

The Connection



*Created by the Integrative Services Team of Peninsula Cancer Institute—
Combining the best treatments with support and education to promote healing and wellness for each patient*

Peninsula Cancer
Institute

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**Crisp air to breathe now.
Colors return to earthbound.
Energy renewed.**



**Hay-bale maze skipping.
Harvest moon grins from above.
Straw man in plaid winks.**



**Apple pie steaming.
Droplets on window's glass fall.
Eager children watch.**

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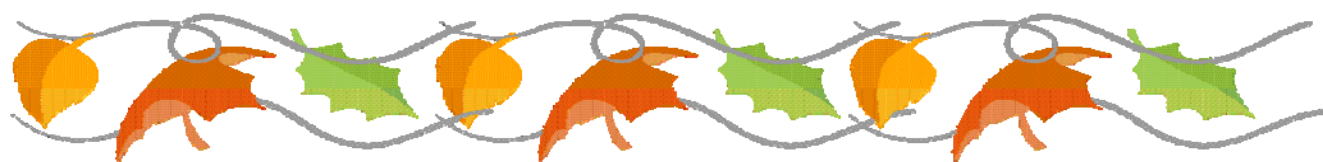
Artist —Lynne Lockbough

The process of making art is a metaphor for life itself, in that as the artist works she has absolute power to change the image. She can add color, shade, darken or highlight. If she chooses she can paint over the piece and start again. This is in itself an allegory of life. It can be reworked, if and when the individual decides to change. The patient often does not believe that she has such power over the course of her own life. In these instances the doing of art becomes an introduction into free will and the power of choice and creation.

Images empower.

(Moore 1987, p.85)

ART AS THERAPY
CREATE YOUR HEALING
- Martha



What Are Probiotics???

This mysterious word is appearing quite often in the news and magazines lately. Probiotics are, simply put, **good bacteria**. Our digestive system needs a balance of healthy bacteria to function properly. Antibiotics, illness and a number of other factors can disrupt this balance. By including certain foods in our diet, we can keep the balance where it should be for good health. These foods include:

Yogurt – real yogurt with ‘live cultures’ (not frozen like ice cream!)

Kefir – is a fermented milk drink

Tempeh - is a fermented food made from whole soybeans

Miso - is a thick paste made by fermenting soybeans with sea salt

Kim chi – a Korean fermented cabbage dish

Sauerkraut – raw, cultured versions

Other fermented foods (such as acidopholous milk, vinegar, cider [would have to be unpasteurized so avoid if your blood counts are low], beer, wine.....)

Another term you may hear is prebiotics. **Prebiotics** are the foods that friendly bacteria like to eat. These foods include:

Oatmeal

Flax seeds

Barley and other whole grains

Greens (dark green leafies like dandelion, kale, collards, chard)

Berries and other **fruits**

Legumes (lentils, kidney beans, chickpeas, navy beans, etc.)

Try to include probiotic foods in your diet at least 3-4 times per week. Even a few spoonfuls of yogurt will add plenty of good bacteria to your diet. Try to eat prebiotic foods everyday. These are the same foods that help us decrease risk of cancer (and recurrence), heart disease, diabetes, stroke, and hypertension. Plus, your digestion will feel so much better! Go to www.cancernutritioninfo.com for recipes that use kefir, tempeh and miso as well as the other foods listed here.

Probiotic supplements are also available. Neither the FDA nor any other federal or state agency routinely tests probiotics for quality prior to sale. If you decide to try a supplement rather than food, contact me. I have an article on what to consider when purchasing. There is concern that severely immune-compromised individuals may have adverse reactions to probiotic supplements so check with your doctor or nurse about your blood counts. You know my advice is to try food first! You've got to eat anyhow!!

Eat well! *Lynne*

Good Vibrations



“Hearing Aid”:



Guided Imagery CD's Aid Patients During Different Aspects and Stages of Their Cancer Experience.

Some patients have discovered a different form of help for the many challenges that cancer presents. Its called *guided imagery*, and it consists of popping in a CD or tape, sitting back, and listening. A soothing voice then “guides” the listener into a state of calmness while focusing on one particular issue (ex- anger, fear, pain...). As simple as this seems, research has shown significant reductions in pain, stress, and anxiety among patients who use guided imagery. One patient recalls her personal experience with guided imagery.

