Finding Balance

When Helen Galletly was diagnosed with stage III breast cancer, her first thought was she wanted to follow an alternative treatment approach. She sought out second and third opinions from many conventional doctors and alternative practitioners. She shared, “I was very hesitant about putting chemicals and radiation into my body; I wanted a more natural approach.” After much time and effort, she came to the conclusion that she doubted either alternative or conventional medicine would meet her needs. She decided the best course of action was a complementary or integrative treatment plan – a balance of both worlds.

Conventional medicine refers to the standard medical care that is based in scientific evidence, such as chemotherapy, radiation, biological therapy and surgery. Alternative medicine refers to the use of non-mainstream approaches, in place of conventional medicine. The terms complementary and integrative refer to the use of such non-mainstream approaches together with conventional medical approaches. Types of complementary approaches include natural products and mind/body practices. Natural products include herbs, vitamins, minerals and probiotics. Mind/body practices include procedures or techniques administered or taught by a trained practitioner, including yoga, chiropractic and osteopathic manipulation, meditation, massage therapy, acupuncture, relaxation techniques, energy medicine and hypnotherapy.

Helen worked with her conventional doctors and alternative practitioners to develop a complementary treatment plan. Helen’s conventional approach included having a mastectomy followed by chemotherapy and radiation. She also plans to take Tamoxifen for the next five years; studies have shown it can help prevent recurrence of breast cancer. Helen integrated alternative treatment methods throughout the course of her treatment plan, which she feels helped with side effects of the conventional treatment and recovery. Some of the approaches she utilized included:

**Guided meditation:** Learning to become fully present in the moment to relax your mind, increase calmness and physical relaxation and improve psychological balance. Helen reported, “I went to guided meditation after most of my chemotherapy treatments and it helped keep my anxiety in check and increased my inner strength. I learned to be present in the moment.”

**Yoga:** A mind/body practice with origins in ancient Indian philosophy. The various styles of yoga typically combine physical postures, breathing techniques and meditation or relaxation. “I found gentle yoga provided me with a mental and emotional break; like a mini-vacation, I felt rejuvenated afterwards,” Helen recalled. The National Center for Complementary and Integrative Health research has suggested yoga may be beneficial in relieving the persistent fatigue that some women experience after breast cancer treatment.

**Qi gong:** A discipline from traditional Chinese medicine that combines gentle physical movements, mental focus and deep breathing. “I could feel the energy moving through my body” Helen said, “I felt it helped my body and helped me work through my unprocessed emotions.” (For more information on Qi Gong see page 5.)

**Acupuncture:** One of the key components of traditional Chinese medicine practiced for thousands of years, it incorporates procedures involving the stimulation of points on the body using a variety of techniques. The most common acupuncture technique involves penetrating the skin with thin metallic needles that are manipulated by the hands or by electrical stimulation. Helen described her experience with acupuncture: “I felt a prick and then a weird sensation, but no pain. I feel it really helped me manage my nausea and neuropathy.”

Continued on page 2
Chinese herbal medicine: Medicinal substances such as leaves, roots, stems, flowers, seeds, minerals and animal products that are often combined in formulas and given as teas, capsules, liquid extracts or powders. Helen said, “I feel Chinese medicine aided in keeping many of my side effects at a minimum and also worked to help rid my body of cancer. I kept both my conventional doctors and alternative practitioners aware of all the medications I was taking.”

Helen’s advice for others who are contemplating treatment options: “Trust your intuition and do your research. Everybody has to do what fits in their lifestyle and what resonates with them." Helen has made many positive changes in her life and incorporated the knowledge she learned through her cancer journey to other areas of her life. She shared, “It is all about finding balance; finding balance in relationships, work, life and health. I did not have to choose to go all alternative or all conventional; I got the best of both worlds with complementary!”

If you are considering a complementary health approach, it is important to learn what scientific studies have discovered and learn the potential benefits and risks. Be informed about the safety and effectiveness of any recommended health approach. Discuss the information with all your health care providers so you can make an informed decision. Prior to using any natural products, find out about potential side effects or interactions with your current medications. Only use treatments that have been proven safe and effective. It is important to keep all your health care providers informed about all your health care approaches.

