

Message from Dr. Timothy O'Brien, Director, Cancer Care Center

The mission of the MetroHealth Cancer Care Center is to provide the same compassion, dignity, and state-of-the-art care to all patients with cancer and hematologic disorders, regardless of their ability to pay. We also strive to improve the outcome of our patients through participation in clinical research, staff educational activities, and community outreach.

In order to maintain these high levels of care, the Cancer Care Center requires financial support. The MetroHealth Foundation provides an opportunity for financial giving through the Oncology Patient Care, Education, and Research Fund. Examples of previous activities supported by this fund include: a breast cancer research project, continuing education for oncology nurses at a national meeting, and ongoing support for our new community breast cancer outreach program.

If you are interested in directly supporting the MetroHealth Cancer Care Center through donations or financial contributions, contact the MetroHealth Foundation at 216-778-5665. Volunteer service is also appreciated and can be arranged by calling (216) 778-4471. Thank you for your support.

Poker Run/Fundraiser for MetroHealth Cancer Care Center



Come out and join the Blue Knights, Inc. and the MetroHealth Cancer Care Center on Sunday, August 27, for a fun-filled ride in support of the Cancer Care Center. The motorcycle/car ride begins and ends at the Cancer Care Pavilion, 2500 Metro Health Drive.

Registration begins at 9:30 a.m. the day of the event with free t-shirts to the first 250 people who register. The first bike will be out by 10 a.m. and the last bike will be in at 3 p.m. Lunch will be served and awards will be presented to the first, second, and third place winners. So come one, come all, for a fun-filled ride to help the Cancer Care Center at MetroHealth!

For more information, call Barb Ruda, RN, at 216-778-5464, B-1256, or Diane Wolf, RN at 216-778-8306, B-1190.



Reiki Clinic

Research suggests that energy surrounds all living things and extends beyond the physical body. Disruptions or imbalances in the flow of energy correlate with physical or emotional illness.

Reiki is a natural healing technique that uses laying on of hands to direct healing energy to where it is needed. Reiki offers comfort, and supports a balance of mind, body, and spirit.

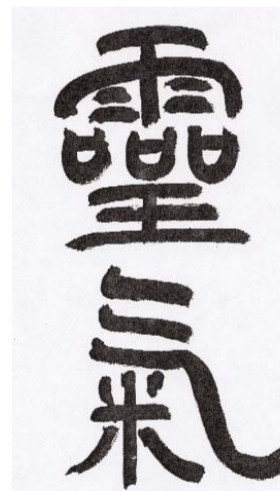
Reiki originated in Japan and can be used as a complementary medical treatment. It is not massage, hypnosis, or a diagnostic tool. It is a technique that addresses both chronic and acute conditions and promotes relaxation.

The individual lays on a bed or sits in a chair fully clothed. The Reiki practitioner places his or her hands on or above the person's head, shoulders, back, chest, stomach and limbs. No pressure or oils are used. Reiki usually follows a series of hand positions, but practitioners can place their hands over any area of injury or discomfort, providing the amount of energy you need to bring your mind and body into balance.

Results can be subtle or powerful. Some fall asleep during the session; others enjoy a sense of calm. Feel free to share your experience with your practitioner.

WHEN: September 8, or October 13. Advance registration required.
TIME: 30-minute sessions at 2 p.m., 2:30 p.m., 3 p.m., and 3:30 p.m.
LOCATION: MetroHealth Cancer Care Center

If you have questions about Reiki, contact Rosanne Radziewicz at Rradziewicz@metrohealth.org, or call (216) 778-4120. To schedule a treatment, please call (216) 778-8277.



The Japanese Kanji for Reiki
Tensyo style

I Can Cope at MetroHealth

Cancer Care Center
Facilitated by Amy Arledge, MSW, LSW
and Sara Dunson, MSW, LSW
Please join us for the I Can Cope
Oncology Support Group held every 4th
Tuesday of the month from 3:30 - 5 p.m.
in the First Floor Conference Room,
Cancer Care Pavilion.

I Can Cope is a structured educational
program developed by the American
Cancer Society for adults with cancer
and their family or friends.

