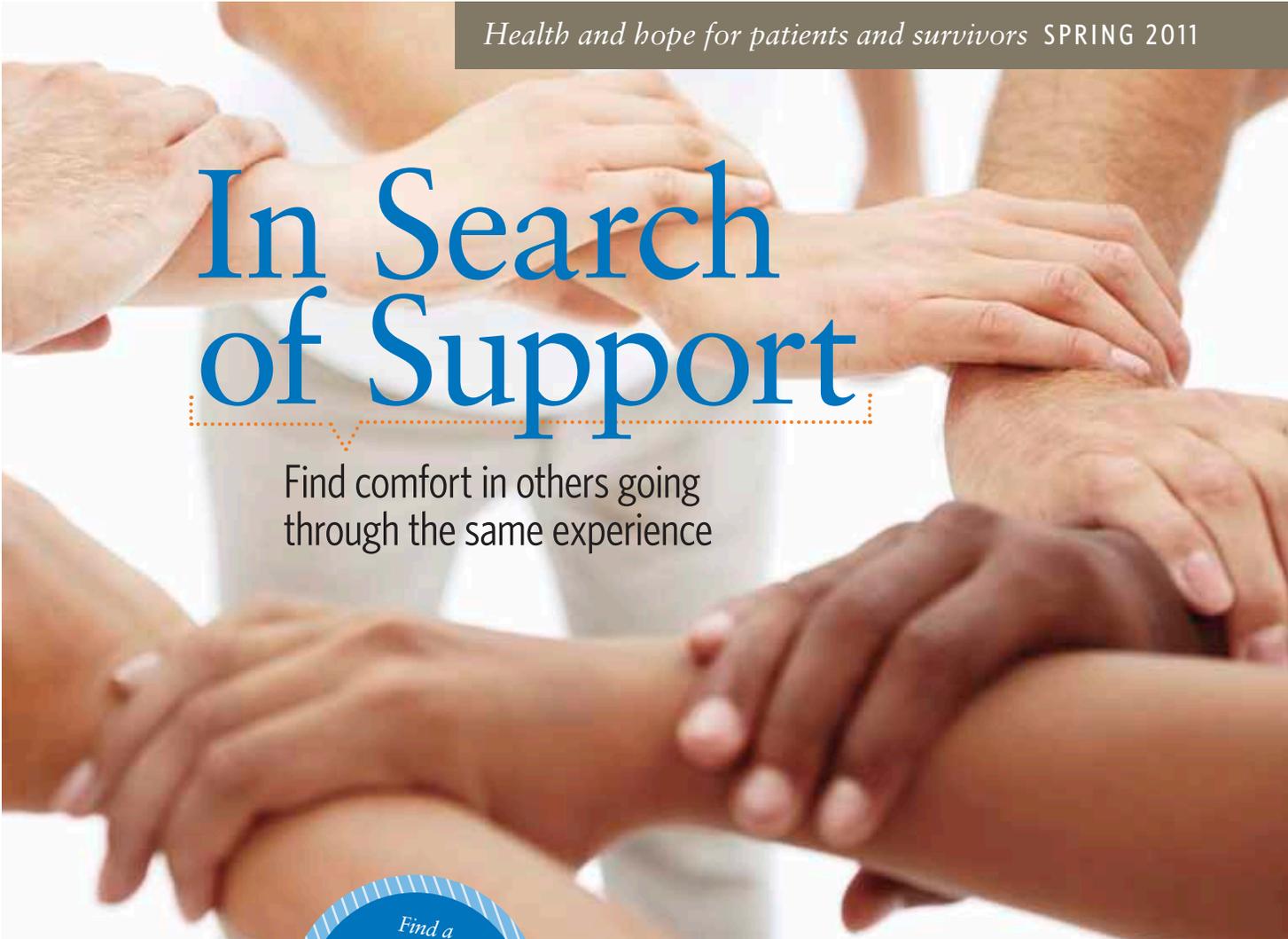


# Restore

Health and hope for patients and survivors SPRING 2011



## In Search of Support

Find comfort in others going through the same experience

Find a complete list of support groups at [www.cityofhope.org](http://www.cityofhope.org) by searching "support groups."

**A** diagnosis of cancer, diabetes or another serious disease is daunting, and your first plan of action is clear: Make sure you're seeing a team of top-notch medical professionals. The next step, however, is to make sure you have a strong support network, too.

Patients and their loved ones and caregivers can benefit from attending support groups. Spending time with others who are going through

similar experiences, exchanging information, educating yourself and reaching out to give and receive emotional support are vital parts of treatment and recovery.

### Finding Comfort and Knowledge

"Hearing others talk about their experiences [with cancer] can be healing," says Courtney Davis, M.S.W., medical oncology social worker at City of Hope. "Knowing that someone else is walking the same path and has the same concerns is comforting."

