

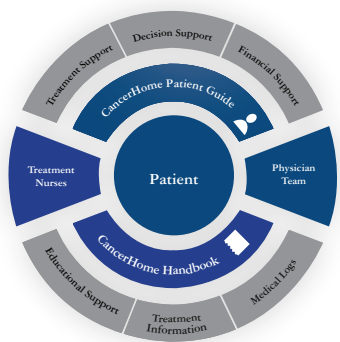
A CANCERHOME PUBLICATION, PROVIDING THE SUPPORT YOU NEED TO FOCUS ON HEALING.

CANCERHOME: A KALEIDOSCOPE OF CARE TO TREAT THE WHOLE PERSON

Every cancer path is unique, just like every cancer patient.

And at SGCCC here in Statesboro, our patients are at the center of everything we do. Though cancer may be what brings you to our doorstep, we know that the disease is only part of your life. Understanding this, we make caring for the whole person our priority. CancerHome is the name we give our approach to providing our patients with every cancer care treatment advantage: a kaleidoscope of care that begins with diagnosis and continues through survivorship, which includes not only the best medicine, but all the wellness services and emotional support you need to focus on healing.

At SGCCC, our compassionate and dedicated team, led by board certified radiation oncologist, Dr. David H. Weems, provides the most advanced treatments available. But, we also know that having cancer is personal, and that cancer treatment is about much more than just disease management. Our clinical and administrative staff bring



In our world, patients are at the center of everything we do

a comfort level to your cancer treatment experience from day one by making sure your questions are answered, your appointments made and your needs met.

In fact, did you know we have a financial counselor on hand to ensure that your finances don't prevent you from getting the care you need? We also have a variety of wellness services available, with more to come. Currently, we offer massage therapy and nutrition counseling -- a new service, as of this month-- to help care for the whole person. Support groups will soon be established, as well. Just ask Teresa Hagan, our office manager, for more information.

Always striving to expand and improve our patient care, we are excited to share that soon, SGCCC will add a patient guide to our staff of care givers. Our patient guide will be your go-to person for questions, appointments and information, who in addition to our clinical staff, will help make sure you have the resources and tools you need to focus on healing.

We recognize that alongside the best medicine and technology available, patients often need more. You need medical treatment to manage your disease, but you also need information, emotional support and guidance. From the clinical staff, to the administrative staff, to you: at SGCCC's CancerHome, we are all part of the healing process.

IN THEIR OWN WORDS: STORIES FROM PATIENTS AND FAMILIES

Hello, my name is Pat Skinner. I was first diagnosed with cancer in April of 2009. My physician prescribed a treatment of both chemo and radiation, and recommended Dr. Weems for radiation. I had been battling the illness even before I was diagnosed, so needless to say I was both physically exhausted and scared with I heard the word cancer. Weak and frightened, I will never forget my first visit.

I was introduced to the medical assistant, Ms. Kim, who was so kind to me and gave me words of encouragement. After that, I met with Dr. Weems, who also displayed the same kindness, warmth and caring. Then, I was introduced to several of the staff who took over preparing me for my first radiation treatment. For the many days that followed, these same people always tried to make me feel comfortable, and they knew just how to interact with me, even when

I was sick and not feeling my best. They were consistently kind and caring toward me on every visit.

In 2010, I was diagnosed with another cancer. My physician gave me several options for treatment, but I knew right where I wanted to go. Again, Dr. Weems and his staff provided me with the same wonderful care as they had before.

This time... I got to know each of them better. The same warm, smiling faces were there every day. I even wrote a quote about the staff, "A smile is the warmth that brings encouragement to a weary soul." This reflects exactly how I feel about Dr. Weems and his staff. Thank you so much for your warmth and dedication.

— Pat Skinner

We love hearing from you. If you have an experience you'd like to share in Healthy Connections, please let your patient guide know.

**RECIPE CORNER
AN APPLE A DAY...**



Full of Vitamin C and cancer-fighting antioxidants, apples are at their peak in the fall. Great as a snack, only 100 calories and loaded with fiber, apples are a healthy choice for most diets. Grab one on the go, or try your favorite variety in this fall salad recipe from www.caring4cancer.com. Bon appétit!

BARLEY APPLE SALAD

Barley is a whole-grain product, and it has many health benefits. It is loaded with vitamins, minerals and fiber. Try this delicious recipe to get this whole grain into your diet more often.

Preparation time: 30 minutes, not including barley cook time. Serves four as a main dish, eight as a side dish.

INGREDIENTS

Salad

- 1½ cups frozen whole-kernel corn, thawed
- ½ cup dried cranberries or raisins
- 2½ cups cooked, then cooled, barley
- 2 to 3 medium chopped scallions (green or spring onions)
- 3 medium apples (any variety), unpeeled and finely chopped
- 1 medium carrot, coarsely shredded

Dressing

- 2 tablespoons olive or canola oil
- 2 tablespoons honey
- 1 tablespoon lemon juice

Instructions

- Mix salad ingredients in a large bowl.
- Combine dressing ingredients in a tightly lidded or covered container and shake to combine.
- Pour dressing over salad and mix to coat salad.
- Serve cold or at room temperature.

ASK THE DOC:

Q: I've heard that SGCCC is going to have a patient guide available on staff as a resource for patients. What is a patient guide, and why do I need one?

A: Cancer treatment involves a team approach in today's world. Cancer patients have a variety of physicians, including surgeons, medical oncologists and radiation oncologists, as well as primary care physicians and other specialists caring for them. As well, patients frequently have nurses, dieticians, social workers, hospice care givers, physical therapists and others ancillary service providers working with them. A patient guide is the bridge between all of these team members. Their role is to be the patient's representative and to help "navigate" the patient through the healthcare system and between all of these cancer specialists and the other ancillary services. They can also help with things such as counseling, transportation, financial assistance and other daily needs or requirements of the patient. Intertwined through all these activities the patient guide can also offer emotional support to the patient and their family beyond what they receive from their other team members.



So, the patient guide should not be looked at as a duplication of services for the patient but, really, the glue that helps bring all of these services and resources together to benefit the patient and to improve their overall healthcare.

Healthy Connections is a publication of South Georgia Center for Cancer Care and is published for the general public to disseminate health-related information. This information is not to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment, diet plan or exercise regimen implied in this publication.

SEPTEMBER 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------|---------|---|------------------------------------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | LABOR DAY 5 | 6 | NUTRITIONIST AVAILABLE 9AM - 5PM 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | MASSAGE THERAPY 9AM - 3PM 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | NUTRITIONIST AVAILABLE 9AM - 5PM 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | MASSAGE THERAPY 9AM - 3PM 29 | 30 | |

BECOME A FAN OF SOUTH GEORGIA CENTER FOR CANCER CARE ON FACEBOOK TO STAY UP TO DATE ON ALL THE LATEST EVENTS!