Additional information can be found online from the National Center for Complementary and Integrative Health at www.NCCAM.NIH.gov and the National Cancer Institute at www.Cancer.gov/cam.

Community Cancer Awareness Events – Save the Dates

Miles for Men Prostate and Breast Cancer Awareness Race Rock the Ribbon

Saturday, September 26 | 6:30pm
Morton Plant Hospital
400 Corbett St., Clearwater
(parking is available at 455 Pinellas St.)

You are invited to participate in Morton Plant Mease’s annual prostate and breast cancer awareness race, presented by Urology Specialist of West Florida. The race is a family-friendly 5K, 10K and Kids Dash, and benefits the prostate and breast cancer programs of Morton Plant Mease. The proceeds will be used to provide community screenings, education services and assists prostate and breast cancer patients who lack resources for their treatment. Register online at Miles4Men.com or call (727) 462-7036 for more information.

Making Strides Against Breast Cancer

Saturday, October 17 | 8am registration | 9am walk
Vinoy Park
701 Bayshore Drive N.E., St. Petersburg

The American Cancer Society’s Making Strides event is an opportunity to unite as a community to celebrate breast cancer survivors, raise awareness about the disease, and raise money to help save lives from breast cancer by funding ground-breaking breast cancer research, providing free comprehensive information and support, and helping people take steps to reduce their risk of the disease or find it early when it’s most treatable. The event is noncompetitive with three- to five-mile walks. For more information, visit the American Cancer Society website at Cancer.org or (727) 546-9822.

Camp Living Springs

October 16–18

For a fabulous, free, fun-filled getaway, nothing beats Camp Living Springs, a relaxing and supportive weekend for cancer patients/survivors age 18 and older. The camp is funded by a grant from Morton Plant Mease Foundation and staffed by MPM volunteers, professional staff and YMCA of the Suncoast partners. Applications will be available at Morton Plant Mease Volunteer Resources offices as well as at CaPSS offices at Axelrod Pavilion and Mease Countryside Hospital. Applications must be completed and signed by you and your physician, and submitted by August 21. For more information, call Morton Plant Hospital Volunteer Resources at (727) 461-8010.
Community Cancer Awareness Events

Relay for Life
Morton Plant Mease participated in the Dunedin Relay for Life, which brings together communities to celebrate cancer survivors, remember those who have lost the battle and take part in the fight against cancer. More than $44,000 was raised for the American Cancer Society!
A special thank you to Bobbie Painter, owner of Ozona Pig in Palm Harbor, who donated their famous, delicious BBQ cocktails. All proceeds were extended to the American Cancer Society.

Pitch for Pink
More than 4,000 people enjoyed a night at the ballpark, helping the Clearwater Threshers and Morton Plant Mease strike out breast cancer on July 17 at the 10th annual Pitch for Pink event. Sporting their Pitch for Pink jerseys, the Clearwater Threshers faced the Palm Beach Cardinals and helped the event raise funds for MPM breast health programs and services.

Melanoma Monday
Morton Plant Mease health experts offered free skin cancer screenings and education to nearly 200 community members at the 19th annual Melanoma Monday event.

Dr. Kathleen Allen (1), Dr. Peter Blumencranz (2), and Phinley (3) greets breast cancer survivors during the pregame lap. Anna Matos (4) getting ready to throw out the first pitch to start the game.
CaPSS Support Groups

At Morton Plant Hospital

NEW – All Cancer Support Group
You are not alone in your cancer journey. The All Cancer Support Group gives you an opportunity to gain strength and comfort from other men and women who are coping with cancer. You will also have the opportunity to share your story and listen to and learn from the stories of others. The All Cancer Support Group will help you to deal with life's terms with less stress, with hope and the support of others. (This group meets at the same time and in the same building as the Caregiver’s Support Group). Facilitator: Ken Bliznick, LCSW, OSW-C, (727) 462-2149

2nd and 4th Wednesday | 6-7:30pm
October 14 and 28, November 11 and 25, December 9 and 23
Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd Floor

