

# HOPE & HEALING

A guide to helping survivors navigate through their journey

**NORTHSIDE  
HOSPITAL  
CANCER INSTITUTE**  
**BUILT TO BEAT CANCER**

Visit us at [builttobeatcancer.com](http://builttobeatcancer.com)

Spring 2024 Issue

Northside Hospital Cancer Institute Call Center: [404.531.4444](tel:404.531.4444)



## To Tell or Not to Tell: When and How to Share a Cancer Diagnosis

By: Erin Jones, LCSW

Receiving a cancer diagnosis is a life-altering experience. So many emotions and scenarios flood the mind as one begins to think of ways to navigate the journey ahead. The uncertainty of what the future holds can cause many feelings to surface. With so many things to consider, it is important to take time to process one's feelings and the details surrounding one's cancer experience.

As reality sets in, the decision of whether or not to share the news of this diagnosis will be considered. In a world where the sharing of personal information is prominent due to social media, some feel they must share the information with everyone. However, individuals diagnosed with cancer should know that their health information is personal, and there should be no pressure to share it.

Some people do not wish to share their diagnosis due to the stigma associated with certain types of cancers, while others do not want to repeatedly explain or traumatize themselves by sharing the details over and over again. Several patients have advised that they have felt burdensome, or that they did not wish to be treated differently by people.

Listed below are some points to consider before making the decision to share a cancer diagnosis:

- Social media or an email blast is an easy way to tell several people at once about a cancer diagnosis. This method also allows the opportunity to be as detailed or not during the disclosure and to establish all boundaries deemed appropriate.
- Research from a 2021 [article](#) in *Cancers* suggests that having a small support system to share a cancer diagnosis and concerns with can potentially lead to more successful cancer outcomes.<sup>1</sup>
- If working full time, the Human Resources Department may be helpful in determining whether or not to disclose one's diagnosis in the workplace.



For additional support and guidance, email [behavioralhealthservices@northside.com](mailto:behavioralhealthservices@northside.com) or call [404.851.8960](tel:404.851.8960) to get connected with an oncology clinical social worker.

Reference:

1. Pasek M, Suchocka L, Gąsior K. Model of Social Support for Patients Treated for Cancer. *Cancers* (Basel). 2021 Sep 24;13(19):4786. doi: 10.3390/cancers13194786. PMID: 34638270; PMCID: PMC8507879.



## ASK OUR EXPERT



### Immunotherapy 101

By: Melissa Henson, BS, RN, OCN

What is immunotherapy and how does it work to treat cancer?

Immunotherapy, also known as biological therapy, is a type of cancer treatment that helps one's immune system fight cancer. The immune system works to detect and destroy abnormal cells. Immunotherapy refers to types of treatment

that are used to stimulate the immune system to identify and better fight cancer. It uses substances made by the body or in a lab to help the immune system work harder, or in a more targeted way, to fight cancer.

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## Immunotherapy 101 *(continued from page 1)*

A person's immune system is incredibly efficient and designed to protect against infections. However, with cancer, the immune system has trouble eliminating the cancer cells because of the way cancer cells can hide and trick the immune system in order to survive.

### Immunotherapy works by:

- Stopping or slowing the growth of cancer cells
- Preventing cancer from spreading to other parts of the body
- Boosting the immune system's ability to get rid of cancer cells

### What are the different types of immunotherapy treatments?

- Cell-based Immunotherapies (chimeric antigen receptor (CAR) T-cell and tumor-infiltrating lymphocyte (TIL)
- Bispecific Monoclonal Antibodies
- Cytokines
- Immune Checkpoint Inhibitors

### What cancers can be treated with immunotherapy?

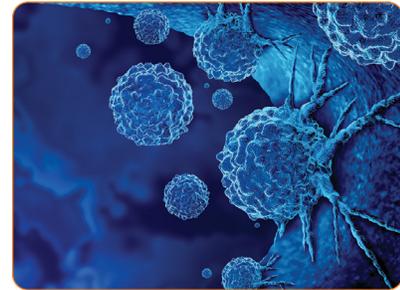
- B-cell malignancies such as Non-Hodgkin's lymphoma and acute lymphoblastic leukemia (ALL)
- Multiple myeloma
- Melanoma
- Kidney, bladder and endometrial cancers

### Who is a good candidate for immunotherapy?

Immunotherapy is prescribed based on individualized factors. Patients who meet the FDA indication for commercially available treatments may be good candidates for immunotherapy. Similarly, patients who meet the eligibility criteria for research protocol treatments may be good candidates for clinical trials.

