

Cancer Care Connection

MARCH 2007

Wellness Coaching for Cancer Survivors

BY PAM SCHMID



When cancer treatment ends, friends, family, and coworkers assume that all is well and that life resumes as it was before cancer. After all, there is no sign of cancer, right?

The truth is, the period after treatment

ends can be a very difficult time. Rigorous support by friends, family, and health care often ends. The anxiousness of wanting to get one's life back, combined with lack of energy and time to do just that, leaves many survivors frustrated, even depressed.

There is no place left untouched by cancer, physically, mentally, spiritually, emotionally, or financially. Many have to transition to a "new normal" and face many challenges. Fatigue, weakness, and other problems can persist for years, including short or long term side effects from chemotherapy or radiation

and on-going medications.

The good news is that becoming active, exercising regularly, eating a healthful diet, and maintaining a healthy weight all contribute to improved outcomes. Some of the many benefits are improved quality of life, reduced anxiety and depression, improved mood and self-esteem, and increased energy as well as reducing risk of recurrence, second primary cancers, and other chronic diseases, like heart disease and diabetes.

In *Nutrition and Physical Activity During and After Cancer Treatment: An American Cancer Society Guide for Informed Choices*, experts summarize the research related to optimal nutrition and physical activity after a diagnosis of cancer for survivors, their families, and providers to make informed choices during all phases of survivorship.

They go on to say an appropriate weight, a healthful diet, and a physically active lifestyle aimed at preventing recurrence, second primary cancers, and other chronic diseases **should be a priority.**

For breast cancer survivors, achieving or maintaining a desirable weight may be the most important action they can take. In fact, weight management is now considered a standard of care for overweight women diagnosed with early stage breast cancer. Survivors are encouraged to not only curb weight gain during treatment and after, but to preserve muscle mass by doing strength training during and after treatment.

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POP QUIZ

1. Which type of cancer is most common?

- Lung Cancer
- Skin Cancer
- Bone Cancer

2. Which type of cancer has the highest mortality rate?

- Lung Cancer
- Skin Cancer
- Bone Cancer

Answer: 1. Skin Cancer, 2. Lung Cancer

Surf the Web: Quick Links

Cancer Care Connection's Homepage:
www.cancercareconnection.org

Can a nap at work save your life?
[Click here](#)

Learn about a possible genetic risk for breast cancer:
[Click here](#)

Like to run for a cause? Find out about local races:
www.races2run.com



PAST POP QUIZ

1. What is the standard age when it is recommended to get a colonoscopy? 50

2. And, what about if you have a family history of colon cancer?

If you have a family history, you should talk to your doctor, but it is generally said to be at age 40

Helen F. Graham Cancer Center Survivorship Program Helps Cancer Survivors Define Their “New Normal”

The completion of active cancer treatment is a time of joy filled with new challenges for cancer patients. However, the relief of finishing treatment can be diminished by the emotional and physical issues brought forth in the recovery process which may take several months to complete. These multi-dimensional issues may impede a survivor’s ability to fully reintegrate into their family and work roles.



The Helen F. Graham Cancer Center has developed a Survivorship Program to help cancer survivors through this time of transition. The Survivorship Program has three components; the Survivorship Multidisciplinary Center (MDC), the

“Life After Cancer” educational program series and the Survivorship Journal.

The Survivorship MDC provides an opportunity for survivors to meet with a health psychologist, clinical nurse specialist and a masters-level oncology social worker, who have advanced training in issues of cancer survivorship. The purpose of the visit is to evaluate the survivor’s specific needs and develop an individualized Survivorship Plan that defines interventions and goals to help survivors re-engage in their life. These goals often focus on issues such as increasing exercise, improving nutrition, improving family communication, and managing fatigue, and sleep disturbances. The MDC provides follow up contacts to assist survivors as they set forth to reach their goals.

