

**Living**

*with,  
through*

*&* **beyond**  
cancer.



**Living**

*beyond*

**cancer.**

**12 months post active treatment-every 6 months  
until patient requests discharge**

- Evaluation of distress screening tool by RN Navigator with appropriate referrals
- Re-evaluate Patient Centered-Goals
- Introduction to Living Beyond Cancer Program
- Orientation into educational offerings
- Survivorship Care plan updated with patient and Navigator
- Evaluation by Symptom Management Team for long term symptom management or discharge from program
- Introduction to Give Back Program

*Congratulations!*



*You're a cancer survivor!*



## *Improving your lifestyle for a healthier survivorship*

In addition to focusing on a healthy diet and regular exercise, making certain lifestyle changes can improve your long-term health and allow you to better cope with any challenges you might face.

### **Smoking**

If you're a smoker, quitting is one of the most important things you can do for yourself. Some survivors think that it's useless to quit now that they've already had cancer, but studies have shown that people who quit smoking after a cancer diagnosis have an enhanced quality of life and longer survival, as well as a decreased likelihood of developing a second cancer. There are also immediate benefits to not smoking, including decreased fatigue and shortness of breath; increased activity level; improved appetite, sleep and mood; and enhanced emotional well-being and self-esteem.

Your doctors are ready and eager to help you quit smoking, so talk to them about how they can help. Medications are available to help you through the nicotine withdrawal, and counseling can help you cope with quitting. In addition, many online resources can help you take the first step:

- American Cancer Society  
    Guide to Quitting Smoking
- Truth Initiative  
    Become an EX
- LiveHelp Online Chat
- Plan My Quit
- National Cancer Institute  
    Smoking Quitline: 877-44U-QUIT
- Smokefree.gov
- Smokefree Women

Quitting is not easy, and studies have shown that most people need more than one attempt before they successfully stop smoking. If you don't succeed the first time, keep trying!

**Are you ready  
to be FREE from tobacco?**

**Reid Health introduces  
“Freedom From Smoking”  
group counseling,**

instructed by a Reid Health staff member who is an American Lung Association-trained instructor.

In partnership with  
 **AMERICAN LUNG ASSOCIATION.**

Please visit  
**ReidHealthier.org**  
or call **(765) 983-3215**  
for information about  
upcoming class schedules!



Right beside you.

# Improving your lifestyle for a healthier survivorship

## Alcohol

Heavy drinkers increase their risk for cancers of the mouth, throat, voice box, esophagus, stomach, colon, rectum, liver, pancreas, bladder, kidney, breast and lung. So be sure to drink in moderation, and limit yourself to no more than one or two drinks per day. A single, standard drink consists of:

- 12 fl. oz. of beer
- 8 to 9 fl. oz. of malt liquor
- 5 fl. oz. of wine
- 1.5 fl. oz. of hard liquor

## Sleep

Lack of sleep has been linked to an increased risk for stroke, obesity, diabetes, anxiety, depression, heart disease and cancer, yet millions of people don't get the recommended number of hours per night. Among cancer survivors, getting enough sleep can be especially difficult for a number of reasons.

First, fatigue related to cancer can persist into survivorship. It often leads people to take frequent naps during the day, which can then make it difficult to sleep at night. You can still set aside time for rest or naps, but limit them to 20 to 30 minutes each and avoid napping in the late afternoon or early evening. In addition, any medications you may still be taking could be contributing to sleep problems, so ask your doctor to review them and make any necessary adjustments. If your sleep problems are severe, talk to your doctor about a medication to help you sleep.



## Reid Health

### Sleep Disorders Center

**(765) 983-7966**

1350 Chester Blvd. • Richmond, IN 47374  
ReidHealth.org



Sleep disorders can be serious and lead to impaired rest, problems with daytime functioning, memory and learning.

They can also cause health problems.

Reid provides a state-of-the-art Sleep Disorders Center in a quiet setting off the hospital's main campus.

**Obstructive sleep apnea**

**Insomnia**

**Restless Legs Syndrome  
and Periodic Limb  
Movement Disorder**

## Sun exposure

Exposure to ultraviolet (UV) radiation via natural sunlight, sunlamps or tanning beds can increase your risk for developing skin cancers, such as melanoma. Avoid tanning beds and other types of artificial UV exposure altogether, and whenever possible, avoid natural sunlight between 10 a.m. and 4 p.m. when the sun is the strongest. When you do go out in the sun, use sunscreen with an SPF (sun protection factor) of at least 15, and wear protective clothing, such as long sleeves and a hat. Be sure to regularly check your skin for potential melanoma. During these skin checks, you should look for any abnormal lumps on the skin and in nearby lymph nodes. The ABCDE rule will help you know the difference between a melanoma and a benign (not malignant) mole.

