



HOPE & HEALING

A guide to helping survivors navigate through their journey

Visit us at builttobeatcancer.com

Summer 2022 Issue

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

Northside Hospital Cancer Institute to Host Patient Education Conference



Receiving a cancer diagnosis can be an overwhelming and shocking experience. There are so many things to coordinate, keep up with and plan for as a patient or caregiver. To help ease the burden of this process, Northside Hospital Cancer Institute is hosting a Patient Education Conference on Saturday, August 13, 2022, at The Hotel at Avalon in Alpharetta from 9:30 a.m.-3:45 p.m. The conference will feature three tracks that cover various topics (see below): patient (all types of cancer), caregiver and advanced disease.

Education Conference on Saturday, August 13, 2022, at The Hotel at Avalon in Alpharetta from 9:30 a.m.-3:45 p.m. The conference will feature three tracks that cover various topics (see below): patient (all types of cancer), caregiver and advanced disease.

- Alternative Approaches to Symptom Management
- Fear of Cancer Returning
- Intimacy and Relationships
- New and Developing Therapies
- Planning Ahead – What Comes After Treatment Ends?
- Spirituality and Cancer
- Support for the Caregiver
- Treatment Side Effects

Presenters will include Northside-affiliated providers, external experts and keynote speakers. Dr. Sage Bolte, a nationally recognized speaker, will present on Intimacy and Relationships, and the engaging Beau Rappé will present on Spirituality and Cancer. The conference is free of charge, and lunch will be served.

In addition to the educational presentations, attendees will have access to a community resource area where several advocacy groups will have booths and information. We hope to see you in August!

For additional details on the conference or to register, please click [here](#).



ASK OUR EXPERT



Intimacy and Survivors With Penny Daugherty, RN, MS, OCN, ONN-CG

How can cancer treatments impact intimacy and sexual relationships?

Patients may feel differently in their bodies because of the side effects of chemotherapy and radiation. For example, they can smell differently, and oftentimes, they have lost hair. Also, the fatigue that may come with chemotherapy and radiation can be very overwhelming. People do not want to be intimate when they are exhausted, and they often do not have energy while undergoing treatment.

Additionally, there is the aspect of fear, both from the patient and from the partner or spouse. I can recall one week when three spouses called me because they were told they could not sleep in the same bed as their spouse undergoing treatment. They did not know what to do or how to be there to comfort and support their loved ones. I felt so bad for these spouses who wanted to comfort their spouses with cancer and were told that they could not.



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How do I bring this topic up with my health care provider?

Sexuality is intimidating for people to talk about in general, and when cancer treatment and side effects are added in, it can feel very overwhelming. For this reason, I initially bring it up to the patient in a general way by including it in a list of items with which navigation can assist. Often, I will later receive a phone call (once the initial shock has worn off) with more specific questions. If I do not receive a phone call from a patient, then I usually ask how things are going physically (always in a discreet and private setting) to help them open up about any concerns. Providers should also help the patient have these conversations.

Is it safe to have sex during treatment?

In most scenarios, it is safe to have sex during treatment; however, it is best to speak with your physician, a nurse or nurse navigator to make sure you have the correct information based on your treatment plan.

What therapies/options/strategies are available to help lessen sexual side effects?

Northside Hospital has a robust group of providers that can help with pelvic floor needs. Also, the radiation oncology nurses are very helpful! They are well educated and willing to help their patients in any way possible. Aromatherapy can be helpful too. Additionally, in Atlanta specifically, there is a wide variety of sexual therapists that can help patients of all sexual affiliations. I do my best to connect patients with someone who can help with their specific concern or need.

How do my partner and I regain intimacy during these changes and side effects?

It is important to remember that there are things you can do with your partner to increase intimacy without having sex. The aim is to establish a schedule that works for each individual patient and their partner. Sometimes it is nice for couples to have designated time to do things they did when they were dating, such as taking drives to the beach/river, making a campfire or listening to music – things that create a sense of intimacy without being overtly sexual. Or even physical things such as hugging and back rubs can create a sense of intimacy.

I often recommend that couples try to take a weekend trip together to get out of the house and take time to just be with each other. The house can represent chores/tasks, so it is nice to get away from it all and morph into feeling just simply intimate rather than feeling encumbered by all the items on the to-do list.



Helpful books and resources recommended by Penny Daugherty, NHCI Oncology Nurse Navigator:
[The Dog Lived \(and So Will I\)](#) by Teresa Rhyne
[Books](#) by Ann Katz

Please call an Oncology Nurse Navigator at **404.300.2800** with any additional questions.

Do you have a question you would like answered by an expert or a story to share in a future issue of Hope & Healing? If so, please send your questions or stories to survivornewsletter@northside.com.

