Breast Cancer Awareness Event

featuring... The BOOBIE SISTERS!

Promoting a healthy attitude through the healing power of humor, the Boobie Sisters sing about serious issues: breast exams, cancer treatments, dealing with family issues and changing bodies, and more... Inspirational singer Gisela Johnson and guest speakers will join the program. Keep watch for the flyer!

Wed, Oct 17, 5pm, Keefer Auditorium, BU Med School 1st Fl

LORETTA LAROCHE returns to BMC!!

Acclaimed speaker, author, and stress management consultant Loretta LaRoche has entertained audiences with her irreverent humor for over 30 years! Listen and laugh as she cleverly reframes stressful situations and captures a new perspective on life’s many challenges.

Th, Nov 8, 5pm, Keefer Auditorium, BU Med School 1st Fl

I Can Cope: Communicating Concerns & Feelings

This class looks at how a cancer diagnosis affects one’s emotions & relationships and introduces skills to improve communication with family and healthcare providers.

Fri, Nov 16, 12pm, Moakley 3rd Fl Conference Rm

Cancer Prevention Study

BMC is partnering with the American Cancer Society to recruit participants for a nationwide study. The goal is to track information on people’s health and lifestyle over a period of time to help understand what factors may contribute to the development of cancer. Please encourage friends and family who are 30 to 65 years old and who have never been diagnosed with cancer to consider joining this important study. Time required is about 45 minutes.

Wed, Oct 24, Menino Pavilion / Th, Oct 25, Newton Pavilion 7:30-11:30am and 1:00-4:30pm each day

Arts & Crafts Holiday Bazaar

Choose from an array of handmade items from our Arts & Crafts and Knitting classes. Proceeds go to BMC’s cancer support programs.

Th, Nov 15, 9am-4pm, Newton Pavilion

Holiday Party

Dinner and festivities for cancer survivors who have participated this year in our Cancer Support Program activities. This event replaces regular support groups and activities for December except as indicated on Calendar on back page. Wed, Dec 12, 6pm, Moakley Lobby

Note: The 12th Annual Stowe VT Weekend of Hope (www.stowehope.org) will take place the first weekend in May 2013. Official registration for this popular event begins around March 1st. However, in late fall, forms will be available in the clinics to fill out if you are interested in the trip. Please remember that priority for the trip will go to first-timers. For more info, call Bob (617-638-7540).

Patient Spotlight

Cristina Saez was a social worker in Mendoza, Argentina before coming to Boston in 1990 to join and soon marry Antonio Saez. They have a son, Scott. For 17 years Cristina served as Coordinator of Ambassadors and Community Outreach for South Boston Neighborhood House. In her first year, she connected 50 new families with services at the Neighborhood House. She says of her last four years as a nanny, “It’s fun for me. You get to be a child. The children give you happiness.”

When in 2009 Cristina experienced two biopsies, surgery, and radiation treatments for breast cancer, it was focusing on 2-year-old Mason, playing with him, and learning to relax that got her through. “I pushed myself to be happy,” she says. “You have two options: Go inside, worry, and let fear overcome you. Or go outside and fight for health, talk to people, be open about the cancer, be proud of yourself. I’m proud I’ve got through so many things.”

And many things it was: in the last 3 years, in addition to cancer, she has had kidney stones removed, then a kidney, then a hysterectomy. “You need to lose things sometimes,” she says, “and you need to accept it. I have so many holes in my abdomen, my husband says I am the Mafia!” She recalls that they had named her two kidney stones Roquito and Roquita. Cristina adds, (cont. page 3)
Breast Cancer
1st Tues/month, 6:00pm
Moakley 3rd Fl. Conf. Rm