### Who should I speak to if I want to learn more about immunotherapy as a potential treatment option?

To learn more about what immunotherapies may be available to you, please visit the Northside Hospital Immunotherapy Program [webpage](#).



## BOOST YOUR HEALTH & WELLNESS



## How to Combat Nausea While Undergoing Treatment for Cancer

By: Kristy Prox, RDN, LD

Nausea is one of the most common struggles patients face while going through cancer treatment. No one wants to eat when they are not feeling well, yet maintaining one's weight and nutrition is important when going through treatment.

To help combat nausea, it is important to try and create a positive environment when eating. Ask people in the home to avoid cooking foods with strong odors, using strongly scented perfumes or using air fresheners in the house. Room temperature foods, such as sandwiches, fruits, yogurts and crackers with peanut butter, tend to have less intense smells than hot foods.

Consuming comfort foods, such as chicken noodle soup or a favorite casserole, with family and friends may be appealing; however, watch out for high fat, greasy foods, which take longer to digest and can increase nausea or vomiting. Spicy foods can also cause indigestion or trigger nausea.

Oftentimes, people avoid eating anything when experiencing nausea, but having something in the stomach can actually improve nausea. Eating small, frequent meals or snacks throughout the day can be better tolerated than

consuming large portions of food all at once. Timing larger meals of the day around times when nausea medication is most effective can also be helpful, and some medications are better tolerated with food. Aim to have something small to eat every two to three hours during the day.



In addition to medications, holistic remedies that can help with nausea include nausea wrist bands, which provide pressure to the wrist, and ginger tea. Additional recommended foods to keep on hand are saltine crackers, pasta, potatoes and rice. Another tip is to center meals around a cold sandwich or a lean protein, lightly seasoned.

Lastly, it is important to share any new or continuing symptoms with a health care provider. This may lead to helpful prescription medication adjustments or to a meeting with a registered dietitian on the Northside Hospital team. Visit the Northside Nutrition Services [webpage](#) for more information.

## Recipe Corner: Berry Ginger Popsicles

### Ingredients (makes about 6 popsicles)

4 cups of mixed berries of your choice, chopped  
2 bananas, sliced  
1 cup orange or apple juice  
1 cup vanilla, Greek yogurt  
2 Tablespoons honey  
1 Tablespoon fresh grated ginger

**Nutrition facts per serving:** 160 calories, 5 grams of protein

### Directions

1. Wash fruits, chop and add to blender.
2. Add all remaining ingredients.
3. Blend until smooth.
4. Freeze for a minimum of four hours in popsicle molds, paper cups or ice cube trays.

Recipe and photo from [Nausea Popsicles During Pregnancy](#)



## The Benefits of Pelvic Floor Physical Therapy for Male Pelvic Floor Dysfunction

By: Kesha Lawson, DPT Cert DN, PRPC

Most people associate pelvic floor physical therapy as a treatment for women only. However, a recent study by the Mayo Clinic found that 16% of men have pelvic floor disorders. The percentage is greater for men with a history of certain cancers, including prostate, colorectal or anal cancers. While the life-saving treatments for these cancers may affect the pelvic floor, just like other muscles and structures, it can be rehabilitated to improve function. This article gives an overview on pelvic floor dysfunction and solutions to help treat it.

### What is the pelvic floor?

The pelvic floor is a bowl-shaped group of muscles, ligaments and fascia at the base of the pelvis. These structures extend from the pubic bone to the tailbone and between the sit bones. They serve an integral role in bowel, bladder and sexual function as well as provide pelvic organ support. In men, pelvic floor muscles support the prostate, bladder and rectum.

### What is considered pelvic floor dysfunction?

- Pelvic pain
- Changes in urinary or bowel frequency/urgency
- Constipation
- Bowel leakage
- Difficulty with bladder emptying
- Sexual dysfunction

### What are the risk factors for developing pelvic floor dysfunction?

- History of prostate, colorectal or anal cancer
- History of radiation therapy to the pelvic floor region
- History of prostate surgery or prostatectomy
- History of diabetes or obesity
- Frequent heavy lifting

### What is pelvic floor physical therapy?

- Pelvic floor physical therapy is a specialized form of physical therapy that focuses on the muscles, ligaments and connective tissues in the pelvic region.
- Pelvic floor physical therapy aims to improve the strength, coordination and function of these muscles to alleviate symptoms such as urinary and fecal incontinence, pelvic pain and sexual dysfunction.

