

A photograph of a Zen garden with several smooth, grey stones arranged in a diagonal line across a bed of light-colored sand. Each stone is surrounded by concentric circles of ripples in the sand, creating a sense of calm and balance. The background is softly blurred, focusing attention on the stones and the text.

CANCER WELLNESS

at Piedmont Fayette

Your Guide to Survivorship

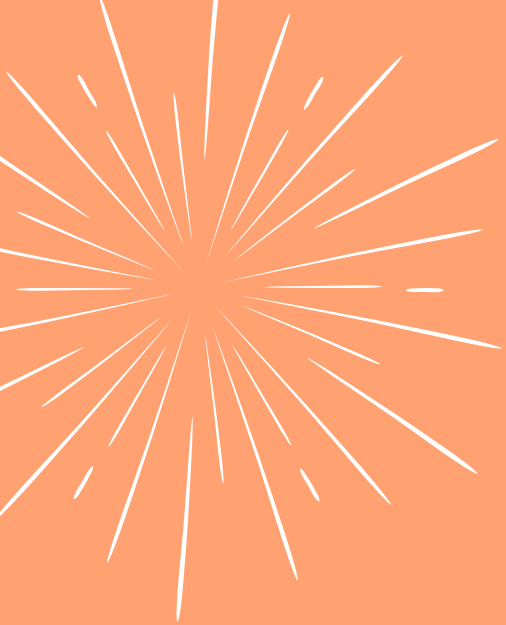


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Piedmont Oncology
Thomas F. Chapman Family
Cancer Wellness Center
at Piedmont Fayette
1255 Hwy 54 West
WEST ENTRANCE
First Floor - Suite 1100

770-719-5860

Catherine Hoffman, Director, Oncology Services

YOUR CANCER WELLNESS TEAM

At Piedmont, we understand that treating cancer includes much more than treatments and medicine. Our dedicated network of medical oncology specialists focus on every aspect of our patients, including the needs of family and caregivers.



Nurse Navigators - We provide our patients with a dedicated nurse navigator. These specially trained nurses are your personal liaison between medical professionals and our supportive care team.

Genetics Counselor - Our counselors provide education on how genetics may impact your care plan and the role genetics may play in your family members.

Oncology Certified Dietitian - We provide you with a personalized a nutrition plan that is an essential part of managing many treatment side effects and helping your body to heal.

Oncology Social Worker - Our oncology social worker provides support to patients who may help navigating through psychosocial challenges associated with cancer care.

Wellness Coach - Our wellness coach partners with patients to support them in achieving their wellness goals.

Female Sexual Wellness Coordinator - Provides our patients sexual health support during active treatment and long-term survivorship.



1. Physical Strength

Strengthen your body



2. Mindfulness/ Emotional Strength

Strengthen your mind

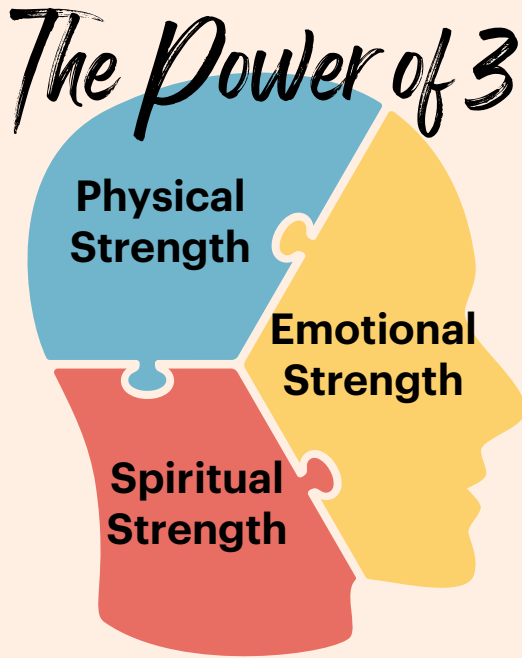


3. Spiritual Strength

Strengthen your resolve

CANCER
WELLNESS
The Power of 3

IMPROVE YOUR CHANCES OF SURVIVING CANCER AND RE-OCCURRENCE



Maintaining a good diet, regular exercise, practicing mindfulness, and following the advice of your care team can reduce the risk of cancer from re-occurring, it cannot guarantee cancer will not return. Still, there is strong evidence that certain actions can improve your overall health and reduce the risk of re-occurrence.

