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.

I love being a part of Cancer Wellness at Piedmont Fayette.

IN THIS ISSUE:
Colorectal and Head & Neck Cancer Awareness
10 Weeks to a Healthier You

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.
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.
# Virtual Calendar of Events

### MARCH

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<thead>
<tr>
<th>Date</th>
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<tr>
<td>2</td>
<td>10 Weeks to a Healthier You</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.
**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 first 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: 950 6471 5979, 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. Facilitated by Laura Lang, RN. Join on zoom.us, meeting ID: 678 379 9671, passcode: ostomy. 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**
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. www.lacunaloft.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.

**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
Nutrition Education
Proper nutrition can help reduce the risk of cancer, keep patients healthier during treatment, and combat side effects. Check in with Oncology Dietitian Corey Tolbert, RD LD, weekly for a live cooking demonstration and information on topics such as how to eat through treatment. This will be an informal group chat where you can get all your nutrition questions answered. Each Thursday at 11 a.m.; zoom.us, meeting ID: 998 0862 2420

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

10 Weeks to a Healthier You
In addition to lowering the risk of developing chronic diseases such as heart disease, stroke, and diabetes, being at your ideal weight can also help lower the risk of developing cancer or of cancer recurring. In this program we encourage participation in weekly challenges aimed at making better food choices and being more active. Participation in the weekly group virtual meetings provides support along with guidance on goal-setting. Facilitated by Kirsten Soriano, BS, NBC-HWC, the 10-week virtual group series starts on Tuesday, March 2 at 11 a.m.

Nutrition Presentations
Piedmont recently received nutrition education videos through a federal grant program. Visit the links below to learn about eating a balanced diet, macro-nutrition, and more.

It’s All About Balance: https://youtu.be/Ir3Y4hS0Zts
Macro-Nutrition: https://youtu.be/lAffaVjs6Qo
Nutrition and Healing: https://youtu.be/m9Vu6D1O7rA

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
10 Weeks to a Healthier You

While we all know that being at a healthy weight can have us looking and feeling our best, did you know that it can also help lower the risk of developing chronic diseases such as heart disease, stroke, diabetes and high blood pressure? Being at your ideal weight can also lead to better sleep, better emotional health, improved mobility and increased energy.

Most people also do not know that being overweight can raise their risk for developing certain types of cancer and that obesity can contribute to the risk of recurrence for some types of cancer. To better help our patients on their plan to wellness, we have developed a weight management program - 10 Weeks to a Healthier You - led by Kirsten Soriano, NBC-HWC, Health and Wellness Coach, and Certified Nutrition Coach.

Participants in this program will be encouraged to participate in the “Healthy 10 Challenge” (presented by the American Institute for Cancer Research) with weekly challenges for making better food choices and being more active. This challenge is a simple and fun way to help participants get healthy and take action to reduce their own cancer risk.

Additionally, we will hold weekly virtual group meetings to set reasonable, attainable goals that will add up to big rewards; and provide support and encouragement.

The 10-week Cancer Wellness Weight Management program - 10 Weeks to a Healthier You - has new classes starting Tuesday, Mar. 2 at 11 a.m. Each weekly group virtual session is 30 minutes. Please call us at 770.719.5861 to register.

Goal Setting

Goal setting is a helpful way to align our focus and set objectives for reaching an intended target. Goals that are too vague or aggressive can feel unachievable and overwhelming. Whether you’re setting a goal to help with weight management or checking items off your to-do list, it is important that you set goals with focus and clarity. This is where the SMART Goal process comes in.

You can turn a goal into a SMART goal using the framework below. For each goal, ask yourself:

Specific:
Who is involved?
What do I want to accomplish?
Why is this important?

Measurable:
How much? How many? What evidence will prove that you’re progressing towards your goal?

Achievable:
How can I achieve this goal?
How realistic is it based on available resources?

Realistic:
Am I willing to do the work this goal requires? How does this fit into my larger goals?

