

HOW TO REACH US

If you have any suggestions for topics, articles or just need to talk to us, please feel free to contact us. You can reach **LET'S TALK..... NEWSLETTER** at Forum Health's Cancer CareCenters by calling (330) 884-4152 or (800) 222-4603.

THE NAME HAS CHANGED BUT THE SERVICE REMAINS THE SAME

By Deborah M. Dashko, RN, BA, LPC, OCN, CHES, CPDS, HNC

Breast cancer strikes 24 women and kills 6 women everyday in Ohio. If breast cancer is detected early, there are more treatment options and a good chance for complete recovery.

Every day, in Ohio, two women are diagnosed with cervical cancer. In addition, 200 women die each year from this disease. Early detection can save lives.

Women 40 years and older should have annual mammograms and pap and pelvic exams. Our community has a program that can help you if you are under insured or uninsured and need these exams. The former name of the program was **Women's Health Advantage** and it serviced Mahoning, Trumbull, Columbiana and Ashtabula counties. Currently, the programs goals and services are the same, but have been separated into the different counties and renamed.

The following is a list of the county location, name and phone number to reach the programs:

- Mahoning County:** Trinity Breast and Cervical Cancer Program at the Youngstown Community Health Center (330) 747-2330 x135 or (800) 921-5151
- Columbiana County:** Trinity Health System's Breast and Cervical Cancer Grant Program (800) 921-5151
- Ashtabula and Trumbull County:** Breast and Cervical Cancer Program serving Ashtabula and Trumbull County (800) 443-2168

So, if you are a woman between 40 and 64 years old, at 200 % poverty level and live in one of the 4 counties listed above and in need of a mammogram, pap and/or pelvic, make that call today! If you do not qualify for these programs, the American Cancer Society's BEST Program may be able to help you. For more information regarding this program, you can call the American Cancer society at (330) 533-0546.

Remember, that cancer screenings do save lives!!!!!!!!!!!!

CLEANING OUT YOUR CLOSET!

By Deborah M. Dashko, RN, BA, LPC, OCN, CHES, CPDS, HNC

I was watching the American Music Awards the other day and reheard the title of an Eminem song "Cleaning Out My Closet"..... and thought this is what I am going to write about.

Many people make New Year's resolutions, to lose weight, get fit, do better work, treat people more kindly, only to become discouraged and abandon them in a few months. We kick ourselves for quitting, but rarely do we ask, "Why didn't this work?" We tell ourselves that we lack willpower, which only diminishes our self-esteem.

Lack of willpower is really a catchphrase for all of the emotions and attitudes that sabotage our best intentions. Our "mental closets" are cluttered with feelings that can hurt and interfere and drag down our resolve. If you want to keep the resolutions you make this year, your first effort should be to "clean out your mental closet."

•Take A Look At What Is In There

Surprisingly, very few of us know. We tend to be unaware of the emotional reasons for much of what we do. Our actions are influenced by feelings, which shape the way we see things and the judgments we make.....AKA...our attitudes. So the first step in this "housekeeping project" is to understand the feelings and attitudes that sabotage us. These feelings prevent us from sticking to our goals. Once you recognize the feelings that stand in your way, you make them less powerful Not because the feelings are gone (they aren't) but because they're out in the open, where you can deal with them.

•Catch The Negative Feeling In The Moment

Now that you have identified the feelings standing in your way, you can become aware of their link with the actions as the actions occur. This requires you to be sensitive to the moment right now! Ask yourself "Why?" When you stop exercising, instead of saying "I don't have the willpower", think of what is really behind your desire to quit. Ask yourself "Am I angry because

I expect to accomplish more a lot sooner? Am I blaming a lack of time because of my job?" When you want to quit, look for a deeper reason.

•Neutralize The Feeling

Once you identify the feelings as they occur, there are ways of thinking of them that can help you overcome their effects. You can neutralize the feelings so they don't stand in your way. There are things you can tell yourself to offset excuses for giving up. For example, imagine that you realize that you are about to quit an exercise class because everyone else seems to be making better progress than you are. The feelings you have identified are competitiveness ("I have to be the best"), embarrassment, and shame ("everyone is looking down on me"). Try telling yourself, "My progress may be limited now, but if I stick to it, I'll be better in the future. What everyone else is doing doesn't matter. I only need to track myself."

Every time you rethink some feeling that may be holding you back, work at clearing your "mental closet" and neutralizing emotional obstacles. No one's mental closet will ever be completely clear. We must continue to be aware of the feelings in there and stand ready to expose the clutter for what it is!



BOOST YOUR ENERGY

By Debbie Gilbert, MS, RD, LD

Fatigue can occur both in the cancer patient as a side effect of treatment and in the caregiver brought on by the physical and emotional demands of caring for your loved one. Managing your own fatigue can help you have a better quality of life. Good nutrition can greatly impact fatigue. Remember to eat a well balanced diet and drink plenty of water or juice everyday.