*continued on next page*

### IN THIS ISSUE

Why Check for Colon Polyps?

The Diabetes Diet

Upcoming Events at City of Hope

continued from previous page

The Institute of Medicine declared emotional and social support as essential components of comprehensive cancer care. Research shows that cancer patients who participated in support groups were less depressed and less anxious, developed better relationships with their caregivers and increased their knowledge of their illness.

Some cancer patients start attending support groups right after their diagnosis while others wait until entering the survivorship phase before going to their first meeting.



Ned Toomey attended a support group at City of Hope for caregivers after his wife was diagnosed with stage IV lung cancer in 2008.

“Hearing people get up and talk about their situations was helpful,” he says. “I wanted to learn all I could about cancer and how other people were coping.”

Jo Ann Namm, M.S., child life program

manager at City of Hope, leads a support group for children whose parents are undergoing cancer treatment. She believes that groups can help attendees talk about such hard-to-discuss topics.

“It opens up conversations,” notes Namm. “We teach positive coping skills and let kids know that it’s OK to have their feelings. It’s so helpful for them to know that there are other kids out there whose parents have cancer.”

“It’s nice for [patients] to have a place to talk about their worries without feeling like they’re burdening their loved ones.”

It all depends on when patients feel comfortable, according to Davis, who facilitates a support group for breast cancer patients at City of Hope.

### Support Group Myths Dispelled

While groups offer a place for patients and caregivers to share their feelings and fears, new attendees don’t need to worry about the groups being endless complaint sessions. They’re actually a place to express fears and share hope.

“It’s nice for [patients] to have a place to talk about their worries without feeling like they’re burdening their loved ones,” explains Davis. “These aren’t negative groups. There’s a lot of positive reinforcement and helpful advice. It’s a supportive environment.”

### A Group for Everyone

The options for support groups are as varied as the groups themselves. Some are offered for limited periods — the group Namm facilitates for parents and children runs for six weeks at a time — while others, such as the one Davis facilitates for breast cancer patients, are ongoing. Support groups might be limited to patients or caregivers or be open to both.

Finding the right support group can be as simple as asking doctors or other patients for referrals, or checking in at City of Hope’s Sheri & Les Biller Patient and Family Resource Center (or its website, [www.cityofhope.org/billercenter](http://www.cityofhope.org/billercenter)). Facilitators are available to answer questions and provide details about the group by phone through the Biller Patient and Family Resource Center at 626-256-HOPE (4673), ext. 3-CARE (2273).

“It’s worth it to come to one meeting and see what the group is about,” says Davis. “A lot of people find that helping others helps them heal themselves.” — *Jodi Helmer*

## Why Check for Colon Polyps?

Small knobs of tissue on the lining of the large bowel are known as polyps. Some polyps turn malignant, and research is not yet clear about why — although science has gained insight into possible causes.

Donald David, M.D., chief of the Division of Gastroenterology at City of Hope, says, “It appears that certain genes involved with preventing tumors — we call them tumor suppressor genes — may be knocked out and clear the way for polyps to become cancerous.”

David says all polyps should be removed so they can be examined in a lab for signs of cancer. Polyps can be removed through a simple excision during a colonoscopy,

a screening procedure to check the entire colon for early signs of cancer, including polyps. National guidelines recommend that screening for colon cancer should begin at age 50 for most people. Along with a colonoscopy, screening may include a fecal occult blood test, which looks for signs of blood in stool, and a flexible sigmoidoscopy to check only the lower colon.

“Screening for colon cancer is the most powerful way to gain the upper hand on this disease,” says David.

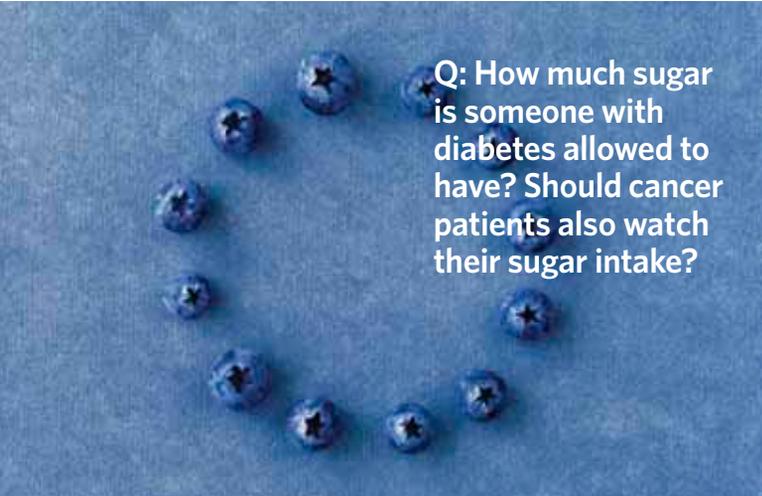
It is important to keep in mind that a patient who has developed one polyp can develop others in the future. But

continued on page 4

# The Diabetes Diet

Nutrition guidelines for this prevalent disease also are helpful for cancer patients to follow