Time bounded:
In what time frame will I accomplish this goal?
What can I do today?
Head and Neck Cancers are More Common in Men Than Women

April is Head and Neck Cancer Awareness Month and Jonathan Bender, M.D., an oncologist with Piedmont Cancer Institute at Piedmont Fayette Hospital is encouraging everyone to learn the risk factors for these diseases. “Tobacco use, including smokeless tobacco, and alcohol use are two the main risk factors for head and neck cancers,” said Dr. Bender. “Other risk factors include poor nutrition, poor oral hygiene, exposure to radiation or inhaling certain chemicals, and infection with cancer-causing types of human papillomavirus, among others.”

Head and neck cancers occur more often in men than women and are also diagnosed more frequently among people over the age of 50. An annual screening with your physician is the best way to catch these diseases early. Symptoms to be aware of include lumps or sores that do not heal, sore throats that linger, trouble breathing, speaking, or swallowing, swelling of the jaw, and frequent headaches among others.

“If you are experiencing any of these symptoms, it’s important to check in with your primary care doctor or dentist,” said Dr. Bender. “It is very possible that these symptoms could be caused by other, less serious conditions, but if you have any of the risk factors, including gender and age, it is worth getting it checked out. Catching any form of cancer early gives you a better chance of beating the disease.”

If you are diagnosed with a head or neck cancer, there are many treatment options available including surgery, radiation, chemotherapy, targeted therapy, or a combination of treatments. The treatment plan often is determined by where the tumor is located, the stage of the cancer, and the health of the patient.

Visit piedmont.org/cancer to learn more about oncology services at Piedmont Fayette.

Screening for Colorectal Cancer is Critical

March is national colorectal cancer awareness month, and doctors at Piedmont Fayette Hospital hope to educate people in the community about the importance of regular colorectal cancer screenings, especially for individuals at high risk. There are many risk factors associated with the development of colorectal cancer – some of which can be controlled and others that cannot.

Controllable risks include:

- Lack of regular physical activity
- Overweight and obesity
- Low fruit and vegetable intake
- A low-fiber and high-fat diet
- Red and processed meat consumption (including smoked and cured meat like bacon)

Uncontrollable risk factors include:

- Advanced age—more than 90 percent of cases occur in people aged 50+
- Inflammatory bowel disease
- Personal or family history of colorectal cancer or colorectal polyps
- Certain hereditary syndromes

“Colorectal cancer is the second leading cause of cancer-related death in both men and women in the U.S.,” Jonathan Bender, M.D., an oncologist with Piedmont Cancer Institute at Piedmont Fayette, said. “A colonoscopy is the best screening test available for colorectal cancer, and many of these cancers can be prevented through regular screenings.”

Both men and women should have a colonoscopy starting at age 50, however, people at increased risk of colorectal cancer may start earlier. Being screened at the recommended frequency improves the chance that colorectal cancer will be detected at an earlier stage, when it is more likely to be cured by surgery alone, which is less extensive and has a significantly faster recovery rate.

“Early stages of colorectal cancer usually present no symptoms,” Dr. Bender said. “This is why screening is crucial because when found early, colorectal cancer is highly treatable.”

Visit piedmont.org for more information on colon cancer and preventative screenings.

EPIC Charitable Fund Supports Cancer Wellness at Piedmont Fayette Hospital

EPIC Charitable Fund recently made a generous donation to the Thomas F. Chapman Family Cancer Wellness Centers at Piedmont Hospitals. Because of their ongoing support, we are able to continue fulfilling our mission of making a positive difference in the lives of our patients and their caregivers by offering free programs and services to anyone affected by cancer regardless of where they have received their cancer care. Thank you, EPIC Charitable Fund, for helping us make a positive difference in every life we touch!
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.

Thank you to our donors!

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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, Director of Oncology Services

Kirsten Soriano, Cancer Wellness Coordinator and Health Coach

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 Pkwy
Stockbridge, Georgia 30281
678.604.5990

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

Piedmont Athens Regional Medical Center
Loran Smith Center for Cancer Support
1199 Prince Ave
Athens, Georgia 30606
706.475.4900

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

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Mr. and Mrs. James A. Carlos
Coweta-Fayette EMC
Epic Charitable Fund
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