### What is included in a pelvic floor physical therapy evaluation?

- Patient history
- Review of prior diagnostic tests
- General musculoskeletal screening
- Exam of external pelvic tissues
- Internal rectal muscle exam
- Review of findings
- Establishment of a treatment plan

### What are the types of pelvic floor physical therapy treatments?

- Pelvic floor specific exercises: strengthen the muscles
- Biofeedback: provides auditory, visual and/or tactile information during an otherwise unconscious physiological process
- Postural management: assists with incontinence
- Neuromuscular re-education: improves strength and blood flow
- Dry needling: improves pain, incontinence, strength and blood flow
- Behavioral modification techniques: bowel/bladder diaries to assist in establishing habits that positively impact one's health
- Manual therapy: aids in restoring tissue length and function while alleviating pain

If pelvic floor dysfunction is a concern, it may be best to discuss the details with a health care provider and receive further evaluation and treatment from a pelvic floor physical therapist.

Visit the Oncology Rehabilitation Services [webpage](#) for more information, including the virtual visits offered at Northside Hospital. A physician referral is required for therapy.



## New Online Appointment Scheduling Options for Northside Hospital Radiology Services

As a new and convenient way to manage your health, Northside Radiology Services now offers online scheduling for **screening mammograms** and **bone density screenings**.

Scheduling is quick and easy – simply click on the links below and book your appointment at one of our 30+ imaging centers that offer these services.\*

Screening Mammogram – Visit [northside.com/mammogram](https://northside.com/mammogram)

Bone Density – Visit [northside.com/dexa-screening](https://northside.com/dexa-screening)

\*Patients must have a current order from their physician



## STORIES OF HOPE & HEALING\*

### Survivor Story: Meet Shally



**What are the events that led to your cancer diagnosis?**

I went to my primary care doctor for a rash on my side, which would not go away. She gave me some hydrocortisone cream and recommended that I see a dermatologist if the rash did not resolve after this treatment. The rash did not go away, so I went to see my dermatologist, and he knew right away what it was. He gave me a new prescription and said the rash should clear up soon. However, while I was there, he suggested a full body exam. He proceeded to check me and found one slightly darker freckle he thought should be reviewed more closely. He took a biopsy and sent it to the lab. One week later, I found out it was melanoma! I was rushed into surgery for a full resection, and that is when they discovered it had spread to three out of four nearby sentinel nodes. Those nodes along with the melanoma were all resected.

**What treatment did you receive?**

In addition to the full surgical resection, I am undergoing a year of treatment with pembrolizumab.

**How and where did you receive support during your treatment and recovery?**

I received support from my dermatological team as well as from Dr. Scott Davidson, my surgical oncologist and Dr. Tariq Mahmood, my medical oncologist. I also began utilizing Northside Hospital Behavioral Health services and spoke with a provider there. It helped to get all my feelings out.

\*Patients' stories are based on individual experiences. The process from diagnosis through treatment may vary as well as symptoms, side effects and provider recommendations.

**What advice do you have for someone navigating their treatment and recovery journey?**

I would advise telling your close friends and family as soon as you can. They will be much more encouraging and supportive than you expect. Waiting to tell them does not do anything other than maybe sometimes make them upset you did not share it sooner.

**How far out are you from treatment or is treatment ongoing?**

Treatment with pembrolizumab is ongoing. I am about a quarter of the way through it.

**Closing Thoughts**

My dermatologist and oncologists saved my life, and for that I am very grateful. As a patient, it was frustrating to be told by several providers along the way that testing was standard and would likely lead to nothing, when each time it felt like it led to bad news. I felt that I needed more tools and data to make a decision regarding my treatment plan. Eventually I made the decision to talk to my family about things, which helped me feel less abandoned and paralyzed by treatment options. My family supported me unconditionally, and involving them was a big step toward moving in the right direction. My advice is to speak with your family, and to not be afraid to talk about your cancer diagnosis. If you share, you will find support from places where you least expect it. So many people are going through the same thing, and oftentimes our friends and relatives have insight or connections that help.