Gastrointestinal (GI) Cancer
Last Wed/month, 5:30pm
Moakley 3rd Fl. Conf. Rm

Head/Neck Cancer
1st Wed/month, 2:00pm
Moakley Lower Level Conf. Rm

Leukemia/Lymphoma/Myeloma
2nd Thurs/month, 5:30pm
Moakley 3rd Fl. Conf. Rm

Lung Cancer
- NEW DAY & TIME -
1st Thurs/month, 4:00pm
Moakley 3rd Fl. Conf. Rm

Ovarian Cancer
3rd Tues/month, 6:00pm
Moakley 3rd Fl. Conf. Rm

Prostate Cancer
2nd Tues/month, 6:00pm
Menino Pavilion 2nd Fl Conf Ctr

Haitian Creole-speaking
2nd Mon/month, 6:00pm
Moakley 3rd Fl. Conf. Rm

Spanish-speaking
Last Tues/month, 6:00pm
Moakley 3rd Fl. Conf. Rm

Men with/Cancer
1st Mon/month, 1:00pm
Moakley 3rd Fl. Conf. Rm

Women with/Cancer
2nd Mon/month, 10:00am
Moakley 3rd Fl. Conf. Rm

Younger Women with/Cancer
(42 and under)
2nd Tues/month, 6:00pm
Moakley 3rd Fl. Conf. Rm

Hand & Mind
Knitting Group
No experience necessary. All materials supplied; donations of more materials welcome. With Patty Doggett & others.
- 2nd Wed/month, 6-8pm, Moakley 3rd Fl Waiting Rm.
- 4th Thurs/month, 10am-12, Moakley 3rd Fl Conf. Rm.

Arts & Crafts Group
Fun arts and crafts projects. All materials provided.
1st Thurs/month, 6-8pm, Moakley 3rd Fl Conf. Rm.

Men’s Interest Group
Activities and discussion relevant to men’s issues and interests. Last Thurs/month, 6-8pm, Menino Pavilion 2nd Fl Conf. Ctr.

Spirituality Group
1st Tues/month, 3:00pm
Moakley 3rd Fl. Conf. Rm

Bereavement Group
For those who have lost a family member to cancer. Inquire about dates for the next group.

Weekly Cancer Support Group
Hosted by Facing Cancer Together at Hope Lodge in Jamaica Plain, Tuesdays, 5-7 pm. Registration required: call Nancy Gaulin, Psy.D. or Sasheen Hazel at 617-332-5777.

Amyloidosis Support
Every Tuesday at 12:00 noon
Moakley 3rd Fl. Conf. Rm

* Check Calendar on back page for schedule changes, or call Bob at 617-638-7540 to be on the notification list for specific groups.

FREE PARKING for all support groups, activities, & events at BMC! Please call for help w/ transportation.
Cancer Support Services

Services

**Acupuncture Clinic** For patients currently or recently in treatment.
- **Tues**, 10am – 1pm, Yawkey ACC 3rd floor, Dept. of Family Medicine.
- **Thurs**, 9am - 12 noon, Moakley Bldg, 3rd floor.

Call Bob (617-638-7540) for appt.

Also available in the Yawkey ACC (not exclusive to cancer patients):
- **Tues**, 12 - 5pm, 3rd fl, Call 617-414-2080
- **Wed**, 5 - 8pm, 5th fl, Call 617-414-4086 (Adolescent Ctr)

**Integrative Medicine Consults** Thursdays, varying mornings and afternoons in the Yawkey ACC, 3rd floor, Dept. of Family Medicine.

Dr. Paula Gardiner counsels on:
- Diet
- Vitamins
- Supplements
- Herbs
- Home Remedies
- Stress management
- Relaxation techniques
- Exercise
- Hypnosis

Call Bob (617-638-7540) to request appt. Will require referral by your PCP.

**Breast Prosthesis and Bra Info Sessions** Monthly in Moakley for women who have had a mastectomy. Call Ellie at 508-668-1103 for dates, time, and more info.

**Elizabeth Grady Spa Day** Periodic FREE day trips for men and women who have recently completed treatment. Include full body massage, facial, make-up application (for women), lunch, and a gift bag of Elizabeth Grady products. Contact Bob at 617-638-7540 to be on the call list.

