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"TO THE POINT"

Dr. Liem Quang Le, DAOM, Doctor of Acupuncture and Oriental Medicine

Acupuncture is an ancient practice dating back more than 3,000 years. It is used throughout the world to treat and ease symptoms of a wide range of diseases and medical conditions. Acupuncture involves the insertion of very thin, hair-like, sterilized needles into specific points of the body to promote the healing process by correcting the flow of circulation. Acupuncture is safe, painless, and has a very low risk of complications. Although acupuncture does not target tumors or prevent cancerous cells from spreading, it does offer significant benefits for people with cancer.

Acupuncture can be a helpful treatment for cancer patients before, during, and after chemotherapy, radiation, immuno-therapy or surgery. Research has shown it can:

- Reduce pain (from cancer or surgery)
- Relieve stress
- Anxiety
- Depression
- Sleeping issues
- Improve and boost immune health

continued on page 3
**UPCOMING EVENTS**

**MARCH - APRIL**

**ARTS IN MEDICINE STUDIO**
813-745-8407
Open arts studio: relax, create, express, discover and share inspiration

MCC-Every Mon.- Fri., 9:30 a.m. - 4 p.m.,
Arts Studio, 3rd floor, elevator B

MCC-Every Thu., 6:30 p.m. - 8:30 p.m.,
Arts Studio Room, 4th floor, elevator C

MKC-Every Mon.- Fri., 8:30 a.m. - 5 p.m.,
Patient and Family Center,
1st floor, by Publix Pharmacy

**AYA LOUNGE NIGHT**
Moffitt.org/AYA
MCC-Every Thur., 5 - 7 p.m.,
patients (ages 15-39) and family and friends are invited for pizza, Netflix, board games and to meet others,
AYA Lounge, 4th floor, elevator C

**GENTLE RESTORATIVE YOGA**
813-745-6052
Hope Lodge - Every Wed. and Thur., 3 - 4 p.m.,
1st floor

MRC - Every Tue. 12 - 1 p.m.,
Yoga Room, 1st floor

**MEDITATION / RELAXATION CLASS**
813-745-6052
MCC - Every Wed., 12:15 - 1 p.m.,
Day Room, 5th floor, use elevator C

**MEET THE EXPERT SERIES**
813-745-5022
Cancer experts share information on various topics

MCC - Every Mon.-Fri., 10 - 10:30 a.m.,
Patient Library & Welcome Center,
2nd floor, elevator B

MKC- Weekly, 10:30 - 11 a.m.,
Patient and Family Center,
1st floor, by Publix Pharmacy

**GI-GONG** (gentle rhythmic movement)
813-490-4698
Hope Lodge - Every Tue. 1 - 2 p.m.,
1st floor

**AYA LOUNGE NIGHT**
Moffitt.org/AYA
MCC-Every Thur., 5 - 7 p.m.,
patients (ages 15-39) and family and friends are invited for pizza, Netflix, board games and to meet others,
AYA Lounge, 4th floor, elevator C

**MARCH**

**Thur., Mar. 9, 16, 23 and 30 - Coffee Connection,**
9:30 - 11:30 a.m., MCC, Owl’s Den Meeting Room, 1st floor,
(around the corner from Blood Draw)

**Mon., Mar. 13 - Chatterbox Laryngectomy Support Group,**
11 a.m. - 12 p.m., MCC, Rehabilitation Department Multipurpose Room,
1st floor, John Janda, Chatterbox President, Mjanda711@gmail.com,
727-524-0067

**Tue., Mar. 14 - Look Good Feel Better®,**
learn beauty techniques to manage appearance-related side effects of treatment,
10 a.m. - 12 p.m., MCC, Owl’s Den Meeting Room, 1st floor,
(around the corner from Blood Draw), rsvp 1-800-227-2345

**Wed., Mar. 15 - Tools To Quit,**
free quit smoking class and free nicotine patches, 2 - 4 p.m., MCC, Owl’s Den Meeting Room,
1st floor, 813-745-8811 or TobaccoTreatment@Moffitt.org