### Carrying the Weight of Caregiving?

Attend the Northside Hospital Cancer Institute Psych Oncology Program for a support group for cancer caregivers. This virtual support group meets on the third Thursday of each month from 11:30 a.m.-1 p.m. and the next meeting is Thursday, May 16th. An RSVP is required three days prior to each scheduled group date. Please call [404.236.8462](tel:404.236.8462) or email [lisa.mayes@northside.com](mailto:lisa.mayes@northside.com) with any questions.



## COMMUNITY SUPPORT & RESOURCES

# Northside Hospital Cancer Institute Will Offer Two Free Three-Day Retreats this Fall

### Metastatic Breast Cancer Retreat



We are excited to announce that the Metastatic Breast Cancer (MBC) Retreat will be September 13-15, 2024, at the Elohee Retreat Center in Sautee Nacoochee, Georgia. The MBC Retreat is offered at no cost to participants, thanks to generous support from the Northside Hospital Cancer Institute and the Northside Hospital Foundation. The retreat schedule is thoughtfully planned with patients and their caregivers in mind, and the program is facilitated by a team from Northside, including a clinical oncology social worker. Throughout the weekend, participants have the opportunity to engage in planned activities (such as discussion groups, yoga, massage and nature walks) in a scenic setting in the North Georgia Mountains. The program also includes two nights of lodging in private suites, delicious chef-prepared meals and use of the facility's amenities. Attendance is limited to patients with stage 4 breast cancer and one caregiver of their choosing who is over 18 years of age (can be a spouse, partner or friend). We encourage patient and caregiver pairs to apply as soon as possible since we expect to have more interest than capacity. For the safety and well-being of all participants, all patient attendees must be cleared for participation by their treating provider at the time of their application and again just prior to the retreat. Each participant (patient and caregiver) will need to complete an application and participate in a brief interview with an oncology nurse to ensure that participation in all retreat activities is appropriate and safe. Applications will be accepted from Monday, May 20 until Friday, July 19. For more information, please email [kymberly.duncan@northside.com](mailto:kymberly.duncan@northside.com).

### Survivor Retreat



Northside Hospital Cancer Institute will host a Survivor Retreat from November 8-10, 2024, also at the Elohee Retreat Center in Sautee Nacoochee, Georgia. This survivor retreat is for adults who have been diagnosed and/or treated for cancer at a Northside facility. Survivors will have the opportunity to escape from the hustle and bustle of schedules, treatments and daily life to immerse into mutual healing, relaxation and renewal. The retreat is a time to connect with others on a similar journey and discover common challenges and struggles along with coping skills and new opportunities. Participants must be 18 years of age or older, ambulatory and independent. Transportation to and from the retreat will be provided, and the entire weekend stay will be free of charge. The retreat has a facilitated program that offers time for discussion and planned activities (such as discussion groups, nature walking, art) in a comfortable setting. The focus of the retreat is the personal journey of survivors who have completed their primary cancer treatment and are in their first year post treatment. We encourage survivors to apply early due to limited openings. Applications will be accepted from Tuesday, August 6 until Thursday, September 12. For more information, please email [kymberly.duncan@northside.com](mailto:kymberly.duncan@northside.com).

## Community Partner Spotlight: American Cancer Society



**Please share the name and purpose of the organization.**

The [American Cancer Society](https://www.cancer.org) (ACS) is the leading cancer-fighting organization, with a vision of ending cancer as we know it, for everyone. It is the only organization working to improve the lives of people with cancer and their families through advocacy, research and patient support, to ensure everyone has an opportunity to prevent, detect, treat and survive cancer.

**Please describe the population that ACS serves.**

ACS provides the support and guidance people impacted by cancer need at every step. This support includes increasing access to screening at the local, state and

federal levels; advocating for more affordable health care; guiding patients and caregivers through its free 24/7 helpline; and helping patients get the treatment they need by offering free transportation and lodging. In addition, ACS funds and conducts research so people in every community can prevent, detect, treat and survive cancer. With a presence in more than 5,000 communities, ACS is working to support people facing all types of cancer. Regional and local offices mobilize communities in the cancer fight, delivering potentially lifesaving programs and services and raising crucial funds to support its mission.

*(continued on page 6)*

**Community Partner Spotlight: American Cancer Society** *(continued from page 6)*

What resources does ACS provide to patients, survivors and/or caregivers?

