




The Healing Journey
at Lancaster Cancer Center

Summer 2012

Spirituality and Healing

Our Vision

The diagnosis of cancer is a challenge not only to the physical body, but also to the mind and spirit of patients and their loved ones. As a result, patients and family members need to receive not only the most comprehensive medical care, but emotional and spiritual support as well. In fact, treatment is greatly enhanced when the patient becomes an integral part of the healing process.

At Lancaster Cancer Center our vision is to provide meticulous, uncompromising, medical oncology care as well as integrative support services and educational programs to meet the needs of our patients. We commit to honor those we have the privilege of serving in both body and spirit. We at the Lancaster Cancer Center are proud of our History of Caring.

Spirituality is a way you can find meaning, hope, comfort and inner peace in your life. Many people find spirituality through religion. Some find it through music, art, meditation or a connection with nature. Others find it in their values and principles.

We do not know *how* spirituality is related to health. However, reliable studies have shown that the body, mind and spirit are related. The health of any one of these elements seems to affect the health of the others. Positive beliefs, comfort and strength gained from spirituality can contribute to healing and a sense of well-being. Improving your spiritual wellbeing may not cure cancer, but it may help you feel better, prevent some related health problems and help you cope with your illness. If nothing else, spiritual healing serves to offer hope to many people who otherwise might have nothing to hold on to. To the cancer patient it represents another option in a world in which options are sometimes limited.

Harvard Medical School research has established that the relaxation response brought about by prayer, repetitive words, sounds or phrases can decrease metabolism, heart rate, blood pressure and rate of breathing. This would be the opposite of those induced by stress. Surveys indicate that over 60% of visits to health care professionals are for conditions caused or exacerbated by stress and that the relaxation response is an effective therapy for stress-related conditions. The healing effects of spirituality can be directly linked to the relaxation response. The beneficial

effects on healthcare outcomes are measurable. It should be noted that over half of the medical schools in the United States now offer at least one course on spiritual healing and alternative medicines.

There have been many reliable studies done on the effectiveness of prayer. These studies have proven that prayer can have a positive effect on someone with a medical problem even if that person *didn't know* he or she was being prayed for. In one study, hospital patients who were prayed for were significantly less likely to need antibiotics than the others, less likely to develop pulmonary edema, less likely to need a breathing tube, and less likely to die.

If you are considering adding a spiritual component to your current medical treatment, be sure to discuss your plans with your doctor. Although always encouraging you to carry on with your conventional medical treatment, our doctors heartily support your desire to improve your emotional and spiritual well-being.

Discover the thing in your life that give you a feeling of inner peace, comfort, and strength. Set aside time each day to do the things that help you spiritually. These may include walking in silence, praying, practicing yoga, focusing on the breath, laughing, doing community service or volunteer work, prayer, singing, reading inspirational materials, meditation or attending religious services.

Charlotte DeGreen

<http://www.embodiworks.org/spirit/>
<http://www.spiritualityhealth.com/>
<http://www.health-exchange.net/spirit.html>
 Note: *Spirituality and Health* subscription coming to the HJ Lending Library.

As you know, *The Healing Journey* is a not-for-profit program generously supported by your contributions. In order to cut expenses, we will not be mailing the *Newsletter* unless you specifically request that we do so by leaving your name, address and e-mail on the list in the office, call 291-1313, Opt. 0 or e-mail: candydeg@aol.com. The *Summer Newsletter* will be easily accessed on the LCC website: www.lancastercancercenter.com

Editor:

Charlotte
DeGreen

If you spend your whole life waiting for the storm, you'll never enjoy the sunshine.

Morris West



If you have any questions, contact
Candy DeGreen
at
candydeg@aol.com
or
717-299-4777

Laughter Club !

First Thursday of every month
5:30 to 6:30 P.M. at LCC

Elaine Boltz, a certified laughter leader, leads us each month in a form of laughter therapy, Laughter Club. She strives to help us use and enjoy playful laughter as a tool for healing. Our Club is not based on humor or jokes, but rather on forced or "fake" laughter as a form of physical exercise. Those who are new to the group may feel awkward at first, but the benefits soon become clear. As we laugh, the brain releases endorphins which serve as the body's natural energy-boosters, painkillers and mood enhancers. We find that after an hour of Laughter Club our vitality is increased, our oxygen level higher, our pain reduced remarkably, and our thoughts have gone beyond our cancer to a pleasant place. Laughter Club is open to all: cancer survivors, caregivers and any who want to receive the benefits of laughter. Spread the word. Bring a friend. You will be so glad that you did!

Examining Medicare Insurance Coverage



Monday, October 1, 2012

5:30 to 7:00 P.M.
LCC Reception Room

Teaman-Martin & Associates

Insurance Specialists

Light Supper Provided!