**Sat., Mar. 18 - Men’s Health Forum,**
free health education and health screenings, free parking, breakfast and lunch provided,
USF Marshall Student Center, 8 a.m. - 2:30 p.m., register at

**Sat., Mar. 18 - Moffitt’s Mole Patrol at the Men’s Health Forum -**
free skin screenings and educational materials, 9 a.m. - 2:30 p.m.,
3rd floor of the USF Marshall Student Center

**APRIL**

**Sat., Apr. 8 - Sarcoma Shootout,**
Sporting Clay Tournament, Tampa Bay Sporting Clays, proceeds benefit sarcoma research at Moffitt,
www.ranon-inc.com/sarcoma

**Mon., Apr. 10 - Chatterbox Laryngectomy Support Group,**
11 a.m. - 12 p.m., MCC, Rehabilitation Department Multipurpose Room,
1st floor, John Janda, Chatterbox President, Mjanda711@gmail.com,
727-524-0067

**Wed., Apr. 12 - Tools To Quit,**
free quit smoking class and free nicotine patches, 2 - 4 p.m., MCC, Owl’s Den Meeting Room,
1st floor, 813-745-8811 or TobaccoTreatment@Moffitt.org

**Thur., Apr. 13, 20 and 27 - Coffee Connection,**
9:30 - 11:30 a.m., MCC, Owl’s Den Meeting Room,
1st floor, (around the corner from Blood Draw)

**ABBREVIATIONS**

ACS - American Cancer Society

AYA - Adolescent & Young Adult Program

MCC - Moffitt Cancer Center, USF Magnolia Drive

MKC - McKinley Outpatient Center

MRC - Moffitt Research Center

SRB - Vincent A. Stabile Research Building

USF - University of South Florida

Visit Moffitt.org/calendar for More Upcoming Events!
It can also help manage side effects of cancer treatment such as nausea and vomiting, fatigue, dry mouth, hot flashes and much more.

The side effects of cancer treatment can be as bad as symptoms of the disease itself, reducing a patient’s overall quality of life. Acupuncture is not a cure for cancer, but it can complement traditional anti-cancer interventions by managing the symptoms and side effects of the disease. Acupuncture is a natural, holistic and safe therapeutic option for all age groups. It is an excellent option to consider if you or your loved one is suffering from the effects of cancer and its treatments.

Services are available at the Magnolia campus in the Integrative/Supportive Care Department on select days, with an off-site option. All scheduling and payment for services is managed by the Dr. Liem Le, DAOM. Should you have any specific questions, please contact Dr. Le at Liem.LeLau@moffitt.org.

“TO THE POINT” continued from page 1

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Recently, I was having pain in my hip and leg. I mentioned it to my co-worker and she recommended acupuncture. She told me about Dr. Le and suggested I schedule an appointment. I went to see him and my experience was fantastic. I enjoyed the first visit. Dr. Le was such a passionate and caring person. He was so pleasant, it seemed like I was his patient for a lifetime. When he finished the acupuncture treatment I didn’t even realize it had started. I didn’t feel any pain from the needles. Most importantly, it helped reduce my hip and leg pain."

– Sherry Goodwin, Moffitt team member
PATIENT AND FAMILY SUPPORT GROUPS

The following support groups are offered at Moffitt Cancer Center. To learn more about any of the support groups offered, including times and locations, please call the Social Work Office at 813-745-8407.

CANCER SUPPORT GROUP
Support group for patients with any cancer diagnosis. Meets every Tuesday, 1-2 p.m., Magnolia campus, 5th floor lounge of the hospital. Use elevator C.

FAMILY AND FRIENDS SUPPORT GROUP
Support group for family members, friends and caregivers of cancer patients. Meets every Tuesday, 1-2 p.m., Magnolia campus, 5th floor of the hospital, room 5140 A. Use elevator C.

