

Jan/Feb 2024

# Cancer Wellness Newsletter

In This Issue:

**Cervical Health Awareness Month**  
**National Cancer Prevention Month**  
**Join our new Tai Chi Beginner Series**  
*...and more, inside!*



For more information about the Loran Smith Center programs or to register for a class, please email [loransmithcenter@piedmont.org](mailto:loransmithcenter@piedmont.org) or call **706.475.4900**.


*This newsletter is made possible by the Thomas J. & Sara Cooney Endowment.*

*Empowering cancer care close to home.*

**LORAN SMITH CENTER**  
*for cancer support*



*Real change lives here*



At Piedmont Athens Regional, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, cooking demos, expressive art classes, and counseling are available to anyone affected by cancer at any phase in his or her journey. The Loran Smith Center for Cancer Support at Piedmont Athens Regional serves anyone regardless of where they received treatment.

## What's Happening at the Loran Smith Center

Sandy Pyle, BSN, RN, ONN-CG

Happy New Year!

We've wrapped up 2023 here at The Center. Hopefully you had a chance to stop by and tie a ribbon on the tree or visit with our friend Santa. Now we're looking forward to ringing in 2024! I'm not one for resolutions, I am more of a take stock and look for improvement type of person. How about you? Do you make new year's resolutions? Are you successful? We've all seen the variety of studies surrounding resolutions. 46% of Americans make resolutions and only 9% claim success by the end of the year, 62% say they feel pressured to set a new year's resolution (64% of women and 60% of men) [Forbes Health/OnePoll Survey for 2024], the majority of resolutions (80%) are abandoned by February.

As you would imagine, the top resolutions are focused on fitness, mental health, weight loss / better nutrition and improved finances. All things we should focus on to a certain degree. Not sure where to start? Reach out to us at The Loran Smith Center. We have a number of classes and programs that can help in these areas and staff that can provide resources for you as well.

In taking stock at The Center, I feel like we finally have our feet under us again (after the impact of the pandemic) and continue to look at what would benefit our clients. For 2024 we will pause the caregiver support group for a time (due to lack of attendees) and instead work on a caregiver workshop/program. If you are a caregiver, let us know what would work for you and what would benefit you most.

In January we start a Tai Chi Beginner Series, Wednesdays from 2-2:30 p.m. This class is for those with little or no Tai Chi experience or if you feel you need a refresher.

Is there something you would like to see us do? Please reach out to The Center and let us know! I look forward to hearing from you.

Wishing You All the Best for 2024,

With Peace and Love,

*Sandy*

For more information about the LSCCS programs or to register for a class, please email [loransmithcenter@piedmont.org](mailto:loransmithcenter@piedmont.org) or call **706.475.4900**.





# January is Cervical Health Awareness Month

Robin Black, RN

The United States Congress designated January as Cervical Health Awareness Month. More than 14,000 women in the U.S. are diagnosed with invasive cervical cancer yearly and more than 4,000 women will die of this diagnosis. 98% of cervical cancers can possibly be prevented by screening and the HPV (Human Papillomavirus) vaccination.

Most cervical cancers are mainly caused by lengthy infection with HPV which is a common virus spread from person to person during unprotected vaginal, anal, or oral sexual activity. It is estimated that at least half of sexually active people will have HPV at some point in their lives but not all will be affected by cervical cancer. Some very rare types of cervical cancer are not caused by HPV. Regrettably, there is not an effective screening for these types.

## **These symptoms may help you to recognize the presence of cervical cancer:**

- Vaginal bleeding after sexual intercourse
- Vaginal bleeding after menopause
- Vaginal bleeding between periods that is heavier and longer than normal
- Vaginal discharge that is watery and has a strong odor or contains blood
- Painful sexual intercourse
- Pain in the pelvic region
- Complications in bowel movements

It is important to note, although 93% of cervical cancers can be prevented by screening and HPV vaccinations, being aware of risk factors are equally important. Becoming sexually active at a young age, having numerous unprotected sexual partners, or having one partner who is considered high risk (HPV infection and numerous sexual partners) also need to be taken in consideration and brought to awareness.

***In January, please remember, we wear teal and white ribbons in honor and memory of those women who have been affected by cervical cancer.***





## February Is National Cancer Prevention Month

Robin Black, RN

February is National Cancer Prevention Month. Regular cancer screenings are essential to protecting your health and prolonging your life. Cancer is the 2nd leading cause of death, exceeded only by heart disease. Research has proven that more than 40% of all cancers diagnosed and nearly half of all deaths in the U.S. can be attributed to preventable causes.

The steps for cancer prevention and reduction are neither complicated or impossible.