Tuesday September 26, 2006
3:30- 5:00 pm

*Topic: Nutrition During and
After Cancer Treatment*

Speaker- Rochelle Smith, RD, LD

This class presents the basics for nutri-
tious eating, as well as nutrition informa-
tion and strategies for identifying and
managing treatment-related problems.
Suggestions for healthy eating and physi-
cal activity will also be presented includ-
ing the importance of setting and achiev-
ing life-long goals for a healthy weight, a
nutritious diet, and a physically active
lifestyle following a cancer diagnosis.

Tuesday October 24, 2006
3:30-5:00 pm

Topic:

Taking Charge of Money Matters

Speaker- Sandra J. Buzney, J.D., LISW
from Hickman-Lowder Law Firm

The purpose of this class is to help people
with cancer and their loved ones better
manage key money matters that may arise
during or after their cancer experience.

Sandra Buzney's practice focuses on
elder law, probate, Medicaid planning and
consultation, and estate planning. She
serves on the Advisory Committee of
Adult Guardianship Services, is a member
of the Brain Injury Coalition of Cleveland,
and is an active member of the Elder
Law Committee of the Ohio State Bar
Association. She is also a member of the
Cleveland and Cuyahoga County Bar
Associations, and the National Academy
of Elder Law Attorneys (NAELA).

Health and Spirituality Group

Facilitated by Kathie Kolbe, Chaplain

Explore the concept of spirituality and
how it can help you find meaning, hope,
comfort, and inner peace.

Many people find spirituality through religion,
music, art, or a connection with nature.
Others find it in their values and principles.

How is spirituality related to health?
Many believe there is an interconnection
between the well-being of body, mind,
and spirit. Some research supports the
theory that factors such as positive
beliefs, comfort, and strength gained
from religion, meditation, and prayer can
contribute to healing and a sense of well-
being. Improving your spiritual health
may help you feel better, prevent certain
health problems, and strengthen your
ability to cope with illness or death.

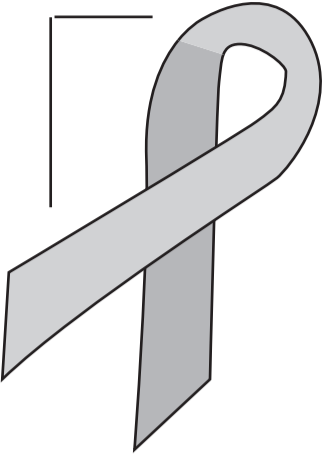
Please join us the first Tuesday of every
month from 3:30 - 5p.m. in the 1st floor
Conference Room, Cancer Care Pavilion,
to discuss issues surrounding spirituality
and how it impacts our daily lives.

MetroHealth Cancer Care Center
2500 MetroHealth Drive, Cleveland, Ohio 44109
To call for an appointment: (216) 778-5802

For information regarding our next **Free Breast Cancer Screening**,
please contact Ami Peacock at (216) 778-8328.

September

September is designated as the month to raise awareness for Childhood Cancers, Gynecologic and Ovarian Cancer, Leukemia and Lymphoma, and Prostate Cancer.



Ribbons in various colors have been chosen to represent the many cancer awareness initiatives in September. Wear a ribbon and show your support!

Childhood Cancers -Gold
Cervical Cancer -Teal and White
Ovarian Cancer -Teal
Leukemia -Orange
Lymphoma - Lime Green
Prostate Cancer -Blue

Did you know?

Being overweight or obese has been identified as one of the risk factors for the following types of cancer: breast, colon, endometrium, esophagus, gallbladder, pancreas and kidney.

Physical activity can reduce the risk of cancer by helping to control weight and by influencing hormones, according to the American Cancer Society.

- Adults should be moderately active for at least 30 minutes, five or more days per week.
- To reduce the risk of breast or colon cancer, 45 minutes of moderate to vigorous activity is recommended, five or more times per week.
- For children, the recommendation is 60 minutes or more, five or more times per week.

Eating right, being active, and maintaining a healthy weight are important ways to reduce your risk of cancer, heart disease, and diabetes while promoting a healthy lifestyle.

