



## Special Notice: COVID-19 Update from the Lancaster Cancer Center

The **Lancaster Cancer Center** takes the health and safety of our patients, their families, our employees, and our local communities very seriously and we are actively responding to the COVID-19 public health issue.

Please review the following:

- No visitors are allowed at this time with the exception of one with the patient at the initial new patient consultation. Our staff will provide assistance with patients who require mobility assistance.
- All patients will be screened when entering our office.
- We are cleaning and sanitizing our entire office space to help ensure the safety of our patients and employees.
- We strongly encourage everyone to follow the following recommendations from the Centers for Disease Control (CDC):
  - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
  - Avoid touching your face.
  - Practice social distancing by staying at least 6 feet away from other people.
  - Avoid close contact with people who are ill.
  - Clean and disinfect frequently touched objects and surfaces.

### TELEHEALTH

Non-essential appointments are now available through a secure HIPAA compliant service. You will need audio and visual capability through either a computer or smartphone. This service is available using the following browsers: Chrome, FireFox, and Safari. Call the office at **717-291-1313** to schedule an appointment with one of our physicians. Once your appointment has been scheduled:

Go to [doxy.me/drdegreen](https://doxy.me/drdegreen) to enter your virtual visit with Dr. DeGreen. And to visit with Dr. Dumasia go to [doxy.me/drDumasia](https://doxy.me/drDumasia).

### COVID-19 SYMPTOMS CAN INCLUDE:



Shortness of breath



Fever



Headache



Runny Nose and Sneezing



Cough and Sore Throat



Muscle Pain and Weakness



Chills and Fatigue

If you're experiencing symptoms and have traveled to areas of concern (or have been in contact with someone who has), please call the nurse triage number before you come into the office. Arrange for special transportation to and from your medical appointment. Do not use public transportation. Symptoms of Covid-19 are like the cold or flu and may take up to 5-14 days to appear after exposure to the virus. Be vigilant as severe cases may lead to pneumonia, kidney failure, or death.

If you have any questions or concerns, please call our office at **717-291-1313**.

Thank you for your patience during this difficult time.

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.

## Thrivers ... In Their Own Words

### WHY ME?

Life's LESSONS can be hard. The loss of your parents in the proper order of things is expected. The loss of a younger brother and your own child is not expected. A cancer diagnosis is not expected.

I chose at a young age to be a doctor. I wanted to help people. The goal was formidable, but achievable with encouragement from family and friends. I chose the new field of medical oncology. I was driven to be my best. Along the way I grew to appreciate the need to advocate for the patients to overcome the hurdles of achieving the best care no matter what the "cost" in money or time.

My wife with newly diagnosed breast cancer wanted me to be her oncologist in 1994. She has remained my greatest advocate. Nine years later I was diagnosed with bladder cancer. Initial treatment didn't work, and I underwent radical surgery at Johns Hopkins Hospital. I thankfully, could resume the practice of medicine shortly thereafter.

After 38 years of being an oncologist I retired in 2017 and passed the baton to our son, Tracy. There cannot be prouder parents.

WHY ME?

WHY NOT ME?

- Peter DeGreen, MD

### I AM A THRIVER

The blessing of being a cancer survivor is one that I almost immediately recognized. In a TV interview promoting a breast cancer program I remember stating, "I'm actually glad I had cancer." Had I not traveled my "Healing Journey", I would not have experienced and appreciated some of my most tender moments. The gratitude for the life I was given has grown exponentially. Getting to know and understand fellow cancer survivors has been a privilege. The opportunity to "give back" has given me a sense of purpose. God in His wisdom knew choosing to make me a survivor actually made me a "Thriver".

- Charlotte DeGreen

**Thank you for your cooperation with us in helping to keep our patients and our staff healthy by wearing masks, being screened before entering, and practicing social distancing. We'll continue to keep these practices into effect for everyone's safety.**

**Drs. DeGreen and Dumasia**



Charlotte and Peter DeGreen

## Easter

L	P	G	S	B	A	A	N	Y	S	O	F	R	A
R	P	T	R	N	P	L	Y	A	H	O	D	U	E
H	O	Y	N	L	P	O	N	D	H	C	N	R	A
C	E	D	T	U	D	Y	N	N	L	C	I	A	S
R	Y	N	E	A	H	I	U	U	E	H	F	Y	T
A	H	A	B	I	O	Y	B	S	N	O	G	E	E
M	S	C	S	C	S	G	C	T	A	C	Y	C	R
U	D	M	B	A	E	N	N	C	C	O	N	E	M
A	I	I	C	U	H	I	E	I	G	L	H	A	S
R	A	B	B	I	T	R	O	O	Y	A	O	R	C
F	S	T	T	E	T	P	R	I	B	T	A	H	E
N	A	U	H	O	A	S	S	G	G	E	A	O	D
H	O	L	I	D	A	Y	C	T	S	T	E	P	I
R	L	N	D	M	B	A	S	K	E	T	P	E	Y