METASTATIC BREAST CANCER SUPPORT GROUP
Support group for patients with Stage 4 metastatic breast cancer. Meets weekly for six week sessions throughout the year at the McKinley campus. Please call 813-745-8407 for more information.

YOUNG ADULTS WITH CANCER
Meet Up for Patients:
Join others (ages 20-39) dealing with cancer at the monthly “Meet-Up.”
2nd Wednesday of every month, 1 p.m.
Moffitt Cancer Center, Magnolia campus, 4th floor AYA lounge, Use elevator C

Connect Up for Caregivers, Family and Friends:
2nd Wednesday of every month, 1 p.m.
Moffitt Cancer Center, Magnolia campus, 5th floor day room, use elevator C

FINDING BALANCE WITH CANCER
Finding Balance with Cancer is a 4-week stress reduction program jointly offered by the Integrative Medicine Program and Social Work. Patients and caregivers learn meditation through group discussion, guided practice and CDs for home use.

Join Moffitt Leaders to Improve the Patient Experience
The Patient and Family Advisory Program Always Invites New Members.
Learn more about being a Patient and Family Advisor Contact: PatientAdvisors@Moffitt.org or 813-745-1390.

Coffee Connection
Every 2nd, 3rd, 4th and 5th Thursday of the Month
9:30 – 11:30 a.m.
Moffitt’s Magnolia Campus
1st Floor, Owl’s Den Meeting Room

Sponsored by the Patient and Family Advisory Program
Talking with Your Children about Cancer – An Act of Courage

Mary Turney, LCSW, Manager, Social Work

Cancer poses many challenges for patients and families, but perhaps none is more frightening or requires more courage than telling young children about your cancer diagnosis. The most natural instinct of a parent is to protect children from any possible harm or distress. Parents may believe it is in the child's best interest not to reveal the illness as they fear the worry and strain such news will place on the child. However, when children are prepared and informed about a parent's cancer at an age appropriate level, they can adapt and develop strengths over time to serve them throughout life.

At Moffitt, we encourage parents to meet with their social worker to discuss these understandable concerns and explore ways to begin and continue conversations with youngsters and teens. Parents are the “experts” about their children and the voice children want to hear from when changes are occurring in the family. Trained clinical social workers provide parents the opportunity to decide what facts about the illness and treatment are important to share, how to anticipate the questions children are likely to raise and how to deal with emotions that emerge – parents’ and children’s – during the discussion.

In addition to one-on-one consultation, the Social Work Department offers Families First events every other month on Saturdays for children of cancer patients and their parents. Fun, therapeutic activities are planned for young children, tweens and teens and a parents’ group is held at the same time. Families receive the unique support that comes from meeting others who truly understand the difficulties of facing cancer as a family and by realizing they are not alone. As one mother recently wrote, “Thank you so much for this wonderful day! My children were so excited to meet other kids whose mom or dad has cancer too. It’s helped our family talk about the tough stuff and realize how much love we share.”

It is an act of courage to sit down with children to discuss serious illness in the family. However, as Kathleen McCue describes in How to Help Children Through A Parent’s Serious Illness, understanding the benefits reassurance and guidance provide children can help parents face this challenge each time: “Even in the face of ultimate tragedy, children can be prepared, can weather the trauma, can emerge whole and healthy and ready to go on with life.”

Please call the Social Work Office at 813-745-8407 for more information.
I have always kept a journal. When I was young, it was pink and had a little key. In college, I documented my travels and adventures in love. As a young adult, I switched to writing 10 – 20 pages every January to sum up both the happenings from the previous year and my hopes for the year to come.

In light of all this, I am not sure why I was surprised when a colleague suggested I journal about my dance with cancer while it was happening. I suppose I thought that I was too anxious, too emotional, too scared to spend time writing. For a brief moment I remember thinking that because of my mental state, the writings wouldn't make sense. As if anything about cancer makes sense! This wonderful person told me to keep a “fear” journal--to write down everything that scared me because to write down your fears makes them concrete and concise in such a way that gives you control over them. She said, “If you can see your fears in print, you can then literally turn the page and dismiss them.”