NEW – Caregiver Support Group
Our Caregiver Support Group is a way to connect with the friends, family and loved ones who are providing caregiving and support to a patient with cancer. In the group, you will have the opportunity to share your thoughts, feelings and experiences with others who are on similar journeys. Through listening and sharing, you may learn additional ways of coping, managing stress and relating to your loved one and also find out that you are not alone. Our Caregiver’s Support Group is open to men and women of all ages, caring for people with all types of cancer. (This group meets at the same time and in the same building as the All Cancer Support Group). Alana Toups, MSW, LCSW, (727) 462-7153

2nd and 4th Wednesday | 6-7:30pm
October 14 and 28, November 11 and 25, December 9 and 23
Axelrod Pavilion, Oncology Services Conference Room, 2nd Floor

Women’s Cancer Support Group
Experience the power of shared support. This group gives you the opportunity to share your cancer experiences while learning and gaining strength and comfort from the experiences of others. This group is open to women of all ages with any type of cancer. Facilitator: Alana Toups, MSW, LCSW, (727) 462-7153

1st and 3rd Monday | 6–8pm
September 21, October 5 and 19, November 2 and 16, December 7
Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd Floor

LUNA de Pinellas
(Latinos Unidos por un Nuevo Amanecer/Latinos United for a New Awakening)
Our LUNA group is open to men and women with any type of cancer. Family members/caregivers are also welcome. The group is run in Spanish by a bilingual facilitator. For additional information in English or Spanish, please call the number below.

Un grupo para mujeres y varones con cualquier tipo de Cancer. Familiares y amigos son bienvenidos. La moderadora del grupo es bilingüe y el grupo es en Español. Las reuniones son el segundo martes de cada mes de 6-8pm. Para más información, favor llamar al siguiente número. Facilitator: Alma Flores, MSW, (727) 462-2125

2nd Tuesday | 6–8pm
September 8, October 13, November 10, and December 8
Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd floor

At Mease Countryside Hospital

Women’s Cancer Support Group
Connect and share with other women in similar circumstances. Learn how others are coping and facing similar challenges. You will have the opportunity to tell your story and listen to the stories of other women. You will gain strength and comfort from the support of other women. The group is for women of all ages with any type of cancer. Facilitator: Jennifer Scrivens, MA, LMHC, NCC, (727) 725-6016

2nd and 4th Tuesday | 6–8pm
September 8 and 22, October 13 and 27, November 10, December 8
Shaffer Tower, 4th floor
Evelyn R. Simmers Oncology Resource Library

Prostate Cancer Discussion Group
This discussion group provides support and information to men with concerns about prostate cancer. Men only please. Facilitator: John Llauget, MA, EdS, LMHC, (727) 462-2141

2nd Tuesday | 2–3:30pm
September 8, October 13, November 10, and December 8
Shaffer Tower, 4th floor
Evelyn R. Simmers Oncology Resource Library
Mind/body Connection Programs

Mindfulness Meditation Class
Mindfulness Meditation is a mind/body connection program for Morton Plant Mease cancer patients and family members. It is all about moment-to-moment awareness. You will discover how to become fully and attentively present in the moment to relax your mind and achieve inner calmness. Through Mindfulness Meditation, you can learn how to take better care of yourself and live a healthier life.

The Mindfulness Meditation class meets once a week for four weeks, and you are asked to make a commitment to attend all four sessions, since each week’s lesson builds on the previous week’s practice.

For more information and to register: contact John Llauget at (727) 462-2141.

Thursday, September 3, 10, 17, 24
Thursday, November 5, 12, 19
(no class November 26)
3–4:15pm
Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd floor

Guided Imagery
CaPSS counselors are available to provide guided imagery to Morton Plant Mease cancer patients and families who are interested in learning this technique. Guided imagery has been shown to help increase one’s hope and motivation, decrease depression and fatigue and reduce the perception of pain. It can also help alleviate chemo-related nausea and vomiting, increase comfort during radiation and help one gain a sense of control during cancer treatment. For additional information, please contact a CaPSS counselor. See phone numbers on back page.

Oasis Yoga Class
Free yoga classes for cancer patients, taught by certified yoga instructors. Relieve your stress, calm your mind. Restorative yoga focuses on slowly and comfortably relaxing and realigning the body. Soothing practice involves moving slowly into basic yoga poses and includes meditation and stretching. Please bring a mat and a towel. No registration is required.

