

Sharing is Caring

The Cancer Center at Lowell General Hospital

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Has your cancer created a barrier to providing a special opportunity for your family?

Would you like to create a memory with your children?

Through a generous donor, cancer families are invited to submit a letter outlining your family dream day, the estimated expenses of your dream day, and why your family should be chosen for this grant.



Submit letters to:
David Hall - Family Dream Day
Lowell General Hospital Philanthropy Office
295 Varnum Avenue, Lowell, MA 01854

Deadline for submission is May 16, 2014

Submissions will be reviewed and one family will be granted their dream day.

The selected family will be notified by June 30, 2014

Lowell General Hospital
A CIRCLE HEALTH MEMBER
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Support Services

Living with Breast and GYN Cancer

This group offers support, education and resources for women with breast and gynecological cancers. Support person is encouraged to attend.

- For newly diagnosed patients, join us on the second Tuesday of every month at 6:00 pm.
- For patients who have completed treatment, join us on the second Tuesday of every month at 7:00 pm.

For questions or to register, contact Meg Lemire-Berthel, MSW at 978.937.6142.

Caring for a Loved One

This support group helps caregivers cope with the stress involved in providing care to a loved one while attending to all the other family demands. This meeting takes place on the second Tuesday of every month at 7:00 pm at D'Youville Center for Advanced Therapy Chapel at 1071 Varnum Avenue in Lowell. For questions or to register, contact Johanna Kiefner, LICSW at the VNA of Greater Lowell, Inc. Hospice Program, at 978.458.3123, ext. 2783.

Save the Date for TeamWalk for CancerCare

Celebrating 15 Years of Igniting Hope and Inspiring Courage.

Sunday, May 18, 2014 • Tsongas Center at UMass Lowell

TeamWalk for CancerCare improves the quality of life for someone receiving cancer treatment. It is available to help here and now. It is about finding the hope, courage and strength to continue living as a survivor. For more information or to register, please call 978-937-6434 or visit www.teamwalk.org.

Lowell General Hospital
TeamWalk
FOR CANCERCARE

Winning Against Chemotherapy-Induced Nausea

Chemotherapy is very effective as a means to destroy rapidly growing cancer cells throughout the body. Unfortunately, it can also cause patients to experience bouts of nausea. Thankfully, there are newer agents available to patients that are effective in reducing the nausea related to chemotherapy treatment.

The Lowell General Hospital Cancer Center uses the National Comprehensive Cancer Network (NCCN) guidelines for nausea prevention and treatment. Each chemotherapeutic agent is classified by its emetic risk, meaning how likely that agent is to cause nausea. The agent is ranked on a four-point scale as high, moderate, low or minimal risk. Depending on the level of risk, specific anti-nausea medications are used prior to patients receiving chemotherapy.

This approach means that if a highly-emetic drug is being used, NCCN guidelines recommend using three different anti-emesis drugs to control nausea. For chemotherapeutic agents that have a lesser risk of causing nausea, using one or two of these medications is recommended. Nausea that occurs despite being on anti-emesis medications, also known as break-through nausea, can be treated with various drug options.

In cases of anticipatory nausea, where patients that are receiving chemotherapy may develop nausea from anticipating receiving chemotherapy, prevention is the best treatment. This type of treatment can be done through optimal anti-nausea therapy. Anticipatory nausea can be treated with drugs either the night before the patient's chemotherapy treatment, or the night before and also the morning of treatment.

Behavioral therapy, including relaxation, acupuncture or acupressure, hypnosis and music, has been shown to be effective in reducing all types of nausea. Patients should share any concerns they may have prior to receiving chemotherapy treatment to allow for proactive measures (like medication or behavioral therapy) to be taken. During treatment, if nausea develops, it is important for patients to communicate with their caregivers. Medication dose adjustments can be made, as well as adding or substituting other medications to help control nausea. Patients should never feel as though they do not have an option regarding their side effects from chemotherapy.

With the newer agents to help control nausea along with the number of different agents currently available, nausea is becoming easier to manage. Someday, it may even be a thing of the past.

Equine Encounter Retreats for Cancer Survivors



The Ironstone Farm created a one-day equine-assisted therapy retreat for individuals with cancer or cancer survivors. Unlike traditional horseback riding lessons which emphasize training and performance, the Equine Assisted Retreat focuses on discovering the powerful relationship between horse and human. The program can help to build a renewed sense of self, increase confidence as a reminder of one's own strength and overcome fears and insecurities.

Upcoming Retreat Dates

Sunday, May 18; 9:30 am – 4:30 pm: Open to adults
Sunday, June 8; 9:30 am – 4:30 pm: Men only
Sunday, June 8; 9:30 am – 4:30 pm: Women only

For more information, including the required registration packet, contact Ironstone Farm at 978.475.4056 or email carolynburt@challengeunlimited.org.

Special notes: Ironstone Farm is a working farm. Prior to registering, please talk to your doctor if you have concerns regarding exposure to hay, dust, or animal hair/dander. The retreat is primarily an unmounted program consisting of various exercises with and without horses.

The retreat on May 18 is funded in memory of Naomi Bradford. The retreats on June 8 are funded through the generosity of The Behrakis Foundation.

Healing Through Art

The Healing Through Art program at the Cancer Center at Lowell General Hospital contributed one of its pieces to Lowell Women's Week this March. The painting, entitled "Think, Mix, Splat" was developed by a group to show ways that they take care of themselves. The list included spending time with family, friends, pets and nature; laughing; treating themselves and expressing themselves through creative outlets.

Thank you to Cheryl Boucher, Debbie Caisse, Terry Cryan, Kevin Gaudette, Nancy Gaudette, Sheri Kennedy, Rita Overhulser and Betty Whitney for sharing their creation.

