



St. Joseph's Cancer Survivor Corner

St. Joseph Medical Center, The Cancer Institute

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End of Treatment: Now What?

When treatment ends, moving into the next phase of the cancer journey known as extended survivorship, can be a time of uncertainty and mixed feelings. In 1987, Fitzhugh Mullen, physician and cancer survivor, defined extended survivorship as a time of watchful waiting, with celebration, uncertainty and transition. Today, the time immediately following the end of treatment is often referred to as transitional survivorship. This is the period of time that patients begin to adjust to the change in their schedule and the lack of close surveillance by their healthcare team. Many patients are surprised when they don't feel happy, excited and relieved that they have finished treatment. Feelings of anxiety, loneliness and sadness can occur. These are very common feelings during the transition into extended survivorship. It takes time to adjust to the changes treatment brings. Patients can educate themselves about those changes by attending the End of Treatment Class offered twice weekly at the Cancer Institute. To make an appointment, call Ellen Gaither at 410 427 5585. When treatment ends, recovery, healing and discovery begins.



Seasons of Survivorship

Valentines Day: Be good to your heart!

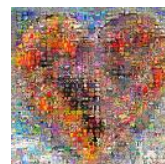
Although cancer is the subject of this newsletter, we must not forget that heart disease is the number one killer in the US. Taking care of your heart includes monitoring your blood pressure, cholesterol, blood sugar and maintaining a heart healthy diet. Weight management, exercise, and stress reduction are all things you can do to care for your heart. Don't smoke and aim for a BMI (body mass index) less than 25. Stress reduction can be achieved by incorporating 10 minutes of yoga, meditation or peaceful relaxation breathing into your daily routine. Exercise for at least 20 minutes a day. This can be achieved throughout the day by using the stairs instead of an elevator, walking at lunchtime or even just walking around the house. Remember to watch your portion sizes at mealtime, limit salt intake, eat a diet rich in fruits, vegetables, and whole grains. Limit red meat and alcohol and incorporate fish into your diet two or more times per week.



Love



Your



Heart

Resources for Cancer Survivors

www.cancerrecovery.org

Daily Devotions

www.thelydiaproject.org

www.survivorship.cancer.gov

www.cancer.net/patient/survivorship

www.canceradvocacy.org

NCCS

www.cancercares.org

www.Livestrong.org

Have you heard?

- Ballroom dancing classes will be offered for free for patients and family members Thursday nights from 7-8 p.m.
- The End of Treatment Class is offered twice a week for patients who have finished all of their treatment
- St. Joseph Survivorship Program Nurse, Rose Menton can be reached at 410-427-2011
- The book lending library is located in the infusion waiting room
- Lagniappe Project supportive Art Experiences during chemotherapy

To receive this newsletter electronically, please send your email address to

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