



Living WELL

a quarterly newsletter for cancer survivors

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As survivors, we can all help each other



Are you a survivor?
 In the truest sense of the word, we all are. But for a patient who has had a brush with cancer, or one who actively is going through treatment, or one who has completed therapy, "survivor" still applies but can mean different things.

At the Longstreet Cancer Center, we are in the process of developing a model of care that will encompass all of these settings.

For those patients who are newly diagnosed, we are intent upon providing early education of the patient, family and caregivers who will be involved in the day-to-day interaction with the patient.

Certainly that will include discussion of your cancer diagnosis, potential treatment options and projected results of those treatments. We are committed to making all concerned a part of the care team.



Charles Nash, MD, FACP

In this way we hope to achieve the best outcome with the least stress for all concerned. Emotional support is a big part of this endeavor.

For those undergoing active treatment, survivorship means management of the effects of treatment and the effects of the cancer itself on your occupation, family life and future.

Counseling, physical rehabilitation, nutrition, smoking cessation and genetic counseling are just some of the facets of survivorship that we hope to address in our developing care model.

For those patients who have completed treatment, ongoing surveillance for cancer activity or late effects of treatment and support are important goals. This part of survivorship will last a lifetime, and integration of a cancer diagnosis into your medical care will certainly include coordination with your primary care physician.

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Exciting projects ahead in 2011

The management team is in the midst of busy yet exciting times at the Longstreet Cancer Center. We thought our newsletter readers may be interested in learning some key areas that management is focusing on in 2011.

The main goal and focus is to continue to have our patients at the center of all we do. In an effort to keep patients as the top focus, the team will be hosting quarterly patient focus groups in 2011.

These groups are an important part of the care and service we provide to our patients every day. Scheduling time to meet with small groups of patients to discuss the care and service we offer allows us to hear the needs of our patients and better meet those needs.

Another key area of focus for 2011 is better utilization of our electronic medical record (EMR) system to standardize chemotherapy treatment plans.

Health care reform is focusing on standardized, efficient care from a payer perspective. Continuing to improve upon the current EMR system and processes will allow continued excellent relationships with insurance payers, further ensuring patients have adequate coverage for the cancer care they need.

The Longstreet Clinic, P.C., has had an EMR since 2001 and continues to be pleased by how EMR enables efficient communication with other members of the cancer care team.

As part of the focus on standardized care of excellence, the practice participates in the American Society of Clinical Oncology's (ASCO) Quality Oncology Practice Initiative (QOPI). The QOPI project consists of quarterly chart audits to review key areas of care including: chemotherapy plan, pain management, proper cancer staging and proper chart documentation.

We are currently focused on becoming a QOPI Certified practice in 2011. This certification demonstrates a practice's efforts at providing excellent, standardized care across all providers and is compared to other cancer centers across the nation.

In addition, Longstreet Cancer Center is focusing on supportive care programs. The center continues to offer Art Therapy and Yoga twice monthly. We are dedicated to increasing attendance for those groups and designing programs that meet the needs of patients while receiving chemotherapy as well as after completion. The patient focus groups will allow us to better understand how these supportive care offerings can best serve our patients.

Efforts are also being focused on determining new offerings as part of supportive care and survivorship programs. One new program for 2011 is a Buddy System. The buddy system will allow newly diagnosed cancer patients to be paired with a survivor who has the same diagnosis.

The buddy relationship provides patients who have completed chemotherapy an opportunity to help and support those who are at the beginning of their cancer journey. It will also allow newly diagnosed patients to have the support and connection from someone who has truly "walked in their shoes."

If you are interested in being a part of the patient focus groups or the buddy system, please contact Jennifer Lafond at 770-297-5711. Our Longstreet Cancer Center team is excited about 2011 and considers it an honor and pleasure to serve each of our patients.



30 Ways to Sneak Fruits and Veggies into Your Diet

Breakfast

- Add blueberries to pancake, waffle or muffin batter.
- Mix raisins, diced apple or dried apricots into oatmeal.
- Add pepper, onion, spinach, broccoli or shredded carrot to a morning omelet.
- Make a smoothie with fruit, low-fat yogurt and ice.
- Add peppers and onion to hash browns, and serve with a little ketchup on the side.
- Top a toasted waffle with warmed applesauce.



