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.

IN THIS ISSUE:

• Protect Yourself, and Others, with the Flu Shot
• Lung Cancer is Not Just a Smoker’s Disease
• Use Autumn to Renew New Year’s Resolutions
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. Additionally, integrating arts into the clinical setting improves the quality of care for patients, translating to an atmosphere that promotes greater healing and an overall better patient experience.

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**
Music therapy is the practice of using music to help alleviate symptoms such as pain, anxiety, and depression that frequently accompany a cancer diagnosis. For more information, please call 770.719.5860.

**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 Wednesdays

**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 more than just being free from cancer. 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. Exercise is known to improve cardiovascular function and to protect bones. It elevates mood, offering drug-free relief for the feelings of depression that may accompany a cancer diagnosis. Additionally, exercise helps control weight which reduces the risk of cancer recurrence, particularly for breast, colon and prostate cancers. Join our strength coach every Wednesday, Thursday, and Friday for cancer appropriate fitness classes.

**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. Mondays

**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. Tuesdays, Thursdays and Saturdays

**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
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 some of the basics of aromatherapy and create an uplifting essential oil blend to use at home. Class size is limited. Call 770.719.5860 to register.

REFLEXOLOGY WORKSHOP
Reflexology is a simple, non-invasive method to help balance the body. In this two-hour 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. Class size is limited to 16 participants. Led by Mary Beth Kealy, ERYT, NP. Call 770.719.5860 to register.

BREAST CANCER SURVIVOR’S NETWORK, INC.
Group setting providing social and emotional support. Facilitated by Janet Beebe of Breast Center Survivor’s Network, Inc., and Lesa Merritt with Piedmont Fayette Women’s Imaging Center. Guest speakers occasionally participate in the group. For more information, call 770.719.6604. Third Tuesday of each month.

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.

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.

HEALTHY MEXICAN DISHES
Traditional Mexican-style dishes can often mean extra calories, fat and salt. Join My Chef Nancy as she puts a fresh and healthy perspective on some of your Mexican food favorites! With recipes full of vegetables and high in fiber and capsaicin, you’re sure to find a new flavor you enjoy and might just find a new favorite! Nov. 7

HOLIDAY RECIPES
The holiday season is often the hardest time of the year to eat well and feel great. Join Healthy Chef Partyologist Nancy Waldeck to discover new ways to enjoy your holidays and cook better too! Nov. 14

SANE HOLIDAY SNACKING
The holidays are a time when cookies seem to grow on trees and sweets and treats are easy to snack on! Join us as we learn how to put a healthy spin on some holiday favorites. My Chef Nancy will show us how holiday treats can be nutritious and tasty! Dec. 5

EASY CELEBRATION DISHES
Join Healthy Chef Partyologist Nancy Waldeck to celebrate 2019 and look ahead to brand new year. We’ll cook up more than a handful of delicious, colorful and easy recipes that make celebrations fun! Dec. 19
GETTING THE FLU SHOT PROTECTS YOU AND THOSE WHO CAN’T GET ONE

The flu is already starting to show up in emergency rooms and hospitals throughout Georgia. Now is the time to take preventative actions, like getting a flu shot, to protect yourself.

The Influenza virus, commonly called ‘the flu,’ can be a dangerous illness causing complications that may require hospitalization and even can cause death, but it is preventable and treatable.

“It is best to get vaccinated before the peak of flu season, as it takes about two weeks after receiving the vaccine for your body to fully respond and for you to be protected,” said Piedmont Fayette’s Chief Medical Officer Angela Swayne, M.D.

Children younger than six months old are at a high risk of serious flu complications, but are too young to get a flu vaccine. Because of this, safeguarding them from flu is especially important. If you live with or care for an infant younger than six months of age, you should get a flu vaccine to help protect him or her from the flu. Also, studies have shown that flu vaccination of the mother during pregnancy can protect the baby after birth from flu infection for the first several months.

“By vaccinating yourself, you will protect those who can’t get vaccinated,” said Dr. Swayne. “The more people who have immunity stops or slows the spread of infection and helps decrease the chance of someone who is not immune from coming in contact with an infectious person.”

There are actions you can take every day to protect yourself and others from getting the flu. If you are sick, stay home from work or school to prevent spreading illness to others. Also, stay away from those who are sick. In addition, washing your hands reduces the spread of germs.

