



Lancaster
Cancer Center

Care Beyond Treatment

NEWS

2022 | Issue No. 4

“Excellent practice, would not want to go anywhere else.”

“I am thankful for such a tremendous facility close to home.”

“I commend all the staff at the Center, they always have a smile and kind word. They work well together, like one big family, and they make it a point to have the patient feel a part of that. So grateful and blessed to have these people care for me!”

These are just a few of the countless comments we receive monthly from our patients. We are humbled and grateful to provide care to those in our community with cancer.

I’m proud of our entire team, who works tirelessly every day of the year to provide compassionate and supportive care to our patients, their loved ones, family, and friends. Each team member provides a vital role to every patient’s treatment plan.

As the holiday season fast approaches with the hustle and bustle of finding the right gift, decorating, social gathering, we are reminded of that it can also be a welcome departure from the routine. It also provides an opportunity of reflection as we mark the end of one year and the beginning of another. For those who

have been newly diagnosed as well as those continuing treatment during this time of the year it can also make the season stressful and uncertain. We understand and we are here for you. We also encourage you to participate in our weekly support group held every Thursday at 7 p.m. This group offers emotional and inspiration support to cope during the holidays. Please call Mindy DeGreen, President of Healing Journey Foundation at 717.725.4485 to learn more and to sign-up.

Wishing You a Joyous Holiday Season

Hyatt P. DeGreen III, DO (Tracy)

Lena Dumasia, MD

DON'T FORGET YOUR PRESCRIPTIONS

Our On-site Medically Integrated Dispensary makes it easy for you to fill, refill, and pick up your prescriptions (prescribed by our physicians) before you leave our Center. Prescriptions filled in our office have the same co-pay or less for generic medications offered at any drugstore ... saving you time and money.



Hours: Monday – Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. to 1:30 p.m.



Coping with the Holidays



The holiday season can be a difficult time of year, especially for those who are dealing with cancer. It's important to allow yourself to acknowledge your feelings and limits while accepting that it's okay if things are different this season. Connecting with others on your journey can also be helpful during this time.

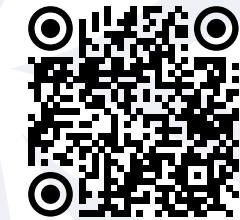
The Healing Journey Foundation offers **free support meetings every Thursday at 7 p.m.** and any one is welcome to join. To learn more or to sign-up and receive the Zoom access link, contact Mindy DeGreen at **717.725.4485** or by email at mindydegreen@gmail.com

Your Gift Can Make a Difference

Donations to the Healing Journey Foundation support cancer patients and their families. Financial contributions as well as items on our wish list are ways to provide your support. To learn more about giving opportunities, contact Mindy DeGreen at **717.725.4485** or by email at mindydegreen@gmail.com.

Your gift can also be made online by scanning the QR Code at the right.

SCAN TO DONATE



Dishes 2 Nourish

Live cooking demonstrations are back!

Join us the **third Thursday of every month from 10 to 11 a.m.** in our office as we present and prepare nutritious recipes created for cancer patients and their families.

Classes are led by Nikita Grove, M.S., RDN, LDN, RYT. As a licensed and registered dietitian, she also offers nutritional counseling to patients of Lancaster Cancer Center.

To register to attend a cooking demonstration or schedule a nutritional consultation, contact Lori Gerhart at lgerhart@lanastercancercenter.com or stop by the front desk.

Check our website at lanastercancercenter.com for upcoming recipes that will be demonstrated. The website also features past cooking demonstration videos and recipes.



Nikita Grove, M.S.,RDN, LDN, RYT

Special Events Planned in 2023



The Healing Journey Foundation is hard at work planning several events for the New Year including:

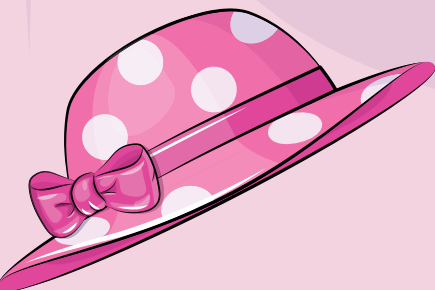
- Daffodil Days, March
- Remembrance Celebration, May
- Music in the Garden, June
- Survivorship Day, September

We will continue to share more details for these events and others as plans continue to finalize.