American Cancer Society at BMC

Offices: Moakley 3rd Floor Waiting Rm / LL Rad-Onc Clinic
For info or help with the any of the offerings below, see ACS on-site representatives Tara or Lisa or call 781-314-2639.

**Look Good Feel Better Program** Beauty and hygienic care, make-up and other resources for women currently in treatment. 4th Monday/month, 10am - 12noon, Moakley 3rd Fl. Conf. Room. Sign up in advance at the Moakley 3rd Floor front desk.

**Wigs** For women in active chemotherapy, a limited selection of free wigs plus information on obtaining a wig elsewhere. Available in the ACS Resource Room on the Moakley 3rd Floor.

**I Can Cope** A variety of classes to help with cancer treatment and self-care. See listing on front page under “Special Events” for on-site classes. Go to www.cancer.org/onlinelclasses for the Internet versions.

**Reach to Recovery** A program that matches new breast cancer patients 1-to-1 with experienced breast cancer survivors for support and information. Depending on your length of survivorship, you may request a match or train to volunteer as a mentor.

**Man to Man** One-on-one support and education for prostate cancer patients from specially trained prostate cancer survivors.

“Caregiver Kit” Binders Offer helpful information and a place to keep notes organized.

Decision-Making Study for Women 35+

Research Assoc.
Liz Pottier (left) & Research Ass’t Christine Gunn are coordinators for a National Cancer Institute study for women age 35 and older that the physicians at Boston Medical Center’s Belkin Breast Health Center are participating in. The study is looking at what affects a woman’s decision about how to deal with her breast cancer risk. Factors that may increase a woman’s risk of developing breast cancer are:

- Having a family member with breast cancer
- Getting older -- as women age their risk goes up
- Beginning your first period before age 12
- Having your first child after age 30 or never having children
- Having breast conditions that required biopsies

If you are concerned about your risk for developing breast cancer and would like information about ways to reduce your risk, call Liz at 617-638-8260.

Cancer Clinical Trials

Boston Medical Center is able to offer its patients a great variety of research studies that include cancer treatment, symptom management, and/or quality of life components. If you would like to know what trials may be available to you, ask your oncologist or call the Cancer Clinical Trials Office at 617-638-8265.

Cristina Saez (continued from page 1)

“We have problems, but we can’t let them make us depressed. We must stay positive. Dr. Mendez told me at the beginning, ‘We can give you the best cancer service, but if you don’t do your part, we can’t help you.’”

Cristina’s positive attitude led her to train through the American Cancer Society to become a ‘Reach to Recovery’ mentor to more recently diagnosed breast cancer patients, especially those who are Spanish-speaking. So far she is counseling five patients. “I model happiness and positivity to help others while also being realistic by acknowledging the fear but not letting it overcome me.” Cristina keeps herself engaged with activities like yoga, arts & crafts classes, and the Spanish support group. She feels “lucky” to have attended the annual Weekend of Hope in Stowe, VT the last 3 years.