The “Life After Cancer” educational series offers 10 programs throughout the year which are focused on issues reported to be of greatest importance to cancer survivors. The series kicks off

on March 20th with “Fear of Recurrence”, a program designed to help survivors identify and deal with emotions about being a survivor. Other topics include Return to Work Issues, Nutrition, Physical Activity, Care for Co-Survivors, Stress Management, The Healing Power of Scrapbooking, Concentration and Memory, Survivorship and Personal Growth and Volunteering. Programs are offered at no cost and co-survivors (or caregivers) are encouraged to attend as well.

Participants in either program will receive a Survivorship Journal. The journal provides self-help materials which match the topics in the “Life After Cancer” series. The journal is also available to any cancer survivor who would like one, regardless of participation in the survivorship programs.

To obtain a copy of the journal, or more information on the Survivorship MDC or “Life After Cancer” series please call 302-623-4500.

Obesity: Epidemic, shmep-i-demic!

BY “MIGHTY” JOE STANKOWSKI

Is obesity really the problem the media makes it out to be?

I don’t believe overweight and obesity is really the PROBLEM. Look what happens if we turn the tables and view it as a SYMPTOM...

Obesity is the *result* of:

- * consistently questionable nutritional choices
- * less-than-adequate physical activity

Sounds like 'eat right and exercise' might be the best advice after all!

There will of course be those individuals who suffer rare metabolic conditions which may contribute to weight gain, but the operative word here is RARE. I meet a lot of people who are all-too-eager to bestow such self-importance upon themselves that they can 'self-diagnose' themselves as one of the rare ones and use that as an excuse to



why they can't lose weight - they sometimes do this while sitting in the drive thru line ordering their favorite super-sized meal. Sounds to me like the problem is in the choices one makes.

But maybe it's easier to handle being overweight if we find someone or something to blame?

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Corporate Member Spotlight **Dukart Management Corporation**

In this edition of the corporate member spotlight, we sit down with Les Dukart, president of Dukart Management. Dukart Management, a third generation family business, owns and operates 9 McDonald's Restaurants in the Delaware Valley. Originally started in 1960, Les Dukart's father opened his first McDonald's in the heart of downtown Newark. After Les joined the company in 1973, the business has grown and flourished. In June of 2006, Dukart Management joined the numerous companies involved in the CCC Employee Resource Program. We got a chance to learn a little more about Dukart Management as we interviewed Les...

Q: What do you feel is your company's greatest accomplishment?

A: I guess it would be survival through three generations. Also, maintaining a positive reputation in the community and balancing the need for profit and the need for taking care of your people.

Q: What would you like other Delaware Valley businesses and the community to know about your company?

A: That we will do whatever it takes to be successful, we challenge ourselves and we challenge our people. And we've never had to lay anybody off in all these years we've been in business. We'll be 47 years old on March 15th, and every year hasn't been a great year.

Q: Cancer Care Connection's Employee Resource Program, along with helping your employees and their families, helps the community. What other organizations do you support, other than that Ronald McDonald House?

A: There are very many. We look at it as there are many groups. We probably sponsor 40 teams. And we get involved with major companies when they're doing fundraising to name a few.

Q: What attracted you to the Cancer Care Connection program for your employees and their families?

A: Everybody's got problems. When you have something as major as cancer, that is one of the scariest words in the language. You can't just take your diagnosis without talking to someone or getting a second opinion. Not everybody has the resources to survive well, and everybody deserves that chance.

Q: What have your McDonald's done to promote healthy food options?

A: McDonald's is very proactive. We're the first company to print all of our nutritional information, which is kept up to the minute on our website. We also work with schools and groups for Ronald McDonald to promote a healthy lifestyle. An example is that we offer apple dippers, instead of fries, for Happy Meals. We can't tell people what to eat, but we can say you can't do this every meal of every day. You need to balance it out. Balance is the key to almost everything.



Advocates of Hope - Vince Papale to speak

You may remember the Statewide Cancer Awareness Summit, "Advocates of Hope", presented by the Delaware State Chamber of Commerce and Cancer Care Connection last April.

