



Lancaster Cancer Center

Care Beyond Treatment

NEWS

Issue No. 4



SUMMER 2019

Summer is here!

This time of year is typically full of picnics, outdoor activities, and comfortable evenings. Here are a few tips to keep in mind throughout the summer months ahead:



- Limit your sun exposure
- Avoid dehydration during hot summer days
- Manage hot flashes
- Keep your head cool with a comfortable wig
- Swim ... swimming is one of the safest and most comfortable ways to be physically active

If you would like more information on how you can make your summer more enjoyable while in treatment, please speak with one of our nurses.

We wish everyone a safe and healthy summer!

H. Peter (Tracy) DeGreen III, DO and
Lena Dumasia, MD



Join Us for Family Fun Day!

Annual LCC Family Picnic - Hosted by the Healing Journey Foundation

Saturday, September 21

1 p.m. to 4 p.m.

Calvin G. High Pavilion
Greenfield Corporate Center

RSVP September, 12

Please see the front desk to sign-up or call **717.291.1313** ext: 100

Featuring cooking demonstrations
from Dishes 2 Nourish (D2N)

Rain or Shine

"Never trust your fears they don't know your strength." -Athena Singh



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This newsletter is published by The Healing Journey Foundation.

The Healing Journey Foundation was formed to empower cancer patients by giving them support in their journey through a variety of programs at no cost. The Foundation serves as an advocate to help patients and the community. Donations enable the foundation to provide free services which help patients and their families cope with a cancer diagnosis and treatment.

Barbecue Season Is Here

What You Need to Know When Cooking Out

According to American Institute for Cancer Research, cooking meat at high temperatures, as in grilling, can generate two types of cancer-causing substances - HCAs and PAHs and may in turn increase the risk of cancer.

AICR recommends limiting or avoiding processed meat and choosing only moderate portions of red meat because even small amounts of processed meat, when eaten regularly, increase risk for colorectal cancer. Also, eating large amounts of red meat increases the risk of colorectal cancer, and so there are many reasons to get creative when it comes to you barbecue.



Get Creative

“Try barbecuing more plant foods. Grilled vegetables and fruits are delicious, they don’t form HCAs when cooked and they’re key elements in a cancer protective diet,” says Alice Bender, MS, RDN, Director of Nutrition Programs at AICR.

AICR’s New American Plate model for cancer prevention recommends filling at least two-thirds of your plate with plant foods. At your cookout, include plenty of colorful grilled vegetables and fruits like asparagus, red peppers, tomatoes, mangos and pineapple.

Five Steps for Cancer-Safe Grilling

AICR calls for attention to these simple precautions:

- 1. Marinate:** Studies suggest that marinating meat before grilling can decrease formation of HCAs.
- 2. Pre-Cook:** If you are grilling larger cuts, you can reduce the time your meat is exposed to flame by partially cooking it in a microwave, oven or stove first.
- 3. Go Lean:** Trimming the fat off your meat can reduce flare-ups and charring. Cook your meat in the center of the grill and make sure to flip frequently.
- 4. Mix It Up:** Cutting meat into smaller portions and mixing them with vegetables can shorten cooking time.
- 5. Go Green:** Grilling of vegetables and fruits produces no HCAs. So, add veggies and cut down the amount of meats.

FINANCIAL ASSISTANCE

Any patient receiving Financial Assistance, please contact Patty Miller, CMA at **717.291.1313 ext. 111** or pattym@lancastercancercenter.com to ensure that requirements are met for the upcoming year.



Upcoming Dishes 2 Nurish Classes

Probiotics, Prebiotics, and Gut Health

Thursday, July 11, 10-11 a.m.

Researchers are continuing to learn more about how the bacteria and yeast living in our guts (coined the “gut microbiome”) can impact anything from body weight to the immune system. Join this D2N class to discover why intestinal health is important and practical ways to nourish your microbiome.

Unwrap the Truth: Antioxidants

Thursday, August 8, 10-11 a.m.

Many individuals facing cancer treatment are instructed to avoid antioxidants...but what are they, and where do they come from? This month we will discuss different types of antioxidants, where they’re found in food and supplements, and the risk/benefits of consuming them.

Unwrap the Truth: Healthy Eating During Cancer Treatment

Thursday, September 12, 10-11 a.m.

