselor to be assessed for other mental health issues.
Many colon cancers are preventable. Follow these eight guidelines to reduce your risk of colorectal cancer.

“With adequate screening and education, we can both detect colon cancer and remove small precursor lesions that could eventually form into cancer,” says Jay Singh, M.D., FACS, FASCRS, a colorectal surgeon at Piedmont.

Dr. Singh says the following eight steps will help you prevent colon cancer.

1. Get screened. Most people should get their first colon cancer screening – a colonoscopy – at age 45. The test can detect precancerous polyps on the colon as well as cancerous tumors.

“A colonoscopy is a simple test, done under light anesthetics, that allows us to detect early lesions in a good number of people,” he explains.

Subsequent colon cancer screenings are based on the findings of each patient's initial colonoscopy. If a polyp or other abnormality is detected, the patient will be screened more frequently than someone without precancerous lesions. For most people with normal test results, a colonoscopy screening every 10 years is standard.

2. Maintain a healthy weight. “Simply put, obesity in our society has a link to several different types of cancers, including colon cancer,” says Dr. Singh.

3. Don’t smoke. Not smoking – or quitting if you are currently a smoker – is one of the top ways to prevent colon cancer.

“Tobacco has an impact on cancer formation in our bodies and colon cancer may be directly impacted by the use of tobacco,” he says.

4. Be physically active. “Being physically active for at least 30 minutes daily may help impact both general bowel health and decrease the risk of colon cancer,” he explains.

5. Drink only moderately, if at all. Alcohol can play a role in the development of colon cancer.

“Alcohol has several different effects on the body and certainly the colon can be affected by the heavy use of alcohol,” he says.

6. Limit processed red meat. Limiting red meat (beef, pork or lamb) and processed meat (bacon, sausage, ham, salami or hot dogs) to three times or less per week can help reduce colon cancer risk.

7. Get enough calcium and vitamin D. Dr. Singh says consuming enough calcium and vitamin D is also a factor in colon cancer prevention.

Consume foods high in calcium (such as dairy products, kale, broccoli or cabbage) and vitamin D (like milk, fatty fish, egg yolks, cheese or fortified foods). If you don’t get enough of these nutrients, talk to your doctor about vitamin supplements.

8. Consider a multivitamin with folate. “A multivitamin that includes folate has been shown to decrease the risk of colon cancer in our society,” he says.

Non-preventable colon cancer risk factors

Unfortunately, certain colon cancer risk factors aren’t preventable:

- **Family history.** “Genetics plays a huge role in cancer and knowing your family history is crucial,” says Dr. Singh.
- **Age.** It occurs most often in people over age 50, but can develop at any age.
- **Inflammatory bowel disease.** “The presence of Crohn’s disease and ulcerative colitis substantially increase the risk of colon cancer.”

“Remember, colon cancer is preventable,” says Dr. Singh. “Know your risks, maintain a healthy lifestyle and get screened.”
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, visit piedmont.org/champions or call 404.605.2130.

Thank you to our donors!

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We understand that cancer affects your whole life, not just part of it. At Piedmont Fayette Hospital’s Cancer Center, we offer complete, comprehensive care that addresses the whole patient.

Our areas of expertise include:

• Inpatient and outpatient chemotherapy infusion
• Radiation oncology
• Interventional radiology
• Pain management services
• Lymphedema services
• da Vinci® robotic surgical technology
• Low- and high-dose brachytherapy treatment
• Palliative care services
• Imaging services (multi-slice CT and MRI)
• Oncology rehabilitation
• Cancer Wellness at Piedmont, offering professionally-led programs including education, relaxation and stress reduction, movement and exercise, nutrition workshops, cooking demos, expressive arts, meditation, support groups, social events and virtual classes (coming soon)
• Psychological and nutrition counseling
• Patient navigation services
• Social work services
• Genetics counseling
• Oncology research

Cancer Wellness at Piedmont Locations

Piedmont Fayette Hospital (West Entrance)
1255 Highway 54 West • Third Floor • Suite 3100
Fayetteville, Georgia 30214
770.719.5860

Catherine Hoffman, Manager Oncology Services
Kirsten Soriano, Cancer Wellness Coordinator
Janet Odom, Support Services
Mark Flanagan, Social Worker
Corey Tolbert, Oncology Dietitian

Piedmont Atlanta Hospital
1800 Howell Mill Road • Suite 700
Atlanta, Georgia 30318 • 404.425.7944

Piedmont Henry Hospital
Education Center • Ground Floor
1133 Eagle’s Landing Parkway
Stockbridge, Georgia 30281
678.604.5990

Piedmont Newnan Hospital
Piedmont Medical Plaza
775 Poplar Road • Suite 340
Newnan, Georgia 30265 • 770.400.4120

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Mrs. Elizabeth D. Wickland
Mr. and Mrs. William A. Wood
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<td>Tai Chi (Beginner), 9:30-10:30 a.m. (Advanced), 10:30-11:30 a.m</td>
<td>Gentle Yoga, 9:30-10:30 a.m.</td>
<td>Cancer Fitness, 9-10 a.m.</td>
<td>Knitting Circle, 10 a.m.-12 p.m.</td>
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<td>Chair Yoga, 12:15-1:15 p.m.</td>
<td>Mindfulness, 10:45-11:45 a.m.</td>
<td>Arts in Medicine, 10:30 a.m.-11:45 a.m.</td>
<td>Cancer Fitness, 10 a.m.-12 p.m.</td>
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<td>Gentle Yoga, 9:30-10:30 a.m.</td>
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<td>One Hour Drummer, 12:30-1:30 p.m.</td>
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