In 2007, the spirit of the Advocates of Hope conference will continue with a three part lecture series focusing on cancer awareness in the business community. According to the Delaware State Chamber, "Plans call for one session in each of Delaware's three counties. Each program will feature a main speaker

followed by a panel discussion focusing on risk reduction and survivorship."

The first event will be held on June 20th in New Castle County, where Vince Papale, former Philadelphia Eagle, will be speaking.

For more information, visit the Chamber's website at www.dsc.com.

Obesity— Who to Blame?

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- Don't blame your genetics. [Your parents may have provided a poor example for what 'health and fitness' really is but you have the power to change the way you think and act if you really want to]

- Don't blame the soda machines in schools and the workplace. [Just because it's there doesn't mean you have to support the junk-food industry. You can choose to have healthier alternatives]

- Don't blame the mega-portion sizes from the restaurant industry at-large (pun intended!) [You can choose to eat some now and take the rest home for another meal]



Take care of the real PROBLEM and the symptom will take care of itself.

Look, when I was a kid in the '70s, I couldn't stand vegetables. From what I remember, my mother boiled everything in such a way that no matter what color and texture it started out, it always came out of the pot a sickly gray and

mushy/slimy. Not very appetizing, huh?

Yet today, I quite happily eat vegetables with EVERY meal. (yes, even breakfast! veggie omelets, anyone?) How was I able to make this change? As I got older (and wiser!), I MADE THE CHOICE to learn other cooking techniques (can anyone say 'steamed veggies!'). There are a LOT of veggies to choose from, so even if you don't like asparagus no matter how it's prepared, remember - YOU HAVE THE CHOICE to try different things.

I know that if I can get past the years of limp gray matter that could only be identified as vegetables through laboratory testing, you can also make the choice to change the way you approach your health & fitness choices.

Bottom line: you don't need to be a victim of the 'obesity symptom'. Make the choice to become a part of the solution. Start by making better choices today!

Joe Stankowski is a Men's Fitness training advisor, Co-Author of "The Power of Champions", and an IDEA Master Trainer. Visit "Mighty" Joe's website at www.JoeStankowski.com and www.HomeExerciseResources.com.

The Priorities for Cancer Survivors

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The average American struggles to live a healthy lifestyle and manage their weight. It's not hard to understand how difficult it might be for a survivor, given the many challenges they face. In fact, exercise and a healthful diet often get pushed to the bottom of the list.

Wellness coaching is a convenient partnership that doesn't add to the list of overwhelming "to do's" and helps move it up the list. A weekly, or bi-weekly, thirty minute telephone session that involves no travel, and can be done anywhere there is a phone, makes it easy to fit in.

Most survivors are relieved to have an understanding partner to think through what they want, where they want to start, and someone to support them in taking consistent action to get there. It provides the beginning of momentum to take back control of their health and well-being; something that might be put off indefinitely, without support.

The recommendations are clear. The difference is the gap between what we know we need to be doing and actually doing it. Wellness coaching helps bridge the gap and builds confidence for survivors to make healthy living a part of their daily life one small step at a time.

To learn more, go to www.HealthyandFitAfterCancer.com, a program of Priorities Simplified. Pam Schmid is a Licensed and certified Executive Wellcoach, speaker, and trainer who has been a health and fitness professional since 1981. Through her experience of breast cancer, she has become an active patient advocate and has created a focus for healthy survivorship within her business. Contact Pam at Pam@PamSchmid.com or 919-553-9136.

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not alone.

www.cancercareconnection.org

-Call us-

We help people
deal with cancer.

1-866-266-7008

Cancer Care Connection, a non-profit organization, helps people make well-informed decisions through professional coaching and personalized information and resource connections. The employee resource program is funded through an employer contribution on a fee-based system. All proceeds cover the costs of delivering the specialized workplace program and support the free public program.