Lunch and Dinner

- Top a pizza with mushrooms, peppers, onions or pineapple.
- Put a slice of avocado on a regular sandwich.
- Add mushrooms, peppers, onions or diced carrots to spaghetti sauce.
- Place a few slices of tomato on a grilled cheese sandwich.
- Add some extra mixed vegetables to soup.
- Add celery, onions, carrots or peppers to meatloaf.
- Replace the jam on a peanut butter sandwich with sliced bananas.
- Add apples, grapes or raisins to chicken salad.
- Spread some cranberry sauce on a turkey sandwich.
- Top pork chops with apples, pears or raisins.
- Roast fish under a layer of lemon, orange or lime slices.
- Add layers of frozen spinach or eggplant to lasagna.

Sides and Snacks

- Top a baked potato with salsa.
- Use applesauce to replace half of the oil in any recipe.
- Slice a sweet potato, toss with a little olive oil, season as you wish and bake to make sweet potato chips.



Registered dietitian **Mary Ann Clever, RD, LD**, is available to assess individual needs and to work with patients and their families to develop strategies that can meet the nutritional requirements for healing and well-being. If you have questions or would like to set up an appointment for a consultation, please call (770) 297-5705.

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- Add mandarin oranges or diced pears when making Jell-O salad.
- Try mixing dried fruit with almonds and a few M&Ms as a snack.
- Mix fresh fruit and granola into yogurt.
- Add broccoli or diced pepper to macaroni and cheese.
- Blend cooked cauliflower into mashed potatoes.

Dessert

- Choose fruit sorbet instead of ice cream.
- Enjoy a baked apple stuffed with raisins and topped with a drizzle of caramel sauce.
- Dip strawberries in chocolate syrup and top with low-fat whipped cream.
- Roast pears with honey and a sprinkling of ginger.

RECIPE

Minestrone

This bounty of vegetables in a soup pot is ready in 30 minutes or less, depending on whether you use fresh, frozen or canned vegetables. Serve with a crusty whole grain bread and grated cheese.

1 15-ounce can, rinsed and drained, or
1 ¾ cups cooked dry-packaged dark or
light red kidney beans
2 tablespoons olive oil
1 onion, chopped
1 clove garlic, minced
1 cup chopped cabbage
3 stalks celery, sliced
1 carrot, sliced
½ pound green string beans, cut into
½-inch lengths, or canned green beans,
drained
1 potato, diced
1 (16-ounce) can tomatoes, undrained
and chopped

8 cups vegetable stock

½ cup elbow macaroni or other small pasta

¼ teaspoon each salt and pepper

⅛ teaspoon ground red pepper

½ cup grated parmesan cheese

- Over medium heat in a large stockpot, heat olive oil and sauté onion and garlic until soft. Do not brown.
- Add cabbage, celery, carrot, string beans and potato and cook for 2 minutes, stirring often.
- Add tomatoes and stock and simmer, stirring occasionally, for 30 minutes or until vegetables are tender.
- Add beans and pasta. Cook for 10 minutes or until pasta is slightly chewy. Season with salt and pepper.
- Serve hot with a spoonful of cheese over each serving.

Makes 4 servings

Nutritional information per serving: calories, 137;
total fat: 4g; sodium: 598mg; total carbs: 17g; fiber: 4g;
protein: 8g

*Recipe courtesy of the Michigan Bean Board,
www.michiganbean.org*

Harvest of Hope 2010

In September, we gathered at the First Baptist Church Banquet Hall in Gainesville for our ninth annual Harvest of Hope, a day of fellowship for those touched by cancer. Our biggest event yet, the day was filled with inspirational speakers and performers, as well as educational information. Glory, Hope and Life, which helps fund Harvest of Hope, also held its third annual Evening with The Jesters, which netted over \$25,000 from sponsorships, ticket sales, a silent auction, donations and contributions. Thanks to all who made these events so successful!