The signs and symptoms of flu last for two to five days. Signs of flu include; sudden onset of fever, headaches, muscle aches, dry cough, sore throat, and nasal discharge. Children can also experience gastrointestinal issues (stomach pains, diarrhea), and higher fever. The flu season starts in September and continues until April.

If you have the flu, there is medicine that you may take within two days to decrease the duration of your signs and symptoms. It is important that if you have the flu, you act quickly.

“There are emergency warning signs related to the flu that require urgent medical attention,” said Dr. Swayne.

According to the CDC, the following are signs people should be aware of and for which they should seek medical attention for: high or prolonged fever, difficulty breathing or shortness of breath, chest pain or pressure, bluish skin color, confusion or fainting, severe or persistent vomiting.

For a child, additional signs may include: not drinking enough fluids, changes in mental status (i.e., not waking up, not interacting, extreme irritability, or seizures), worsening of underlying chronic conditions (for example, diabetes).

If your doctor is not available and you need to visit the Emergency Department, here are helpful tips that may help expedite the Emergency Department process:

- Know your medical history (recent illnesses, symptoms and allergies).
- Know what medications you take and the respective dosages of each.
- Be precise and direct when talking to the staff and doctor about the reason you are in need of medical assistance.
- Ask questions - write them down, if necessary - to remember all that you want to ask the doctor.
- Again, if possible, communicate with your family doctor before going to the Emergency Department.

“You may still get the flu even if you get the flu shot, but the vaccine will provide some immunity and make the illness less severe,” said Dr. Swayne. “Getting vaccinated at any point during flu season can still be beneficial. The Centers for Disease Control recommends getting the flu shot as long as influenza viruses are circulating, which can be into January or even later.”

Flu shots are available at Piedmont QuickCare facilities and appointments at all locations can be scheduled online.

For more ways to stay healthy, visit piedmont.org.
HOW TO RENEW LAST YEAR’S NEW YEAR’S RESOLUTIONS THIS FALL

Did you create New Year’s resolutions back in January? They may seem like a distant memory now, but fall is an excellent time to check in with your goals and renew your commitments.

“Whenever you have a change in seasons, that’s a good time to reset,” sa Mark Flanagan, LMSW, MPH, MA, a social worker at Cancer Wellness at Piedmont. The cooler weather of fall, as well as routine shifts like heading back to school, make it a great moment to see where you stand.

“It’s kind of a wake-up call that the end of the year is approaching,” he says. “It’s a signal that we should take stock of our surroundings.”

Think it’s too late to achieve your goals? Think again. Here’s how to revisit those aspirations and make meaningful progress toward them.

Review your goals and decide what’s important
If you happened to write down New Year’s resolutions, Flanagan says, dig up the list and reread it. Or, just think back to what your general hopes were.

What’s still important to you? What matters less? Narrow your goals down to just one or two, Flanagan said, because focusing on key items will make the work seem less overwhelming.

“When someone’s overwhelmed with something, they tend to do nothing,” he pointed out.

If none of your earlier goals resonate with you now, it’s OK to start over and make new ones. The important thing is choosing tasks you’ll be motivated enough to accomplish.

Take small steps toward achievement
“Very small, very tangible goals are best at this point in the year,” Flanagan said.

If one of your resolutions was to meditate more often, for example, set time aside each week to practice for a few minutes. You may not be spending full days in quiet contemplation, but you’ll grow more comfortable with a consistent routine.

If you wanted to eat healthier, make easy changes instead of overhauling your entire diet at once. Cutting out sodas and other sugary drinks could be a useful place to start.

Flanagan refers to small objectives like these as “SMART goals: Specific, Measureable, Actionable, Realistic, and Time-Sensitive.” They’re quantitative in nature and simple to achieve, and once you experience small successes, you’ll feel empowered to keep going.

Build momentum
“The idea is that you get up and do something,” Flanagan said, “and by the very act of you getting up and doing something, you can find more motivation.”

After all, the hardest part of a new undertaking is sometimes just getting started. Once you build momentum, you can set bigger milestones for yourself.

When you accomplish something – even something small – your brain releases neurotransmitters that make it pleasurable to continue down that road, Flanagan explains.

Conversely, setting larger goals and then failing to make progress can be demoralizing. So stick with modest steps to move toward a larger aim.

Apply your new mindset to future goals
Success breeds success, Flanagan said. Reaching your goals can change your mood and alter the way you’ll look at intentions in the future.