September Special Program

Understanding Clinical Trials

Wednesday, September 6, 2006 - 3:00-4:30 pm

First Floor Conference Room, Cancer Care Center

In celebration of Leukemia and Lymphoma Awareness Month, we have arranged a special presentation by MetroHealth oncology fellow Dr. Charles J. Nock and Debbie Kendig, LISW from The Leukemia & Lymphoma Society, Northern Ohio Chapter. Patients, family, and friends are welcome as we learn more about "Understanding Clinical Trials."

Gain a basic understanding of cancer clinical trials including how they work (Phase I, II, III), their importance in improving cancer treatments and saving lives, and how patient safety is ensured. We will also learn about services provided through the Leukemia & Lymphoma Society including upcoming support groups, financial aid, patient education programs, and peer-support. Information on the "Light the Night Walk" on September 17, 2006 will also be provided. Light refreshments will be served.

To find out more about the Northern Ohio Chapter's patient services programs, please call (440) 617-CURE (2873) or toll free (800) 589-5721.

Breast Cancer Support Group

The MetroHealth Breast Cancer Support Group will resume Thursday, Sept. 21st from 5:30 -7:00 p.m. in the 1st floor conference room. A "share your summer" pot luck dinner will be featured, so bring your favorite dish.

The October Breast Cancer Support Group will be held on Thursday, October 19th from 5:30 - 7:00 p.m. in the 1st floor conference room.

New members are welcome. For more information, please call Janice Smith, LISW at (216) 778-3124.

October

October is Breast Cancer Awareness Month including National Mammography Day on Friday, October 20, 2006 . Don't forget to wear pink to show your support.

Race for the Cure[®]

Saturday, October 14, 2006
Voinovich Park, Downtown Cleveland
8 a.m. - 12 p.m.

The Susan G. Komen Breast Cancer Foundation of The Northeast Ohio Affiliate is again sponsoring their annual breast cancer fundraiser, Race for the Cure. The proceeds support research, education, screenings, and treatment. MetroHealth Cancer Care Center receives a grant from The Komen Foundation to sponsor our community breast screenings.

The Komen Northeast Ohio Affiliate raised \$1.5 million in 2005 thanks to the successful Komen Northeast Ohio Race for the Cure, which raised more than \$1 million. The Affiliate distributed more than \$875,000 to 22 non profit organizations in Northeast Ohio and more than \$280,000 to the Susan G. Komen Breast Cancer Foundation Award and Research Grant Program.

MetroHealth is an official sponsor of the event and will also organize a MetroHealth team. Our goal in 2006 is to have 200 people participate in this 5K race/walk. If you're interested in participating, please contact one of the following MetroHealth staff:

Kathy Doyle -778-3646
Candace Carmichael -778-8378
Kathy Kolbe - 778-8321
Ami Peacock 778-8328

For more information, visit www.kommenneohio.org or stop by the Race For the Cure table in the cafeteria hallway in early October.

Did you know?

In 1993, President Bill Clinton proclaimed the third Friday in October as National Mammography Day to help increase awareness about the importance of mammography, especially for women over age 40. Since that time, millions of women across the United States have used that day as a reminder to get their annual mammogram.

October Special Program

Fall Field Trip to The Gathering Place

Wednesday, October 4, 2006 – 2:00-4:30 pm

First Floor Conference Room, Cancer Care Center

The Gathering Place, located in Beachwood, OH, is a caring community that supports, educates, and empowers individuals and families touched by cancer through free programs and services. In conjunction with The Gathering Place, we are pleased to offer a free special program to all MetroHealth cancer patients and family members.

The program will begin with an introduction to Tai Chi for Health, which focuses on wellness to increase your energy and release tension. This program is SLOW motion, so no sweat! We will then adjourn to the garden for a walk around the healing labyrinth (weather permitting) and end our afternoon with a short group discussion and refreshments. Please contact Amy Arledge at 216-778-8277 to pre-register for the event. Transportation assistance is available upon request.

Free Breast Cancer Screening

The next Breast Cancer Community screening will be
Saturday, October 28, 2006
Care Alliance Health Clinic
10AM - 2PM
1530 St. Clair Ave.
Cleveland, OH 44114

For more information, please call Ami Peacock at 216-778-8328 or Jasmin Santana at 216-778-8347. Se habla español.