



Lancaster Cancer Center

Care Beyond Treatment

NEWS

2023 | Issue No. 1



We always look forward when Charlie visits from KPETS.

Doctors' Day is March 30

Celebrating our doctors for all that they do today, and every day!



March is Colorectal Cancer, Kidney Cancer, and Myeloma Awareness Month

Any time of the year is a good time to schedule preventive screenings; however, Spring reminds us that a new season is beginning. With longer days and warmer weather to follow, now is a perfect time to schedule screenings that you may have pushed back from first of the year or due to COVID.

The CDC supports screening for breast, cervical, colorectal (colon), and lung cancers as recommended by the U.S. Preventive Services Task Force. These preventive health screenings scheduled regularly can help in detecting potential problems early before you may have symptoms, before it spreads when it is easier to treat, and when treatment is likely to work best.

Taking control of your health provides peace of mind. Depending on your family medical history, risk factors, and age, we and/or your family doctor can provide recommendations on screenings.

Dr. Dumasia and I are here to answer any questions or concerns you may have.

Hyatt P. DeGreen III, DO (Tracy)

Lena Dumasia, MD



Wish List

Help Our Wish List Come True

We welcome your support to help enhance the environment for patients and families of the Lancaster Cancer Center. We're seeking the following items:

- birdseed
- benches
- picnic table
- soil for planting
- planting pots
- bird houses
- plantings from your own garden

Items can be dropped off at Lancaster Cancer Center. For more information or to volunteer, contact Mind DeGreen, at 717.725.4485 or by the email listed at the bottom of this page.



In the Center

Infusion Room

A blank wall in the Infusion Room has been transformed into a colorful display of butterflies, signifying transformation and hope for all those who spend time in this room.

Jigsaw Puzzles are back in the waiting room!

We're happy to restore this popular and mindful hobby to our patients, their families, and friends.

NEW Lending Library

Take a book. Share a book.

The Healing Journey Foundation is proud to offer Lancaster Cancer Center patients and their family members free access to books. From fiction to non-fiction, magazines and newspapers, we hope to offer a collection for every reader.



The Lending Library will be in the waiting room and is a borrow basis.

Books may be enjoyed at our office or taken out and returned when finished.

Book donations will be accepted at the front desk.

Outdoor Herb Garden

For centuries people have used herbs for their culinary and healing properties. And some plant extracts have been found to have anti-cancer effects as well as help reduce cancer treatment side effects (including basil, saffron, rosemary, ginger, and turmeric) to boost the immune system.



Dishes 2 Nourish

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. Visit our website for the full recipe of each class.

Upcoming Classes:

Thursday, April 20

All about sugar!

Recipe: Harvest Granola Parfaits

Thursday, May 18

Whole Grains & Plant Proteins

Recipe: Quinoa Salad

Thursday, June 15

Fresh Herbs

Recipe: Basil Pistachio Pesto

Thursday, July 20

Summer Hydration

Recipe: Watermelon & Tomato Salad

Masks are required. Seating is limited. Registration is required. Please contact lgerhart@lancastercancercenter.com, by calling **717.291.1313**, or stop by the front desk.

Cancer Is So Limited

It cannot cripple love.

It cannot shatter hope.

It cannot corrode faith.

It cannot eat away peace.

It cannot destroy confidence.

It cannot kill friendship.

It cannot shut out memories.

It cannot silence courage.

It cannot invade the soul.

It cannot steal eternal life.

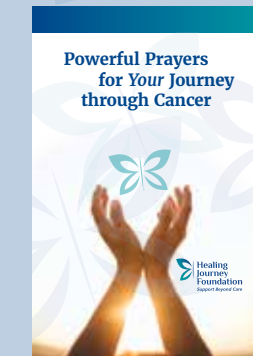
It cannot conquer the spirit.

Cancer is so limited!



A diagnosis of cancer is overwhelming. It impacts patients and their loved ones physically, emotionally, and spiritually. Praying to find strength, guidance, peace, courage, and meaning in the struggle can help one deal with the challenges that cancer brings.

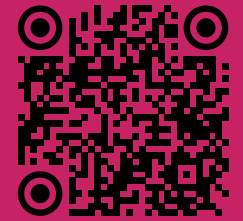
The Healing Journey



Foundation has printed a helpful prayer book entitled 'Powerful Prayer for Your Journey through Cancer',

which is now available for our patients. Please ask one of the staff to receive a copy.

SCAN TO DONATE



Outdoor Journaling

The Healing Garden will have another new feature this Spring ... a Journaling Box. Journaling provides you with time to connect with your thoughts and feelings. Being outdoors has been proven to improve mood and reduce stress levels while deepening an appreciation for nature. Your journal can be reflective with written words and/or creative images. This box is filled with everything you need to get started.

The Journaling Box has been made possible by the DeGreen family.



The planting of the Herb Garden is underway and with the warmer weather fast approaching, we'll look forward to the growth. Shears and bags will be made available to cut and take some home with you.

The Herb Garden will be located within the outdoor Healing Garden.



“ HAVING CANCER ISN’T AN AWESOME EXPERIENCE BUT WHEN YOU NEED TREATMENT, THIS IS THE PLACE TO GO.”



John Miller, Gap
Diagnosed with Multiple Myeloma in 2020

At age 54, John was enjoying life, spending time with his wife, family, and community, as well as fitting in his much-loved hobby of hunting when he was diagnosed with Multiple Myeloma.

While his diagnosis and treatment plan originated at a local hospital-based cancer center, John took the advice of one of his Plain Community friends to obtain a second opinion from Lancaster Cancer Center.

From the moment he entered Lancaster Cancer Center, John and his wife, felt that they were in the right place. “They make it very personal,” said John. “Dr. DeGreen spent a lot of time with us, making sure our questions were answered and discussed treatment

options that weren’t brought to our attention at the other facility,” he said. “Dr. DeGreen has a serious passion in taking care of his patients. My wife was so impressed by him, which helped put our entire family at ease.”

John’s treatment is held in the Infusion Room at the Center, where comfortable seating is arranged purposefully in a communal setting. “The nurses and other patients are all together, able to share, and are not afraid to discuss faith, which is important to me. They make my weekly cancer treatments something I look forward to,” said John. “I definitely recommend Lancaster Cancer Center without hesitation.”

Helpful Online Resources

Cancer, support, and resource information is available in droves online and in print. We’ve assembled a list of evidence based as well as local information sources you can trust. The page also includes information to most asked questions when visiting our practice. Visit

<https://www.lancastercancercenter.com/faq-resources/>

Scan to View Page



Welcome Abby and Liz!

Our new Front Desk team are cheerful greeters who are happy to assist you.

