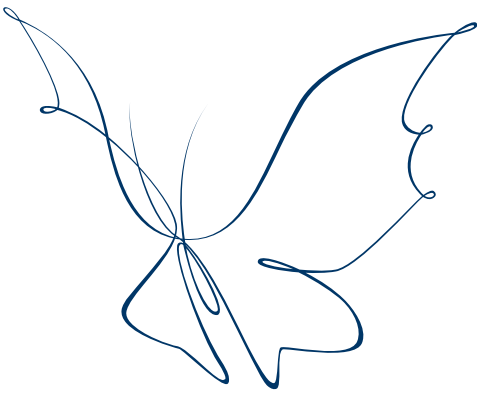


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## Celebrating Milestone's

Cancer is a life-changing event. Recognizing milestones can help you put your cancer journey into perspective and recognize the changes in your life, both good and bad. It can be an opportunity to celebrate your hard work and the fact that you are a cancer survivor.

Who is a cancer survivor? The National Cancer Survivors Day Foundation defines a "survivor" as anyone living with a history of cancer – from the moment of diagnosis through the remainder of life.

Marking milestones during and after treatment can be done in many ways. Many people find it meaningful to recognize the one year and five year cancer free milestones. Other key anniversary dates can be end of chemotherapy or radiation therapy, the date of your cancer diagnosis, the surgery to treat your cancer or each follow up visit. These dates can trigger relief and joy. Taking time to recognize anniversary dates allow you to reflect on your journey.

Ways to reflect on your journey could be small and intimate or large and extravagant. Examples are going to lunch with a friend, dinner with your spouse to a fancy restaurant, getting your first hair cut after treatment, planning a special event or



enjoying a simple scoop of ice cream.

Some patients want to find a way to give back. One way can be to volunteer for an organization or at an event (Relay for Life, Carry the Torch, Light the Night), or even bringing in a food items (non-perishable) to the office that helped you through your treatment that could help other patients, wigs, hats, scarves etc.

Everyone's cancer journey is different and feelings and emotions you have about your cancer milestones are unique, as are the ways you choose to celebrate.

Resources: [Cancer.net](http://Cancer.net), [NCSD.org](http://NCSD.org)

## Inside This Issue

Celebrating Milestone's	1
Program Highlights	1
Upcoming Events	2
Sleep Habits	2
Peach Crumble	2

## Survivorship Program Highlights

LCC's first Survivorship program was held on March 7th for patients, family and caregivers. Becky Cutchin, ANP gave a presentation on what survivorship is, who is a survivor, milestones, ways to reduce stress, fears that survivors have and possible topics for future programs for the rest of the year.

There are 14 million cancer survivors in America. Everyday issues that a cancer survivor faces are fear of the future, how to stay well, nutrition, exercise, sexuality, employment issues, long term side effects of therapy and priorities in life after diagnosis.

LCC's Survivorship Program will cover many topics that our patients want to learn more about. A support session for all attendees is followed after a presentation.

The next Survivorship Program is June 13th from 4-6pm. Make sure to RSVP by calling 446-5050.

Make sure to "Like" Lafayette Cancer Care on Facebook to learn more about this program, other upcoming events, and more information.

### Future Dates:

June 13th, Time: 4-6pm  
September 12th, Time: TBA  
December 5th, Time: TBA



Becky Cutchin, RN, ANP-BC, OCN

**Please RSVP by speaking with a staff member in the office or calling 446-5050. Space is limited; register early! Family members and caregivers are welcome to attend this program.**

# Upcoming Events

## Relay for Life

When: Friday, May 31st - Saturday June 1st

Time: 7:00pm – 7:00am

Where: Lafayette Jefferson High School

Join LCC's Relay team. Visit [relay.acsevents.org](http://relay.acsevents.org) and search for the event by zip code. Our team name is Unity's Cancer Teams.

## Survivor Day

When: Thursday, June 6th

Time: TBD

Where: Unity Medical Pavilion - Boardroom

An open house celebration filled with entertainment, light refreshments, door prizes and a chance to meet fellow survivors. Celebration is sponsored by Lafayette Cancer Care, Innervation Advanced Medical Imaging, Faith, Hope and Love, Franciscan Hospital and Unity Healthcare. Representatives from American Cancer Society, Community Cancer Network, YWCA Women's Cancer Program and other organizations will be in attendance.

## Survivorship Program...Road to Wellness

When: Thursday, June 13th

Time: 4-6pm

Where: Unity Medical Pavilion - Boardroom

Open to Lafayette Cancer Care patients, family and their caregivers. The topic for this session is nutrition and exercise. Please RSVP by calling 446-5050.



**Lafayette Cancer  
Care T-Shirts  
on Sale NOW,  
\$7 each!**

## Donations Needed for Community Cancer Network

Drop off canned goods, boxed meals, toilet paper, laundry soap and other food and household supplies to Lafayette Cancer Care.

All donations go to cancer patients of the Community Cancer Network.

## Sleep Habits

A good night's sleep is vital for a cancer survivor. Sleeping well is an essential aspect of healing your body. Creating good habits including going to bed at the same time every night and waking up at the same time every morning is good. Most people need an average 7-8 hours per night.

Incorporate a relaxing bedtime routine of a few minutes of meditation, quiet music or easy yoga stretches before going to bed. Watch your caffeine intake in the afternoons and evenings. Create a good sleep environment. The bedroom should be quiet and relaxing.

Getting enough sleep can help your memory, concentration and ability to deal with stress and illness. It can also decrease your pain and increase your overall quality of life as a cancer survivor.

## Peach Crumble

Makes 6 to 8 servings

- 1/3 cup light brown sugar
- 3/4 cup oatmeal
- 1/2 cup natural wheat and barley cereal
- 1/2 cup all-purpose flour
- 1 1/2 teaspoons ground cinnamon, divided
- 1/2 teaspoon vanilla extract
- 2 tablespoons canola oil
- 2 tablespoons orange juice
- 1 (16-ounce) package frozen peaches
- 3 tablespoons sugar
- 1 tablespoon cornstarch

Preheat the oven to 350 degrees. In a bowl, combine the brown sugar, oatmeal, cereal, flour, and 1/2 teaspoon cinnamon. Stir in the vanilla, canola oil and orange juice until crumbly; set aside. In a 2-quart dish coated with nonstick cooking spray, toss the peaches with the sugar, remaining 1 teaspoon cinnamon and cornstarch, coating well. Sprinkle the oatmeal mixture on top. Bake for 35 to 45 minutes or until bubbly.



Check out our  
videos on



[www.youtube.com/UnityHC](http://www.youtube.com/UnityHC)

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on Facebook



*Treating one patient and one family at a time.*