- **Don't smoke**

Smoking and secondhand smoke cause 90% of lung cancer in the United States. Tobacco product use is associated with cancers of the mouth, throat, larynx, esophagus, bladder, pancreas, cervix, colon, rectum, liver, and stomach.

- **Maintain a healthy weight**

Being overweight and obesity are linked to at least 13 types of cancer including endometrial, breast, and colorectal.

- **Exercising regularly**

At least 150 minutes of exercise weekly is recommended.

- **Protect skin from sun exposure**

Use adequate sun protection year-round and avoid indoor tanning beds. Tanning beds increase the risk of developing the 2 most common types of skin cancer: squamous cell cancer by 58% and basal cell carcinoma by 24%.

- **Limit alcohol intake**

The risk of cancer is linked with the amount of alcohol consumed which includes beer, wine, and liquor. If you drink, do so only in moderation: 1 drink a day or less for women or 2 drinks a day or less for men. One drink is considered 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor.

- **Vaccinate against pathogens that cause cancer**

HPV (Human Papillomavirus), Hepatitis B and C are linked to liver and cervical and oral cancers.

Also, be knowledgeable of your family history. This information can assist you and your physician to determine which screening tests are needed and at what age screenings should begin.

# Tools to Help with Healing Grief



The social workers at the Loran Smith Center have the honor of working with people who have many different relationships to cancer. Sometimes these relationships raise daunting questions, and often they have a great deal of depth. They can challenge us in unexpected and unwanted ways, and they can show us strengths we didn't know we had when we have to keep moving.

Often the relationship we have with cancer is not in ourselves, but in someone close to us, and at times this leads to losing people we've loved. One of the first things anyone who has lost a loved one will tell you is that grieving is different for everyone. It's a profoundly personal experience in which we discover our unique ways of feeling and moving through life in a new way.

Twice a year the Loran Smith Center hosts a series of nine weekly meetings specifically

designed to help people navigate loss. If you have lost someone to cancer (or any other process) and you are struggling to cope with what is naturally an overwhelming experience, this group is intended to give you some bearings and help you move forward. It is a place where our losses can create meaning and strength for others and ourselves.

These meetings will be hosted by one of our long-standing counselors, Lauren Liverman, and our intern from the Social Work program at UGA, Tim Platz. The hosts share specialized education in the field of grief and bereavement, and the group is rooted in the idea that grief is an expression of love. We learn to honor the ones we've loved by living to the fullest, and we often do this together.

See below for details on the next workshop.

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## Healing Grief Workshop

*Facilitated by Lauren Liverman, LCSW*

A nine-week workshop for those who have lost someone through death. The loss does not have to be a cancer related death. Please contact the center at 706.475.4900 for more information and to register.

The next workshop begins Wednesday, February 14th. All sessions are from 3–4:30 p.m. every Wednesday through April 11th.

Topics Include: Getting Acquainted, Stress Management, Understanding Grief, Anniversaries, Remembering, Memorialization, Accepting, Role Changes, Closure & Evaluation.



### **Registration is required.**

Call us at 706.475.4900 to register or to ask questions.





# Therapy for Hormone Receptor Positive Breast Cancer

Sandy Pyle, BSN, RN, ONN-CG

Treatment for Breast Cancer does not come with a fit one fits all approach. There are a lot of variables when it comes to treatment of the disease that lead to a variety of treatments. One of the factors is hormone receptor status. Pathologists study breast cancer cells to determine the components that caused the breast cancer to grow, along with other factors. One factor is the estrogen receptor and progesterone receptor status of the cell. Estrogen and progesterone are naturally occurring hormones in women and may trigger breast cancer cells to grow and reproduce. The New England Journal of Medicine reports approximately 70% of breast cancers are hormone receptor positive. The good news is, there are tools to treat these cancers and reduce the risk of recurrence.

Selective Estrogen Receptor Modulators (SERMs), tamoxifen and raloxifene are used in women that are pre-menopausal. Aromatase inhibitors (Arimidex/anastrozole, Aromasin/exemestane) are used in women that are post-menopausal. Typically, these therapies are started after treatments like chemotherapy, radiation therapy and surgery are complete, in the form of a daily pill, for 5 or more years (your doctor will decide on length of time).

While many women take these drugs without any difficulty, the side effects can be a challenge for some.

If you anticipate taking or currently take these medications and would like more information about them and how to manage possible side effects, please join us at The Loran Smith Center for our Hormone Therapy Class for Breast Cancer Patients:

## Classes for 2024

Mondays, February 12, April 15, July 15,  
September 16 and November 4.