1. **Physical Strength.** Physical activity intersects with oncology in both the prediagnosis and survivorship settings. According to the American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention, getting more physical activity is associated with a lower risk for several types of cancer. Increasing your physical strength can also decrease side effects and speed recovery in many cases.
2. **Mindfulness/Emotional Strength.** Cancer and its treatment can be stressful for you and your caregivers. Practicing mindfulness and relaxation can help calm your mind, reduce stress, sharpen your ability to focus, and bring peacefulness. By strengthening your mind, you can reduce stress, anxiety, and depression.
3. **Spiritual Strength.** Spirituality may be expressed through an organized religion or in many other ways. Spiritual well-being may help improve quality of life and reduce distress, anger, and discomfort. Your spiritual resolve can play a key role in setting goals and planning treatment.

WELLNESS PROGRAMS

Your personalized empowerment tools.

When it comes to wellness programs to improve your overall quality of life as a cancer patient, one size does not fit all. At Piedmont, we focus on working with your care team to provide you with personalized programs tailored to your specific needs and goals. Our programs specifically focus on the **Power of 3** main evidence-based areas to help you strengthen your body, mind, and spirit to improve your well-being before, during, and after active treatment.

Thanks to the Thomas F. Chapman family and our other generous donors, all programs offered through Cancer Wellness at Piedmont Fayette are offered to patients and family members, free of charge.

1. Physical Strength Programs

MyFitRx Exercise Program

Exercise is medicine in oncology. According to the American Cancer Society, there is sufficient evidence to support the effectiveness of specific doses of exercise training to address cancer-related health outcomes, including fatigue, quality of life, physical function, anxiety, and depressive symptoms.

Movement is just one way that patients can fight fatigue, increase strength and boost energy during treatment and recovery. **MyFitRx** is a physician-based, customized pathway that is designed to help reduce fatigue, while improving muscle function and range of motion. By increasing physical activity, you can also improve hormone levels, strengthen your immune system and manage your weight goals.

Led by a certified fitness instructor, the **MyFitRx** program is appropriate for patients at the time of diagnosis and up to 12 months after completing treatment and following treatment.



MyFitRx is an 8-week program that includes:

- Two weekly customized exercise sessions
- Personalized coaching and motivational support by a certified Wellness Coach.
- Unlimited access to the Piedmont Wellness Center
- Physician referral is required. Call 770.719.5860 to start thriving!

EVOLVE Lifestyle and Weight Management Program

At least 18% of all cancers and the US are related to excess body weight, physical inactivity, alcohol consumption, and/or poor nutrition.¹

Research shows that too much weight gain during treatment is linked to a poorer chance of recovery. Being overweight before treatment begins can also increase the risk of other health problems.² Our **EVOLVE** program is tailored to the unique needs of those affected by cancer.

¹American Cancer Society ²Cancer.Net



EVOLVE is a 12-week lifestyle weight management program that offers:

- Classes in either small group settings or individually.
- A personalized nutrition and exercise plan to achieve your weight loss goals, tailored to your lifestyle.
- Easy to follow stress reduction and sleep strategies that contribute to successful weight loss.
- Simple lifestyle strategies to help you move and feel better.

Participants should be completed with their primary cancer treatments and have access to email.

Get ready to evolve! For more information or to enroll call 770-719-5860.

2. Emotional Strength Programs

¹Just as cancer affects your physical health, it can intensify your feelings and disrupt your emotional well-being. Whether you're currently in treatment, completed treatment, or a friend or family member. The roller coaster of emotions associated with cancer are all normal. Often the values you have affect how you think about and cope with cancer. For example, some people:

- Feel the need to be strong and protect their friends and families.
- Seek support and turn to loved ones or other cancer survivors.
- Ask for help from counselors or other professionals.
- Turn to their faith to help them cope.