## Additional Sources of Information

- American Cancer Society
  - Alcohol Use and Cancer
  - Guide to Quitting Smoking
  - Sun and UV Exposure and Cancer Risk
  - Viruses
- National Cancer Institute
  - Sleep Disorders (PDQ)
- American Society of Clinical Oncology
  - Strategies for a Better Night's Sleep

## **Ways you can make a difference**

You have gained a vast wealth of knowledge and experience as a cancer survivor, putting you in a unique position to truly make a difference in other people's lives. By sharing what you've learned throughout your cancer journey, you can give back to the cancer community, help others and empower yourself.

## **Types of volunteering**

You have many opportunities to give back, including several in each of the following categories:

- **Advocacy:** If you feel strongly about a specific cause, such as cancer research funding or health care access, you can join and/or develop a local or national effort to effect change. Advocacy is all about raising awareness and changing opinions.
- **Communication:** If you're open to sharing your experiences and listening to others' concerns, consider signing up to be a phone or email cancer hotline counselor or volunteering to lead an in-person or online cancer support group.
- **Education:** Cancer and its treatment are foreign concepts to many people, so teaching others about the disease and the health care world can be incredibly beneficial to those you are working with. You can teach sessions or lead discussions at a community center or even some medical facilities about several topics, including specific types of cancer, legal services, health insurance, caregiving, necessary equipment (e.g., wigs, lotions, etc.) and much more. Your knowledge will be greatly appreciated.
- **Fundraising:** Many national and local organizations often host fundraisers in an effort to raise money and awareness about cancer. You can sign up to organize an event, or volunteer at fundraising events, such as races, tournaments, auction events and dinners. If you enjoy this kind of work, consider planning a brand new event in your area; setting specific goals and reaching out to others can help you get started.
- **Hospitality:** Survivors with great customer service skills provide a comforting presence for patients going through treatment. You can volunteer your time at cancer resource centers by handling inventory, merchandising and customer care. Many support centers also need help preparing meals or planning activities for patients.

No matter how you choose to give back, doing so will not only help many others, it will put you in touch with new people, provide a sense of accomplishment and help you to heal more fully as you move forward with your life.

## **How to find volunteer opportunities**

There are volunteer opportunities for cancer survivors everywhere; you just have to know where to look. Start by asking your family members, friends and others in your community whether they know of an individual or organization that could benefit from your help. You can also browse your local newspapers and the community bulletin boards at your supermarket, library or church for volunteer listings. Other opportunities can be found by calling hospitals, cancer centers and cancer-related groups and organizations. Ask about their volunteer programs and find out how you can get

involved. Many national cancer advocacy groups host local chapters; by reaching out you may be able to connect with other volunteers in your area.

### When to start volunteering

As a new cancer survivor, you may want to begin volunteer work right away. Just be sure to give yourself enough time to adjust to life after cancer before trying to help others. You want to be sure that you do not commit to too much, too soon, as you readjust to working, returning to routine family life and reincorporating other daily demands that may have taken a backseat while you were in treatment.

As part of your volunteer goals, consider what is reasonable for you to take on and how you can best work toward making a difference in the lives of others. You may find that you have several hours each week to donate to volunteer work, or one day a month. Create a schedule that works best for you and your family. Planning out your commitments ahead of time can help you prevent starting volunteer work only to find that you are unable to sustain your commitment.

### Additional Resources

- American Cancer Society
  - Online Communities and Support
  - Telephone and E-mail Cancer Helplines
  - Volunteer Opportunities
- American Society of Clinical Oncology
  - Being a Cancer Advocate
- CancerCare
  - Post-Treatment Survivorship
- LIVESTRONG Foundation
  - Volunteer Opportunities through LIVESTRONG Leaders Program
  - Create Your Own Event
  - Grassroots Fundraising Events
- R.A. Bloch Cancer Foundation

*Join the Team... Make a Difference....  
Be a Volunteer*

Reid's volunteers unselfishly give of their time and share their skills and talents to help us in our mission of caring for others. Volunteers at Reid support more than 50 different areas. They serve as hosts/hostesses, provide information, escort patients and visitors, provide assistance in the Ginkgo Boutique, deliver mail, arrange flowers, assist on nursing units and in many offices, and much more.



**Reid Health**

**Call (765)-983-3152  
for more info!**

# Nutrition: Using foods as your medicine

Diets high in fat, cholesterol, and calories can increase the risk of certain cancers. Making healthier lifestyle choices including a variety of foods and focusing on fruits, vegetables, legumes and whole grains could help you prevent future occurrences of cancer.

## Tips for success:

- Increase amount of fruits and vegetables consumed.
- Monitor fat intake by limiting saturated fat to less than 10 percent of calories per day and limit if not avoid Trans fat
- Limit added sugars to less than 10 percent of calories per day (Ingredient like: syrups, brown sugar, corn sweetener, corn syrup, dextrose, high-fructose corn syrup and molasses)
- Phytochemicals – are naturally occurring compounds such as color, flavor and odor that are produced by plants including fruits, vegetables, grains, beans and other plants. They are responsible for protective health benefits such as protecting cells from damage that could lead to cancer.
- Eat consistent meals: meals spaced 4-6 hours and snacks 2-3 hours
- Eat plant based proteins, such as Quinoa, lentils, beans (black, kidney, pinto), hummus, edamame and various tofu products.

