



Lancaster Cancer Center

Care Beyond Treatment

NEWS

Issue No. 6

WINTER 2020



H. Peter (Tracy) DeGreen III, DO
with his patient Eileen

Personalized Attention. Close to Home.

INCLEMENT WEATHER

If you're unable to make it into the office in bad weather, please call **717.291.1313** To reschedule.

Stay safe.

**First Day of Spring
is March 19!**

*"Live fully
in the
season
you
are in."*

-anonymous

Winter is Upon Us



Cold weather and flu season are here. According to the National Comprehensive Cancer Network, about 30 percent of people in the United States come down with the flu every season, and 200,000 of them are hospitalized because of serious complications such as pneumonia. Cancer increases your chances of getting sick because treatments, such as chemotherapy and/or radiation therapy, can weaken your immune system, making it harder for your body to fight infections properly.

Here are a few of best defenses to avoid viruses:

- Get a flu shot
- Practice good hygiene
- Avoid extreme cold weather
- Take care of your skin

Talk with us about any symptoms you may be experiencing and remember the first day of Spring is March 19!

H. Peter (Tracy) DeGreen III, DO and
Lena Dumasia, MD

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This newsletter is published by The Healing Journey Foundation.

The Healing Journey Foundation was formed to empower cancer patients by giving them support in their journey through a variety of programs at no cost. The Foundation serves as an advocate to help patients and the community. Donations enable the foundation to provide free services which help patients and their families cope with a cancer diagnosis and treatment.

To learn more about how to contribute to The Healing Journey Foundation, call Mindy DeGreen at **717.725.4402** or by email at **mindydegreen@gmail.com**.

Did You Know
We Treat Cancer
and Other Chronic
Illnesses?

Our focus is on you and providing a personalized plan that arms you with the best care and treatment to fight your cancer. In addition to providing infusion therapy and injections for multiple types of cancer we also treat other chronic conditions such as hematological disorders, rheumatoid arthritis, anemia, multiple sclerosis, and asthma. To learn more, speak with one of our nurses.



Feelings and Cancer

Just as cancer affects your physical health, it can bring up a wide range of feelings you’re not used to dealing with. It can also make existing feelings seem more intense. They may change daily, hourly, or even minute to minute. This is true whether you’re currently in treatment, done with treatment, or a friend or family member. These feelings are all normal.

Often the values you grew up with affect how you think about and cope with cancer. For example some people:

- Feel they have to be strong and protect their friends and families
- Seek support and turn to loved ones or other cancer survivors
- Ask for help from counselors or other professionals
- Turn to their faith to help them cope

Whatever you decide, it’s important to do what’s right for you and not to compare yourself with others. Your friends and family members may share some of the same feelings. If you feel comfortable, share this information with them.

Retrieved from <https://www.cancer.gov/about-cancer/coping/feelings>



Pink Hat Club Luncheon

We welcome any woman who is surviving cancer to meet us to have lunch where we share friendships, encouragement, and support. This group has been happily meeting for over ten years now. We really would love to see you! Bring a friend!

Where: Harvest Seasonal Grill & Wine Bar
1573 Fruitville Pike, Lancaster

When: The last Wednesday of every month at noon

Please contact Mindy DeGreen (**717.725.4402** or **mindydegreen@gmail.com**) or Candy DeGreen (**717.575.9913** or **candydeg@aol.com**) to learn more or reserve your spot.

Seasonal Affective Disorder (SAD)

The winter months when there is less sunlight can be the most difficult time of the year. According to the American Psychiatric Association, January and February tend to be when people with SAD experience mood changes and symptoms similar to depression.

Symptoms may include:

- Feeling of sadness or depressed mood
- Marked loss of interest or pleasure in activities once enjoyed
- Changes in appetite; usually eating more, craving carbohydrates
- Change in sleep; usually sleeping too much
- Loss of energy or increased fatigue despite increased sleep hours
- Increase in restless activity (e.g., hand-wringing or pacing) or slowed movements and speech
- Feeling worthless or guilty
- Trouble concentrating or making decisions



Here are tips to help ward off SAD:

- Increase exposure to sunlight. Talk with Drs. DeGreen and Dumasia about the risks and benefits of UV light.
- Be active with regular exercise
- Eat healthy
- Limit or omit alcohol consumption
- Get enough sleep
- Stay connected with others

If symptoms last more than a few weeks, talk with your doctor.



Mail Ordered Medications
During Cold Snaps

If you receive any medications by mail be aware when temperatures drop. Some medications, especially liquids are required to be stored at a controlled room temperature. During cold snaps, many medications are often at risk due to unheated delivery vehicles and ultimately sitting outside on a porch or in a mailbox. Medications may be affected by exposure and lose their effectiveness.

If you suspect that any of your medications may have been exposed to freezing temperatures, call your pharmacist first before using.



Winter Driving Safety Tips for Seniors

According to Health In Aging, adults 65 and older are involved in more car crashes per mile driven than those in nearly all other age groups. Winter is an especially important time to be vigilant when driving because road conditions and weather may not be optimal. If you don’t have to go out in bad weather, avoid driving and walking. Icy roads can be treacherous, especially on back roads. If you do

have to go out, take main roads even if it means the route is longer. Remember to carry you cell phone and keep a flashlight, first aid kit, ice scraper, and blanket in your car.



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Sofia & Charlie Love Our Patients!