Food is the fuel that keeps the body strong during cancer treatment. Unfortunately, many treatments can make eating challenging. Ideal for patients and caregivers, this class will focus on the most common eating problems one can have during treatment as well as ways to work around them to nourish the body.

All classes are held at Lancaster Cancer Center, 1858 Charter Lane, Greenfield Corporate Center, Lancaster. Seating is limited. Registration required. To learn more or to register, call 717.291.1313 ext. 102 or email lcoleman@lancastercancercenter.com.



Stay Hydrated This Summer!

Hydration is key and adding fruit to infuse in your water can make drinking a daily dosage alot easier! Here are some fruit infused recipes:

- **Immune Support**-Combine orange, apple and ginger root and add it to water to nourish your immune system. Oranges help strengthen your system, apples can help protect against infections, and ginger is full of immune-boosting power.
- **Improve Digestion**-Mix together Lemons, Limes, and cucumber to stimulate your digestive system. Lemons and limes help jump-start digestion. Cucumbers are full of fiber and water which are great for digestion.
- **Boost Metabolism**-Use Iced green tea instead of water and add lime and mint to your infuser. Green tea is a healthy alternative to other sugary beverages and mint and lime can be used to flush out toxins from your body and boost your metabolism.

Stay Safe In The Sun

Summer is here and we all want to enjoy the outdoors but it’s important to stay safe. According to the American Cancer Society, here are recommend tips:

- **Cover up:** When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.
- **Use a broad-spectrum sunscreen** with an SPF of at least 30: Reapply at least every 2 hours, as well as after swimming or sweating.
- **Seek shade:** Limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.
- **Avoid tanning beds and sunlamps:** Both can cause serious long-term skin damage and contribute to skin cancer.



A Word on Scheduling

We try to service our patients according to your scheduled times. We prefer you not have to wait should you arrive at an unassigned time. We schedule maintenance and necessary quality measures for the instruments and other laboratory issues around your appointment. We may not be able to service you at these “down” times. So please feel free to call us and advise us if you need to change your time. Lab phone number and extension - 717.291.1313 ext 4. Thank you.

Attention!

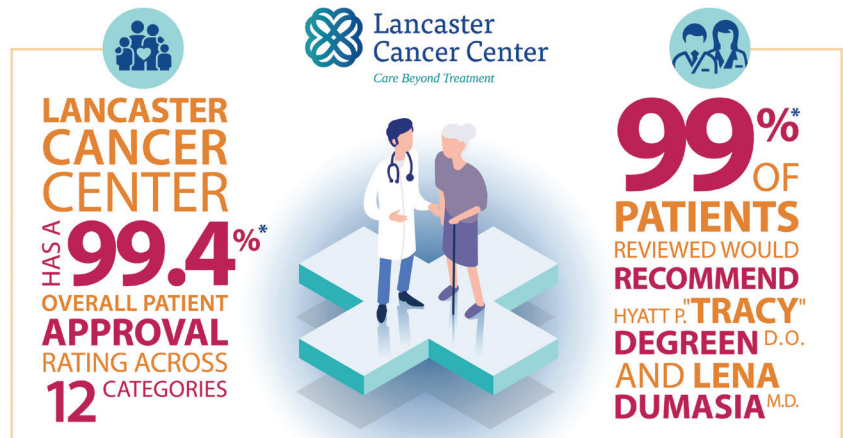
As of June 17, our Electronic Medical Records (EMR) vendor, Flatiron, installed an upgraded medical records access tool. They changed the *See Your Chart* platform to one called "Carespace". Patients should have been notified by Flatiron of this change, and given instructions how to change their log in from SYC to Carespace.

If you were unaware of this change, or have trouble accessing the selected files in your medical record, please contact the front desk staff.

This new platform is an enhanced version and should be of real value to patients.

Thank you.

PATIENT SATISFACTION SURVEY RESULTS



* reflects data collected from January 2018 to present



Healing Together Support Group

The support group will meet two times a month for one and a half hours. The group will offer a safe place for patients and their families impacted by their healing journey from cancer to share their experiences and emotions with others who are in similar situations. The group will provide a place that you can help feel better, more hopeful, and not so alone about your journey. It will also give you a chance to talk about your feelings and work through them with other members who understand. The group will help you manage practical problems such as work, nutrition, and daily life activities. Lastly, it gives you a place to learn how to cope with the treatment.

For dates and times, call **717.396.8679**.