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:**

**Nutrition Education**

**Thursdays, 11 a.m.**

Weekly Meeting with Oncology Dietitian Corey Tolbert, RD LD

- How to boost your immune system
- How to eat through treatment
- Get all your questions answered

**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).
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 Programs

Online Live Mindfulness/Yoga Sessions Every Wednesday at 1 p.m.
Online Live Nutrition Education Every Thursday at 11 a.m.

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Please find log in information for all above classes and support groups on the following page.
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 (resuming in January), 6 to 7 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 November, 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, RDLD, weekly for information on topics such as how to boost your immune system and 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
When seeking medical care, it is important for patients and their caregivers to understand treatment and learn how to maintain or improve their health after discharge. Piedmont Fayette Hospital is proud to introduce our HealthClips video system which showcases actual patients sharing their experiences. Videos include physicians explaining how a procedure is performed, information on diagnoses, questions similar patients have asked their healthcare team and steps patients are taking to live their healthiest lives.

We invite our patients and caregivers to explore our recommended education videos which are compiled by procedure or diagnosis. You can also search the entire collection of videos based on your area of interest. Information from each video is also available in print format.

Oncology Patients can access the playlist “Cancer Care” (located in the Recommended Learning section) for information on different types of treatment, navigating their diagnosis and tips for relaxation.

As November is Lung Cancer Awareness month, this is a great time to watch the “Quitting Smoking” videos (located in the Recommended Learning section under “A Healthy You”).

Scan QR code above or visit HealthClips.com, passcode: 16978
Less people smoke cigarettes now than they did over 50 years ago (42 percent in 1965 to 14 percent in 2017, according to the American Cancer Society) but that still means that 34 million Americans are smoking. Arvind Ponnambalam, M.D., a pulmonologist at Piedmont Fayette Hospital, urges all smokers to quit smoking and vaping.

“Quitting smoking produces many benefits, regardless of how long you’ve been a smoker,” said Dr. Ponnambalam. “Not only will your lung function and circulation improve within the first few weeks, your risk of heart attack is reduced and your risk of heart disease is half of that of a smoker after a year.”

Dr. Ponnambalam has seen many people adopt vaping as a replacement for smoking and he urges people to stop using those products as well.

“I believe people should generally avoid all forms of vaping. There are safer ways to quit,” said Dr. Ponnambalam. “One of the main issues with vaping is that no one knows what is in the vaping liquids or what exactly is causing the acute lung injuries and deaths.”

The Great American Smokeout takes place on the third Thursday of every November. This year, on Thursday, November 19, Dr. Ponnambalam hopes that local residents will join millions of Americans and quit smoking or vaping. Quitting smoking, even for one day, is important, but people who would like to quit smoking long-term often need the support of family and friends, as well as support groups and, sometimes, prescriptions.

“Your physician or a pulmonologist can give you good advice on how to successfully quit smoking,” said Dr. Ponnambalam. “Nicotine withdrawal symptoms are typically gone within two weeks and by then you will already start to experience the health benefits. Success rates are also better if you quit with another person, like a friend or a loved one.”

Quitting smoking doesn’t just benefit you, but also everyone around you. Smoke exposure causes many serious health problems – such as heart disease, stroke and lung cancer – in nonsmoking adults. In children, secondhand smoke can cause sudden infant death syndrome, acute respiratory infections and ear infections, and more frequent and severe asthma attacks.

“Give Yourself a Fresh Start and Stop Smoking”

Piedmont Fayette will offer Freshstart Smoking Cessation Program from the American Cancer Society. The four-week program is designed to help participants plan a successful quit attempt by providing essential information on nicotine dependence, skills for coping with cravings and group support. Participants will meet five times over four weeks with “Quit Night” taking place at the third meeting. To register visit piedmont.org; Resources; Classes & Events; Freshstart Smoking Cessation-Fayette. Freshstart will be offered several times in 2021. The first session starts in January.
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**, Manager
Oncology Services

**Kirsten Soriano**, Cancer Wellness Coordinator

**Janet Odom**, Support Services

**Mark Flanagan**, Social Worker

**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 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. 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.

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