To make food preparation easier consider using a crock pot or microwave oven. Accepting family or friends offer to make a meal or occasionally using a T.V. dinner when you are too tired to cook can be helpful.

The following are tips to boost your energy with nutrition from the Memorial Sloan Kettering Cancer Center in New York:

- Have breakfast in an instant with a bowl of instant cooked cereal, then top with honey and cinnamon.
- Spread pizza sauce on a bagel, pita, or English muffin, add low-fat cheese, basil, and garlic, broil until the cheese bubbles.
- Pick up pita pockets and stuff with tuna, chicken, or fresh veggies for a power-packed lunch that's easy to fix.
- Bag up mini-bagels for a just-the-right-size, energy-rich snack.
- Bag your favorite cereal and you've got an instant carry-out snack that will bag you another serving from the grain foods group.
- Tantalize your taste buds with toast fingers. Spread peanut butter on whole wheat toast. Sprinkle with crushed cereal and slice into "fingers".
- Mix freshly steamed vegetables with bulgur or couscous for a two-food-groups-in-one main dish.
- Try granola-type cereals as a topper for fruit-flavored or frozen yogurt.
- Treat yourself with angelfood cake. Top with strawberries, raspberries, or other fresh fruits.
- Enjoy a few vanilla wafers with a fruit cocktail cup or with a fresh fruit salad.
- Instead of an ice cream sandwich, mash some bananas with light whipped topping for a graham cracker sandwich filling.

MAKING THEM STICK

By Deborah M. Dashko, RN, BA, LPC, OCN, CHES, CPDS, HNC

Gosh, it is already February. It is a whole month into those New Year's resolutions that you might have made! How are you doing with them? Are you sticking to your goals? Sometimes resolutions can be made unwisely or unrealistically, which is a set up for disappointment. The best course may be to reexamine and refashion them so that you are more likely to see them through. Here's something to think about:

•Have You Made Too Many?

The start of the new year may have inspired you to plan to do too much, which is a sure invitation to failure. Pare your list down to one or two things.

And for everyone that takes something away (such as quitting smoking or spending less), try to give yourself a positive (such as learning a new instrument or language.)

•Prioritize

Select the most important resolution and start working on it. You can delay the others until later.

•Seek Information

Do you have all the data to put the resolution into practice. For example to start an exercise program, you need to know names and locations of gyms, prices and so forth.

•Write It Down

Make a contract with yourself by writing down the steps you'll take to achieve your goal. For example, if it is quitting smoking, one step may be to make an appointment with your doctor to get pills or patches. Another might be to seek out a support group.

•Be Realistic

Don't try to accomplish too much too soon. If you have resolved to lose weight, set sensible expectations and give yourself enough time to reach your goal.

•Plan Against Mental Sabotage

Consider the psychological factors that might get in the way. Like when you're tired and frustrated and want to quit, how you might overcome this. Plan ahead!

•Celebrate Each Step You Take

Nothing is too small to feel good about. Minimal advancements need maximal appreciation. Remember that positive feelings don't create mental clutter, they create confidence.

FORUM HEALTH'S CANCER REGISTRIES

By Norma Larsick, BA, CTR, Corporate Manger, Cancer Registries

Western Reserve Care System and Trumbull Memorial Hospital maintain Cancer Registries that are responsible for managing all statistical information on cancer patients diagnosed and treated

at Forum Health. The information is collected and maintained according to the American College of Surgeons (AcoS) Commission on Cancer (CoC) guidelines, and serves as a reference for physicians and administrators. The Cancer Registries report their data to the Ohio Cancer Incidence Surveillance System and the National Cancer Database, as required. At all times, strict confidentiality is maintained. Forum Health is proud to be the only hospital in this three-county area to receive the Certificate of Approval for it's Cancer Program from the Commission on Cancer, and has maintained this approval since 1956. Below are statistics for the year 2001 for Western Reserve and Trumbull Memorial top ten sites. Please note these statistics are for newly diagnosed cases only.

Northside Medical Center-2001

Breast	210
Lung	98
Colorectal – Anus	111
Bone Marrow-ALL Lymphomas	115
Prostate	100
ALL Urinary	57
All Female Genital	76
Head & Neck – Larynx	41
Melanoma – Skin	19
Pancreas-Biliary-Gallbladder	22
ALL Others	94
Total:	943

Trumbull Memorial Hospital-2001

Breast	144
Lung	96
Colorectal – Anus	87
Bone Marrow-ALL Lymphomas	64
Prostate	82
ALL Urinary	67
ALL Female Genital	56
Head & Neck – Larynx	26
Melanoma – Skin	23
Pancreas-Biliary-Gallbladder	11
ALL Others	50
Total:	706

