



*I love being a part
of Cancer Wellness
at Piedmont Fayette.*

At Piedmont, we treat the patient – not just the disease. Because cancer treatment involves more than medical care, we recognize the needs of patients and their loved ones. As a part of our purpose to make a positive difference in every life we touch, we offer free programs and services to anyone affected by cancer regardless of where they have received their cancer care.

IN THIS ISSUE:

**Meet Piedmont Fayette's new
Breast Surgeon - Dr. Mio Yanagisawa**

The Best Cancer Care in Our Community!

Each month, hundreds of cancer patients, survivors and caregivers look to Cancer Wellness at Piedmont for support. To view the class schedule for all of our locations, visit piedmontcancerwellness.org.

Your Cancer Wellness Team

Welcome to Piedmont Fayette Cancer Wellness – we're glad you're here! Our entire Cancer Wellness Team is available to meet with you virtually for individual consultations.

In addition, we offer classes, support groups, videos and much more online.

Oncology Certified Dietitian – Corey Tolbert, RDN LD

Proper nutrition can reduce the risk of cancer, keep patients healthier during treatment, and combat side effects. Our Dietitian can help develop a nutrition plan that is customized for you.

Genetic Counselor – Kelly Teed, MMSc, CGC

Our Genetic Counselor is trained to interpret personal and family medical history to determine if genetic testing for a hereditary cancer predisposition is appropriate. She facilitates genetic testing and helps patients understand how the results impact their care plan.

Nurse Navigators – Karen Bouwman, RN OCN and Elaine Harbin, RN OCN

Nurse Navigators are specially trained oncology nurses who serve as a liaison between you and your healthcare team. They provide you and your family with education, support, and information about hospital services and community resources.

Wellness Coach – Kirsten Soriano, BS, NBC-HWC

A focus on strength is essential. Exercise has been proven to reduce fatigue, improve energy, and help manage side effects. Our Wellness Coach partners with patients to help them envision healthier, happier lives, through lifestyle and behavior adjustments.

Oncology Social Worker and Mind-Body Counselor – Mark Flanagan, LCSW, MPH, MA

Our Oncology Social Worker supports patients and families by helping them navigate psychosocial challenges associated with cancer care. He also provides short-term, goal focused counseling to ensure a seamless transition to treatment completion.

Female Sexual Wellness Educator – Mary Lynn Hemphill, LCSW, OSW-C

Providing sexual health support to female cancer survivors during active treatment and into long-term survivorship. Our female sexual wellness educator typically connects with patients at post-treatment appointments and is also available by consult for assessment, education, therapeutic support and referrals as needed.

Contact us at 770.719.5860 to schedule an individual consultation and connect with our Cancer Wellness team.

Virtual Calendar of Events

NOVEMBER

- 2** **Feel Better, Move Better - 2 p.m.**
Why Am I so Tired?
- 3** **Five Weeks to a Healthier You - 9 a.m.**
Mindfulness/Yoga - 1 p.m.
- 4** **Healthier You Check In - 10 a.m.**
- 9** **Blood Cancer Support Group - 5 p.m.**
- 10** **Five Weeks to a Healthier You - 9 a.m.**
Mindfulness/Yoga - 1 p.m.
- 11** **Healthier You Check In - 10 a.m.**
- 17** **Five Weeks to a Healthier You - 9 a.m.**
Mindfulness/Yoga - 1 p.m.
- 18** **Healthier You Check In - 10 a.m.**
- 23** **Prostate Cancer Support Group - 7 p.m.**

DECEMBER

- 1** **Five Weeks to a Healthier You - 9 a.m.**
- 2** **Healthier You Check In - 10 a.m.**
- 7** **Feel Better, Move Better - 2 p.m.**
Can Chemo Radiation Affect Swallowing?
- 8** **Five Weeks to a Healthier You - 9 a.m.**
- 9** **Healthier You Check In - 10 a.m.**
- 15** **Five Weeks to a Healthier You - 9 a.m.**
- 16** **Healthier You Check In - 10 a.m.**
- 22** **Five Weeks to a Healthier You - 9 a.m.**

Find log in information for all above classes and support groups on the following pages.

Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.

Cancer Wellness at Piedmont Fayette

Piedmont Fayette Hospital

(West Entrance)
1255 Highway 54 West
Third Floor • Suite 3100
Fayetteville, Georgia 30214 • 770.719.5860

Catherine Hoffman,

Director of Oncology Services

Kirsten Soriano,

Cancer Wellness Coordinator and Health Coach

Programs & Resources

SUPPORT GROUPS

Blood Cancer Support Group

Blood cancer patients and family members are welcome to join this group facilitated by Mark Flanagan, LCSW, MPH, MA, which meets virtually on the second Tuesday of every month, 5 to 6:30 p.m. Call 770.719.5861 for meeting access information.