- RABBIT
- MARCH
- SPRING
- CANDY
- SUNDAY
- CHOCOLATE
- EGGS
- FIND
- HUNT
- HOLIDAY
- BUNNY
- BASKET
- HOP
- EASTER

## FINANCIAL ASSISTANCE

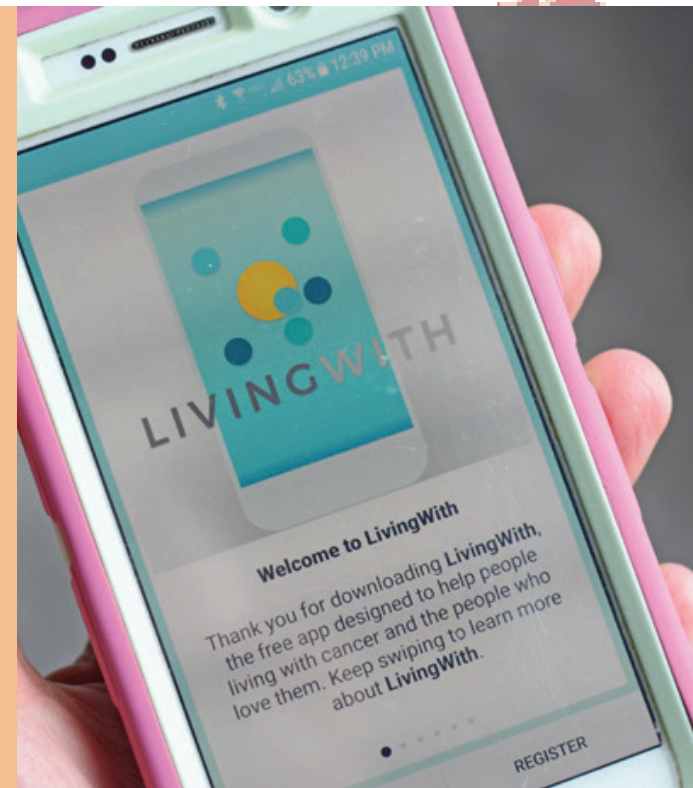
During this difficult time, Lancaster Cancer Center continues to provide support and assistance to help patients cope with their emotional and financial concerns, understand insurance benefits, and available resources. Please speak with Patty with any questions or concerns.

## FREE App to Help You Manage Life with Cancer

LivingWith® is designed for everything you need in one place.

- Connect with loved ones and friends to keep them informed and request help when needed
- Track your mood and pain
- Connect Fitbit®, Apple Health™ or Google Fit™
- Watch inspirational cancer patient stories
- Access to nutrition and healthy living information
- Find local community events sponsored by American Cancer Society
- Stay organized for doctor's appointments

This FREE app was developed by Pfizer Oncology. To download, go to either the Apple Store or GooglePlay.



## Tips for Staying Healthy While Staying at Home

While the country has been told to stay at home as much as possible to slow the spread of the coronavirus, it's especially important for those with cancer to maintain a healthy lifestyle.

Here are healthy tips to help you stay on track:

- Take walks outside and keep a social distance of 6 feet from others. Keep your heart rate up.
- If indoors, walk up and down your stairs or play music and dance. If your space is limited, try jumping jacks or walking and/or running in place.
- Seek shade: Limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.
- Avoid tanning beds and sunlamps: Both can cause serious long-term skin damage and contribute to skin cancer.
- Soup cans make great weights for arm curls, bend at your elbows to curl your hand to your shoulder. Complete 10 to 12 reps.
- Cleaning your home, outside chores, and playing with pets are also good options for physical activity. Try doing squats while doing either, bend with your knees and keep your back straight.
- There are also a variety of exercise programs available online or on TV that you can participate.
- Maintain a healthy diet of fruits, vegetables, and whole grains. Limit eating processed meats, less red meat, and less sweets and alcohol.
- Stay connected with family and friends by phone or email. Zoom and FaceTime are app to also help you communicate and see your loved ones.