For many who have turned (or will turn) sixty-five, we celebrate a reduction in our health insurance costs. But we still have many questions about Medicare. Have we, indeed, reduced our costs? How will we cover our prescription costs? What is a doughnut hole? What supplemental insurance will we need? What about chemotherapy and medications to lessen side effects? Will it cost more to use an insurance broker to help me obtain coverage?

October and November are signup months for Medicare coverage, no matter when your birthday is. *The Healing Journey* has asked Jack Teaman and Julie Martin to answer most of these questions for us. We can make informed decisions once we have all the facts available to us. Bring your own questions if you like! There is no charge for this workshop but sign up is important. The list will be at the front desk or call **396-8679**.

If you have any questions, contact Candy DeGreen at candydeg@aol.com or 717-299-4777



Pink Hat Club!

Last Wednesday of every month,
Noon at The Pressroom

This fantastic group of cancer survivors meets every month for lunch and fun. We began as a support group and became life-long friends. There is no agenda when we meet; the only expectations are that we treat each other kindly. We enjoy talking about everything, not just our cancers. We celebrate each others' joyful moments and encourage our friends in times of need. We speak of grandchildren, good books, politics (sometimes), and how we might "give back" to other cancer survivors. We welcome women who survive any type of cancer and look forward to meeting new members each month. Parking at The Pressroom is free in the Vine St. Garage.



Empowered by Pink Luncheon

Friday, October 12th, 2012
Beginning at 10:00 P.M.
Casa di Fiori, The Inn at Leola Village
38 Deborah Drive, Route 23
Leola, PA 17520

Treat yourself to this elegant luncheon. The event will feature presentations by experts in the field of breast health, wellness information and supportive resources. LCC's Dr. Tracy DeGreen will speak on *The Hope of C.A.N.C.E.R.*. Guests will enjoy a served lunch and roaming fashion show, along with fabulous raffles and door prizes. In honor of Breast Cancer Awareness Month, attendees are encouraged to wear pink to this event.

Cost: \$20 donation - to benefit the Lancaster General Health Cancer Support Fund.

The Lancaster General Health Cancer Center Fund provides support to anyone in our community who is currently undergoing treatment for cancer, regardless of where they are receiving treatment. The Fund provides a financial safety net for cancer patients in need and helps to pay for the daily living expenses of families coping with cancer.

Registration will be by invitation (pick up in the office soon!) or online:

Mark Your Calendars

Our *Friends for the Journey* have planned great fun for you!



Mon., August 27th
Back to School Party!
 Wear yellow all day!

Wed. October 31st
Fun in the Fall!

Wear a costume and/or fall colors!



Tues., Nov. 20th

We are Thankful Pot Luck Dinner



Come celebrate those you love and those who love you.
 Children Welcome!
 Beginning at 5:00 P.M.

Wed., Dec. 19th

Annual LCC Cookie Exchange!

Bring a dozen cookies to exchange with your friends. Santa will be there to judge the cookie competition!
 Beginning at 6:00 P.M.



New in the Healing Journey Lending Library



If you haven't examined the Lending Library, please take a look! Every month we add new books, CD's, children's books, etc.

New this month:

All Cracked Up by Patsy Clamant
Chemorella by Ken Philips and Katy Franco
 (Thank you for your contribution Elaine Boltz)

We also added a number of outstanding CD's to aid in meditation and relaxation. Copies may be checked out for a two week period. CD-players are available so you can listen and relax in the treatment room.

Healing Meditation by Kelly Howell
For People with Cancer by Belleruth Naparstek
Healing Prayers by Ron Roth
The Healing Power of Love by Sara Carapezzi
Qi Meditations by Dr. Mao Shing Ni

Congratulations!

Karen and Eric Conner
 Married May 5, 2012

Becki and Joe Yancoskie
 Expecting twins in November

Thank You Volunteers!

Anita Proctor
Florence Freedman
Stan Zaleski

Our invaluable *Friends for the Journey*

And thank you to those who have generously financially contributed to
The Healing Journey

at The Lancaster Cancer Center
 P.O. Box 10396
 Lancaster, PA 17605



The Dangers of "Natural" Supplements

"Natural" supplements are not regulated by the FDA. You need to be careful with the following:

- ◆ **Aloe Vera:** taken orally as a laxative it may interact with blood-sugar-lowering medications.
- ◆ **Bitter Orange:** Supposed cure for nausea, it can increase heart rate and blood pressure to a dangerous level.
- ◆ **Ginseng:** can reduce effectiveness of anticoagulant warfarin and anti-depressants.
- ◆ **Kava:** a "treatment" for insomnia and anxiety, it can cause liver damage, even liver failure.
- ◆ **Licorice Root:** "treatment" for bronchitis, ulcers and sore throat, can cause high blood pressure
- ◆ **Melatonin:** Used for insomnia, it can reduce the effectiveness of anti-depressants, anti-anxiety, and blood pressure meds. Also can increase bleeding risk if on a blood thinner.
- ◆ **St. John's Wort:**, can reduce effectiveness of cancer treatment drugs by 40%.
- ◆ **Zinc:** "treatment" for colds, can cause nausea, vomiting, diarrhea, and can interact with antibiotics and hypertension meds.
- ◆ **Yohimbe:** to "help" erectile dysfunction, can cause seizures and severe low blood pressure.
- ◆ **Vit. K:** Too much can prevent the effectiveness of warfarin, used to prevent blood clots,