Head and Neck Support Group

This group, facilitated by Doug Bradley, RN, will provide information and support to those newly diagnosed, undergoing treatment or recovering from treatment of head and neck cancers. Join the meeting virtually at zoom.us, meeting ID: 455 817 4435, passcode: 591923. Fourth Wednesday of each month (*resuming in January*), 6 to 7 p.m.

Living With an Ostomy

A support group for people living with an ostomy, their partners and caregivers. Members help each other learn to live a full life with an ostomy. Contact group facilitator Laura Lang, RN, at 678.379.9671, to register and for meeting details. Fourth Sunday of each month (*resuming in January*), 2 p.m.

Prostate Cancer Information Group

Prostate Cancer Information Group is a chapter of Us TOO Int'l. The group is intended to allow men and their families to share information and enhance prostate cancer understanding (but not provide medical advice). Join on zoom.us, meeting ID: 950 6471 5979, passcode: 591923. Facilitated by Jim O'Hara. Fourth Tuesday of November, 7 p.m.

YOUNG SURVIVORS

Cactus Cancer Society is a nonprofit organization providing online support programs to young adult cancer survivors and caregivers, changing the way that age-appropriate support is provided to young adults facing cancer. www.cactuscancer.org

MIND AND BODY

Mindfulness/Yoga

Join Social Worker Mark Flanagan, LCSW, MPH, RTY-200, in this class combining the practice of yoga with mindfulness teachings guided in postures, breath-work and relaxation. Accessible at zoom.us, meeting ID: 949 4004 4755, passcode: xvmS1D. Each Wednesday at 1 p.m.

MOVEMENT

Feel Better, Move Better

Rehabilitation services can help patients by improving daily function and providing an enhanced quality of life during and following treatment. Join our physical, occupational and speech therapists as they demonstrate 'exercises' and answer questions on how to manage treatment side effects and help you return to carrying out activities of daily living. Nov. 2, *Why am I so Tired?*, and Dec. 7, *Can Chemo Radiation Affect Swallowing?*, at 2 p.m., zoom.us, meeting ID 912 3643 3435

CREATIVITY

Hearts Need Art

Art therapy is a therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Visit heartsneedart.org to sign up for a free interactive arts experience – request songs, learn to draw or write a story. You can even invite friends and family.

GENERAL SUPPORT

Belong – Beating Cancer Together

The Belong.life app provides people with cancer and their families a unique and innovative personalized solution to help manage and fight cancer more effectively. Using Belong, you will find support groups for every type of cancer.

Chemocare.com is a comprehensive resource for cancer patients and their caregivers that provides chemotherapy drug and side effect information, cancer wellness information, and links to additional reliable resources and organizations.

The Cancer Survivors Network, a peer-supported site, provides a secure way to find and communicate with others who share your interests and experiences. www.csn.cancer.org

At **CANCERcare** you can connect with others in support groups for cancer patients, loved ones and people who have lost a loved one, led by oncology social workers. www.cancer.org/support_groups

ONE-ON-ONE SUPPORT

Cancer Hope Network provides free one-on-one confidential support to all people impacted by cancer.

www.cancerhopenetwork.org

Ovarian Cancer - Steps Through OC is a new, national program offering free ovarian cancer counseling and other resources for any woman coping with OC, her family and her active caregivers. For more information or to register, visit stepsthrough.org or call 1.866.830.5134.

SEXUAL HEALTH

A-Z Guide on Kanwa.org

This is a witty, informal guide written to address sexual health and intimacy concerns for female cancer patients.

www.kanwa.org/sexual-health/a-z-guide

Sexual Wellness for Men

ED (Erectile dysfunction) can be a common side effect of cancer treatment. There is hope for every man with ED to regain confidence, control, and wholeness. Visit edcure.org to learn more.

SURVIVORSHIP

Springboard Beyond Cancer is a mobile-friendly tool that enables and empowers people with cancer to play an active role in the management of their health. This includes management of illness and treatment, relationships, emotional and psychological stressors, and healthy lifestyle behaviors. www.survivorship.cancer.gov

NUTRITION

Individual Nutrition Consultations

Individual nutrition consultations are available for patients experiencing treatment side effects such as nausea and decreased appetite, and finding it difficult to get proper nutrition during treatment. Contact Oncology Dietitian Corey Tolbert, RD LD at 770.719.5862 to schedule an appointment.

Cancer Support Community provides healthy eating tips and nutrition advice for cancer survivors, along with recipes for healthy meals and snacks. cancersupportcommunity.org/diet-nutrition

Five Weeks to a Healthier You

Join Oncology Dietitian Corey Tolbert, RD, LD, and Health and Wellness Coach Kirsten Soriano, BS, NBC-HWC, for a five-week series focusing on weight management. During this interactive, virtual program participants will use MyFitnessPal to actively track food consumption and learn how to interpret the data, discuss which foods are healthy and why it is important to eat them, pre-plan meals and menus for success, and receive support and encouragement during their journey. Participants are encouraged to join the weekly 'Healthier You Check In' support group following the five-week program. Call 770.719.5861 to register.