All classes are held from 4-5:30 p.m.,  
Griffin DuBose Healing Lodge

**Registration is required.**

Call 706.475.4900 to RSVP  
or if you have questions.





## Join Us for Tai Chi Beginner Series

**Tai Chi Beginner Series** will be held on Wednesdays from 2–2:30 p.m. from January 10 through February 14, 2023.

We will warm up with gentle qigong exercises and will learn step-by-step a practice from the Tai Chi for Health Institute. Tai chi has been shown to improve strength, flexibility, and balance. This mind-body practice can increase feelings of relaxation and focus. Movements can be done standing or seated and can be adapted to your body.

*This class is open to people with little to no tai chi experience.*

**Tai Chi Ongoing Class** will continue on Tuesdays from 11–11:45 a.m.

We warm up with gentle qigong exercises and practice tai chi forms from the Tai Chi for Health Institute. Movements can be done standing or seated and can be adapted to your body.

*Drop-ins welcome, but some prior experience with tai chi suggested for best experience.*

**Katie Calkin, MPH, MCHES**

Health Educator, Community Health & Relations  
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# Programs

Please keep in mind that all of our program dates and locations are subject to change.

## KNOWLEDGE

### Hormone Therapy Class

This class is for women on hormone therapy for estrogen receptor positive breast cancer (Tamoxifen, Arimidex, Aromasin, Femara, etc). In this class you will learn the science behind the treatment and discuss methods for managing side effects. **RSVP required. Call 706.475.4900**

Mondays, 2/12, 4/15, 7/15, 9/16, 11/4; 4-5:30 p.m.

## MOVEMENT

### Tai Chi

Tai Chi is a moving meditation that improves fitness of mind and body. We warm up with gentle qigong exercises and practice tai chi forms from the Tai Chi for Health Institute. Movements can be done standing or seated and can be adapted to your body.

*Drop-ins welcome, but some prior experience with tai chi suggested for best experience.*

Tuesdays, 11-11:45 a.m.

### Tai Chi Beginner Series

We will warm up with gentle qigong exercises and will learn step-by-step a practice from the Tai Chi for Health Institute. Tai chi has been shown to improve strength, flexibility, and balance. This mind-body practice can increase feelings of relaxation and focus. Movements can be done standing or seated and can be adapted to your body.

*This class is open to people with little to no tai chi experience.*

Wednesdays, Jan. 10-Feb. 14; 2-2:30 p.m.

### Yoga for Peace, Calm and Hope

This ongoing, weekly yoga class is designed for the cancer patient. The class incorporates gentle movement in a nurturing environment. To help increase energy, remove pain, and recover strength.

Fridays, 11:30 a.m.-12:30 p.m.

## PEACE

### Healing Touch and Reiki

Individual sessions that focus on the energy system of the body to promote relaxation, reduce stress, and minimize side effects.

By appointment only, 706.475.4900

### Mindfulness for Mind and Body (In person)

*Facilitated by Brooke Bidez, LMSW*

Learn a variety of techniques focusing on the breath, observing your body for tension or discomfort and noticing all five senses. Studies suggest many positive benefits of mindfulness including reduced stress, help in coping with pain, improved cognitive ability and increased sense of well-being.

Every Friday, 10:45-11:15 a.m.

*Out of respect for others, we ask that you do not enter class after 10:45*

### Mindfulness-Based Stress Reduction (Online)

*Facilitated by Mike Healy, Ed.D.*

Learn ways to reduce stress, lessen physical and emotional pain and cope better with everyday demands.

Call Mike at 706.248.8918 for more information.

Second Friday of every month





## SUPPORT

### **Breast Cancer Support Groups**

*Facilitated by Sandy Pyle, RN, BSN, ONN-CG, and Robin Black, RN Nurse Navigators*

A group for women with a diagnosis of breast cancer to share information, resources, and experiences.

**Second Thursday of every month, 5:30 p.m.**

### **Women's Cancer Support Group**

*Facilitated by Robin Black, RN and Brooke Bidez, LMSW*

A group for any woman with any type of cancer diagnosis. A group to discuss treatments, side-effects, coping, stress reduction and survivorship in a safe, confidential setting.

**Second Tuesday each month 1-2:30 p.m.**

### **Mondays for Men, Cancer Support Group**

*Facilitated by Joel Siebentritt, LCSW*

A confidential setting for male cancer patients to discuss treatment, side-effects, and survivorship. Any man from any diagnosis, currently in treatment through long-term survivorship is welcome.

**Fourth Monday of every month, 12-1:00 p.m.**

### **Triple Negative Breast Cancer Support Group**

*Facilitated by Robin Black, RN, Oncology Nurse Navigator*

A group for women diagnosed with Triple-Negative Breast Cancer, aimed to address the unique needs of this community.

