Thank You for a Successful 2014 TeamWalk

Over $850,000 raised and counting!

Thank you to all of our dedicated walkers and volunteers, and our many generous sponsors who donated money, products, services and time to Lowell General Hospital's 15th Annual TeamWalk for CancerCare. Your commitment and support make a true difference in the lives of cancer patients and their families in our community!

Team photos are available for download by team captains and will remain up for one year.

Go to: www.easternphoto.com
Click on: Event Photography
Choose: Lowell General
Password: TeamWalk

Healing Through Art

The Cancer Center’s Healing Through Art program offers cancer patients and their caregivers a creative way to work through their health journeys. No prior art experience necessary. Materials are free, including one canvas per class. You may also bring your own art-making activity. Materials list provided upon request. Join instructors Sheri and Gillian, artists, educators and cancer survivors. Come for one class or all. For more information or to register for this program, call Meg Lemire-Berthel, MSW, Director of Oncology Social Work at 978-937-6142.

Lowell Senior Center
276 Broadway St, Lowell
Friday, September 12
5:30-8:00 pm

7th Annual Survivorship Day
Celebrating the Spirit of Cancer Survivors

Cancer Survivor Stories • Free Massages
Candlelight Ceremony • Food • Music
Raffles • Door Prizes • and much more!

For more information call Meg Lemire-Berthel, MSW
978-937-6142
Cancer Pain Management

By Dr. Dwarakanath and Eileen Childs, RN
Lowell General Hospital Center for Pain Management

Methadone is a synthetic, artificial opioid. It is used as an analgesic and can be very effective for managing chronic pain. The drug has a very long duration of action because it stays in the body for a prolonged period of time. Methadone, which is quite inexpensive, can also be used alongside other drugs for therapeutic effect. Because of these reasons, pain management with methadone is an excellent alternative to using dangerous more powerful drugs with worse side effects.

However, this doesn’t mean that methadone is not without its own shortcomings. You need to be careful when considering the pros and cons of methadone for pain management. The drug can stay in the body for 48 to 150 hours. As a result, it may take up to one week to realize pain relief, so you need to be patient. Rescue or breakthrough medication may be prescribed to alleviate pain until the methadone in your system is stabilized. Once stabilized, you may need to take this medication only once every 8 to 12 hours. Methadone is currently not available over the counter, though like many prescription drugs it is often dealt illegally.

You may have heard that methadone is also used as part of treatment programs for drug addiction; therefore there is a perceived stigma when methadone is prescribed. You have been prescribed methadone to treat pain, not addiction. Be sure to let your doctor and others know that you are taking it for pain management. You should never increase your prescribed dosage or take more often than directed.

Methadone shares many of the same side effects as any other opioid pain reliever. Dizziness or tiredness can subside after one or two weeks of taking the medication. Constipation is another side effect that can be avoided by being proactive. This means increasing fluid intake, eating fruits and vegetables and ensuring you include fiber in your daily diet will help prevent constipation. When needed there are many over the counter options to aid constipation.

As with any opioid drug, interactions including death may occur if taken with alcohol and benzodiazepines, especially klonopin. Always follow your physician’s instructions.