Upcoming Cancer Awareness Months

July: Sarcoma and Bone Cancer

September: Leukemia & Lymphoma, Prostate Cancer, Gynecologic Cancer and Thyroid Cancer



BOOST YOUR HEALTH & WELLNESS



Collagen: What Is It, and Should I Be Taking It?

By: Haley McGaha, RDN, CSO, LD

Collagen is a protein found in various parts of the body that accounts for about one-third of the protein in the body. There are four types of collagen found in various parts of the body:

Type 1: in tendons, bones and the skin, and is where the majority of collagen is found

Type 2: in joint cartilage

Type 3: in blood vessels

Type 4: near the organs

Why do people take collagen supplements?

Common reasons people take collagen supplements are for joint, skin, nail, bone and gut health. Additionally, collagen can be taken to reduce arthritis symptoms, promote muscle growth and speed up wound healing. Collagen has also been seen to help with osteoporosis/osteopenia, as well as blood sugar control in diabetics; however, more research is needed.

Should I be taking collagen supplements?

The human body makes collagen, but as individuals age, they produce less and less collagen. According to some researchers, the body will prioritize collagen peptides and use the peptides where they are needed and not necessarily for the specific benefit that a patient may be taking it. For example, if someone takes collagen to improve skin elasticity or joint function, collagen may be used for wound healing instead, if that is what the body needs. The overall consensus is that more research is needed on collagen supplements, but there is no strong recommendation that collagen supplementation should not be taken.

Are collagen supplements a good source of protein?

First, it is important to know that collagen is not a complete protein. It is lacking tryptophan, an amino acid found in chicken. When taking collagen in supplement form, it is important to consume other sources of protein and not rely on collagen as the only source of protein. Second, if the body is deficient in certain micronutrients (vitamin C, vitamin A, zinc, biotin), then it will not fully absorb collagen in

supplement form. Third, there are no vegan sources of collagen supplementation. So, collagen supplements do not fit into a vegan diet. Vegetarians should look for collagen made from eggshells or marine sources. Fourth, be skeptical about health claims surrounding collagen, as many existing studies on collagen's benefits have been industry funded.



If I do not want to take a collagen supplement, what can I do to help ensure I am getting adequate collagen?

- Focus on a healthy lifestyle.
- Consume adequate protein daily and include whole food sources of collagen, such as bone broth, any meat that contains muscle or other connective tissue, fish, egg whites and spirulina. Other nutrients that are important for the production of collagen in the body include vitamin C, zinc and sulfur.
- Aim for a well-rounded diet that includes whole grains, healthy fats and at least five servings of fruits and vegetables daily.
- Try to reduce any added sugar intake as a high intake of sugar may damage existing collagen and may cause irreversible loss of strength and flexibility in collagen fiber, which may make skin more prone to sagging.
- Other lifestyle factors that may affect collagen integrity are sun and pollution exposure and smoking.

Oncology nutrition services are available throughout many of our NHCI locations. Please call 404.236.8036.

Recipe Corner: Raspberry Bone Broth Collagen Gummies*

Ingredients:

$\frac{2}{3}$ cup Kettle & Fire® Chicken Bone Broth
 3 $\frac{1}{3}$ tablespoons gelatin powder
 2 tablespoons honey
 1 cup frozen raspberries
 $\frac{1}{2}$ cup lemon juice

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 15

Recipe makes 75 gummies.
 Store in an airtight container
 and keep refrigerated. Lasts for
 up to 2 weeks.

Directions:

1. In a small pot, off heat, stir chicken bone broth with gelatin. Let sit 3-5 minutes while you prepare the fruit.
2. In a blender, add frozen raspberries and lemon juice. Blend on high until fully combined. It should have a smoothie-like texture.
3. Heat bone broth gelatin mixture over low heat, stirring occasionally. Once the gelatin has melted and has a smooth consistency, add honey to the pot stirring until it dissolves.
4. Add raspberry and lemon mixture to the pot and mix well over low heat.
5. Remove the pot from the stove and pour the mixture into small silicone molds.
6. Move silicone molds to the refrigerator and let sit for 20 minutes, or until firm. Remove the gummies from the silicone molds and enjoy.

Pro tip: use a turkey baster or eyedropper to leave less of a mess.

Pro tip: place molds on a cookie sheet so they can easily be transferred to the fridge.