Thursdays | 1–2pm
September 3, 10, 17, 24
October 1, 8, 15, 22, 29
November 5, 12, 19
(no class November 26)
December 3, 10, 17
(no class December 24 or 31)
Axelrod Pavilion, Bernard F. Powell Conference Room, 2nd floor

Qi Gong: Beginner Training
Qi Gong (pronounced CHEE-GOONG) is a training program to introduce Morton Plant Mease cancer patients to a practice that originated in China and has been practiced for thousands of years. This exercise method emphasizes mind/body awareness through breathing, proper posture and slow, gentle movement. The National Qi Gong Association states, “The gentle, rhythmic movements of Qi Gong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.”

Cancer survivor Dusty Rhodes, who is in his seventh year of practicing Qi Gong said, “Energy medicine systems can result in positive physical and psychological changes. I have learned how to significantly control pain, breathing and stress using the techniques I learned in this program. It’s more than exercise; it offers the benefit of renewed perspective.”

“I just love it!” Olga Fincher shared. “Qi Gong does help you relax and the program is easy to follow and learn.”

John Llauget, MA, EdS, LMHC, who facilitates the program emphasized, “Qi Gong is a sound and safe method to improve your health. It can be useful for anyone regardless of their health status. At no cost, our patients are welcome to bring themselves and anyone who would like to accompany them in learning this exercise.”

Presenter: John Llauget, MA, EdS, LMHC. For registration: (727) 462-2141

Thursdays, October 1, 8, 15, 22, 29
Thursdays, December 3, 10, 17
(no class December 24 and 31)
3–4:15pm
Powell Pavilion, Community Room, 1st floor
Cancer Resources

Breast Care Nurse Navigator
Our Breast Care Nurse Navigator, Agnes Jastrzebski, RN, CBHN, is located at the Axelrod Pavilion and is available to provide free individualized guidance to anyone who has been diagnosed or treated for breast cancer at Morton Plant Hospital. The role of our Breast Care Nurse Navigator is to follow patients throughout every aspect of treatment and assist as needed with coordination of care prescribed by the patient’s team of breast health specialists. Additional ways the navigator may assist include:

- Providing education, information and resources to women recently diagnosed with breast cancer
- Serving as a liaison between the patient and physicians to ensure better patient understanding of medical recommendations
- Assessing the educational, physical, psychological and social needs of the patient and family members
- Serving as a knowledgeable advocate for each patient
- Linking patients with community resources

For further information, contact Agnes Jastrzebski at (727) 298-6800.

Breast Cancer Educational Materials
For patients diagnosed with breast cancer, educational information and a list of community resources for wigs, prostheses and more are available. Please contact CaPSS to receive this helpful information.

For Patients Having Breast Cancer Surgery
If you are scheduled to have a mastectomy, you can receive a recovery camisole from “A Place for Her”. The camisole is soft cotton and has a fiberfill, unweighted prosthesis for use as an easy-to-wear post-surgery garment. It also has two detachable drainage pouches. The camisole can be worn during the first weeks after surgery, before you are ready for a weighted prosthesis. Your insurance company may cover all or part of the cost; please check.

To receive a camisole, consult with your doctor. You can visit “A Place for Her” at 1245 S. Fort Harrison Ave., Clearwater, or call (727) 447-1146.

LIVESTRONG at the YMCA
A free, 12-week, twice-a-week exercise program for adult cancer patients and survivors. The program focuses on building muscle strength and increasing flexibility and endurance for those who have become deconditioned or chronically fatigued from their treatment and/or disease. LIVESTRONG at the YMCA staff members have been specially trained to work with cancer survivors and follow American College of Sports Medicine/American Cancer Society exercise guidelines.

LIVESTRONG at the YMCA is offered at YMCAs in Hillsborough, Hernando, Pasco and Pinellas counties.

For more information, contact the YMCA of the Suncoast at (727) 467-9622.