ACS offers [programs and services](#) to help during and after cancer treatment. It can also help find other free or low-cost resources. Programs and services include:

- 24/7 Cancer Helpline
- Lodging during treatment
- Navigation support
- Rides to treatment
- Connecting cancer survivors
- Breast cancer support
- Hair loss and mastectomy products



Please share the details of any outreach programs that the organization sponsors in the community.

The [Health Equity Ambassador program](#) promotes cancer health equity and reduces cancer screening disparities through community outreach and education. ACS and partnering organizations work together to mobilize a volunteer workforce of trained ambassadors to help underserved individuals and historically marginalized communities prevent and detect cancer early.

What type of volunteer opportunities does ACS offer, and what is the best way to get involved?

ACS has a variety of [volunteer opportunities](#) available and ways to get involved. The most urgently needed are Road To Recovery volunteers to help drive cancer patients to the treatments they need. Transportation barriers are the number one reason for missed cancer appointments.

Please address the partnership between ACS and Northside Hospital Cancer Institute.

ACS and Northside Hospital Cancer Institute enjoy a partnership that has spanned more than a decade. ACS offers Northside patients support through educational materials, transportation and lodging grants, as well as accommodations at Hope Lodge. ACS also provides accreditation support and is represented on the Commission on Cancer Committee. Northside participates on the ACS's Georgia Colorectal Cancer Roundtable, Georgia Lung Cancer Roundtable and Georgia Prostate Cancer Roundtable, along with its workgroups. In addition, Northside supports ACS community events including Relay For Life.

**Celebrate Spring and Summer with CSC Atlanta and Chattahoochee Nature Center**



As the weather begins to warm, it is a great time to experience some of Cancer Support Community (CSC) Atlanta's programs offered (free of charge) at the Chattahoochee Nature Center. CSC Atlanta has planned a variety of programs at this beautiful Nature Center for all types of activity levels.

Some of the offered programming is ongoing throughout the year. Jane Myers leads a walking group twice a month guiding survivors through the incredible grounds of the Chattahoochee Nature Center. Each walk is a different experience, but all walks involve a leisurely stroll, approximately a mile long. Participants may find themselves winding through shaded trails along the banks of the Chattahoochee or on the new boardwalk built above the peaceful water below. Regardless of the path taken, all walks encourage survivors to meet others and make friends along the way.



CSC Atlanta also offers a weekly Tai Chi class at the Nature Center. This stress management class is held in a covered pavilion overlooking the river. It is a unique opportunity to enjoy this

practice while surrounded by the peaceful sounds of the water rippling past, just a few feet away.

In addition to the previously mentioned programs, there is also a calendar full of seasonal activities aimed to reduce stress, enjoy Georgia's beautiful landscape and experience so much of what the Chattahoochee Nature Center offers. All programs are led by experts in their field and include the following:

- Gentle Guided Canoeing Trip – April 18
- Introduction to Gardening – May 16
- Sunset Sips Concert – June 13
- Butterfly Meditation – July 21
- Forest Bathing – August 23

To learn more about these programs, and everything offered at CSC Atlanta, please visit the [website](#). Participation in any of these programs requires a reservation on CSC Atlanta's [website](#), and the dates above are subject to change. Space for some activities is limited, so start exploring CSC Atlanta's outdoor activities today!

To register, please visit CSC Atlanta [online](#) or call [404.843.1880](tel:404.843.1880) for more information.



## GET INVOLVED

### Volunteer Opportunities

Want to get involved and give back? Consider volunteering with the [Northside Hospital Foundation](#) or through the [Northside Hospital Auxiliary](#)!

Volunteers are currently needed for the upcoming Charity Golf Classic on May 20, 2024. [Sign up](#) or email [ana.clavijo@northside.com](mailto:ana.clavijo@northside.com) with any questions.

Go to the Northside Hospital Foundation [webpage](#) to learn more about the Northside Hospital Foundation events. Cancer-related events include Tennis and Pickleball Against Breast Cancer, Northside/Halcyon Ladies Night Out, the Sarcoma Stroll, the Cancer Survivor Celebration with the Braves and the Northside Hospital Charity Golf Classic.