## Cooking Tips:

- Use less salt (Limit intake of sodium to less than 2300mg per day, adults with prehypertension and hypertension further reduction to 1500mg could be beneficial)
- Use more herbs and spices to add flavors to foods
- Choose healthy fats such as monounsaturated and polyunsaturated found in nuts, seeds, oils such as olive oil, sesame seed oil, grape seed oil and avocados.
- Choose lean proteins
- Avoid frying foods
- Choose low fat dairy products
- Choose whole grains
- Keep the nutrients and colors in vegetables by cooking quickly such as steaming or stir-frying.
- Try freezing foods for times you might be too tired.

## Action Plan

- Prepare and store food safely.
- Achieve and maintain a healthy weight.
- Maintain all chronic conditions: blood sugar, lipids, blood pressure.
- Consult with a registered dietitian regarding any questions or concerns.

Insert Substitution ingredients handout

Insert Ads for MNT and DSMT classes and FREE “Healthy Cooking with Jennifer & Dugan”

Free Cooking Class:  
**Healthy Cooking**  
*with Jennifer and Dugan*

Let dietitian Jennifer Stachler and Chef Dugan Wetzel show you how to make affordable, healthy meals.

**1st Wed. of every month**  
**5 - 6 p.m. • Lingle Auditorium**



**Diabetes & Nutrition  
Education**

**Space is limited.  
Please RSVP:  
(765) 983-3423**

Reid  
**Café**  
at  
Twelve Hundred

**1100 Reid Parkway, Richmond  
ReidHealth.org**

## Diabetes Self-Management Classes

- **Comprehensive 10 hour group training; first appointment is one-on-one**
- **Improve your blood glucose levels**
- **Learn how to be in the driver's seat of your diabetes**
- **One-on-one education also available**
- **Billable to insurance**



**Four weeks of comprehensive classes, recognized by the American Diabetes Association, provide self-management skills for people with diabetes.**

### **Topics include:**

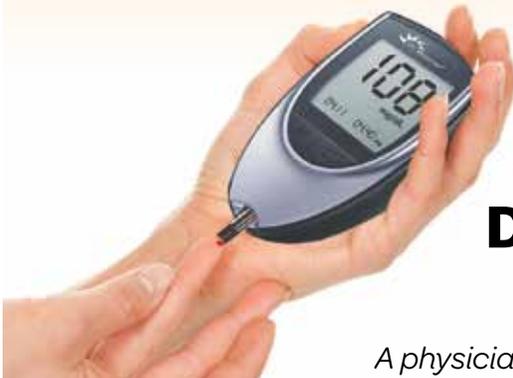
Blood glucose monitoring and goals

Management of high & low blood sugars

Personal meal planning including label reading and carbohydrate counting

Medications and technology review, Exercise, Stress Management

Complication Prevention and personal goal setting

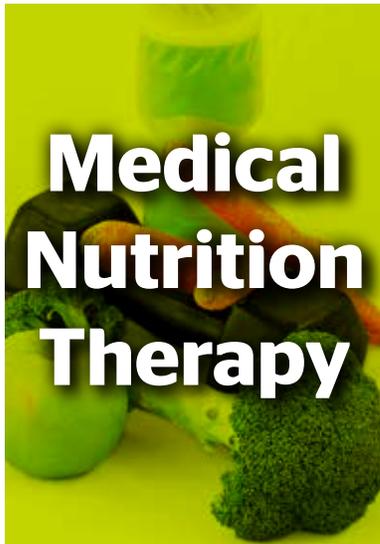


## **Diabetes & Nutrition Education**

*A physician's referral is required for this class.*

**Call (765) 983-3423 for next steps! ReidHealth.org**

Become a  
healthier version of **YOU!**



- One-on-one counseling for a wide variety of diagnoses with a registered dietitian. This includes but is not limited to: weight management, high blood pressure, high cholesterol, weight loss, disordered eating and food allergies.
- Our dietitians hold certifications that include adult, adolescent and pediatric weight management.
- A physician's referral is required for this service.
- Billable to insurance

**OR**



- 16-week adult weight management program meets weekly for a one-hour class.
- Classes are held in a group setting to facilitate learning how to live healthier lives while offering group support.
- Components include nutrition, behavior and exercise
- Class times vary from early morning, lunchtime and after work.
- No physician referral is needed.
- Self-pay; wellness benefit may cover



**Diabetes & Nutrition  
Education**

**Call (765) 983-3423 for next steps! [ReidHealth.org](http://ReidHealth.org)**



“After a while I looked  
in the mirror  
**and realized, WOW!**

After all those hurts, scars  
and bruises, after all those trials,  
*I really made it through.*

**I DID IT!**

I survived that which was supposed  
to kill me. So **I straightened  
my crown...and walked away**

*like a BOSS.”*