Look Good ... Feel Better
Look Good ... Feel Better is a partnership of the American Cancer Society, the National Cosmetology Association and the Personal Care Products Council Foundation. It is a free program that teaches beauty techniques to women in active cancer treatment to help them with the treatment’s appearance-related side effects. Reservations required: (727) 953-9038

Morton Plant Hospital
Monday, September 14, 10am-12pm
Monday, November 9, 10am-12pm
Axelrod Pavilion, Oncology Services Conference Room, 2nd floor

Mease Countryside Hospital
Monday, June 8, October 12, 6-8pm
Monday, December 14, 10am-12pm
Meeting Rooms 1-3

Additional Support Groups

The following groups are not part of the CaPSS program but are offered at Morton Plant Mease locations and facilitated by medical professionals and/or cancer survivors.

Head and Neck Cancer Support Group
An education and support program for individuals who have oral, head and neck cancers. For further information, please call Joe Chapin at (727) 347-5522.

4th Monday | 7pm
September 28, October 26, November 23, December 28
Lanksy Pavilion at Bardmoor Outpatient Center; Administration Conference Room

Ostomy Support Group
The Clearwater Ostomy Support Group provides support to those who are about to have or recently have had ostomy surgery. Family and friends are welcome to attend. For more information, call Marilyn Bossard at (727) 391-5682.

3rd Saturday | 1:30pm
September 19, October 17, November 21, December 19
Cheek-Powell Heart and Vascular Pavilion, 2nd floor

Multiple Myeloma Educational Group
Patients, caregivers, families and the interested public are invited to join this educational group. For information, visit TampaBay.Myeloma.org or contact Jim Barth at tampabaymyeloma@gmail.com or (727) 804-2153.

1st Saturday | 10:30am-12:30pm
September 5, October 3, November 7, December 5
Mease Countryside Hospital, Meeting Room 3

Thyroid Cancer Support Group
This group is dedicated to support, education and communication for thyroid cancer survivors, their families and friends. Contact volunteer facilitators Doris Proni at (727) 742-9056, Lisa Hutto at (727) 518-4269 or Lydia Hartney, ARNP, BC, at (727) 271-0703.

2nd Saturday | 10:30am-12pm
September 12, October 10, November 14, December 12
Morton Plant Hospital Tuttle Auditorium, Room D
POWER: Program of Wellness, Empowerment and Recovery

Stephanie and Dale arrived and were greeted by Nikki Fitzgerald, ACSM-HFS. As they began their warm up on the bicycle, they shared about their week. No long explanation was needed, no intrusive questions were asked; there was a profound understanding and camaraderie between them.

POWER is specially designed for Morton Plant Mease breast cancer patients. A component is the POWER Wellness Program that includes a rehabilitation evaluation followed by six weeks of twice-weekly small group training sessions, led by a personal trainer with special training in cancer treatment and rehabilitation. A six-week Wellness Center membership is included, allowing access to the fitness center and exercise classes. Grants are often available to cover the cost of the program.

POWER Wellness Program focuses on stamina, flexibility and range of motion to improve overall quality of life. The main goal of the program is to empower breast cancer patients with knowledge, emotional support and whole-body wellness. This is accomplished by creating positive lifestyle habits, decreasing stress and enhancing self-esteem. There are many benefits to participating in this program, including preventing lymphedema and frozen shoulder, decreasing body fat and increasing muscle mass, and building strength and cardiovascular endurance. Many participants are able to recover functional ability, reduce severity of therapy side effects and lower the odds of recurrence.

“POWER has helped me deal with stress proactively and provide head-to-toe stability,” Stephanie said. “There is a shared experience, shared understanding and unspoken benefits.” Stephanie also takes advantage of the yoga class that is offered at the Wellness Center and notices her endurance returning to levels prior to her diagnosis.

Nikki said, “Many breast cancer patients are worried they will not be able to participate because they were not exercising before their diagnosis or their endurance level is diminished. POWER is for every breast cancer patient at every level.” Currently, POWER is only available to breast cancer patients, but similar programs for other types of cancer patients are being considered for the future.

If you are interested in participating in POWER, pick up a POWER Wellness referral form from your physician for a physical therapy assessment. The physical therapist who performs your assessment will complete your referral. Then schedule your fitness assessment with the POWER Wellness Trainer.