Contact Bob for info: 617-638-7540 / cancersupport@bmc.org
<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Cancer Support Services – 4th Qtr 2012</strong></td>
<td>Schedule subject to change. Call <strong>617-638-7540</strong> to confirm.</td>
<td><strong>‘SG’ = Support Group</strong></td>
<td><strong>Text Color = location.</strong></td>
<td>(See code at bottom.)</td>
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<tr>
<td><strong>October</strong></td>
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<td><strong>October is</strong></td>
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<tr>
<td>1</td>
<td>1:00 Men w/Ca SG</td>
<td>2  3:00 Spirituality SG</td>
<td>3  2:00 Head &amp; Neck SG</td>
<td>4  4:00 Lung SG</td>
<td><strong>Breast &amp; Liver</strong></td>
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<td></td>
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<td>4:30 Healthy Steps 6:00 Breast SG 6:00 Yoga</td>
<td>4:00 Qigong/Tai Chi</td>
<td>6:00 Arts &amp; Crafts 6:00 Yoga</td>
<td><strong>Cancer Awareness Month</strong></td>
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<td>8</td>
<td>10:00 Women w/Ca SG 6:00 Haitian Creole SG</td>
<td>9  6:00 Young Women SG 6:00 Prostate SG 6:00 Yoga</td>
<td>10  4:00 Qigong/Tai Chi 6:00 Knitting</td>
<td>11  5:30 Leu/Lym/Mye SG 6:00 Yoga 6:30 Zumba</td>
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<td>15</td>
<td>16  4:30 Healthy Steps 6:00 Ovarian SG 6:00 Yoga</td>
<td>17  4:00 Qigong/Tai Chi 5:00 Boobie Sisters &amp; others</td>
<td>18  6:00 Yoga</td>
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<td>22</td>
<td>10:00 Look Good Feel Better</td>
<td>23  6:00 Yoga</td>
<td>24  4:00 Qigong/Tai Chi</td>
<td>25  10:00 Knitting 6:00 Men’s Interest 6:00 Yoga 6:30 Zumba</td>
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<td>29</td>
<td>20  4:30 Healthy Steps 6:00 Ovarian SG no Yoga</td>
<td>21  4:00 Qigong/Tai Chi</td>
<td>22 Thanksgiving Holiday - clinics closed -</td>
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<td>1:00 Men w/Ca SG</td>
<td>6  3:00 Spirituality SG</td>
<td>7  2:00 Head &amp; Neck SG</td>
<td>8  5:00 Loretta LaRoche 6:30 Leu/Lym/Mye SG 6:00 Yoga 6:30 Zumba</td>
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<td>4:30 Healthy Steps 6:00 Breast SG 6:00 Yoga</td>
<td>4:00 Qigong/Tai Chi 6:00 Knitting</td>
<td>9</td>
<td>November is Lung, Stomach, &amp; Pancreatic Cancer Awareness Month</td>
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<td>12</td>
<td>13  6:00 Young Women SG 6:00 Prostate SG 6:00 Yoga</td>
<td>14  4:00 Qigong/Tai Chi</td>
<td>15  9-4 Holiday Bazaar 10:00 Knitting 6:00 Yoga</td>
<td>16  12:00 I Can Cope class</td>
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<td>19</td>
<td>20  4:30 Healthy Steps 6:00 Ovarian SG no Yoga</td>
<td>21  4:00 Qigong/Tai Chi</td>
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<td>23 - med/onc clinic open - rad/onc clinic closed</td>
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<td>26</td>
<td>27  6:00 Spanish SG 6:00 Yoga</td>
<td>28  2:45 Cooking Demo 4:00 Qigong/Tai Chi 5:30 Gastro-Int. SG</td>
<td>29  6:00 Men’s Interest 6:00 Yoga 6:30 Zumba</td>
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<td>3</td>
<td>4  3:00 Spirituality SG</td>
<td>5  4:00 Qigong/Tai Chi</td>
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<td>10</td>
<td>11  6:00 Yoga</td>
<td>12  6:00 HOLIDAY PARTY (for Cancer Support Program Participants)</td>
<td>13  6:00 Yoga</td>
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<td>17</td>
<td>18  4:30 Healthy Steps 6:00 Yoga</td>
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<td>20  6:00 Yoga</td>
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<td>24</td>
<td>25  Christmas Holiday - clinics closed -</td>
<td>26</td>
<td>27 no Yoga</td>
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**LOCATION COLOR CODE**
- MENINO: 2nd Fl Conf Ctr
- DOWLING: 4th Fl Demo Kitchen
- MOAKLEY: 3rd Fl Conf Rm / 3rd Fl Waiting Rm / Lobby / Lower Level Waiting Rm / Lower Level Conf Rm

**October is Breast & Liver Cancer Awareness Month**

**November is Lung, Stomach, & Pancreatic Cancer Awareness Month**

**Schedule subject to change. Call 617-638-7540 to confirm.**