Our licensed Oncology Social Worker, Ashley Burgess, LMSW, is experienced and trained to help you navigate through psychosocial challenges associated with cancer to help you strengthen your emotional well-being based on what's right for you. Contact Ashley at 770-719-6007 or Ashley.Burgess@piedmont.org to help you navigate your cancer journey.

GENTLE YOGA

Yoga is a mind body intervention composed of physical and psychological components including postures and stretching exercises, breathing exercises, meditation, and deep relaxation.

The benefits of yoga include increases in body flexibility and balance, and reductions in stress and anxiety. Yoga has also been shown to relieve cancer and treatment related symptoms such as nausea, pain, fatigue, and insomnia, and to improve your overall quality of life.¹



Gentle Yoga Classes:

- Day/Time: Mondays from 4 to 5 p.m.
- Location: Piedmont Wellness Center, 200 Trilith Parkway, Fayetteville
- Led by the renowned, certified instructor, Elizabeth Dorsey.

Class registration required. Call 770-719-5861 to begin strengthening your body, mind and spirit!

TAI CHI

Tai Chi is an equipment free, multi-component mind-body exercise performed at light to moderate intensity that may provide a more feasible alternative to traditional exercise programs for some cancer survivors.

Tai Chi's combination of gentle physical movements with mindfulness can also significantly enhance balance control, fitness, flexibility and reduce the risk of falls.



Tai Chi Classes:

- Day/Time: Thursdays, 12:30 to 1:30 p.m.
- Location: Piedmont Wellness Center, 200 Trilith Parkway, Fayetteville.
- Led by the highly experienced, certified instructor, Trish Gurney

Class registration required. Call 770-719-5861 to experience the benefits of Tai Chi.

3. Spiritual Strength Support

¹The terms spirituality and religion are often used in place of each other, but for many people they have different meanings. Religion may be defined as a specific set of beliefs and practices, usually within an organized group. Spirituality may be defined as an individual's sense of peace, purpose, connection to others, and beliefs about the meaning of life. Spirituality may be found and expressed through an organized religion or in other ways. Patients may think of themselves as spiritual or religious or both.



Studies show that spiritual or religious beliefs and practices create a positive mental attitude that may help a patient feel better and improve the well-being of family caregivers.¹ Spiritual and religious well-being may help improve health and quality of life in the following ways:

- Decrease anxiety, depression, anger, and discomfort.
- Decrease the sense of isolation (feeling alone) and the risk of suicide.
- Decrease alcohol and drug abuse.
- Lower blood pressure and the risk of heart disease.
- Help the patient adjust to the effects of cancer and its treatment.
- Increase the ability to enjoy life during cancer treatment.
- Give a feeling of personal growth as a result of living with cancer.
- Increase positive feelings, including:
 - Hope and optimism.
 - Freedom from regret.
 - Satisfaction with life.
 - A sense of inner peace.

Spiritual distress may make it harder for patients to cope with cancer and associated cancer treatment. At Piedmont Oncology, we encourage our patients to meet with experienced spiritual or religious leaders to help deal with their spiritual issues or contact our Oncology Social Worker at 770-719-6007 to get the help you need.

¹National Cancer Institute

Cancer Wellness Resource Library

A wealth of information and support for you and your loved ones.

Our resource library is an organized and thoughtful resource center, where information has been specially selected by our Licensed Master Social Workers, clinical experts, and patients who have benefited from these resources. Highlights of our resources include:

- **Taking Time** the National Cancer Institute's highly acclaimed book on support for people with cancer.
- **When Someone You Loved is Being Treated for Cancer.** An excellent caregiver resource by the National Cancer Institute.
- **Nature Heals – Reconciling Your Grief Through Engaging with the Natural World.** Words of hope and healing by Alan D. Wolfelt, Ph.D.
- **Healing Your Chronic-Illness Grief – 100 Practical Ideas for Living Your Best Life and Healing Your Grieving Heart After a Cancer Diagnosis – 100 Practical Ideas for Coping, Surviving, and Thriving.**
- **One Mindful Day at a Time** by Alan D. Wolfelt, Ph.D.
In just a few minutes a day, this little gem of a book will teach you to live every moment from a place of peace, purpose and gratitude. Living in the now is a habit you can cultivate.