LIVING WELL CLASSES

The Wellness Series is made up of activities and sessions aimed at helping individuals focus on positive aspects of life. The physicians and staff at the Longstreet Cancer Center believe that in order to have complete wellness, we should focus on mind, body and spirit. At the Longstreet Cancer Center, we strive to nurture and care for the person as a whole. All programs are free and we encourage our patients to participate. Programs are open to people at any stage in their cancer experience: from diagnosis, through treatment, post-treatment and survivorship. Unless otherwise noted, all classes take place at LCC at 705 Jesse Jewell Parkway on the third floor in Gainesville. Dates are subject to change, so please call ahead to register at (770) 297-5700.

ART THERAPY: Cancer patients and their loved ones benefit from a chance to talk about their experience, share information and provide each other support and encouragement. Art therapy creates an interesting, safe, fun and inclusive atmosphere for sharing and self-expression. The group is led by Randall Overdorff, a board certified Art Therapist, Licensed Professional Counselor and Licensed Marriage and Family Therapist, from 5:30 to 7:00 p.m. on two Tuesdays each month unless otherwise noted.

CHRIST CENTERED YOGA: Fuses biblical study with hatha yoga for a uniquely soulful experience. People of all faiths and beliefs are welcome. Classes are taught twice a month in the LCC waiting area. Visit www.christcenteredyoga.com for more information.

LOOK GOOD FEEL BETTER: This monthly seminar helps female patients cope with and combat the appearance-related side effects of cancer treatment. The workshop is held once a month in the classrooms at The Longstreet Clinic. **Call the American Cancer Society to register, (800) 227-2345.**

CHEMO 101: Because patients and family members can feel overwhelmed when beginning chemotherapy, LCC is pleased to offer an Introduction to Chemotherapy class every Tuesday and Thursday. During this class, patients and family members will receive useful information to help prepare them for treatment. The class is led by LCC nurse practitioner Helen Rabon, FNP-C, AOCN, who will also be available to answer questions.

OTHER SUPPORT GROUPS

COMMUNITY CANCER SUPPORT: A community-wide cancer support group facilitated by a cancer survivor from 6:00 p.m. to 7:00 p.m. the first Tuesday of each month at Clarksville United Methodist Church. Contact Wendy Jackson, (706) 499-7514.

BOSOM BUDDIES: Breast cancer support group meets at Central Baptist Church on the third Thursday of each month from 5:30 p.m. to 7:00 p.m. Contact Louell Roper, (770) 967-4276.



Look Good ... Feel Better is held once a month at The Longstreet Clinic. Call the ACS to register.

LIVING WELL CALENDAR

January 2011

S	M	T	W	TH	F	S
						1 New Year's Day
2	3	4 Chemo 101 9:00 a.m. Art Therapy 5:30-7:00 p.m. Cancer support group	5	6 Chemo 101 4:00 p.m. Yoga 10:00 to 11:30 a.m.	7	8
9	10 Look Good Feel Better 9:00-11:00 a.m.	11 Chemo 101 9:00 a.m.	12	13 Chemo 101 4:00 p.m.	14	15
16	17 Martin Luther King, Jr. Day	18 Chemo 101 9:00 a.m. Art Therapy 5:30-7:00 p.m.	19	20 Chemo 101 4:00 p.m. Yoga 10:00 to 11:30 a.m. Relay for Life Kick Off	21	22
23	24	25 Chemo 101 9:00 a.m.	26	27 Chemo 101 4:00 p.m.	28	29
30	31					

February 2011

S	M	T	W	TH	F	S
		1 Chemo 101 9:00 a.m. Art Therapy 5:30-7:00 p.m. Cancer support group	2	3 Chemo 101 4:00 p.m. Yoga 10:00 to 11:30 a.m.	4	5
6	7 Look Good Feel Better 9:00-11:00 a.m.	8 Chemo 101 9:00 a.m.	9	10 Chemo 101 4:00 p.m.	11	12
13	14 Valentine's Day	15 Chemo 101 9:00 a.m. Art Therapy 5:30-7:00 p.m.	16	17 Chemo 101 4:00 p.m. Yoga 10:00 to 11:30 a.m. Bosom Buddies	18	19
20	21	22 Chemo 101 9:00 a.m.	23	24 Chemo 101 4:00 p.m.	25	26
27	28					

