

Support Groups



Colon Cancer

Last Wednesday each month, 5:30pm
Moakley 3rd Fl. Conference Rm

Prostate Cancer

2nd Tuesday each month, 6:00pm
88 E. Newton St. C/D Conf. Rm

Ovarian Cancer

3rd Tuesday each month, 6:00pm
Moakley 3rd Fl. Conference Rm

Head/Neck Cancer

1st Wednesday each month, 6:00pm
88 E. Newton St. C/D Conf. Rm

NEW! Leukemia/Lymphoma
Call for Day, Time, and Location

NEW! Spanish-Speaking Men & Women

Last Tuesday each month, 6:00pm
Moakley 3rd Fl. Conference Rm

Haitian-Creole Men & Women

2nd Monday each month, 6:00pm
Moakley 3rd Fl. Conference Rm

Women with Cancer

2nd Monday each month, 10:00am
Moakley 3rd Fl. Conference Rm

Men with Cancer

Every Monday at 1:00pm
Moakley 3rd Fl. Conference Rm

Amyloid Support

Every Tuesday at 12:00 noon
Moakley 3rd Fl. Conference Rm

Cancer Support Programs



SPRING NEWSLETTER VOL. 3 NO. 1 DIR. KATHLEEN T. FINN, RN, NP

Contact **Bob** for info: **617-638-7540** / robert.david@bmc.org
FGH Bldg, 2nd Floor, 820 Harrison Avenue, Boston, MA 02118

New!

In February we held the first meeting of our new cancer support group for Spanish-speaking patients. There were a few tears of joy and plenty of laughs, with a lot of open, honest sharing.

Nurse Practitioners Dorothy Medeiros and Lisa Yanarella will soon be starting a regional support group for people with leukemia (blood/bone marrow cancer) or lymphoma (lymph node/immune system cancer). Contact us for more info.

Our "Cancer Cares through the Arts" program offers a lively and fun arts and crafts class, all in preparation for our Christmas-in-July event to be announced later! (See reverse side for class details.)

Soon breast cancer patients will be able to have a bra/prosthesis fitting right on Moakley 3!! See reverse side for more info on this new clinic.

Upcoming Events!

Cancer Screening Day: Free screening for prostate, breast, skin, and head & neck cancer, and for high cholesterol and high blood pressure. Sat., March 28th, 8:00am to noon, Moakley Lobby.

Elizabeth Grady Spa Day: FREE day trips for men and women who have not previously attended. Includes full body massage, face massage, make-up application (for women), lunch, and a gift bag of Elizabeth Grady products. Friday, April 17th for men; date in May for women to be determined. Call Bob at 617-638-7540 for more info and to reserve a spot. Space is limited.



First Priority Credit Union's "Strike Out Colon Cancer" Baseball Tourney: Four high schools compete in this fundraiser organized by the husbands of two BMC cancer survivors. All proceeds donated to BMC. Some **Red Sox players** plan to be there! April 18th/19th, games at 12 & 3pm, E. Boston Stadium. Call for info.

ANNUAL SURVIVORS CELEBRATION! If you have ever been diagnosed with cancer or are in treatment now or in remission, you are a cancer survivor! This is a day of celebration for you and your loved ones. Live music, lunch, prizes, and more! Saturday, May 30th, 10:30am to 1:00pm. Stay tuned for further announcements!

FREE PARKING for all groups, classes, & events at BMC! Please call for help w/ transportation.

Services

Look Good Feel Better Program

Provides women with free beauty and hygienic care with make-up, hair pieces, and other resources. Run by Vina Harvey of the American Cancer Society. Monthly in the Moakley 3rd Floor Conference Room. Call Aija at 617-638-5762 for more info. (Men may call Vina at 617-878-4121 for info on men's care products.)

Massage Therapy Clinic

Wednesday morning sessions at 10:30 and 11:30 for patients currently or recently undergoing treatment in the Moakley radiation or chemo clinic. Ask your nurse or call Bob (617-638-7540) for an appointment.

Acupuncture Clinic

Every Wednesday morning from 9:00 to 12:00 for patients currently or recently undergoing treatment in the Moakley radiation or chemo clinic. Ask your nurse or call Bob (617-638-7540) for an appointment. Ellen Highfield, Certified Acupuncturist.

Integrative Medicine Consults

Wednesday mornings and Fridays by appt. in Moakley 3rd floor clinic. Dr. Paula Gardiner counsels on:

- Vitamins, herbs, home remedies
- Diet, exercise, stress management
- Relaxation techniques, hypnosis, guided imagery
- Safety/effectiveness of alternative and complementary practices

Ask your nurse or call Bob (617-638-7540) for an appointment.

NEW!

Breast Prosthesis and Bra Clinic

Certified Mastectomy/Lumpectomy bra fitters Ellie and Jean from "True to You Medical Fittings" will fit you for a new bra or breast prosthesis. Wednesdays in Moakley, 3rd Floor. Times to be announced. Call Sandy at 617-638-6521 for an appointment.

Cancer Support Programs at Boston Medical Center

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Classes

Cooking for Cancer Patients: Chef and nutritionist Deidra Dexter instructs on two dishes and provides a small meal from the recipes. Last Wednesday of each month at 1:00pm in the Demo Kitchen, Dowling Bldg, 4th Floor.

Chi Gung: Gentle exercises that release tension, aid healthy joint functioning, and align and balance the energy in our bodies. Tuesdays at 6:00pm, April 14th through May 26th, Moakley 3rd Floor Waiting Room. Led by Dan Kleiman.

Prayer Shawl Knitting Class: All materials supplied. No experience necessary. Second Wednesday of each month, 6:00pm, Moakley 3rd Fl Conference Room. Led by Patty Doggett.

Cancer Cares through the Arts: Arts and crafts projects. All materials provided. Thursday, March 19th and then the first Thursday of each month at 6:00pm, Moakley Lobby.

Yoga: Led by Certified Yoga Instructor Anna Dunwell. For patients and staff. Mats provided. Every Thursday at 6:00pm in the lower level of the Moakley Bldg (Radiation Waiting Room).

Clinical Trials

At Boston Medical Center, we are always looking to find better ways to treat cancer and to help cancer patients. Many research studies are available to test new treatments for patients with cancer. All studies are carefully reviewed by our doctors and hospital board, and patients may benefit in ways that current standard treatments cannot offer.

Eligibility requirements vary. For more information, please ask your doctor, call the Cancer Clinical Trials Office at 617-638-8265, or visit our web site at:

<http://www.bumc.bu.edu/clinicaltrials>



Spotlight On: Anne Marie Oxidor

Anne Marie was diagnosed three years ago with colon cancer. She underwent surgery and chemo treatments. Happily, her most recent evaluation showed no evidence of cancer! Anne Marie attends the Haitian-Creole and the Colon Cancer support groups, as well as most of our classes and special events, to which she often brings her lovely daughters.