Diabetes can be a complicated disease, but with proper knowledge of the dos and don'ts, it's manageable. Watching your diet is an important part of living healthfully with diabetes, and many of the nutritional guidelines that apply to diabetes also can be applied to those living with cancer. Below, City of Hope registered dietitian and certified diabetes instructor Peggy Mancini, M.S., R.D., C.D.E., gives you the basics. — *Harmony Apel*



**Q: How much sugar is someone with diabetes allowed to have? Should cancer patients also watch their sugar intake?**

➤ Sugar is a carbohydrate and eating too many carbohydrates will raise a person's blood sugar level. For this reason, diabetics need to control their total daily carbohydrate consumption. Using up a portion of that daily carbohydrate intake on sugar leaves less room in a person's diet for healthier, more nutritious options.

"Primarily, the problem is that sugar is an 'empty' calorie, meaning that it does not provide any essential nutrients other than calories," says Mancini. "Everyone should reduce their sugar intake if it makes up more than 10 percent of their daily calories."

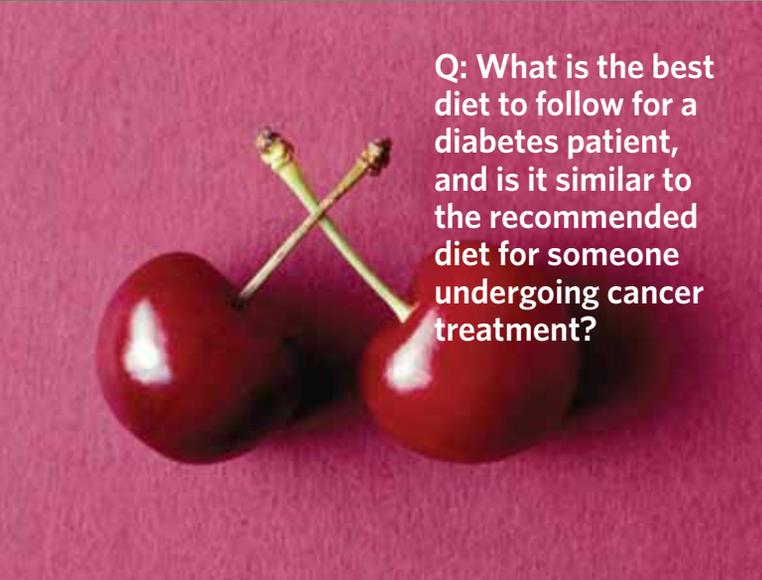


**Q: Is the glycemic index something to be concerned about?**

➤ The glycemic index is a scale that ranks carbohydrates according to how they raise blood glucose levels. If a person is following a well-balanced, healthy diet, there is no need to worry about monitoring this scale, according to the dietitian.

"We do not eat foods in isolation of other foods, and food sits in the stomach for hours before digestion is completed," Mancini says. "One food that might raise the blood glucose level can be offset by another food eaten at the same time that does not raise the blood glucose level."

The most important thing to remember is to eat a balanced diet. If you love carbohydrate-heavy foods, remember that moderation is important.



**Q: What is the best diet to follow for a diabetes patient, and is it similar to the recommended diet for someone undergoing cancer treatment?**

➤ Barring any special recommendations by a patient's physician, the suggested diet is the same for a diabetes patient as for a cancer patient: a healthy, well-balanced one. "Twenty to 35 percent of the daily calories should be from unsaturated fats, limiting the saturated fats to less than 10 percent," Mancini says. A well-balanced diet should also include a variety of foods from different food groups, including fruits and vegetables, whole grains, nonfat or low-fat milk products, and lean protein. Mancini advises consuming less than one teaspoon of sodium a day and to choose foods with little added sugar.

Patients are encouraged to discuss their dietary needs with their physician, who can refer them to a registered dietitian.

# 3/11-6/11

Unless noted, all classes and support groups meet at the Sheri & Les Biller Patient and Family Resource Center, City of Hope, 1500 E. Duarte Rd., Duarte, Calif. To sign up, call **626-256-4673, ext. 3CARE (2273)**, or visit [www.cityofhope.org](http://www.cityofhope.org). Class schedules are subject to change. Call to confirm.

## SPECIAL PROGRAMS

### Art Therapy

**Tuesdays: 1:30-3 p.m.**

For patients and caregivers. Preregistration is required. Discover your inner artist and express yourself through the creative process of art. Explore drawing, collage, crafts and more. Art therapy can relieve stress and anxiety and increase physical and emotional well-being.

