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 piedmontcancerwellness.org.

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.

IN THIS ISSUE:
Meet Piedmont Fayette’s new Medical Oncologist - Dr. Damien Hansra

Wellness for Women Inside and Out with Dr. Mitzie-Ann Davis
Welcome to Piedmont Fayette Cancer Wellness – we’re glad you’re here! Our entire Cancer Wellness Team is available to meet with you virtually for individual consultations. In addition, we offer classes, support groups, videos and much more online.

**Oncology Certified Dietitian – Corey Tolbert, RDN LD**
Proper nutrition can reduce the risk of cancer, keep patients healthier during treatment, and combat side effects. Our Dietitian can help develop a nutrition plan that is customized for you.

**Genetic Counselor – Kelly Teed, MMsc, CGC**
Our Genetic Counselor is trained to interpret personal and family medical history to determine if genetic testing for a hereditary cancer predisposition is appropriate. She facilitates genetic testing and helps patients understand how the results impact their care plan.

**Nurse Navigators – Karen Bouwman, RN OCN and Elaine Harbin, RN OCN**
Nurse Navigators are specially trained oncology nurses who serve as a liaison between you and your healthcare team. They provide you and your family with education, support, and information about hospital services and community resources.

**Wellness Coach – Kirsten Soriano, BS, NBC-HWC**
A focus on strength is essential. Exercise has been proven to reduce fatigue, improve energy, and help manage side effects. Our Wellness Coach partners with patients to help them envision healthier, happier lives, through lifestyle and behavior adjustments.

**Oncology Social Worker and Mind-Body Counselor – Mark Flanagan, LCSW, MPH, MA**
Our Oncology Social Worker supports patients and families by helping them navigate psychosocial challenges associated with cancer care. He also provides short-term, goal focused counseling to ensure a seamless transition to treatment completion.

**Female Sexual Wellness Educator – Mary Lynn Hemphill, LCSW, OSW-C**
Providing sexual health support to female cancer survivors during active treatment and into long-term survivorship. Our female sexual wellness educator typically connects with patients at post-treatment appointments and is also available by consult for assessment, education, therapeutic support and referrals as needed.

Contact us at 770.719.5860 to schedule an individual consultation and connect with our Cancer Wellness team.
### September 2021

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<td><strong>1</strong> Mindfulness/Yoga, 1 p.m.</td>
<td><strong>2</strong> Healthier You Check In, 10 a.m.</td>
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<td>Feel Better, Move Better, 2 p.m. “Mobility is Medicine”</td>
<td><strong>8</strong> Five Weeks to a Healthier You, 9 a.m. Mindfulness/Yoga, 1 p.m.</td>
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<td>Blood Cancer Support Group, 5 p.m.</td>
<td><strong>15</strong> Five Weeks to a Healthier You, 9 a.m. Mindfulness/Yoga, 1 p.m.</td>
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<td><strong>22</strong> Five Weeks to a Healthier You, 9 a.m. Mindfulness/Yoga, 1 p.m.</td>
<td><strong>23</strong> Healthier You Check In, 10 a.m.</td>
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<td>Ostomy Support Group, 2 p.m.</td>
<td>Prostate Cancer Support Group, 7 p.m.</td>
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<td><strong>29</strong> Five Weeks to a Healthier You, 9 a.m. Mindfulness/Yoga, 1 p.m.</td>
<td><strong>30</strong> Healthier You Check In, 10 a.m. Wellness for Women Inside and Out, Noon</td>
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### October 2021

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<td>Auxiliary Golf Tournament</td>
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Find log in information for all above classes and support groups on the following page. Visit [piedmontcancerwellness.org](http://piedmontcancerwellness.org) for unlimited access to online classes, videos, articles, community support and more.
**Programs & Resources**

**SUPPORT GROUPS**

**Blood Cancer Support Group**
Blood cancer patients and family members are welcome to join this group facilitated by Mark Flanagan, LCSW, MPH, MA, which meets virtually on the second Tuesday of every month, 5 to 6:30 p.m. Contact Mark at 770.719.6007 to gain access to the meeting.

