



Happy Retirement, Patty!

Well-deserved best wishes go out to Patty Miller, MA, our Financial Counselor, as we celebrate her achievements and dedication to the practice and our patients where she spent thousands of days, hundreds of inquiries, unlimited communication with insurance companies, made everlasting friendships, and unforgettable memories.

“It has been my privilege to help relieve some of the financial burden of our patients”, said Patty.

We wish Patty all the best as she looks forward to traveling and spending time with her daughter and granddaughter.

Welcome Kristen!

Kristen Kishbaugh, BSN, RN will take over the reigns as Financial Counselor. In her previous role as a nurse with Lancaster Cancer Center, she will continue to provide compassionate care when assisting patients with their financial concerns.

“I’m looking forward to helping our patients with the financial part of their health journey so they can focus on treatment”, said Kristen.

Please drop by our office the last week of February to bid farewell to Patty.

Winter and Cancer

Flu

Winter is flu season, and something to take very seriously. The flu risk is higher for cancer patients whose immune systems can be weakened by radiation and chemotherapy. An ordinarily three-day flu could magnify into a much more dangerous threat for cancer sufferers. The patient, family members, and primary caregivers should all get their yearly flu shot and make a point of frequently washing their hands for 20 seconds with soap and warm water.

Winter Blues

Seasonal affective disorder (SAD) is a type of depression commonly striking in winter. Attributed to a lack of activity and reduction to sunlight, SAD can make the mental state of cancer patients, already fragile, much worse. Symptoms are numerous and intermingled: lethargy, feelings of hopelessness and worthlessness, suicidal thoughts, loss of interest in activities, social withdrawal, sleep and appetite problems, difficulty concentrating and in decision-making, decreased libido, or agitation.

Cancer patients are urged to keep active during winter, and Vitamin D supplements are recommended. However, the body makes Vitamin D naturally when exposed to the sun; in lieu of supplements, taking a 15-minute walk in sunlight, even in winter, can alleviate SAD symptoms.

The Chills

Several cancer therapies interfere with how the body regulates its temperature due to dehydration. This makes cancer patients more sensitive to cold, and more susceptible to conditions such as hypothermia (where the core body temperature drops below 95 degrees) and frostbite (where the skin freezes). Both conditions, while rare, are extremely dangerous and can kill. Symptoms of hypothermia include profound shivering, slurred speech, weak pulse, shallow breathing, loss of coordination, and drowsiness; frostbite is identified by an initial whitening of the skin, particularly in the fingertips and ears, before the skin turns black due to loss of blood and cell death. In severe cases of frostbite, amputation is the only treatment. Cancer sufferers are reminded to keep warm and dress in layers during winter.

Winter Itch

A type of eczema exacerbated by cold, winter itch is a perennial annoyance for healthy people and cancer patients alike. As the humidity drops during winter, skin can turn dry, itchy, or even cracked and rubbed raw from scratching. These symptoms can become far more pronounced for patients on chemotherapy. Staying out of cold temperatures is wise, but drinking fluids, liberal use of moisturizers, avoidance of harsh soaps and detergents, and the use of a home humidifier also are all recommended for cancer patients during winter.

References

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Lancaster
Cancer Center

Care Beyond Treatment

NEWS

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GREATER
CARING.
WE’VE EXPANDED
OUR PROVIDER TEAM.

We are proud to announce the expansion of care with the addition of Roxana Ramos, CRNP.

Roxana began her career at our practice over a decade ago in the scheduling department and became a registered nurse. She earned her Bachelor of Science in nursing and then her Master’s degree as a certified registered nurse practitioner (CRNP) from the Pennsylvania College of Health Sciences.

“I look forward to being part of the provider team and working alongside Drs. DeGreen III and Dumasia. They are extremely knowledgeable physicians, and I strive to follow in their footsteps. My focus is to help our patients fight their cancer, provide education and support to them and their loved ones, and do everything possible to help them conquer their battle”, said Roxana.

As a CRNP, Roxana will provide direct clinical care, carry out treatment protocols directed by Dr. Dumasia and myself utilizing evidence-based practice standards to provide hands-on health care to our patients.

Welcome Roxana!

Hyatt P. DeGreen III, DO (Tracy)

Lena Dumasia, MD

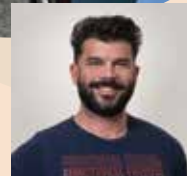


Mind/Body Wellness Classes

"When we heal from within, we heal what's externalized." The feeling of not being in control of your life, is a resounding sensation and mental state that you're experiencing. When you come to my class, my biggest objective is to help you take your power back over the circumstances. To help you realize that you are still you, you are 100% you, and what's taking place physically right now is just part of your journey. You are more capable of being in control of your heal state", said Justin Randsdorp

Join me the first Thursday of the month at 10 to 11 a.m. in the Lancaster Cancer Center Conference Room.

Justin Randsdorp, BS, MS, OTR/L, CHC, CAPS



Dishes 2 Nourish

Nutrition plays a vital role in the treatment of cancer. A healthy diet can help patients maintain proper digestive health, prevent malnutrition, and remain strong during treatments. Our class offers nutrition information with a cooking demonstration of recipes targeted to individuals living with cancer. Make plans and save your seat.

Thursday, January 18 – Eat Your Water (hydration focus)

Recipe: Tropical Smoothie

Thursday, February 15 – Heart Health Recipe

Recipe: Plant-based Chocolate Mousse

Thursday, March 21 – National Nutrition Month

Recipe: Spring Vegetable Soup

Join me the third Thursday of the month at 10 to 11 a.m. in the Lancaster Cancer Center Conference Room.

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



Yoga for Caregivers and Family Members

Rest, recharge, and reconnect with self is important for everyone, especially caregivers. Taking time to restore and disconnect from the physical and emotional demands of caregiving is essential to continue the role.

Join our own nurse Angie for an 8-week, FREE beginner/basic slow flow Yoga class. As part of reaching her certification, Angie will complete 200-hours of yoga teaching and has chosen to offer 8 of those hours to our caregivers and patient's families.

When: Monday Evenings starting February 5th

Where: Infusion room at Lancaster Cancer Center

Each session will last 1 hour. No prior yoga experience required. You may sign up for one or all 8 classes. Mats will be provided. Dress for light exercise, loose fitting clothes are fine.

To register, please sign up at the Front Desk or with Angie in the Infusion Room.

Pastoral Care Support

The Healing Journey Foundation recognizes that a cancer diagnosis can be overwhelming and emotional for you as well as your family and loved ones. We are dedicated to caring for the whole person with Lancaster Cancer Center providing expert medical care, the Healing Journey Foundation provides spiritual support and care with its partnership with Mission Church.

Male and female trained counselors from Mission Church will be able to meet and offer spiritual support, regardless of your religious background, to patients and their loved ones.

To learn more, speak with a nurse.



EXTRA GIVE™



Thank you to everyone who participated and supported the Healing Journey Foundation during the 2023 ExtraGive. We raised over \$6,000., which will support cancer patients of Lancaster Cancer Center.

Inclement Weather

When snow, sleet, freezing temperatures, and hazardous road conditions occur this winter and you wish to reschedule your appointment, please contact the office at **717.291.1313**.

Donate Your Vehicle to Healing Journey Foundation!

Visit [lancastercancercenter.com/donate-your-car/](https://www.lancastercancercenter.com/donate-your-car/)



Mandatory Mask Wearing Is Back In Effect