Full Cancer Living Support for Cancer Patients and Caregivers

The Healing Journey is proud to offer a professionally led cancer support group designed to address the psychological, social, and spiritual issues that are normal for people living with cancer. Cancer and its treatment place significant demands on relationships, on psychological and emotional wellbeing, and on a sense of life purpose. Addressing those challenges head on, living fully with cancer, or *Full Cancer Living* is what this group is about. It is now well known in the medical world that providing tools for mindful living and bringing together people facing similar challenges can have a significant positive impact on quality of life and possibly length of life.

The group is a structured one that will meet for six sessions for an hour and a half each. All cancer patients and a loved one are welcome at any time. You are encouraged to come to all six sessions since the subjects covered build on each other, and you will feel more connected to the other participants. A specific topic will be covered each session (with hand-outs as appropriate) followed by an invitation to participants to share their thoughts and experiences. Sometimes optional experiential exercises will be offered. Number of participants limited; sign ups beginning in July.

Lead by Janneke vanBeusekom, MSW

When: Second & Fourth Thursdays

5:00 to 6:30 PM

Sept. 13, 27, Oct. 11, 25, Nov. 8, 29

Where: Lancaster Cancer Center

Cost: free

**Register now: Call Janneke at 394-6688 or
e-mail: candydeg@aol.com**

Evaluations at the end of the first two session: What did you like best about the group?

"...feeling understood."

"...the camaraderie and openness."

"...friendship and connectedness."

"...knowing others going through the same things."

"...openness to everyone without judgment."

"...attending these sessions helped pull me out of a depression that was ruling my life. Thank you!"

"...increasing awareness."

Friends for the Journey



Our goal is to ensure that no one will have to face cancer alone. At LCC, our program, *Friends for the Journey*, is committed to providing friendship, kindness and compassion - not only to our patients, but also to their caregivers. When patients are diagnosed, they often fear the loss of their independence and refuse to ask for help. But when one seeks, and then receives, help from others, they often find it easier to cope.

Even though your family and friends help, you may also want to meet people who have cancer now or have had it in the past. Often, you can talk with them about things you can't discuss with others. People with cancer understand how you feel and can:

- ◆ talk with you about what to expect
- ◆ tell you how they cope with cancer and live a normal life
- ◆ help you learn ways to enjoy each day
- ◆ give you hope for the future
- ◆ provide a few humorous and comforting moments

At LCC, we have both former patients and caregivers who understand the journey you are on. We are here to make that journey as painless as possible by providing friendship. Please let the nurses know if you would like to talk to one of our *Friends for the Journey*.

Conversely, you may be interested in giving back as a "friend". As a "friend" you can:

- ◆ visit patients as they receive their treatments.
- ◆ help plan family and office events
- ◆ make "treats" to "nourish the soul"
- ◆ encourage attendance at *Healing Journey* programs.
- ◆ provide transportation
- ◆ come up with ideas of your own to help out!

To Volunteer call:

**Susan Davis, Volunteer Coordinator
at 399-4960 or cell: 575-8343 or
susand48@comcast.net**

Did you Know?

- ◆Visceral belly fat is the most dangerous fat on your body, linked to diabetes, stroke, heart disease and cancer.
- ◆Danger: women with 35" or larger waste or men, 40" or larger.
- ◆Diet and exercise together are the most effective way to lose belly fat. PS: Crunches do not help.
- ◆White eggs have the same nutritional value and taste as brown eggs. Why spend more?
- ◆Recent research suggests that you can lower your chance of certain kinds of cancer (skin, breast, uterine) by drinking coffee.
- ◆Canola oil may be healthier than olive oil and bagged lettuce should be rewashed to remove dirt and germs. (*Coffee is Good for You*, Davis)
- ◆Colon "cleansing" can be dangerous. The intestines are self-cleaning, the pills used are poorly regulated and colonic enemas carry a risk of intestinal perforation.
- ◆To keep your colon working well, stay hydrated, eat lots of fruits and vegetables and whole grains. Exercise regularly.
- ◆If you have gas or constipation on a regular basis, a probiotic can add healthy bacteria to your gut.
- ◆Baby formula in cans should not be warmed in the container because of BPA's.
- ◆Adding as little as 1/2 hour of moderately intense exercise daily can help you avoid heart disease, diabetes, depression, and several types of cancer. (Harvard HEALTHbeat, March 2012).
- ◆Texting while driving increases your chances of having a car wreck by four.
- ◆PVC shower curtains may be carcinogenic over a period of time and can cause nausea and headaches short term. Look for vinyl acetate instead for waterproof properties.
- ◆Heat releases some of the chemicals in plastic, sending them to foods or drinks when microwaving in them. Even BPA-free plastics can be harmful. Use glass or ceramics in microwave instead.
- ◆Pet flea collars exposes us to 500 times the EPA's safe level of pesticides.
- ◆The AMA recommends against using triclosan, a germ killer found in soaps, because it may encourage the development of resistant bacteria.
- ◆Although TSA states that airport scanners emit only a small amount of radiation, they could increase the cancer risk, especially for the elderly and women predisposed to breast cancer.