Planning to make New Year’s resolutions again next year? This time, you may want to break a large goal into smaller, more manageable ones from the outset. If you’re hoping to get a new job, for example, start by revising your resume or researching employers.

Don’t be afraid to involve your partner or family, too. As long as everyone is committed to the same goals, you can be successful as a team.

“It’s important to have a meeting with folks in your family or group so that you’re all on the same page,” Flanagan said.

Whether you’re working as a team or devising new goals for yourself, Flanagan adds that it’s never too late to start. Just remember that the small steps matter more than you may think.

“Each day’s new,” he said, “and each day you can accomplish at least something small.

“Half an hour’s meditation each day is essential, except when you are busy. Then a full hour is needed.”

St. Francis de Sales
LUNG CANCER ON THE RISE: NOT JUST A SMOKER’S DISEASE

The most common stigma surrounding lung cancer is that it is a “smoker’s disease.” This stereotype is particularly troubling to Saeid Khansarinia, M.D., a thoracic surgeon at Piedmont Atlanta Hospital, because it limits public awareness of the condition. While other cancers – breast, prostate and colon, to name a few – have widespread awareness campaigns and fundraising efforts, lung cancer typically gets less attention, despite high death rates.

Dr. Khansarinia hopes to reverse this stigma, especially as the rate of lung cancer in non-smokers and women is on the rise. “It's a very interesting notion that the rate of death by lung cancer in the United State is rising,” he said. “It's a frightening number because it is estimated over 160,000 people will die of lung cancer in the United States. It's 28 percent of all cancer deaths.” While lung cancer cases are on the rise among women and non-smokers, it appears to have plateaued in men.

This is likely thanks to education, awareness and a decrease in smoking, says Dr. Khansarinia. There are two types of lung cancer: small cell and non-small cell. Small cell cancers are often metastatic by the time they are identified and are often considered to be inoperable.

Non-small cell lung cancer is divided into three separate categories: adenocarcinoma, squamous cell carcinoma and large cell carcinoma.

“Squamous cell carcinoma is most commonly associated with smokers, but there are plenty of people who smoke and get lung cancer that is not squamous – it may be adenocarcinoma or large cell carcinoma,” noted Dr. Khansarinia.

As the number of cases increases, screening methods remain limited.

“The sad part is, the rate of lung cancer in non-smoking women is on the rise and we have no good reason [why] that is,” he said. “Unfortunately, there are no current, good studies or tests to evaluate the patient because there is risk with exposing them to radiation from CT scans or X-rays. Based on long-term studies, chest X-rays alone are not good screening exams to detect lung cancer. It’s always been a concern of mine.”

He added that secondhand smoke and radon exposure can play a role in the development of lung cancer, but plenty of patients who have rarely been exposed can still have lung cancer.

“Unfortunately, there is a generalized stigma attached with patients who are diagnosed with lung cancer – that it may be due to their behavior,” Dr. Khansarinia explained. “What we have to do is forget about that stigma and start looking at the number one cancer in the United States. After heart disease, lung cancer is the largest killer in the United States.”

In fact, he says, the number of patients who die every year from lung cancer is higher than the number of deaths caused by colon, breast, prostate and pancreatic cancer combined. “That’s not fair to that group of patients who have not smoked,” said Dr. Khansarinia. “What we have to do is fight the disease, not fight the stigma.”

LUNG SCREENING PROGRAM OFFERED FOR HIGH-RISK PATIENTS

The lung screening program at Piedmont Fayette Hospital is for patients who meet a certain criteria and are deemed “high risk” for lung cancer. Those who are at high risk include people age 55 to 77 who have at least a 30 pack-year history of smoking, who are current smokers or who quit within the past 15 years.

Those who qualify for the screening, which is covered by Medicare and most insurances, have a low dose CT screening annually. If the screening detects anything suspicious, a multi-disciplinary team from the hospital, involving oncologists, pulmonologists, radiologists, a thoracic surgeon, and the nurse navigator, review the findings and make a plan of action with the physician. If cancer is detected, the nurse navigator steps in to guide the patient and his or her family through the process.