Nutritional value per serving (5 gummies): Calories 21, Sodium 13 milligrams, Potassium 20 milligrams, Carbohydrates 3 grams, Sugar 2 grams, Protein 1 gram, Vitamin C 5.3 milligrams, Calcium 3 milligrams, Iron 0.1 milligrams

*Gluten-free

Recipe from: <https://blog.kettleandfire.com/collagen-gummies/>



Art Therapy Promotes Creativity and Healing for Survivors

By: Tehila Eisenstat – artist, teacher, art therapist

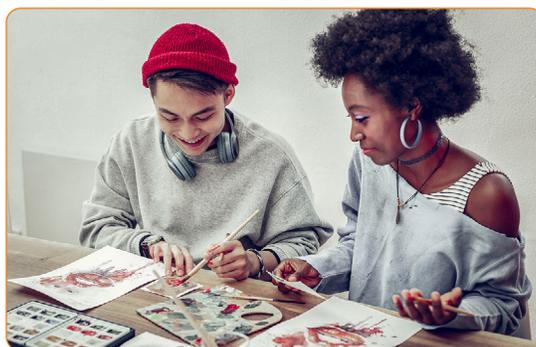
“Art washes away from the soul the debris of everyday life” – Pablo Picasso

The creation of art can be a life-affirming and healing experience. I have seen first-hand how the process of making art helps survivors cope with disease, pain and stress. In the Cancer Support Community (CSC) Atlanta Creative Expressions Workshop, I focus on colors that can soothe, comfort and energize. Temperature is also important! Color can affect one's mood, which can directly impact one's health. I encourage my students to create paintings with depth and movement and to find their own passion and style. In the process, these art classes have become a wonderful support group, giving the participants an opportunity to focus together on color

and shape rather than needles and pain. There is a joy in the painting process that helps to “lighten the load” of life for survivors or anyone, for that matter. It is a way to bring beauty, hope, joy and happiness during a difficult time.

“Many of us didn't even know we had an artful, creative side, and it has brought new meaning and relaxation into our lives during a stressful situation.” – Creative Expressions student/survivor

Tehila Eisenstat teaches the Creative Expressions Art Workshop through CSC Atlanta. For more information on Creative Expressions or any other program offered through CSC Atlanta, contact [Emily Brown](#), call 404.843.1880 ext. 115, or visit the CSC Atlanta [webpage](#).





STORIES OF HOPE & HEALING*

Survivor Story: Meet Alexis



What are the events that led to your cancer diagnosis?

I turned 40 and went in for my first mammogram. I opted for a 3D mammogram, which detected some areas of calcification that were considered indeterminate. After undergoing a needle core biopsy,

I was diagnosed with ductal carcinoma in situ (DCIS).

What treatment did you receive?

While it was a difficult decision to make, I chose to undergo a bilateral mastectomy with reconstruction. Various factors went into my decision, including my young age at diagnosis, the nuclear grade and a known mutated gene (not specifically related to breast cancer). I also knew that for me, if I did not take this route, I would be in a constant state of fear and worry. Fortunately, I was a candidate for nipple-sparing pre-pectoral reconstruction, which is a less invasive procedure with a shorter recovery time.

Can you share your experience with genetic testing?

About 15 years ago, I found out that I had Lynch Syndrome, which is caused by a mutated gene. Since my diagnosis, I have completed all of the recommended tests. I never suspected breast cancer would be something with which I would be diagnosed. After my breast cancer diagnosis, I completed additional genetic testing for breast cancer-specific mutations, of which I was negative.

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

After my diagnosis, my wife, Holly, attended every doctor's appointment with me and was my primary caretaker post-surgery. I also had the support of my family and friends. After surgery, I completed physical therapy, which helped me regain my full range of motion and reduce scar tissue.

Did you utilize patient support resources at Northside Hospital Cancer Institute? If so, which would you recommend?

Soon after my diagnosis, Cindy Deminsky, a Northside Hospital Oncology Nurse Navigator, contacted me. She helped answer my questions and sent me pertinent information. I was surprised when I received the initial call because I had no idea that this was a "thing." I remember feeling comforted, supported and like I was not alone. I also received a prescription for post-surgical undergarments, which was a tremendous help during and after my recovery. Lena Markos from [A Wellness Place](#) was kind and helpful in assisting me with my fitting and selection.

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

It is completely normal to feel scared and overwhelmed. For me, knowledge is power, so educating myself on my diagnosis and treatment plan options helped a lot. Because this process can be so overwhelming, I would recommend bringing someone with you to your doctor's appointments for both moral support and helping take notes as it may be difficult to capture and process everything in the moment. Also, do not be afraid to ask for help from family, friends, and/or through support groups. Finally, be your own advocate; only you can make the right decision for yourself.

Where are you in your treatment journey?

It has been seven months since my surgery. I have regular checkups with my surgeon. Due to my previous diagnosis and mutated gene, I now have an oncologist who also monitors me.

Closing Thoughts

I am extremely thankful that I caught my breast cancer so early and believe that having the 3D mammogram helped detect my DCIS early. If you are due for a mammogram, please book your appointment today. Lastly, remember that you are not alone and that there are many people out there willing to provide support!