“A few days before outpatient surgery for breast cancer, I started listening to Guided Imagery CD's. As my operation neared, I was increasingly scared and worried about the lumpectomy, the lymph node removal, and the biopsy. The “Serenity” CD helped me to relax before going to sleep at night. The “Courage” CD helped me face the anxiety and fear of the operation and helped me sleep soundly the night before surgery. I repeated to myself, “I am courageous and victorious”, even while in the waiting room during the five-hour preparation time. The Tranquilities Series helped my emotional preparedness for breast cancer outpatient surgery and improved my mental outlook during recovery from surgery and during the seven-week radiation therapy. I've found an inner peace I did not have before. I can say I slept very well during this long ordeal. Just knowing that I can listen to any of the imageries any time I choose is comforting and gives me a feeling of control. I can be in a safe place anytime I choose” (excerpt taken from www.tranquilities.com).

Guided imagery is a wonderful way for patients to take an active role in their recovery. Interested patients can go online and find a guided imagery recording that is right for them. Known guided imagery cites:

www.healthjourneys.com www.guidedimageryinc.com
www.tranquilities.com www.musicalreflections.com

Greg





Knead To Know



BODY IMPRESSIONS

She nurtured my body with the primal energies of life.
**In the stillness of the fire lit room I returned to wholeness—
My body containing the vocabulary of moves
that flowed out of her with great care and focus.**

**She is a gentle presence who welcomes you within,
then invites you to receive a transmission
of nurturance, balance, and love.
Emotionally, I was elevated to a state of grace.**

**She imparted unending encouragement into my tissues:
"Drop the tensions."
"Let it fall away."
"Don't carry it into present time"
the silent voices of her fingers seemed to say.**

**My "body memory" remains vivid
weeks past this experience,
lingering with the body impression
of being filled with light and wonder.**

Shari Rose

SOUL HOUSE

The divine radiates through
**human hands
Loosening locks formed
of flesh
My soul shouts yes!
As windows and doors fly
open.**

Sequoia Seaborn

THE PRESENT MOMENT

To be completely present
**completely accepted.
Nowhere to go—nothing more to be.
Simply to be present
within the present that
is the gift of massage.**

Kathy Visgar

THE LANDSCAPE OF MY BODY

What better way
to become intimate with Self?
**The landscape of my body ...
remembered through the touch of your
hands.
A silent understanding between two souls ...
partnered in a dance of healing.
Somewhere in the flow of breath, sensation,
caring ...
the world of me comes alive.
How did I forget?**

Laurel Ricci

EXERCISE CAN IMPROVE BREAST CANCER SURVIVAL

Just A few hours a week is enough to make a difference

A few hours of walking or other exercise each week may help breast cancer survivors live longer, new research suggests. In a study of nearly 3,000 women, those who exercised this amount were less likely to die of their breast cancer than women who got less than 1 hour of physical activity each week. **This could give women another way to boost their odds of beating breast cancer, experts said.**

“Women with breast cancer have little to lose and much to gain from exercise,” said the study’s lead author Michelle Holmes, MD, Dr PH, of Harvard Medical School and Brigham and Women’s Hospital in Boston. “We already know that [breast cancer patients who exercise] have better mood, better body image, and better self-esteem. We know it fights other diseases that women with breast cancer can also get, like heart disease and diabetes. And it may also help these women avoid dying from breast cancer.”

Holmes and her colleagues published their findings in the *Journal of the American Medical Association* (Vol. 293, NO. 20:2479-2486).

You do not need to run a marathon to get benefit from exercise

All of the women involved in the study had been treated with standard therapies like surgery, radiation, chemotherapy and tamoxifen. Activities included walking, hiking, jogging, or running, as well as cycling, swimming laps, tennis, aerobics, squash, racquetball, or using a rowing machine.

Women who exercised the equivalent of walking about 1 hour a week, at a 2-3 mile-per-hour pace, had a lower risk of dying from breast cancer than women who got less than an hour’s worth of physical activity each week. Women who did a little more than that – the equivalent of walking about 3-5 hours per week at that pace – had the lowest risk of dying from breast cancer. Women who got more exercise than that also had a lower risk of dying, but not as low as women in the middle group.

“The benefit seemed to level off,” Homes said, “so the good news is women don’t have to run marathons to get the maximum benefit.” The benefit was about the same for women who were past menopause and those who had not yet reached

menopause. However, the benefit was statistically significant only in women whose tumors were sensitive to estrogen (ER+ tumors). That makes sense, Holmes said, because exercise reduces levels of estrogen in the body.