**Head and Neck Support Group**
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. Join the meeting virtually at zoom.us, meeting ID: 455 817 4435, passcode: 591923. Fourth Wednesday of each month, 6 to 7 p.m.

**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. Contact group facilitator Laura Lang, RN, at 678.379.9671, to register and for meeting details. Fourth Sunday of each month, 2 p.m.

**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 enhance prostate cancer understanding (but not provide medical advice). Join on zoom.us, meeting ID: 950 6471 5979, passcode: 591923. Facilitated by Jim O’Hara. Fourth Tuesday of each month, 7 p.m.

**YOUNG SURVIVORS**

**Cactus Cancer Society** 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. www.cactuscancer.org

**MIND AND BODY**

**Mindfulness/Yoga**
Join Social Worker Mark Flanagan, LCSW, MPH, RTY-200, in this class combining the practice of yoga with mindfulness teachings where participants are guided in postures, breath-work and relaxation. Accessible at zoom.us, meeting ID: 949 4004 4755, passcode: xvmS1D. Each Wednesday at 1 p.m.

**MOVEMENT**

**Feel Better, Move Better**
Rehabilitation services can help patients by improving daily function and providing an enhanced quality of life during and following treatment. Join our physical, occupational and speech therapists as they demonstrate ‘exercises’ and answer questions on how to manage treatment side effects and help you return to carrying out activities of daily living. Sep. 7, *Mobility is Medicine*, and Oct. 5, *Lymphedema and Compression*, at 2 p.m., zoom.us, meeting ID 912 3643 3435

**CREATIVITY**

**Hearts Need Art**
Art therapy is a therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Visit heartsneedart.org to sign up for a free interactive arts experience – request songs, learn to draw or write a story. You can even invite friends and family.

**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.

**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. www.csn.cancer.org

At CANCERcare you can connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by oncology social workers. www.cancercare.org/support_groups
ONE-ON-ONE SUPPORT

Cancer Hope Network provides free one-on-one confidential support to all people impacted by cancer.
www.cancerhopenetwork.org

Ovarian Cancer - Steps Through OC is a new, national program offering free ovarian cancer counseling and other resources for any woman coping with OC, her family and her active caregivers. For more information or to register, visit stepsthrough.org or call 1.866.830.5134.

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.
www.kanwa.org/sexual-health/a-z-guide

Sexual Wellness for Men
ED (Erectile dysfunction) can be a common side effect of cancer treatment. There is hope for every man with ED to regain confidence, control, and wholeness. Visit edcure.org to learn more.

SURVIVORSHIP

Springboard Beyond Cancer is a mobile-friendly tool that enables and empowers people with cancer to play an active role in the management of their health. This includes management of illness and treatment, relationships, emotional and psychological stressors, and healthy lifestyle behaviors. www.survivorship.cancer.gov

NUTRITION

Individual Nutrition Consultations
Individual nutrition consultations are available for patients experiencing treatment side effects such as nausea and decreased appetite, and finding it difficult to get proper nutrition during treatment. Contact Oncology Dietitian Corey Tolbert, RD LD at 770.719.5862 to schedule an appointment.

Cancer Support Community provides healthy eating tips and nutrition advice for cancer survivors, along with recipes for healthy meals and snacks.
cancersupportcommunity.org/diet-nutrition

Five Weeks to a Healthier You
Join Oncology Dietitian Corey Tolbert, RD, LD, and Health and Wellness Coach Kirsten Soriano, BS, NBC-HWC, for a five-week series focusing on weight management. During this interactive, virtual program participants will use MyFitnessPal to actively track food consumption and learn how to interpret the data, discuss which foods are healthy and why it is important to eat them, pre-plan meals and menus for success, and receive support and encouragement during their journey. Participants are encouraged to join the weekly 'Healthier You Check In' support group following the five-week program. Call 770.719.5861 to register.