- ◆According to the American Liver Foundation you shouldn't take more than 3 mg. of acetaminophen a day for more than 3 days.
- ◆70% of women who had heart attacks say they felt unusually tired beforehand. Other lesser known symptoms are heart burn and lack of appetite.
- ◆For the first time the annual rate of new cancer diagnoses is falling and cancer deaths are down by 2%. Healthier lifestyles, better medicines and earlier detection are credited.
- ◆*Food Chemistry* says dark green and "fragrant" vegetables (spinach, kale, onions, garlic) make up only 1% of US diets; those that have no cancer-preventing power (potatoes, lettuce, tomatoes) make up 60%.
- ◆Many studies have linked eating large amounts of red meat with higher rates of cancer.
- ◆Marinating and/or cooking leaner meat, fish and poultry at lower temperatures protect against carcinogens released during grilling.
- ◆Drinking alcohol to excess increases cancer risk. The American Cancer Society recommends no more than 2 alcoholic drinks a day for men and 1 for women.
- ◆A German study shows that 10% of cancers in men (especially throat, bowel and pancreatic) are caused by drinking too much alcohol.
- ◆Next time you open a can of beans or vegetables, drain and rinse to reduce sodium.
- ◆New studies show that lack of sleep ages the brain. One should have 6 to 8 hours a night.
- ◆Two new studies have shown that dehydration can cause electrolyte imbalance in the blood as well as serotonin in the brain. The result can be altered mood, impaired memory, trouble concentrating, fatigue, headaches, anxiety. Urine should be no darker than straw.
- ◆Drink 8, 8 oz. glasses of water a day. Coffee and tea are natural diuretics and would not qualify.
- ◆**Legacy.com** is website to create a tribute for a departed loved one.
- ◆Certain meds. can increase your fracture risk, to include long-term steroids and certain cancer drugs. A bone density test (on the same machine each time) can look for possible osteopenia (low bone density).
- ◆Vitamin D can prevent osteopenia as well as inflammation which can lead to many ailments. Spend 15 min. a day in the sunshine and eat fish, eggs, and fortified dairy. Low levels may indicate a need for supplements.

Sign up Today!

LCC's Eleventh annual
Family Picnic!
Saturday, September 15th, 2012

Hess's BBQ!
Games for the kids!
Bingo



Sundae Bar!
Bring the Family!
Prizes



Calvin G. High Pavilion
Greenfield Park
1:00 to 4:00 P.M.

To register:

Sign your name

The number in your family attending

Your phone number

Your e-mail address

by September 12th at the front desk at LCC



*This family picnic is lovingly made possible to you by
The Healing Journey, PO Box 10396, Lancaster, PA 17605*

The Healing Journey

1858 Charter Lane
Lancaster, PA 17601

www.lancastercancercenter.com/heal.htm.



Healing Journey Programs

Laughter Club: Aug. 2, Sept. 6, Oct. 4,
Nov. 1, Dec. 6
5:30 to 6:30 P.M.

Pink Hat Club: July 25, Aug. 29, Sept. 26, Oct. 31,
Nov. 28, Dec. 26
Noon luncheon, The Pressroom

Full Cancer Living: Sept. 13, 27, Oct. 11, 25,
Nov. 8, 29 (last Thur.)

LCC's 11th Annual Family Picnic!
1:00 to 4:00 P.M.

Examining Medicare
6:30 to 7:30 P.M.

Empowered by Pink
10:00 A.M.

We Are Thankful Pot Luck Dinner
5:00 P.M.

Annual Cookie Exchange, 6:00 P.M.

First Thursday
Call 396-8679 or candydeg@aol.com

Last Wednesday

Call 299-4777 or candydeg@aol.com

2nd and 4th Thursday
Call 394-6688 to register

Saturday, Sept. 15th
Call 291-1313, Op. 1 to register

Monday, October 1
Call 396-8679 to register

Friday, October 12th
Invitations at LCC soon

Tues., Nov. 20th

Wed., Dec. 19th