**Fourth Monday of every month 2-3:30 p.m.**

### **Illness Adjustment Counseling**

Individual sessions to address issues such as stress, anxiety, treatment decisions, and family communication.

**By appointment only, 706.475.4900**

### **Grief Support**

Individual and group support for grieving adults.

**By appointment only, 706.475.4900**

### **Healing Grief Workshop**

*Facilitated by Lauren Liverman, LCSWs*

A nine-week workshop for those who have lost someone through death. The loss does not have to be a cancer-related death.

Please contact the center at 706.475.4900 for more information and to register. Registration Required.

**Wednesdays, 1/14-4/11, 3-4:30 p.m.**

### **Individual Support for Adults**

**By appointment only, 706.475.4900**

## SUSTENANCE

### **Nutrition Counseling and Side-Effect Management**

Individual sessions by physician referral.

**By appointment only, 706.475.4900**

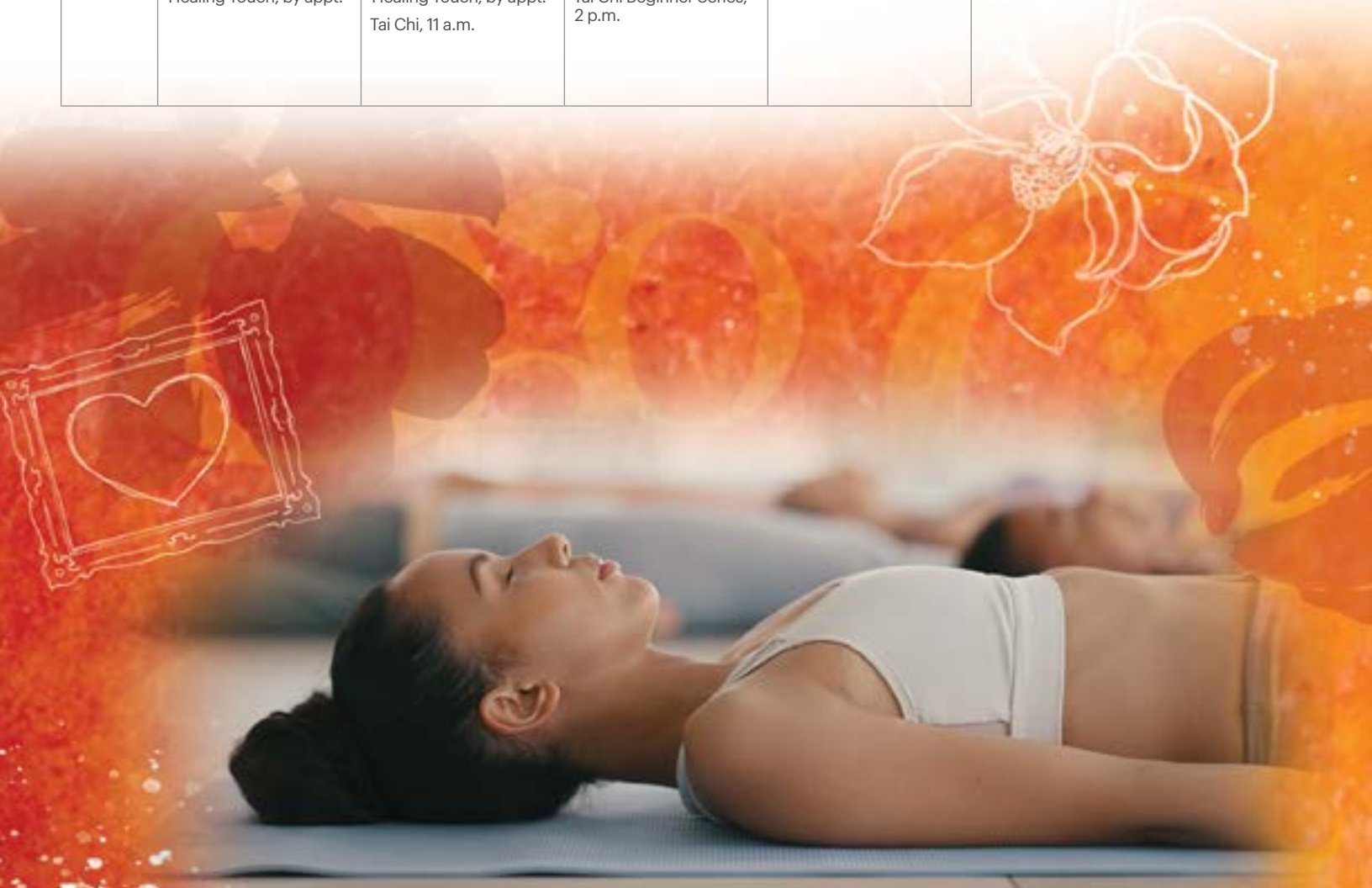
“The Loran Smith Center and its services have done more for me than anything else.”