The amount of exercise that was helpful is right in line with what the American Cancer Society recommends for cancer survivors, said Debbie Saslow, director of breast and gynecologic cancers for ACS. Until there are more studies on lifestyle issues and cancer recurrence, ACS advises survivors to follow its [Nutrition and Physical Activity Guidelines for Cancer Prevention](#). Those recommend that adults get at least 30 minutes of moderate activity on 5 or more days of the week, and that for breast cancer risk reduction, 45 minutes or more may be even better.

Holmes said women should not think of exercise as a replacement for standard breast cancer treatment. And Saslow said it's not the only factor that could influence a woman's survival. "We need to make sure women understand that survival rates for breast cancer are high regardless of whether women exercise or not. Women who are unable to be physically active should not feel that they are harming themselves, and women who do follow the physical activity guidelines have no guarantee against a recurrence" she said. "But that's true of every drug or intervention".

Exercise is an important part of the recipe for good health. Aim for three hours or more a week. If you're not exercising now, try to get moving, and build it up over time. Don't be critical of yourself if you've been inactive. You can start moving today.

Information for this article was obtained from:

The American Cancer Society—www.cancer.org

Go to the above websites for a more in-depth review of the study

Additional resources:

CancerFit Walking Program—www.wellbeyondfitness.com
Walking Well Program—www.livestrong.org
CURE Magazine—www.curetoday.com

"The sum of the whole is this: Walk and be happy; walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose."

Comfort Corner...

What can we say about fall? It's the season when life begins to bustle again. Children's voices can be heard each morning as the familiar yellow school bus arrives in each neighborhood. Mothers watch with mixed emotions as some take the bus for the very first time while others are seasoned travelers.

The long, sun-filled days of summer are retreating as the cool, dark autumn evenings change our world. The air is crisp and clean, awakening our senses as we quickly grab our sweaters before leaving the house. Harvest time is here and with it comes juicy, red apples, plump, orange pumpkins and interesting looking squash and gourds of all sizes, shapes and colors.

Like so many, I think back to what it was like to be a child in the fall. I remember my mother sewing the cleverest of costumes for me and my dad making me a silver, wooden sword because how could Zorro be a hero without that burnishing blade? Halloween was a magical time of pretending and transforming into what could only be imagined. We bobbed for apples, told scary, ghost stories and took hay rides to no where in particular.

Then just around the corner comes Thanksgiving and a time not just for turkey with all the trimmings, but a time to remember the blessings we all have, in spite of the sorrows. Thanksgiving signals us that the Holidays are right around the corner whether we are ready or not. They will come.

How we each react to a time called "Thanksgiving" is different. For some there is much to be thankful for, family, friends, food on the table, a clean bill of health and a heart full of love, but for others, not so. This can be a difficult time for those who are alone and lonely, sick and hurting, waging a long war with the enemy (cancer) and wondering what their future holds. At times like these peace and comfort may be elusive, but well worth the search. Whether your mind can bring you back to a safer, gentler place in time or your heart can remember love's first kiss, surround yourself with the things that make you smile and create a warm glow within. Sip a hot cup of coffee, or a fragrant glass of wine, cuddle with your loved one, kiss your grandchildren, or sit in front of a roaring fire and rekindle your soul. This is your own sacred space, honor it and dwell in it for as long as you need.

Thanksgiving begins within!

Carol

What's New at PCI

Lymphedema Prevention Program

PCI is also very thrilled to announce the beginning of a brand new, innovative program designed for breast cancer patients who may be at risk for lymphedema. The incurable disease of lymphedema can be an unfortunate side-effect of a life-saving cancer treatment so it only seems right to offer our patient the tools they need to possibly prevent it. PCI believes in being proactive and so we want to give our patients the best information possible to aid in preventing lymphedema. The program was developed with the idea of treating the whole person—not just the disease. With that in mind, the approach of this course is aimed at prevention via the mind, body, and spirit. Through education and actions in living well we can give some amount of control back to the patient. This program is sponsored by the Dept of Integrative Services and is facilitated by Amy Hunt, CMT, CLT 757-345-5724



PENINSULA CANCER INSTITUTE FUND

We are very excited to announce the PCI FUND, a not-for-profit fund under the umbrella of the Riverside Foundation that supports cancer research as well as other free services for cancer patients provided by our integrative medicine program. The integrative program includes massage therapy, nutritional counseling, music therapy, family services, and patient education.