## EVENTS & CANCER CELEBRATIONS

### CANCER SCREENING & PREVENTION

#### [Skin Cancer Screening](#)

May 7, 2024 from 6-8 p.m. @ Northside Hospital Cancer Support Center – Gwinnett  
May 21, 2024 from 6-8 p.m. @ Northside Hospital Cancer Institute Radiation Oncology – Forsyth

#### [Mobile Mammography Van – ScreenAtlanta](#)

April 25, 2024 @ Georgia Cancer Specialists – Conyers  
June 27, 2024 @ Atlanta Cancer Care – Conyers

To schedule an appointment or for additional information, call [404.531.4444](tel:404.531.4444).

#### [Built To Quit – Smoking and Tobacco Cessation Course](#)

Next six-week session start dates: April 30, 2024 and July 9, 2024

Weekly classes include the American Lung Association Freedom from Smoking curriculum and are available in person and virtually. They are conducted in a group setting, which encourages participants to learn from each other.



#### [Prostate Cancer Screening](#)

June 20, 2024 from 5:30-8 p.m. @ Northside Hospital Cancer Institute Radiation Oncology – Cherokee

### COMMUNITY EVENTS

#### CANCER WALK/EVENTS – SPONSORED BY NHCI

##### [American Lung Association's Fight for Air Climb – Atlanta](#)

April 20, 2024 from 8 a.m.-1 p.m. @ the Promenade Tower in Midtown

Northside Team Name: The Lung and the Breathless

##### [PanCAN PurpleStride Walk](#)

April 27, 2024 @ 8 a.m. @ the Historic Fourth Ward Park in Atlanta

##### [Lungevity HOPE Summit 2024](#)

May 3-5, 2024 @ the Courtland Grand Hotel in Atlanta  
Bringing community, support and hope to people affected by lung cancer

##### [Miles for Moms Run/Walk](#)

May 4, 2024 @ 8 a.m. @ Milledge Avenue Baptist Church in Athens

##### [Georgia 5K Run for Breast Cancer](#)

May 11, 2024 @ 8 a.m. @ The Shoppes at River Crossing in Macon

##### [Cancer Support Community's Chastain Chase 5K](#)

June 2, 2024 @ 7 a.m. @ Chastain Park in Atlanta

##### [Atlanta Cancer Care Foundation's Feathers 5K](#)

June 8, 2024 @ 8 a.m. @ Oglethorpe University in Brookhaven



**American Cancer Society Relay for Life Events**

**[American Cancer Society's Relay for Life of Greater Athens Area](#)**

April 19, 2024 from 6-10 p.m. @ Oconee County Middle School in Watkinsville

**[American Cancer Society's Relay for Life of Hall County](#)**

April 19, 2024 from 6-10 p.m. @ Downtown Gainesville Square

**[American Cancer Society's Relay for Life of Newton County](#)**

April 26, 2024 from 6-10 p.m. @ Legion Field in Covington

**[American Cancer Society's Relay for Life of Henry, Fayette & Clayton](#)**

April 26, 2024 from 6-11 p.m. @ Salem Baptist Church Park in McDonough

**[American Cancer Society's Relay for Life of Walton County](#)**

April 26, 2024 from 6 p.m.-midnight @ Felker Park in Monroe

**[American Cancer Society's Relay for Life of Gwinnett](#)**

April 27, 2024 @ 6 p.m. @ Suwanee Town Center

**[American Cancer Society's Relay for Life of Forsyth County](#)**

May 3, 2024 from 6-10 p.m. @ Cumming City Center

**[American Cancer Society's Relay for Life of Houston County](#)**

May 4, 2024 @ 4 p.m. @ Jessie E. Tanner Junior Park in Warner Robins

**[American Cancer Society's Relay for Life of Cobb County](#)**

May 11, 2024 @ 6 pm. @ Marietta Square

**[American Cancer Society's Relay for Life of North Fulton](#)**

May 18, 2024 from 10 a.m.-2 p.m. @ Sanctuary Park in Alpharetta

**[American Cancer Society's Relay for Life of Atlanta](#)**

September 21, 2024 @ 11 a.m. @ Hope Lodge Atlanta in Decatur



**MIND OVER MATTER**  
A GROUP FOR MEN & WOMEN BEING TREATED FOR CANCER

May 16, 2024 - June 13, 2024  
THURSDAYS: 10:30 AM - 12:00 PM  
VIRTUAL MEETINGS | REGISTRATION IS REQUIRED

You are invited to attend this FREE five session virtual program. Mind Over Matter uses evidence-based strategies to help decrease feelings of anxiety and depression, and increase a sense of well-being. Each week new tools will be shared using cognitive-behavioral approaches and mind-body strategies.