KNOWLEDGE

Feel More Like You Presented by Walgreens

When you are going through treatment for any type of cancer, the side effects can impact not only how you feel inside, but how you see yourself in the mirror. When you look more like yourself, it can boost your mood and confidence. Visit walgreens.com/feelmorelikeyou for information on participating locations, the Feel More Like You podcast and virtual resources.

FINANCIAL

Patient Access Network Foundation assists patients who cannot access the treatments they need because of out-of-pocket health care costs. www.panfoundation.org

Triage Cancer provides education on the practical and legal issues that may impact individuals diagnosed with cancer and their caregivers. They provide access to resources and advocate for the healthcare, financial, insurance, employment, and consumer rights of those diagnosed with cancer. www.triagecancer.org

COUNSELING

Georgia Crisis & Access Line provides 24-hour free access to urgent counseling services. 1.800.715.4225

Mark Toole Brings the Healing Power of Music to Piedmont Fayette



Mark Toole began doing music therapy for oncology patients at Piedmont Fayette Hospital in January of 2020. Two months later, the COVID-19 pandemic started, and the program was put on hold. By May of 2020, it was clear that the

pandemic would be with us for a while, and the staff needed a morale boost. Toole returned to the hospital, guitar in hand, with a mission to play for staff and keep their spirits up.

"I played for the nurses and physicians in the emergency department and the intensive care unit," Toole said. "They were looking for upbeat songs to lift their mood. It was great to be able to make a difference."

Toole resumed playing for oncology patients as visitation restrictions were loosened and saw a similar impact. Now, he starts each day of rounding with a list of patients that might like a visit and a little music therapy. Toole also takes time to check in with them and see how they are feeling that day. His brief visits are a highlight for patients and staff.

"I remember visiting the lab, and the employees down there were coming out of their areas to check it out. I also had the dietary team dancing to 'Lovely Day' by Bill Withers, which was fun," Toole said.

Toole earned his Bachelor of Arts degree in Music/Vocal Performance from Atlanta Christian College and earned his Master's degree in Music Therapy from Georgia College and State University. In addition to being a licensed music

therapist, he also serves as the choir director and music minister at Bethlehem Baptist Church in Newnan.

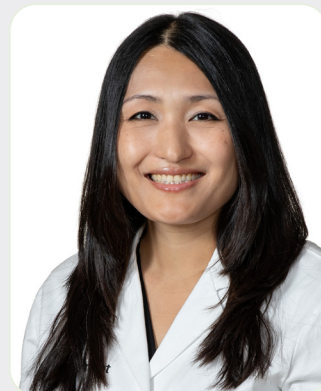
"There was one patient earlier this year who was very agitated and adamant that he didn't want music therapy. His nurse asked me to play for her outside the room, and the next time I came around, the patient asked how good of a guitar player I was," Toole said. "I played an Eagles song for him, and he then asked for 'Ohio' by Crosby, Stills, Nash and Young. I didn't know it, but I went outside the room, learned it real fast and played it for him."

It turned out that the patient's cousin had been at the Kent State shootings in 1970. She was unharmed at the event, but it had been scary for the family, and the song had always resonated for the patient. Toole makes connections like that all the time on his musical rounds. Recently, he performed "Jesus Keep Me Near the Cross" for a patient and then learned that the man was a World War II veteran who had built bridges for General Patton in Europe, while his brothers were stationed in the Pacific. Toole uses his music to help patients take their minds off of their hospital stays for a moment.

Toole doesn't start his rounding with a particular setlist in mind, but there are some songs that often find their way into his repertoire. He finds that most patients understandably are anxious to go home, so he always has Willie Nelson's "On the Road Again" ready to go. It's an upbeat number that's easy to sing along to, and it is one that keeps patients tapping their toes as they wait to be discharged.

Piedmont's purpose is to make a positive difference in every life we touch, and Toole makes a positive difference every time he plays a song. For musicians, it doesn't get much better than that.

Breast Surgeon Mio Yanagisawa, M.D. Joins Piedmont Fayette



When Mio Yanagisawa, M.D. was an undergraduate student at Princeton University, she did a lot of outreach around women's issues. In medical school at University of Texas Southwestern Medical Center at Dallas, that outreach started to focus on health issues for women. After her residency at the UC Davis Medical Center, where she trained for general surgery, she decided to specialize in breast surgery to continue working with women and help them through challenging situations.