KNOWLEDGE

Feel More Like You Presented by Walgreens
When you are going through treatment for any type of cancer, the side effects can impact not only how you feel inside, but how you see yourself in the mirror. When you look more like yourself, it can boost your mood and confidence. Visit walgreens.com/feelmorelikeyou for information on participating locations, the Feel More Like You podcast and virtual resources.

FINANCIAL

Patient Access Network Foundation assists patients who cannot access the treatments they need because of out-of-pocket health care costs. www.panfoundation.org

Triage Cancer provides education on the practical and legal issues that may impact individuals diagnosed with cancer and their caregivers. They provide access to resources and advocate for the healthcare, financial, insurance, employment, and consumer rights of those diagnosed with cancer.
www.triagecancer.org

COUNSELING

Georgia Crisis & Access Line provides 24-hour free access to urgent counseling services. 1.800.715.4225
When Andrea Sisler was diagnosed with Stage III ovarian cancer in February of 2020, she prayed to God, asking for someone who had walked this walk to come into her life. She was introduced to Kimberly Airhart, the sister of a family friend, who had also been recently diagnosed with ovarian cancer. Sisler was in Senoia, and Airhart was in Mississippi, but the two spoke on the phone sharing information, tips, encouragement and prayers. When Airhart moved to Fayette County in April of 2020 to be closer to family during treatment and recovery, she already had a friend nearby. It made going through cancer treatment during a pandemic a little easier because there was someone who understood the challenges.

“The goal is to inform the community, educate women and help with awareness and research,” said Sisler, who added that she told her oncologist, John McBroom, M.D., to give out her number to any patients diagnosed with ovarian cancer who needed to talk to someone.

“It’s a club you never wanted to be in, but that support is vital,” said Airhart.

Approximately 21,000 women will receive a cancer diagnosis in 2021, and nearly 14,000 women will die from the disease. The signs and symptoms of ovarian cancer are often overlooked because they are very non-specific. Some symptoms are bloating, weight gain around the belly, nausea and vomiting, and early satiety. These general symptoms are some of the reasons why ovarian cancer is often not caught early. Screening tests, such as a Pap test or HPV test, aren’t effective tests for ovarian cancer. The disease is often caught through imaging or a blood test, which often aren’t reliable at early stages.

Sisler and Airhart raised awareness and funds for research into early detection through the Harts of Teal Family Fun Color Run this past July. “We hoped for 75 to 100 runners to help us raise a few thousand dollars,” said Airhart. “Instead, we had 546 participate in the event. We were blown away to have raised $70,000 but, more importantly, I think we also raised awareness.”

When 2020 started, neither Sisler or Airhart knew each other. By the end of 2021, the duo will have started planning for their second run, launched a non-profit and a support group, and continued to successfully raise awareness about the signs and symptoms of ovarian cancer.

Patients interested in more information on ovarian cancer treatment at Piedmont Fayette should contact Elaine Harbin, nurse navigator, at elaine.harbin@piedmont.org or 770.719.6098. Visit hartsofteal.org to learn more about Harts of Teal. Visit piedmontcancerwellness.org to learn more about Cancer Wellness at Piedmont.
Dr. Hansra Promotes Wellness as Part of Comprehensive Cancer Care

Obesity is a leading cause of preventable death in the United States, and Damien Hansra, M.D., a medical oncologist at Piedmont Fayette Hospital, knows that it is also a contributing factor to developing cancer and cancer recurrence. His goal is to have his patients focus on overall wellness as part of their cancer care.