If you would like to donate in memory or honor of someone special, donations can be mailed to the PCI Fund and addressed to any of our 3 locations. You can even determine if the donation goes towards research or towards our integrative program—just indicate as such. If you have any questions, feel free to call us at any time.

What's New at PCI

An Introduction to Mindfulness Meditation and Gentle Yoga for Stress Reduction

To be mindful is to be fully present, not to the past or the future, but to what is unfolding moment by moment. It calls us to be impartial witnesses to what is happening now, without judging whether it is good, bad, or neutral.

It's about being

AWAKE!

A four week program designed to:

Improve concentration

Increase ability to relax

Increase ability to cope with pain

Learn methods to cope more effectively
with stressful situations

Groups are offered at all three PCI locations, Williamsburg,
Newport News, and Gloucester

New groups are forming now, so register at the location most
convenient for you. This program is offered to the patients of PCI.
It is sponsored by the Dept. of Integrative Services and will be facilitated by

Kathy Shore, cmt

757 534-5555 or 804 693-9037

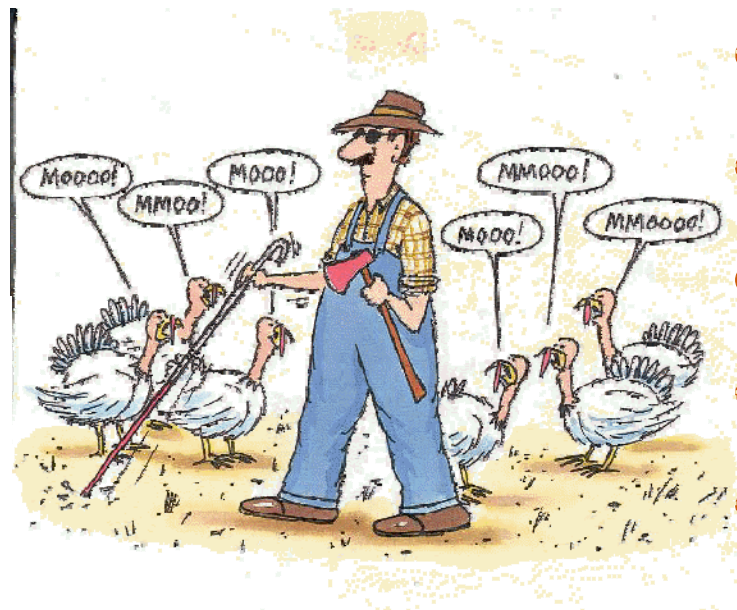
Thanksgiving Humor and Fun!!!

Thanksgiving is a traditional American Holiday where families all over the United States sit for dinner at the same time---
Halftime

**Did you hear about the R-rated turkey?
It's served with very little dressing.**

**What did the mother turkey say to her disobedient children?
If your father could see you now, he'd turn over in his gravy!**

Want to raise eyebrows on Thanksgiving Day? Here's How: Cut out aluminum foil in this fun shape. Wrap up the turkey and roast normally until done. When ready to serve, it will look like this.....



**Why did the police arrest the turkey?
They suspected it of fowl play.**

**What do you get if you divide the
circumference of a pumpkin by it's
diameter?
Pumpkin pi.**

The PCI Integrative Services Team has enjoyed preparing this newsletter for you. If you have any comments please feel free to let any one of us know your thoughts. We would love any suggestions or ideas you may have to make this newsletter better.

Iris Grant RN, OCN - Director/Patient Care Coordinator
Sandy O'Marah RN, OCN - Patient Care Coordinator
Carol Hearn RN - Patient Care Coordinator
Lynne Groeger MS, RD - Oncology Nutrition
Mary Inman - Family Services/Palliative Care
Martha Petit-Family Services/Palliative Care
Amy Hunt CMT,CLT - Massage Therapy
Kathy Shore CMT - Massage Therapy
Rose Winter MPT, CMT- Massage Therapy
Greg Gernon—Music Therapy Coordinator

Peninsula Cancer Institute is eternally grateful for the heartfelt stories from our patients or their families and loved ones.

Please contact any of our staff if you would like to contribute an article to our newsletter.