I found this thought amazing and empowering. I started a “fear” journal, but it soon became an “everything” journal. I wrote about my treatments and my emotions and my surprises and my doubts. I wrote about people I met and disappointments along the way. I gave myself permission to write anything or nothing---no rules and no expectations allowed. I went weeks without writing, and some days I filled a page with foul words. Whatever I wrote, I felt clear and strong after writing. Sometimes I drew and scribbled.

I think it would be a wonderful, powerful action to throw away journals. No rules, no expectations. But I did decide to keep mine.

It is now 16 years since I made those journals, and I find them continually beautiful and insightful and heart-felt and creative. Just now, in rereading them for this piece, I found a little poem from 15 years ago that just warms my heart. Now I understand not only how writing during the journey helped me find peace and power, but also how those journals have become resources when helping others who are currently in treatment.

Books on journaling are available for check-out at Moffitt’s McKinley campus in the Patient and Family Center (1st floor) and at Moffitt’s Magnolia campus in the Patient Library & Welcome Center (2nd floor, elevator B).
**INTRODUCING...**

Moffitt Launches Its First Consumer Blog, Take Charge

Moffitt has launched a new health blog called Take Charge: Your Health. Your Life. Our Mission.

The blog on Moffitt’s website, Moffitt.org, is a go-to resource with articles about cancer prevention, treatment tips, overall health information, events at Moffitt and more. It also features inspirational stories about our patients and their caregivers.

The blog provides easy categories to help you find relevant articles on what topics interest you most. You can also access our online calendar that includes events, fundraisers and support group meetings at Moffitt.

One of the reoccurring blog contributors is Dr. Nagi Kumar, senior member and director of Cancer Chemoprevention at Moffitt. Dr. Kumar shares her expertise when it comes to selecting and preparing healthy foods. For example, this month she’s written about what seafood is high in omega-3 fats and has included a nutritious and simple recipe for baked sockeye salmon.

Other recent articles you’ll find on the blog include: Does Cancer Run in Families?; Managing Sleep Problems During Cancer Treatment; Stress Relief You Can Take Anywhere; and Are Higher SPF Sunscreens More Effective? The Take Charge blog is accessible on your computer, tablet or smart phone and can be found at moffitt.org/takecharge. We hope you’ll take some time to read through it – and visit the blog often.

To learn more about phytochemicals visit https://moffitt.org/take-charge/take-charge-story-archive/the-power-of-phytochemicals.

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**You say ‘lycopene,’ I say ‘cancer prevention’**

*Editor’s note: This is one of the recipes found at Moffitt.org/TakeCharge.*

Lycopene is a heavyweight antioxidant found primarily in tomatoes and in greater quantities in cooked tomato products like ketchup and tomato sauces. Early evidence has shown people who eat diets rich in lycopene have lower rates of certain cancers, especially prostate, lung and stomach cancers. Men who are at high risk for prostate cancer or have prostate cancer also have been shown to have low blood levels of this antioxidant.

**Luscious Lycopene Salad**

Serves 4

**Ingredients:**
- 20 sliced wedges of watermelon
- 1 cup cherry tomatoes, sliced in halves
- 2 teaspoons basil, chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 teaspoons extra virgin olive oil
- ½ cup gorgonzola cheese, crumbled

Mix all the ingredients. Sprinkle salad with gorgonzola cheese and chopped basil.
CAREGIVER CORNER

Moffitt Caregiver

Editor’s note: The author of this article chose to remain anonymous.

Last January, my husband and I were in a waiting room on our first visit to Moffitt. My husband had been diagnosed with cancer of the jaw and was facing extensive surgery, chemotherapy and radiation. The previous 10 months had been rough for us. My mother died; I had a heart attack and had been told I needed surgery. I knew I needed to do something to protect myself from the effects of the mounting stress. Regular exercise, though helpful, was not enough.