— a grateful patient



# January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Loran Smith Closed	2 Healing Touch, by appt. Tai Chi, 11 a.m.	3	4 Healing Touch, by appt.	5 Mindfulness, 10:45 a.m. Yoga, 11:30 a.m.	6 Mindfulness Practice Group, 8:30 a.m.
7	8 Healing Touch, by appt.	9 Healing Touch, by appt. Tai Chi, 11 a.m. Women's Cancer Support Group, 1 p.m.	10 Tai Chi Beginner Series, 2 p.m.	11 Healing Touch, by appt. Breast Cancer Support Group, 5:30 p.m.	12 Mindfulness, 10:45 a.m. Yoga, 11:30 a.m.	13 Mindfulness Practice Group, 8:30 a.m. (online only)
14	15 Healing Touch, by appt.	16 Healing Touch, by appt. Tai Chi, 11 a.m.	17 Tai Chi Beginner Series, 2 p.m.	18	19 Mindfulness, 10:45 a.m. Yoga, 11:30 a.m.	20 Mindfulness Practice Group, 8:30 a.m. (online only)
21	22 Healing Touch, by appt. Men's Cancer Support Group, 12 p.m. Triple Negative Breast Cancer Group, 3 p.m.	23 Healing Touch, by appt. Tai Chi, 11 a.m.	24 Tai Chi Beginner Series, 2 p.m.	25	26 Mindfulness, 10:45 a.m. Yoga, 11:30 a.m.	27 Mindfulness Practice Group, 8:30 a.m. (online only)
28	29 Healing Touch, by appt.	30 Healing Touch, by appt. Tai Chi, 11 a.m.	31 Tai Chi Beginner Series, 2 p.m.			



# Thank you to our donors!



Gifts in support of Loran Smith Center for Cancer Support guide patients and their families through their cancer journey. To make a donation and help continue to make these programs possible, checks may be made out to The Loran Smith Center for Cancer Support or visit [give.piedmont.org/lscs](http://give.piedmont.org/lscs)

## Loran Smith Center For Cancer Support

David and Becky Lockman

Kristina Schultz Tanner and Matt Smith

Athens District No 6 OES

Ann S. Malanoski

University Cancer & Blood Center LLC

Stanley and Elaine Cinnamon

To donate visit [give.piedmont.org/lscs](http://give.piedmont.org/lscs)

### Quotes From Grateful Patients

"I felt as relaxed as if I had just had a massage."  
— a patient after a yoga class

"This really does help. I'm so glad we have this!"  
— a patient after support group

## February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Healing Touch, by appt.	2 Mindfulness, 10:45 a.m. Yoga, 11:30 a.m.	3 Mindfulness Practice Group, 8:30 a.m.
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11	12 Healing Touch, by appt. Hormone Therapy, 4 p.m.	13 Healing Touch, by appt. Tai Chi, 11 a.m. Women's Cancer Support Group, 1 p.m.	14 Tai Chi Beginner Series, 2 p.m. Healing Grief Workshop, 3 p.m.	15	16 Mindfulness, 10:45 a.m. Yoga, 11:30 a.m.	17 Mindfulness Practice Group, 8:30 a.m. Triple Negative Breast Cancer Group, 2 p.m.
18	19 Healing Touch, by appt.	20 Healing Touch, by appt. Tai Chi, 11 a.m.	21 Healing Grief Workshop, 3 p.m.	22	23 Mindfulness, 10:45 a.m. Yoga, 11:30 a.m.	24 Mindfulness Practice Group, 8:30 a.m.
25	26 Healing Touch, by appt. Men's Cancer Support Group, 12 p.m. Triple Negative Breast Cancer Group, 3 p.m.	27 Healing Touch, by appt. Tai Chi, 11 a.m.	28 Healing Grief Workshop, 3 p.m.	29		





## BEAUTIFUL YOU BOUTIQUE

*Beautiful You is a cancer wellness boutique  
specializing in products for women who have  
had or are going to have breast surgery.*

For more information and to learn more about all  
that we offer, please visit our website!

| [piedmont.org](http://piedmont.org)



706.475.4811



Piedmont Athens Regional  
Medical Services Building



[BeautifulYou@piedmont.org](mailto:BeautifulYou@piedmont.org)