Our library also has excellent resources for nutrition information, how to's, journals and art books. The resource library is located in the Cancer Wellness Center at Piedmont Fayette located within the Piedmont Oncology suite at Piedmont Fayette.



Prostate Cancer Support Group

The Prostate Cancer Information Group is a chapter of Us TOO Int'l. The group is intended to allow men and their families to share information and enhance prostate cancer understanding (but not provide medical advice).

- Day/Time: Fourth Tuesday of each month at 7 p.m.
- Location: Join on zoom.us, meeting ID: 950 6471 5979, passcode: 591923.
- Facilitated by Jim O'Hara.

Hospital Inpatient Cancer Wellness Programs

For cancer patients admitted to Piedmont Fayette Hospital, we offer the following cancer wellness programs. These programs are specifically designed to enhance your inpatient experience by providing additional comfort, emotional and physical support as appropriate.



Art Therapy

A creative outlet for cancer patients, our certified art therapist invites participants to enjoy creative expression while receiving treatment. This offering is taught either chair or bedside within our Infusion Therapy and Inpatient Oncology units.

Adaptive Yoga

Adaptive yoga is a style of yoga that adapts to the needs of all people, regardless of ability.

Poses are adapted to the specific need of the participant and are offered chair and bedside by our certified Yoga instructor.

Music Therapy

Music therapy is a holistic, integrative approach to help enhance mood, decrease anxiety, blood pressure and pain. Music has the ability to support the physical, emotional, cognitive, spiritual and social well-being of a patient or caregiver. This program is offered in our Infusion Therapy and Inpatient Oncology units and led by our certified music therapy instructor.

Massage

Oncology massage is a form of non-invasive, compassionate touch that can be beneficial to your mind, body and spirit during cancer treatment. It can also help alleviate some of the symptoms and side effects related to cancer and cancer treatment. Our oncology trained massage therapists specialize delivering customized message therapy to meet specific needs of each patient.

Unlike traditional massage therapies, oncology massage is specifically modified for cancer patients. Key differences include using light touch and slow, steady movements, working with the central nervous system to help the body relax. Our oncology massage therapists are trained to deliver safe and comfortable positioning for the patient. They are experienced with lymphedema, disease-related pain and fragility and understand how to work around ports and medical devices.

Massage is offered in our Infusion Therapy and Inpatient Oncology units.

Community Connections



WELLNESS CENTER

Embrace the **Power of 3** at the Piedmont Wellness Center!



The **Power of 3** – strengthening your body, mind and spirit can be enhanced by the simple act of movement. Any form of exercise can reduce fatigue, increase strength, ease depression and help to maintain bone and muscle mass. Our partners at the Piedmont Wellness Center can help get moving on the road that is right for you.

Visit piedmontwellnesscenter.com or call 678-604-6275 for more information.



180 Food Fight Program at 180 Degree Farm

The 180 Food Fight Program at 180 Degree Farm enables cancer fighters to purchase anything they need from the 180 Degree Farm Market. They can have \$20 to use each week for up to 5 weeks. If you are battling cancer and are unable to afford

the lifestyle change it takes to heal from the disease and/or the chemotherapy, please contact Nicole at nicole@180farm.org for more information.



Skin Deep with The Skin Society

The philosophy of our community partners, The Skin Society is simple. Everyone can achieve and maintain happy, healthier skin with commitment, consistency and education. It's especially important for cancer patients to learn how to care for their skin while undergoing treatment. The Skin Society is a team of medical estheticians that can recommend what products and treatments are best for your individual skin concerns. Just as you should change skin care routines with every season, learning how to care for your skin during different phases of treatment can help you look and feel more confident and refreshed. Learn more at theskinsociety.com.

Thank you to our donors!

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Recognizing annual contributors to oncology programming at Piedmont Healthcare from August 1, 2021 to July, 31 2022. We have made every attempt to accurately reflect annual giving levels as well as listing preferences. If you have any question or notice a discrepancy, please contact Jeanine Osborne, Donor Relations Officer, at 404-605-2772 or jeanine.osborne@piedmont.org.

notes

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