A flyer in the waiting room offered a weekly meditation class at Moffitt for patients and caregivers. I began attending regularly. Soon I was involved in yoga classes as well as additional classes on mindfulness and meditation, all at Moffitt. I learned about living in the moment, enjoying simple tasks, and counting the many blessings that occur daily. I became less focused on things that could go wrong in the future. I listened to guided meditations to help me sleep and morning meditations to help me start the day on a positive note.

In May, after my husband had had his surgery and was undergoing chemotherapy and radiation, I was preparing for my own surgery. I could not believe that I felt good in the midst of all of this. I was sleeping well. I was stronger, less stressed and happier. Now in September, I continue to attend meditation classes and meditate at home. I am much more confident that I can handle whatever bumps occur in the road ahead.

To learn more about Integrative Medicine Services, including yoga and meditation classes at Moffitt, call 813-745-6052 or visit Moffitt.org/yoga.

DO YOU QUALIFY FOR LUNG CANCER SCREENING?

Are You:

✓ 55 – 80 years old?
✓ a current smoker?
✓ a former smoker who quit after 2002?

Qualifications for screening is based on a pack-year history scale

Ask your clinic or call 1-888-663-3488
I CHAPLAIN’S CHAT
Valerie Storms, Manager, Chaplaincy Care

Mention the word “wellness” and right away most people think of their bodies and how they are feeling. There are other types of wellness, and one is spiritual.

We each have a spiritual part of us that does not get talked about very often. This is the part of us that deals with questions that sometimes don’t have answers; feelings that are hard to explain; and that sense of awe that can take our breath away and leave us speechless. We need this part of us to be well just as much as we need our bodies to be well.

The chaplains at Moffitt can listen to you and help you find out how spiritually well you are feeling. One of those chaplains joined us at Moffitt at the end of June. His name is Tony Winter and he came to Florida from Minnesota. Just like the other chaplains, Tony works from an interfaith perspective and provides spiritual support and counseling to those of any faith or those who say they have no faith background.

Tony and the other chaplains are here to give you spiritual support and to help you be as spiritually well as you possibly can be. Any of the chaplains can be reached by calling 813-745-2856.

I PATIENT’S PERSPECTIVE
Cancer Holiday
Jane Garland, Patient Advisor, Patient and Family Advisory Program

Sometimes, dealing with cancer and treatment can seem like a full time job. Days are filled with doctor’s appointments, treatments, tests, and adjustments to routines when one just does not feel well. While ideally, it is a temporary situation, it can still saturate one’s life and the life of the family.

When I was dealing with cancer, I was in active treatment for nine months. I found that our family benefitted from what I called “Cancer Holidays.” Periodically, we would take a day or a weekend and make it a cancer free time. Our family tried to do something fun that removed us from the realities and reminders of Mom’s illness. While I certainly benefitted from these cancer breaks, my family likely benefitted even more. While I was the sick one it sure was not fair for my family to be immersed in cancer world too.

Energy permitting, our Cancer Holidays might have been a trip to the zoo, an outing to the lake or, simply, a movie marathon in our living room. Whatever activity we chose had the requirement that the word “cancer” not be uttered or referenced.

For a little while, we were able to pretend we were a typical family, not a cancer family.

The emotional benefits of taking a break from the realities of cancer not only provided temporary relief but also a glimpse of what life ideally would return to upon completion of treatment. Seeing and feeling normality for even just a few hours served as a healing balm to a compromised family.
Dealing with cancer can be overwhelming. There are appointments, tests, treatments, side effects, and the worry that cancer will return or worsen. Add in everyday responsibilities of work, managing finances, family responsibilities, and other medical conditions or physical symptoms and you have a recipe for stress. Because it is not always possible to change the ingredients in this recipe, learning how to take care of yourself when you do experience stress is important. According to the National Center for Complementary and Integrative Health, there is increasing evidence to suggest that mind-body techniques can enhance physical and emotional well-being. These include:

- **Meditation**: Learn to focus your attention and let go of unwanted thoughts or distractions.
- **Yoga**: Combine physical movement with breathing and meditation to enhance overall physical fitness and quality of life.
- **Qi-Gong**: Practice postures and gentle movements to improve focus and promote relaxation.
- **Relaxation techniques**: Use breathing, muscle relaxation and visualization to achieve a state of relaxation.
- **Massage**: Experience the application of mild pressure to muscle and tissue to reduce muscle tension and improve circulation.
- **Acupuncture**: Stimulate specific points on the body to ease pain by inserting thin needles in the skin.

