

The Healing Garden at Lancaster Cancer Center: A Restorative Nature

The garden is a peaceful place that promotes healing in patients, families, and staff. Researchers Marcus and Barnes conducted a study where 95% of those interviewed said their mood improved after spending time outside, changing from depressed, stressed, and anxious to calmer and more balanced.

Year after year, the Healing Journey Foundation continues to enhance this environment so that visitors can connect spiritually with themselves and outside themselves.



Therapeutic Coloring

The Healing Journey Foundation will be displaying large coloring posters outside of our infusion room to spark creativity for patients to color during, before and after treatment. The positive affirmation posters are used to challenge unhelpful or negative thoughts and are used to motivate, encourage positive changes in your life, and to help boost self-esteem. Pick up a marker and make your mark on our posters.



Herbs for Health and Wellness now Blooming in the Healing Journey Foundation Garden

All are welcome to enjoy the herbs. We have placed tools and bags in the Herb garden area for you to take home and enjoy.

Why should you cultivate healing herbs?

- Most herbs are used for food seasoning for their different flavors. Growing your own herbs influences you to cook more healthy foods.
- Growing your own herbs not only saves you numerous trips to the store but saves you lots of money.
- Certain herbs are good for enhancing your health.

Visit our herb garden and enjoy the lending library outside filled with books on growing your own herbs and their medicinal properties.



STAY HYDRATED THIS SUMMER



We've experienced warmer temperatures in the past few months than in recent years, this summer may continue that trend, so it's even more crucial for cancer patients to keep hydrated.

Risks of dehydration can be as a direct result of side effects from chemotherapy like diarrhea and vomiting. Dehydration can lead to heat stroke or may worsen cancer treatment symptoms. It can decrease the need to urinate or make you feel

weak, dizzy or fatigued. These conditions along with being outdoors in the hot sun, patients need to be very mindful of their fluid intake.

Here are tips to stay hydrated and reduce your risk of dehydration:

- Consume fruits with high water content such as cucumber, watermelon, cantaloupe, strawberries, and grapefruit.
- Replenish electrolytes with water, juices diluted (mixed) with water, or liquids containing electrolytes (such as Pedialyte, Gatorade, Powerade, and other sports drinks).
- Avoid drinking anything that has caffeine and alcohol.
- Be aware of possible signs of dehydration including dry mouth, fatigue, nausea, headaches, constipation, and dizziness.

Dr. Dumasia and I recommend our patients who are undergoing treatment drink up to two liters of fluids every day. If you have any questions about how to protect yourself this summer from dehydration, please ask us, we're here for you.

Hyatt P. DeGreen III, DO (Tracy)
Lena Dumasia, MD

Hello July

*Just be you because you are
Unique, worthy, and amazing
Live every day to the fullest as
You deserve all the good in life.*

COVID-19 Update

While mask mandates have been lifted in many public indoor spaces, our policy at Lancaster Cancer Center continues to require masks be worn by everyone who enters and remains in our Center for any visit. Providing the highest quality of care in a safe environment is our priority. This policy extends to all patients, visitors, and staff.



SUPER HYDRATING TROPICAL REFRESHER

Ingredients

- 3 cups water
- 2 cups coconut water
- 2 tablespoons lemon juice
- 1 cup pineapple juice
- ½ teaspoon salt

Directions

1. In a large pitcher, mix together water, coconut water, lemon juice, pineapple juice and salt.
2. Store in refrigerator for 1 week.



Courtesy of Cook For Your Life
Registered Dietitian Approved

Cook for Your Life recipes, articles, and videos are reviewed by their oncology-trained dietitians to ensure that each is backed with scientific evidence and follows the guidelines set by the Oncology Nutrition for Clinical Practice, 2nd Ed., published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the Academy of Nutrition and Dietetics, and the American Institute for Cancer Research and the American Cancer Society

DID YOU KNOW?

According to the Skin Cancer Foundation, there are over 5 million skin cancer cases diagnosed in the United States each year, making it America's most common cancer. Fortunately, it is also one of the most preventable cancers. If you notice changes in your skin, schedule a screening with your primary care physician or dermatologist.

WHY CANCER PATIENTS SHOULD AVOID THE SUN.

Patients who are undergoing chemotherapy treatment are more sensitive to the sun due to chemotherapy causing the body to absorb the sun's ultraviolet radiation more easily. This side effect is known as drug-induced photosensitivity.

According to Chemocare.com, most people develop photosensitivity from chemo phototoxic effects. Patients may experience severe sunburn, including redness, swelling, blistering, weeping, and peeling within five to 20 hours after sun exposure. In some cases, less common side effects photoallergic reactions, may occur where symptoms listed above and spread to skin that wasn't exposed to the sun.

Not all chemotherapy medications put you at risk for photosensitivity. Talk with Drs. DeGreen and Dumasia about which medications in your treatment protocol contribute to sun sensitivity.

Roxana Update

We are pleased to inform you that Roxana's is well on her way to joining the practice as a certified registered practitioner (CRNP). She is on schedule to complete her classes this August. If you see her in the office, feel free to congratulate her on her journey.



OUR DISPENSARY ACHIEVES ACCREDITATION WITH ACHC

Lancaster Cancer Center proudly announces it has achieved accreditation through Accreditation Commission for Health Care (ACHC)* for Pharmacy and Medically Integrated Dispensary Programs.

ACHC Accreditation is independent third-party validation, through a comprehensive survey process, that a healthcare organization's policies, processes, and care delivery meet recognized standards for quality and safety. Accreditation by ACHC reflects an organization's dedication and commitment to meeting standards that facilitate a higher level of performance and patient care.

We understand that cancer does not just affect one part of your body. It affects all of you and everything

in your life. We are with you every step of the way and help you embrace the challenges ahead of you. From your initial consultation, we provide and develop an individualized treatment plan, which includes a powerful combination of advanced conventional treatments combined with supportive complementary medical therapies. Our 'Care Beyond Treatment' provides our warriors to be better prepared to fight and improve their quality of life.

Earning the ACHC accreditation within our Medically Integrated Dispensary drives our staff to continue to provide the highest quality of care to those fighting cancer.

*ACHC is a nonprofit organization that has stood as a symbol of quality and excellence since 1986. ACHC is ISO 9001:2015 certified and has CMS deeming authority in our Acute Care Hospitals, Ambulatory Surgery Centers, Clinical Laboratories, Critical Access Hospitals, Durable Medical Equipment, Prosthetics, Orthotics and Supplies (DMEPOS), Home Health, Home Infusion Therapy, Hospice, and Renal Dialysis programs, plus national recognition from third-party payors.

Signs of Heat Exhaustion

Mild Headache, light headedness

Cool, pale skin (heavy sweating)

Nausea, vomiting

Muscle cramps, fatigue, weakness

Signs of Heat Stroke

Throbbing headache, confusion, seizure, irritability, or altered level or loss of consciousness

Oral body temperature of 104 and above; dry mouth

Nausea, vomiting

Hot skin



What To Do

MOVE to a cooler place, **COOL** with ice/cold water and lay down, **DRINK** cold water or sports drinks, **CALL 9-1-1** if symptoms last longer than an hour.

CALL 9-1-1 immediately, **MOVE** the affected person to the shade or a cooler place, **COOL** the affected with immersion in cool water or by placing ice packs on the neck and groin areas.