FACILITATORS: Erin Edgeworth, LCSW, OSW-C & Emma Shin, LCSW, OSW-C  
REGISTER: (404) 731-1876 or [eshin@atlantacancercare.com](mailto:eshin@atlantacancercare.com)

"My wife said I've been less nervous prior to scans and bloodwork."  
"I really enjoyed the class and definitely learned some valuable tools to help manage the anxiety produced by cancer!"

Atlanta Cancer Care  
NOTE: These group sessions are facilitated via a Zoom meeting video platform. Registration is required to access the group. Attendance of all five sessions is expected. This program was developed by: **Inova**

**2024 Patient and Caregiver Education Conference**  
SATURDAY, AUGUST 17, 2024  
The Hotel at Avalon | 9000 Avalon Blvd. | Alpharetta, GA

**CANCER SUPPORT COMMUNITY ATLANTA**  
AFFILIATED WITH NORTHSIDE HOSPITAL CANCER INSTITUTE

**NORTHSIDE FOUNDATION EVENTS**

**[31st Annual Charity Golf Classic](#)**

May 20, 2024 @ the Atlanta Athletic Club in Johns Creek Benefiting the Blood & Marrow Transplant Program

**[Halcyon Ladies Night Out](#)**

June 11, 2024

Raises money for transportation and lodging assistance for cancer patients through the Northside Hospital Cancer Institute.

**[Sarcoma Awareness Sunset Stroll](#)**

July 24, 2024 @ 6:30 p.m. @ Blackburn Park in Brookhaven  
More info to come.

**NORTHSIDE-HOSTED SURVIVOR EVENTS**

**[Mind Over Matter: A Group for Men & Women Being Treated for Cancer](#)**

Thursdays from May 16 - June 13, 2024 from 10:30 a.m.-noon  
To register please call [404.731.1876](tel:404.731.1876) or email [eshin@atlantacancercare.com](mailto:eshin@atlantacancercare.com)

**[2024 Patient and Caregiver Education Conference](#)**

August 17, 2024 @ The Hotel at Avalon in Alpharetta  
More information to come.

**[Metastatic Breast Cancer Retreat](#)**

September 13-15, 2024 @ the Elohee Retreat Center in Sautee Nacoochee, Georgia

Applications will be accepted, May 20 - July 19, 2024.

For more information, email [kymberly.duncan@northside.com](mailto:kymberly.duncan@northside.com)

**[Survivor Retreat](#)**

November 8-10, 2024 @ the Elohee Retreat Center in Sautee Nacoochee, Georgia

Applications will be accepted August 6 - September 12, 2024.

For more information, email [kymberly.duncan@northside.com](mailto:kymberly.duncan@northside.com)

**CANCER SUPPORT COMMUNITY ATLANTA EVENTS**

**[Frankly Speaking about Colorectal Cancer: A Free Virtual and In-Person Workshop](#)**

Wednesday, April 24, 2024

11:30 a.m.-12:00 p.m. Light Lunch

12-1 p.m. Presentation

Featuring: Dr. Peige Zhou with Georgia Colon & Rectal Surgical Associates and Dr. Shailesh Satpute with Georgia Cancer Specialists  
Please register at [cscatlanta.org](http://cscatlanta.org) in advance for this program.

**[Cancer Transitions: Moving Beyond Treatment](#)**

Next 4-week program begins Thursday, May 2, 2024 from 11 a.m.-12:30 p.m.

Cancer Transitions is a free four-week workshop designed to help cancer survivors make the transition from active treatment to survivorship. Each week participants will meet for a 90-minute virtual session to discuss important topics focused on health and well-being. For more information and registration, please email [lauren@cscatlanta.org](mailto:lauren@cscatlanta.org).

**Upcoming Cancer Awareness Months**  
**May:** Bladder Cancer, Brain Tumor and Melanoma/Skin Cancer  
**June:** National Cancer Survivor Month

To subscribe to Hope & Healing, visit:  
[northside.com/hope-healing-sign-up](http://northside.com/hope-healing-sign-up).

Follow Northside Hospital:

