



St. Joseph's Cancer Survivor Corner

St. Joseph Medical Center, The Cancer Institute

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Christmas and Hanukkah: A Time of Giving

Christmas is a celebration of the birth of Christ and Hanukkah is the celebration marking the rededication of the Temple in Jerusalem, also known as the Festival of Lights. Although not traditionally noted for gift giving, both holidays are celebrated by giving gifts to family members and friends. Rarely do individuals give gifts to themselves. This Holiday Season, why not consider giving yourself a gift. The gift of emotional healing through the support services offered at HopeWell Cancer Support. HopeWell works on healing the body, heart and soul. Their mission is "to create a community for all people with cancer, their family and friends that encourages an exchange of information, the development of a support system and the presence of hope."

Services offered include support groups, lectures, yoga, meditation, journaling, quilting, QiGong and much more.

The treatment of cancer not only includes the medical interventions necessary to treat the cancer but also the emotional and spiritual healing of the whole person. For more information go to hopewellcancersupport.org.



Peripheral Neuropathy: What is it?

The National Cancer Institute defines peripheral neuropathy as "a nerve problem that causes pain, numbness, tingling, swelling, or muscle weakness in different parts of the body. It usually begins in the hands or feet and gets worse over time. Peripheral neuropathy may be caused by physical injury, infection, toxic substances, disease (such as cancer, diabetes, kidney failure, or malnutrition), or drugs, including anticancer drugs. The following chemotherapy drugs can result in neuropathy: Cisplatin, Carboplatin, Oxaliplatin, Taxol, Taxotere, Vincristine, Vinblastine, Etoposide and Velcad. If you are on any of these drugs or are at risk for neuropathy, your healthcare team will monitor you closely for any signs of neuropathy. Medication doses can be adjusted if it occurs, stopping treatment may not be necessary. The goal is to minimize the side effects but some treatments are available such as medications, physical therapy and acupuncture.

To receive this newsletter electronically, please send your email address to rosemarymenton@catholichealth.net.

Resources for Cancer Survivors

www.cancerrecovery.org

Daily Devotions

www.thelydiaproject.org

www.survivorship.cancer.gov

www.cancer.net/patient/survivorship

www.canceradvocacy.org

NCCS

www.cancercare.org

www.Livestrong.org

Have you heard?

- Ballroom dancing classes will be offered for free for patients and family members Thursday nights from 7-8 p.m.
- The End of Treatment Class is offered twice a week for patients who have finished all of their treatment
- The Lydia Project will send women cancer patients a handmade quilted bag for free- check the website
- St. Joseph Survivorship Program Nurse, Rose Menton can be reached at 410-427-2011
- The book lending library is located in the infusion waiting room
- Lagniappe Project supportive Art Experiences during chemotherapy