These techniques are considered safe for people with cancer or with physical limitations when they are performed by a trained provider. At the Moffitt Cancer Center, patients and caregivers can participate in group classes or individual sessions to learn mind-body techniques. Patients in active treatment should check with their doctor before receiving massage or acupuncture.

For more information about these services, please contact the Integrative Medicine Clinic at 813-745-1246 or see the Healing and Wellness link on the Patient & Family section of www.moffitt.org. Fees apply for outpatient massage and acupuncture services.

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I have a type of blood cancer that requires me to be on treatment for the rest of my life to keep it under control. These treatments can come with several side effects that you learn to live with the best you can. For me, yoga has been my source of healing and calm.

When I am on my yoga mat I am on my own island in this universe. When I stand tall and grounded in mountain pose I feel so strong and solid that nothing can knock me down. I connect my body movements with full, deep breaths and send my breath to any area of my body that is not feeling well. I have learned in yoga that long deep breaths help to calm me down when I feel anxious or stressed. Moving through the yoga poses has given me increased flexibility, balance and strength, and this gives me confidence. Shavasana is the final pose where you lie down on your mat with your eyes closed and fully relax your mind and body. This pose helps me to practice eliminating tension from my body. When my yoga practice is over, I feel calm, happy, and ready for another great day.

Yoga is a moving meditation when I am present with myself on the mat. Yoga has taught me to be mindful in everything I do and to be grateful for each breath I take.

— Michelle Sullivan, Peer Visitor, Patient and Family Advisory Program
Bringing It Back

Kristine A. Donovan, Ph.D., MBA

Cancer itself, and especially cancer treatment, may change how many people feel about themselves as sexual beings as well as their ability to engage in activities of a sexual nature. If this has happened to you or your partner there are a number of strategies you can use to bring sexual intimacy back to your life.

Sensate focus is a series of specific touching exercises originally designed to help couples but that can be practiced alone or with a partner. It can help strengthen a relationship by creating more personal awareness in each partner, building trust, and helping each partner rediscover the other. Sexual fantasies are a thought or mental image that excites and arouses. It can put one in the mood for sexual activity and keep you from thinking negative thoughts about your performance. Sharing a fantasy or a “sexual daydream” may help to communicate one’s needs and desires, especially if it involves romance and emotional closeness.

Additionally, what may be needed more is a willingness to redefine sexual intimacy and to focus on what one activities one can do. Exploring new and different ways to be sexual may lead to a greater sense of emotional and physical intimacy, even pleasure.

Even if one believes these cancer-related changes are only temporary, left unaddressed, these changes may result in a loss of intimacy in an important relationship – at a time when what may be needed most is a life-affirming connection with another. 

If you are interested in brief counseling for concerns related to sexuality, intimacy and cancer, please contact Kristine Donovan Ph.D., MBA in the Department of Supportive Care Medicine at 813-745-4630.
Patient and Family Orientation

Learn how to:

Connect with programs and services
Partner with your care team
Find your way around Moffitt

• 30 minute orientation
• Presented in English and Spanish
• Scheduled Monday – Friday
Call us! We’ll find a time that works for you.

• Walking tours on select days
• View online at MOFFITT.org/Orientation
• Receive a free messenger bag with Moffitt resources and organizational tools.

813-745-2963 | Orientation@Moffitt.org

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If you would like to be involved in making Moffitt the best it can be for all patients and families, contact the Patient & Family Advisory Program at PatientAdvisors@Moffitt.org or 813-745-1390.