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

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:

Tips for Living More Intentionally

Cervical Cancer Awareness – Risk Factors and Early Detection

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.
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Please find log in information for all above classes and support groups on the following page.
**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 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: 455 817 4435, passcode: Doug. 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: 762 3084 1037, passcode: bg81JS. 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. Art therapy can improve cognition, reduce stress and facilitate feelings of well-being or pleasure. 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 to join your zoom session.

**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. 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, along the entire continuum from diagnosis through survivorship.

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

FINANCIAL
Patient Access Network Foundation assists patients who cannot access the treatments they need because of out-of-pocket health care costs like deductible, co-payments and co-insurance.

www.panfoundation.org

Triage Cancer is a national, nonprofit organization that 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
"For me, living intentionally is about being honest about where we are, where we came from and where we are going," says Mark Flanagan, LCSW, MPH, MA, a social worker at Cancer Wellness at Piedmont.

**Living intentionally vs. on autopilot**

"For better or worse, about 60 to 70% of our lives are on autopilot," says Flanagan. "Some routines are good. But it becomes a problem when we don’t prioritize conscious choices."

For many, keeping busy is a way of dealing with anxiety without really addressing it.

“We’re numbing out with unconscious, maladaptive habits to help us get through the day,” he says. “But often, we’ll see they aren’t yielding the results we thought they would.”

**The benefits of living intentionally**

When you live on purpose, life becomes more meaningful.

“When we are living intentionally, our actions serve a purpose,” says Flanagan. “We spend our energy more efficiently and wisely; we accomplish our goals more quickly because we are focused.”

Ultimately, he says, you may find more time in your day when you’re actively engaged with how you’re using your time, rather than passively “getting through” the day.

Perhaps you find yourself spending a few hours a day on Facebook or watching Netflix. Maybe this is how you want to spend your time. As long as you are purposely choosing this action, that’s living intentionally. But if your goal is to grow a garden or spend more time with your spouse, spending three hours online each day may not be living intentionally for you.

**Living intentionally doesn’t require perfection**

Living with intention doesn’t mean overworking yourself to accomplish your goals.

“If you had a tough day and are living intentionally, you won’t feel bad about taking a break at night,” he says. “Give yourself grace. Try to live a little more intentionally than the day before. The focus shouldn’t be on being perfect. I like to use the mantra ‘80% is perfect.’"

**Make space to live intentionally**

Living with intention takes effort and thought. It’s essential to create space in your schedule to rest and reflect on who you want to be and where you want to go in life.

**Consider the following areas of your life:**

- Relationships
- Time
- Spending habits
- Physical health
- Mental health
- Career
- Goals

Ask yourself if you are spending time on activities out of habit or if they are truly benefiting your life. While there will always be tasks you must do that aren’t enjoyable, you may realize that you have more choices than you think.

**Create more time in your day**

“So many people wish they had an extra day in the week for their priorities, but in reality we are always going to have obligations and excuses for not doing the things we value,” says Flanagan. “If there’s something that matters to you, you must carve out the time.”

In other words, it’s not about finding an extra hour in your day; it’s about creating an extra hour because you used your time well.

**Reflect on what matters to you**

It takes effort to determine what matters to you. Start living more intentionally today with the following strategies.
Slow down. Activities like silence, solitude and meditation can give you space to listen to your mind and body. “Our bodies are always integrating information around us,” says Flanagan. “When something is ‘off,’ we will feel discomfort inside ourselves.” The process of slowing down reconnects you to your body and helps you realize why you’re experiencing discomfort.

Journal. Flanagan suggests setting a timer for 15 minutes and, in bullet-point form, journaling a list of what you want out of life or what you value.

Find community. Once you know what you want to do, join a group of like-minded individuals, such as a gym, a spiritual organization or a community group. “Pick your values first, then set up a system around you that supports your intentions,” he says.

Take the risk to live on purpose

“There is risk involved when pursuing a goal,” says Flanagan. “But there’s also a risk in not ‘going for it’. When we choose not to pursue our goals and dreams, we risk missing fulfillment because we never took the time to find out what we want. We risk missing out on life.”

Learn more ways to reduce stress and improve your well-being at piedmontcancerwellness.org/Topic/Peace

Steps For Breathing Meditation

Try this simple counting meditation designed to help you concentrate and keep your mind from wandering by focusing on sequential breathing. When you notice your mind has wandered, note where it has gone, and, without judgment or criticism, guide your focus back to counting and breathing.

1. Start in a comfortable position, either sitting or lying down. Focus your eyes on the ground or close them.
2. Inhale as you count to five. Stop counting at the end of the inhalation.
3. Exhale as you count to five again. Stop counting at the end of the exhalation.
4. Repeat five times.

January is Cervical Cancer Awareness Month

Screenings and HPV Vaccine are Vital to Beating Cervical Cancer

The American Cancer Society estimates that approximately 13,000 cases of invasive cervical cancer are diagnosed each year. Mitzie-Ann Davis, M.D., MPH, FACOG, a gynecologic oncologist at Piedmont Fayette Hospital, stresses the importance of routine Pap smears, a screening that can find changes in the cervix that may be pre-cancerous.

“Cervical cancer is linked to the human papillomavirus (HPV) infection and can typically be detected through a Pap test or HPV test,” said Dr. Davis. “It typically presents with abnormal vaginal bleeding or pelvic pain.”

There are several risk factors for cervical cancer and many involve having HPV. However, smoking is also a risk factor and is associated with a form of cervical cancer. Women should ask their doctor about the HPV vaccine as receiving a vaccination may reduce the risk of cervical cancer and other cancers linked to HPV. According to Dr. Davis, the best thing that women can do for their health is to continue to have regular physicals and gynecological examinations.

“The earlier that cancer can be diagnosed and treated, the better the chance for successful treatment,” said Dr. Davis. “Women should also be in tune with their body so that they can spot changes as well.”

For more information on Piedmont Fayette’s comprehensive cancer services, visit piedmont.org/cancer.

Coweta-Fayette EMC Supports Cancer Wellness at Piedmont Fayette Hospital

Coweta-Fayette EMC recently made a generous donation to Thomas F. Chapman Family Cancer Wellness at Piedmont Fayette. Chris Stephens, president and CEO of Coweta-Fayette EMC, praised the hospital for its work during the pandemic. He was impressed when told that Piedmont Fayette adapted our cancer wellness program to be virtual this year to maintain the connections that benefit patients and caregivers.
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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