"Breast disease is very personal for women, as their breasts tend to represent them as women and mothers," Dr. Yanagisawa said. "The field is always changing, thanks to advances in treatment, which allows us to individually tailor treatment for patients and their particular cancer."

One of the areas where a lot of advances are being made is in genomics, which allows a person's cancer to be profiled at the molecular level. "Genomics can help us determine if a patient will need chemotherapy or not," said Dr. Yanagisawa. "Every individual is different, and every cancer is different. Genomics may help us prevent women from having unnecessary chemotherapy and treating their disease with surgery and/or radiation."

Dr. Yanagisawa is also thrilled to see a new focus on prehabilitation for cancer patients. Piedmont Fayette and the Piedmont Wellness Center are collaborating on a MyFit RX program that helps patients get stronger, so they are better able to tolerate treatment and recovery. "This is a big asset for our patients. We're seeing good results and making a positive difference in how they feel and how well they recover," said Dr. Yanagisawa.

Dr. Yanagisawa believes that the strength of messaging around awareness and early detection has made a tremendous impact on survival rates for breast cancer patients. "The diagnosis is always scary, but breast cancer is no longer a death sentence in any way, shape or form," said Dr. Yanagisawa. "If it is caught early, a person's survival rate is nearly 99 percent."

In order to detect breast cancer early, Dr. Yanagisawa states that it is important for women to make self-breast exams, and annual mammograms, a routine part of life.

Visit piedmont.org/cancer to learn more about oncology services or to schedule a mammogram.

The Best Cancer Care in Our Community!



PRESENTED BY



The 2021 Piedmont Fayette Auxiliary Golf Classic presented by BMW of South Atlanta was held on Monday, October 4. Almost 150 golfers, sponsors and volunteers spent the day at Flat Creek Country Club supporting Thomas F. Chapman Family Cancer Wellness at Piedmont Fayette. The tournament raised more than \$30,000, and that donation will help Piedmont Fayette to offer comprehensive, complimentary services and support to anyone affected by cancer at any phase in his or her cancer journey, improving quality of life and promoting health and well-being.

Community Connections

The Thomas F. Chapman Family Cancer Wellness community partners will be featured each month with educational tips and seasonally appropriate education for our readers.

Movement is Medicine with Piedmont Wellness Center

Being active is important for our health, but it is particularly crucial after a cancer diagnosis. Exercise reduces fatigue, increases strength, eases depression and maintains bone and muscle mass. Laura Millner, BPhED, PGDip, ACSM EP-C, from the Piedmont Wellness Center offers this tip on stretching:

"Stretching regularly can help restore your range of motion and mobility in joints affected by radiation and surgery. Gently stretch your muscles two to seven days per week to the point of feeling tightness. Hold each stretch for 10 to 30 seconds."



Skin Deep with The Skin Society



It's important for patients to learn how to care for their skin while under chemotherapy, radiation and other cancer treatments. Martha Miller, LME, from The Skin Society offers this important tip for skin care:

"Fall means cooler weather, which means a drop in humidity, which means drier skin. Now is the time to reassess your skincare routine. Minor tweaks can

make a major difference. Add a heavier hydrator, eye cream and lip balm. And always use SPF daily."

Eat Right with 180 Degree Farm



Proper nutrition can reduce cancer risk, keep patients healthier during treatment and combat side effects. 180 Degree Farm provides organically grown food and a therapeutic environment. Scott Tyson from 180 Degree Farm has some good advice for people interested in healthy eating:

Cooking tip: Now is a great time to make and freeze bone broth. Bone broth is rich in calcium, magnesium, phosphorus, silicon, sulphur and trace minerals. The simplest recipe is one pound of bones, one quart of water and one teaspoon of apple cider vinegar. This can be multiplied to accommodate any amount of bones. Simmer for at least six hours or up to 24 hours. If you have a crock pot, it's ideal for longer cook times.

Gardening tip: Don't let those leaves in your yard go to waste! Leaves that have aged for a year (undisturbed) provide beneficial fungus to your garden soil.

180 Degree Farm is located at 237 Emory Phillips Road, and organic turmeric, ginger, citrus, sweet potatoes, carrots, beets, salad greens, kale, broccoli and more, are in season.

Thank you to our donors!

As a not-for-profit entity, Piedmont relies on the generosity of others like those who support Cancer Wellness at Piedmont in order to offer many programs, services and advanced medical technology to the community. For more information or to donate in support of Cancer Wellness at Piedmont, visit give.piedmont.org or call **404.605.2130**.

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Recognizing annual contributors to oncology programming at Piedmont Healthcare from Sept. 1, 2020 to Sept. 30 2021. We have made every attempt to accurately reflect annual giving level as well as listing preferences. If you have any questions or notice a discrepancy, please contact Jeanine Osborne, Donor Relations Officer, at 404.605.2772 or jeanine.osborne@piedmont.org.