To learn more, visit piedmont.org/lung

WALK WITH A DOC AT PIEDMONT WELLNESS CENTER AT PINEWOOD FOREST

The Piedmont Wellness Center at Pinewood Forest opened its doors on Monday, Oct. 28. The medically integrated wellness center offers innovative classes and programming to local citizens and will be the new location for outpatient physical therapy and rehabilitation for Piedmont Fayette Hospital. It will also be where all future Walk with a Doc events will begin.

November’s Walk with a Doc will feature Charles Claps, M.D., DO, hip and knee replacement specialist for Resurgens Orthopedics.

The Piedmont Wellness Center at Pinewood Forest is located at 200 J. Arthur Rank Ave. in Fayetteville, across from Pinewood Studios. To register visit piedmont.org/walkwithadoc or call 877.527.3712 (toll free). Please arrive by 8:15 a.m. – the walk will begin promptly at 8:30 a.m. For more information, visit piedmont.org/walkwithadoc.
NOW PLAYING: MUSIC THERAPY THAT LISTENS TO THE INDIVIDUAL

Natalie Generally has always loved music, but a career in music therapy wasn’t always a part of her plan. She had many other interests. In fact, she had a triple major at Emory University: Chemistry, Environmental Science, and Music, before deciding that she did not want to attend medical school. She finished as a Music major and got her Masters in Music Education and equivalency in music therapy from the University of Georgia. She works in multiple settings with different populations through her private practice, Small Steps Music, and will bring multiple music therapy classes and programs to The Thomas F. Chapman Family Cancer Wellness Center.

“My goal is to engage a large array of people,” Generally said. “All people have a place in a music therapy program. People should come as they are. There is no pre-requisite. They do not have to know how to sing or play instruments.”

Generally has most instruments covered anyway. Her primary instrument is the piano, but she also plays alto saxophone, guitar, ukulele, bass clarinet and some brass instruments. She also enjoys a wide variety of genres and an eclectic playlist that features everything from pop and jazz to rhythm and blues and metal.

“A person has to connect with music for it to be therapeutic and my goal is to find the different styles of music that connect with the individuals in my classes,” said Generally.

For more information on upcoming music therapy classes and programs, call 770.719.5860.

SEWING CIRCLE MAKES BLANKETS FOR BABIES IN FAYETTE’S NICU

Christel Ford and and Tonie Clark are members of the Sewing Circle at The Thomas F. Chapman Family Cancer Wellness Center at Piedmont Fayette Hospital. The group meets each week and works on a variety of projects. Their most recent project is to make receiving blankets for babies in Piedmont Fayette’s Neonatal Intensive Care Unit. Both women enjoy spending time with the group and finding ways to give back to the community at large. They are also champions of Piedmont’s Cancer Wellness programs. “It really helped me out because I was able be with people who understood what I was going through when I received cancer treatment,” said Ford. Clark agreed. “Everyone is so nice and this gives us a chance to help others and give back.”

Artwork from Art & Healing on Display

Pieces from the Art & Healing class are featured on curetoday.com in their Art Gallery specifically at https://www.curetoday.com/gallery

Be sure to visit to see artwork from other artists from all over the United States
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](http://piedmont.org/champions) or call 404.605.2130.

Thank you to our donors!

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

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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 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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Mr. and Mrs. Philip Trickey
Ms. Judy Valor

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- Social work services
- Genetics counseling
- Oncology research
**November 2019 - Fayette**

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<td>Tai Chi (Beginner), 9:30-10:30 a.m. (Advanced), 10:30-11:30 a.m&lt;br&gt;Chair Yoga, 12:15-1:15 p.m.</td>
<td>Gentle Yoga, 9:30-10:30 a.m.&lt;br&gt;Mindfulness, 10:45-11:45 a.m.&lt;br&gt;Aromatherapy, 1-2 p.m.&lt;br&gt;Art &amp; Healing, 5-7 p.m.</td>
<td>Cancer Fitness, 9-10 a.m.&lt;br&gt;Arts in Medicine, 10:30-11:45 a.m.&lt;br&gt;One Hour Drummer, 12:30-1:30 p.m.&lt;br&gt;Mindfulness, 1:30-2:30 p.m.</td>
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<td>Thanksgiving</td>
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<td>Cancer Wellness Closed</td>
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*This class meets at the Piedmont Fayette Fitness Center*

For more information call 770.719.5860.
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<th>Sunday</th>
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<td>Aromatherapy, 1-2 p.m.</td>
<td>One Hour Drummer, 12:30-1:30 p.m.</td>
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