“Obesity causes inflammation, and inflammation drives cancer and other chronic illnesses,” said Dr. Hansra. “I urge all my patients to take advantage of the unique supportive resources available at the Piedmont Fayette Cancer Wellness Program as well as the Piedmont Wellness Center while under care and into long-term survivorship. The education and lifestyle modifications that are taught through the program allow patients to fight fatigue, increase stamina and reduce their long-term risk for recurrence.”

Dr. Hansra earned his medical degree at the University of Miami and completed his residency and fellowship at Jackson Memorial Hospital. He is board certified in hematology, medical oncology, and internal medicine. He moved to Georgia four years ago and enjoys running and biking with his family. He speaks English, Spanish and French.

Community Connections

The Thomas F. Chapman Family Cancer Wellness community partners will be featured each month with educational tips and seasonally appropriate education for our readers.

Movement is Medicine with Piedmont Wellness Center

Being active is important for our health, but it is particularly crucial after a cancer diagnosis. Exercise reduces fatigue, increases strength, eases depression and maintains bone and muscle mass. Laura Millner, BPhED, PGDip, ACSM EP-C, from the Piedmont Wellness Center offers this tip on strength training:

“Strength training can help maintain muscle mass, which allows us to carry out our everyday tasks. This doesn’t mean you have to become a body builder! Body weight exercises, hand weights and resistance bands can provide adequate resistance to challenge muscles and improve their strength and endurance.”

Skin Deep with The Skin Society

It’s important for patients to learn how to care for their skin while under chemotherapy, radiation and other cancer treatments. Martha Miller, LME, from The Skin Society offers this important tip for skin care:

“A nighttime routine should include retinol. Our skin rejuvenates and sheds dead skin cells while we sleep. It normally sheds every 28 days but as we mature that slows down to every 45 days. Retinols keep your skin rejuvenated and fresh.”

Eat Right with 180 Degree Farm

Proper nutrition can reduce cancer risk, keep patients healthier during treatment and combat side effects. 180 Degree Farm provides organically grown food and a therapeutic environment. Scott Tyson from 180 Degree Farm has some good advice for people interested in juicing:

Remember this easy recipe: 1:2:1 - leaf to vegetable to fruit. Always include one leafy item, like kale, spinach or cabbage first. Then select two vegetables (cucumber, celery, bell peppers or squash) and one fruit (Granny Smith apple, blueberries or cantaloupe). Corey Tolbert, RD, LD, recommends categorizing beets and carrots as a fruit, because of their high sugar content.

180 Degree Farm is located at 237 Emory Phillips Road, and organic winter squash, carrots, beets, peppers, eggplant and okra are in season.
Join us for one of the most anticipated golf tournaments this fall: the Piedmont Fayette Auxiliary Golf Classic "Drive to End Cancer" presented by BMW of South Atlanta! Golfers, sponsors and volunteers will gather Monday, Oct. 4 at Flat Creek Country Club, Peachtree City.

Tournament proceeds will benefit oncology programs, services and the Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette.

For more information or to register, visit https://give.piedmont.org/pfhgolf or contact Paige Muh at Paige.Muh@piedmont.org or 770.719.5758.

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, visit give.piedmont.org or call 404.605.2130.

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Ms. Sarah B. Brown
Andrew and Eula Carlos Foundation, Inc.
Mr. and Mrs. James A. Carlos
Mr. and Mrs. Thomas F. Chapman
Coweta-Fayette EMC
Epic Charitable Fund
It’s the Journey, Inc.
Michelle Juneau, MD
Mrs. Nancy W. Lyle
Estate of Richard T. Rollins
Mr. and Mrs. Herbert J. Short, Jr.
The Woman’s Auxiliary of Piedmont Hospital

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Recognizing annual contributors to oncology programming at Piedmont Healthcare from June 1, 2020 to June, 30 2021. We have made every attempt to accurately reflect annual giving level as well as listing preferences. If you have any question or notice a discrepancy, please contact Jeanine Osborne, Donor Relations Officer, at 404.605.2772 or jeanine.osborne@piedmont.org.