Thank you.

In case of Inclement Weather

Due to inclement weather, our office may be closed, or hours adjusted. We will contact patients as needed to reschedule; however, please call our office at **717.291.1313** should you have any questions or concerns.



Pink Hat Club

Join this group of survivors who meet the **last Wednesday of every month at noon at Greenfield Restaurant** as they come together to celebrate their journey and special bond that connects them. To learn more or to save your seat, contact Mindy DeGreen at **717.725.4485**.



Managing Side Effects

The information outlined below is from the National Cancer Institute, the US government's main agency for cancer research. This advice is meant to be a guide; however, you should follow the advice from your doctor first. Please speak with either Dr. DeGreen or Dr. Dumasia with any questions or concerns.

How to Manage Fatigue

People often describe cancer-related fatigue as feeling extremely tired, weak, heavy, run down, and having no energy. Resting does not always help with cancer-related fatigue.

Ways to manage fatigue:

- Make a plan that balances rest and activity. Choose activities that are relaxing for you. Many people choose to listen to music, read, meditate, practice guided imagery, or spend time with people they enjoy. Light exercise may also be advised by your doctor to give you more energy and help you feel better.
- Plan time to rest. If you are tired, take short naps of less than 1 hour during the day. However, too much sleep during the day can make it difficult to sleep at night.
- Eat and drink well. Meet with a registered dietitian to learn about foods and drinks that can increase your level of energy. Foods high in protein and calories will help you keep up your strength. Some people find it easier to eat many small meals throughout the day instead of 3 big meals. Stay well hydrated. Limit your intake of caffeine and alcohol.

How to Manage Diarrhea

Cancer treatments, or the cancer itself, may cause diarrhea or make it worse. Some medicines, infections, and stress can also cause diarrhea. If diarrhea is severe or lasts a long time, the body does not absorb enough water and nutrients. This can cause you to become dehydrated or malnourished.

Ways to manage diarrhea:

- Drink plenty of fluid each day. Most people need to drink 8 to 12 cups of fluid each day. Ask your doctor or nurse how much fluid you should drink each day. For severe diarrhea, only clear liquids or IV (intravenous) fluids may be advised for a short period.

- Eat small meals that are easy on your stomach. Eat 6 to 8 small meals throughout the day, instead of 3 large meals. Foods high in potassium and sodium (minerals you lose when you have diarrhea) are good food choices, for most people.
- Check before taking medicine. Check with your doctor or nurse before taking medicine for diarrhea. Your doctor will prescribe the correct medicine for you.

How to Manage Nausea and Vomiting

Controlling nausea and vomiting will help you to feel better and prevent more serious problems such as malnutrition and dehydration. Your doctor or nurse will work to figure out what is causing your symptoms. Medicines called anti-nausea drugs or antiemetics are effective in preventing or reducing many types of nausea and vomiting.

Ways to manage nausea and vomiting:

- Drink plenty of water and fluids. Drinking will help to prevent dehydration. Try to sip on water, fruit juices, ginger ale, tea, and/or sports drinks throughout the day.
- Avoid certain foods. Don't eat greasy, fried, sweet, or spicy foods if you feel sick after eating them. If the smell of food bothers you, ask others to make your food. Try cold foods that do not have strong smells, or let food cool down before you eat it.
- Try these tips on treatment days. Some people find that it helps to eat a small snack before treatment. Others avoid eating or drinking right before or after treatment because it makes them feel sick. After treatment, wait at least 1 hour before you eat or drink.
- Take an anti-nausea medicine. Talk with your doctor or nurse to learn when to take your medicine. Tell your doctor or nurse if the medicine doesn't help. There are different kinds of medicine, and one may work better than another for you.



on Facebook at
Lancaster Cancer Center Ltd.