LIVING WELL CALENDAR

March 2011

S	M	T	W	TH	F	S		
		Chemo 101 9:00 a.m. Art Therapy 5:30-7:00 p.m. Cancer support group	1	2	3 Chemo 101 4:00 p.m.	4	5	
6	Look Good Feel Better 9:00-11:00 a.m.	Chemo 101 9:00 a.m.	8	9	Chemo 101 4:00 p.m. Yoga 10:00 to 11:30 a.m.	10	11	12
13 Daylight Savings Time begins	14	Chemo 101 9:00 a.m. Art Therapy 5:30-7:00 p.m.	15	16	17 Chemo 101 4:00 p.m. Bosom Buddies	18	19	
20 Spring begins	21	Chemo 101 9:00 a.m.	22	23	Chemo 101 4:00 p.m. Yoga 10:00 to 11:30 a.m.	24	25	26
27	28	Chemo 101 9:00 a.m.	29	30	31 Chemo 101 4:00 p.m.			

April 2011

S	M	T	W	TH	F	S		
					1	2		
3	Look Good Feel Better 9:00-11:00 a.m.	Chemo 101 9:00 a.m. Art Therapy 5:30-7:00 p.m. Cancer support group	5	6	Chemo 101 4:00 p.m. Yoga 10:00 to 11:30 a.m.	7	8	9
10	11	Chemo 101 9:00 a.m.	12	13	Chemo 101 4:00 p.m.	14	15	16
17	18	Chemo 101 9:00 a.m. Art Therapy 5:30-7:00 p.m.	19	20	Chemo 101 4:00 p.m. Yoga 10:00 to 11:30 a.m. Bosom Buddies	21	22	23
24 Easter	25	Chemo 101 9:00 a.m.	26	27	Chemo 101 4:00 p.m.	28	29	30

*The Health Resource
and Appearance Center*



The Longstreet Clinic, P.C.
A Multi-Specialty Practice

**20% off Your First Purchase at
The Shoppe at TLC**
(Not to be used when filing insurance)

Coupon good on purchase of: Hats, turbans,
scarves, Alra Mild Conditioning Shampoo, Alra
Therapy Lotion, Alra Non-Metallic Deodorant,
Wig care supplies (shampoo, conditioner, etc.)

Coupon expires April 1, 2011

Meet Our New Employee!

Karla Herrick, RN, BSN, is the newest addition to Longstreet Cancer Center. She began working in the chemo room in August and recently completed a chemotherapy certification course at St. Joseph's. Karla, who comes to LCC from Northeast Georgia Medical Center, said she enjoys "getting to know patients and their families." When she's not working, Karla enjoys horseback riding, camping and mountain biking. She also plays the fiddle and piano.



***Please welcome Karla during your
next visit!***

SURVIVORSHIP continued from page 1

The goal is to address your future pro-actively in a coordinated manner.

Survivors can help other survivors at all points along the way.

We need your help.

With more successful cancer therapies that are available today, there will certainly be more long-term survivors. And that's a good thing!

Yes we are all survivors. And we at the Longstreet Cancer Center wish to take an active role in helping you to survive and prosper.

Look for new initiatives in the near future. We are all in this together.

If you have questions or suggestions, please feel free to contact us at 770-297-5700.

Important Telephone Numbers

Longstreet Cancer Center	(770) 297-5700
TLC Imaging Services	(770) 539-9391
LCC Toccoa Office	(706) 886-5353
The Breast Center at TLC	(770) 533-4700
The Longstreet Clinic Business Office	(770) 718-1122
Northeast Georgia Medical Center (NGMC)	(770) 219-9000
Radiation Therapy at NGMC	(770) 219-1824
Laboratory at NGMC	(770) 219-7828
NGMC Imaging Center	(770) 219-8035

"centered around you"

Post Office Box 658
Gainesville, Georgia 30503

Gone Green?

If you are interested in receiving future editions of the *Living Well* newsletter electronically, please call **(770) 297-5700**.

The Pharmacy



at The Longstreet Clinic, P.C.

770-533-6680

770-533-6681 (FAX)

"Dispensing personal care and on-site convenience."

Got a prescription you need filled right away? **The Pharmacy at The Longstreet Clinic**, located on the first floor of our 725 Jesse Jewell Building in Gainesville, offers added convenience and timely pharmacy services for our patients. Our highly skilled pharmacist and the pharmacy staff's top priority is to answer your questions and provide for your health care needs.