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



COMMUNITY SUPPORT & RESOURCES

“Cancer Transitions” Program is Back at Cancer Support Community Atlanta

It is quite common to feel a wide range of emotions once treatment ends. That is why Cancer Support Community Atlanta is pleased to announce the return of the Cancer Transitions program. This free, four-week workshop is a valuable resource designed to help survivors make the transition from active treatment to survivorship. To increase access for survivors throughout the state, Cancer Transitions sessions will now be held virtually.

Each week, the 90-minute session will focus on a new topic:

Session 1: Get Back to Wellness: Take Control of Your Survivorship

Session 2: Emotional Health

Session 3: Eating Well and Staying Active

Session 4: Medical Management Beyond Cancer: What You Need to Know

In addition to gaining access to helpful information, participants will also have the chance to connect with others who share their experiences as a survivor. All sessions will be led by a licensed mental health professional and guest experts who will present on their respective topics to round out the comprehensive series.

Eligible survivors include individuals who have completed treatment within the last two years. Currently, there are two sessions planned—one in late summer and one in the fall. To learn more and register for the program, email [Emily Brown](mailto:Emily.Brown@csca.org).



GET INVOLVED



NH Foundation Cancer Survivor Celebration at Zoo Atlanta

The Cancer Survivor Celebration was held on June 5th and more than 1,600 individuals attended! Here are some photo highlights:





EVENTS & CANCER CELEBRATIONS

CANCER SCREENING & PREVENTION

Skin Cancer Screenings

July 14, 2022 @ Northside Hospital Cancer Institute Radiation Oncology – Preston Ridge from 6-8 p.m.
October 20, 2022 @ Northside Hospital Cancer Institute Radiation Oncology – Atlanta from 6-8 p.m.

Prostate Cancer Screenings

August 11, 2022 @ Northside Hospital Cancer Institute Radiation Oncology – Preston Ridge from 5:30-8 p.m.
September 1, 2022 @ Northside Hospital Cancer Support Center – Gwinnett from 5:30-8 p.m.
September 15, 2022 @ Northside Hospital Cancer Institute Radiation Oncology – Atlanta from 5:30-8 p.m.

Built to Quit- Smoking and Tobacco Cessation Course

Next 6-Week Session Start Date: September 13, 2022

Weekly classes include the American Lung Association Freedom from Smoking curriculum.

They are conducted primarily in a group setting, which encourages participants to learn from each other.



COMMUNITY EVENTS

AMERICAN CANCER SOCIETY RELAY FOR LIFE EVENTS

Relay for Life of Cherokee County

August 31, 2022 – Virtual

Relay for Life of Newton County

September 23, 2022 from 6 p.m.-midnight
@ The Church Covington in Oxford

Relay for Life of Baldwin County

October 1, 2022 from 11 a.m.-3 p.m.
@ Baldwin County Soccer Complex in Milledgeville



NHCI-SPONSORED CANCER WALKS/EVENTS

Northside Hospital Cancer Institute Patient Education Conference – Navigating the Cancer Journey and Beyond

August 13, 2022 from 9:30 a.m.-3:45 p.m.
@ The Hotel at Avalon in Alpharetta

SagerStrong Foundation 3K Stadium Fun Run

September 11, 2022 @ 8 a.m. @ Truist Park in Atlanta

Team Maggie 5K/10K

September 17, 2022 from 7:30 a.m.-10 a.m.
@ the River @ RCCG King's Court Chapel in Roswell

Georgia Ovarian Cancer Alliance Teal Trot 5K Walk & Run

September 17, 2022 – more information coming soon!

Ovarian Cancer Research Alliance Ovarian Cycle

September 18, 2022 – more information coming soon!

2022 Komen Georgia MORE THAN PINK Walk in Atlanta

September 24, 2022 @ 8:45 a.m. @ Lenox Square in Atlanta

Georgia 2-Day Walk for Breast Cancer

October 1, 2022 @ 7 a.m. – October 2, 2022 @ noon
@ Atlanta Marriott Marquis

Leukemia & Lymphoma Society Light the Night Walk

October 1, 2022 @ 5 p.m. @ Piedmont Park in Atlanta

2022 Atlanta Walk to End Colon Cancer

October 22, 2022 @ 8:30 a.m.
@ Historic Fourth Ward Park in Atlanta

NORTHSIDE HOSPITAL FOUNDATION EVENTS

Tennis & Pickleball Against Breast Cancer

Benefiting Northside Hospital's Breast Care Program
October 7, 2022 @ Cherokee
October 14, 2022 @ Forsyth
October 21, 2022 @ Gwinnett
October 28, 2022 @ North Fulton

Paint Gwinnett Pink 5K Walk/Run for Breast Cancer

October 15, 2022 @ Northside Hospital – Gwinnett

Wine Women & Shoes

Benefiting the Northside Hospital Cancer Institute
November 13, 2022 @ 1 p.m. @ The Hotel at Avalon