### Ask the Experts

**Monthly: 6-8 p.m.**

Free community lecture series offered monthly (except June, July, August and December). Leading City of Hope medical and scientific experts discuss the latest breakthroughs in the research and treatment of cancer and other life-threatening diseases. Call **800-535-1390, ext. 65669**, for topics, dates and to reserve your seat.

### Gentle Restorative Yoga

**Mondays: 3-4 p.m.,**

**Wednesdays: 3-4 p.m.**

For patients and caregivers. Preregistration is required. Course includes various yoga postures, development of daily home practice and relaxation techniques. **Coming soon: Evening Yoga and Yoga in Spanish.** Call for dates and times.

### Look Good...Feel Better

**Mondays: 10 a.m.-noon (March 7; May 2; July 18; Sept. 12; Nov. 7)**  
Experienced cosmetologists

teach women currently undergoing chemotherapy or radiation therapy how to overcome the appearance-related side effects of treatment. To register, call the Positive Image Center<sup>SM</sup> at **626-301-8874**.

### Music Therapy

**Two Thursdays a month:  
2:30-4 p.m.**

For patients and caregivers. Call for exact dates and times. Preregistration is required. Nourish your mind, body and soul with the healing power of music. Music therapy has been shown to improve pain and physical discomfort and relieve stress and anxiety.

### Nutrición Para una Vida Saludable

**2nd Thursday of each month:  
2:30-4 p.m.**

Un programa para familias y la comunidad. Preregistration is required. Contact Lina Mayorga, M.P.H., C.H.E.S., at **626-256-4673, ext. 64053**, or e-mail [lmayorga@coh.org](mailto:lmayorga@coh.org).

### Patient & Family Orientation

**Daily: 11 a.m.-noon and 1-2 p.m.**

Tackle your treatment with confidence! Join us and learn valuable tips: how to get the most out of your appointments with your doctors and other health professionals, whom to call when you need help, how to navigate City of Hope, where to find valuable resources that can make life easier for patients and families, and more.

### Strategies for Pain Control

Offered in English and Spanish. Call for date and time.

## SUPPORT GROUPS

### Breast Cancer Support Group

**2nd Tuesday of each month:  
6-7:30 p.m.**

Preregistration is required.

### Head and Neck Cancer Support Group

**Quarterly meetings**

Call for dates and times.

### Hope Network Peer Support Program

Hope Network is recruiting breast cancer patients to provide peer support, hope and understanding to City of Hope patients and caregivers who share their same experiences. For information, call the Biller Resource Center or e-mail [hopenetwork@coh.org](mailto:hopenetwork@coh.org).

### Leukemia, Lymphoma and Multiple Myeloma Support Group

**1st Thursday of each month:  
6-7:30 p.m.**

Conference Room Y-9

Preregistration is required.

### Lung Cancer Education

**1st Wednesday of each month:  
6-7:30 p.m.**

Preregistration is preferred.



**SHARE YOUR STORY**  
Did your family or friends do something special to support you during your cancer treatment? Tell us about it at [www.cityofhope.org/restore/community](http://www.cityofhope.org/restore/community). Read others' inspirational stories here as well.

*Why Check for Colon Polyps?*  
continued from page 2

having a polyp does not automatically mean you're at higher risk of cancer for the rest of your life.

"It depends on the type of polyp," David says. "Adenomatous polyps are associated with colon cancer. We screen patients having these more frequently depending on the number of polyps, as well as the patient's family history of cancer."

Risk factors associated with colon cancer include family history of the disease and a personal history of breast cancer or inflammatory bowel disease.

Men with diabetes may want to talk to their physicians about colon cancer screening recommendations. A study published in the November 2010 issue of *Gastroenterology* found that men with diabetes are more likely to develop colon cancer. The study's findings didn't apply to women.

Smita Bhatia, M.D., M.P.H.  
Medical Advisor

Alicia Di Rado  
Publications Manager

Sherrie Vamos  
Grateful Patient  
Program Administrator

Carol A. Chaplin  
Publications Editor

©2011 City of Hope. To be removed from our mailing list for fundraising communications, send a written request to City of Hope, Attention: Privacy Officer, Wing IV, Room 415, 1500 E. Duarte Rd., Duarte, CA 91010. For address changes, please send your label to City of Hope, 1055 Wilshire Blvd., Suite 1118, Los Angeles, CA 90017, or by e-mail to [restore@coh.org](mailto:restore@coh.org). Information in this publication is intended to educate our readers. It is not a substitute for medical advice or diagnosis from a licensed physician.

Designed and published by McMurry | [www.mcmurry.com](http://www.mcmurry.com)