POWER Wellness Program is offered at the Cheek-Powell Wellness Center in Clearwater, (727) 462-7656, the Palm Harbor Wellness Center, (727) 772-2222, and the Carillon Wellness Center in St. Petersburg, (727) 502-4444.
Individual and Family Counseling/Support Services

Cancer Patient Support Services (CaPSS) offers individual counseling and support services to all Morton Plant Mease (MPM) cancer patients, their families and their friends. Our services are absolutely free. If you wish to receive this type of service, please call the CaPSS office or contact one of the following people:

**CaPSS Office:** (727) 462-2125

**Ken Bliznick, MSW, LCSW, OSW-C, Counselor/MPM Prostate Program Navigator:** (727) 462-2149

**John Llauget, MA, EdS, LMHC, Counselor/MPM Prostate Program Navigator:** (727) 462-2141

**Agnes Jastrzebski, RN, CBHN, Breast Care Nurse Navigator:** (727) 298-6800

**Jennifer Scrivens, MA, LMHC, NCC, Counselor:** (727) 725-6016

**Alana Toups, MSW, LCSW, Counselor:** (727) 462-7153

**Debra Wolf, BSW, Social Services Specialist/Event Coordinator/Mammography Voucher Program Navigator:** (727) 462-2145

*Please note: CaPSS counselors are available to refer cancer patients and family members to community-based mental health, substance abuse, financial and spiritual counseling as needed.*

The CaPSS Newsletter

If you have any comments or questions about our CaPSS newsletter or would like to be added to our email list, please call (727) 725-6016 or email jennifer.scrivens@baycare.org. CaPSS hours are Monday-Friday, from 8:30am to 5pm, with evening groups. You can also find us and view the newsletter at our Website, BayCareCancer.org.

To access the CaPSS newsletter on the Web, here's all you have to do:

**Step 1** – Go to BayCareCancer.org

**Step 2** – Scroll down to the bottom of the page for the list of BayCare hospitals

**Step 3** – Click on Mease Countryside, Mease Dunedin or Morton Plant hospital

**Step 4** – Scroll down to find the newsletter and click on the image

Special Features and Education

**CaPSS Oncology Resource Libraries**

Two Evelyn R. Simmers Oncology Resource Libraries are available for those interested in cancer information:

- Axelrod Pavilion at Morton Plant Hospital, 1st floor
- Mease Countryside Hospital, Shaffer Tower, 4th floor

Cancer-related books and educational materials are available to patients, families and the community at no charge. Topics include diagnosis/treatment of specific types of cancer, coping with emotional issues, spirituality, caregiver support and information about other cancer resources. Internet access is also provided at both locations with links to Web sites for cancer information.

If you would like to know more about our libraries, please call (727) 462-2125 for Axelrod Pavilion or (727) 725-6016 for Mease Countryside.

**Community Cancer Education**

Our Community Cancer Education lectures feature cancer-related information provided by physicians and other health care professionals. All cancer patients, family members and friends in our community are welcome to attend. Contact Debra Wolf at (727) 462-2145 for the lecture schedule and further information.

Support Group and Class Locations

**Axelrod Pavilion at Morton Plant Hospital**
400 Pinellas St., Clearwater

**Bardmoor Medical Arts Building**
8839 Bryan Dairy Road, Largo

**Cheek-Powell Heart and Vascular Pavilion at Morton Plant Hospital**
455 Pinellas St., Clearwater

**Mease Countryside Hospital**
3231 McMullen Booth Road, Safety Harbor

**Mease Countryside Medical Arts Building**
1840 Mease Drive, Safety Harbor

**Mease Dunedin Hospital**
601 Main St., Dunedin

**Morgan Heart Hospital at Morton Plant**
300 Pinellas St., Clearwater

**Morton Plant Hospital**
300 Pinellas St., Clearwater

**Morton Plant North Bay Hospital**
6600 Madison St., New Port Richey

**Palm Harbor Wellness Center**
32672 U.S. Highway 19 N., Palm Harbor

**Powell Pavilion at Morton Plant Hospital**
303 Pinellas St., Clearwater

**Ptak Orthopaedic and Neuroscience Pavilion at Morton Plant Hospital**
430 Morton Plant St., Clearwater

**Sarah Walker Women's Center at Morton Plant Hospital**
300 Pinellas St., Clearwater