



HOPE & HEALING

A guide to helping survivors navigate through their journey

Visit us at builttobeatcancer.com

Fall 2022 Issue

Northside Hospital Cancer Institute Call Center: [404.531.4444](tel:404.531.4444)

Northside Hospital Cancer Institute's Inaugural Patient Education Conference

On Saturday, August 13, 2022, Northside Hospital Cancer Institute hosted the inaugural Patient Education Conference at the Hotel at Avalon. The conference brought together close to 200 patients, caregivers and community resource representatives, providing helpful tips for navigating the cancer journey. Sessions were divided into three groups based on the stage of the cancer journey: patients (all stages), caregiver and advanced disease. During each session, patients and caregivers had the opportunity to ask questions and learn more about various topics, including treatment side effects, symptom management, caregiver support and next steps for cancer survivors. Several Northside physicians volunteered as speakers and panelists for the sessions, including Dr. I-Wen Chang, Dr. Ahmed Ali, Dr. Ioana Bonta, Dr. Jada Reese-Sheriff, Dr. Paul Gill and Dr. Jack Chen. Both patients and physicians provided positive feedback after the conference. We look forward to expanding our patient education opportunities in 2023.



This conference was so great! After going through cancer treatment, it was nice to have this for information and meeting others. They really did an amazing job. The people, speakers, gifts and food were terrific. I had a smile on my face for the rest of the day and I made a new friend.

Traci Hatos, patient attendee



As a cardiologist, I was honored by the invitation to speak regarding cardiac effects of cancer treatments. As new and effective therapies target cancer cells, they may also harm heart tissue. The field of cardio-oncology is geared toward providing care for cancer patients' heart health before, during and after their treatments. These cardiac effects can surface years after therapy, making their recognition, diagnosis and treatment an important aspect of the survival program.

Dr. Jack Chen



It was very gratifying to be able to meet with our patients, outside of the routine of the clinic, and to hear what they value the most in the relationship with their medical team. It was also helpful to hear firsthand from patients and learn about the most fulfilling part of their respective journeys as well as learn how we can serve them better. Although every patient is different, there are certain core needs we all have: to care for each other, to know we are in this together.

Dr. Ioana Bonta

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ASK OUR EXPERT



Genetics and Prostate Cancer With Summer Duffy, MS, CGC

Can you please explain the importance of genetic testing in relation to prostate cancer?

Finding a mutation through genetic testing can be helpful in many ways. First, it answers the question "Why?" and lets us know the cause of the cancer diagnosis. It can also be used to make treatment decisions, such as, which medications will be most beneficial. Additionally, positive genetic testing results let us know if there are other cancers that the patient may be at a higher risk for and may require additional screening and management. Genetic testing is also helpful for family members in understanding how an individual's specific diagnosis of cancer may impact their overall lifetime cancer risk.

What percentage of prostate cancers are hereditary?

Most cancers occur at random and are not genetic. Approximately 5-15% of prostate cancers are hereditary.

Who should look into having genetic testing completed?

Not all prostate cancers require a genetics evaluation. Genetic testing should be considered by individuals with:

- Metastatic prostate cancer.
- A family history of ovarian cancer, pancreatic cancer, breast cancer under the age of 50, or three or more family with prostate cancer.
- Ashkenazi Jewish ancestry.

What is the process for having genetic testing completed?

It is recommended that the patient meet with a genetic counselor prior to undergoing genetic testing. During the genetic counseling appointment, a genetic counselor will take a detailed family history and provide an assessment of hereditary cancer risk. The genetic counselor will discuss possible results of genetic testing, what the next steps are, answer questions about the cost of genetic testing, review the benefits and limitations of the test and coordinate the genetic testing process.

Whom should patients and survivors contact to learn more about genetic testing options?

For questions about genetic counseling or genetic testing, please contact the Northside Hospital Cancer Institute Cancer Genetics Program at 404.851.6284 or at genetics@northside.com. Individuals interested in scheduling an appointment should speak with their doctor about a referral to the Northside Cancer Genetics Program. Learn more at the Northside Hospital [webpage](#).



Do you have a question you would like answered by an expert or a story to share in a future issue of Hope & Healing? If so, please send your questions or stories to survivornewsletter@northside.com.

Upcoming Cancer Awareness Months

October: Breast Cancer and Liver Cancer

November: Lung Cancer, Pancreatic Cancer, Stomach Cancer, Carcinoid Cancer, Honoring Caregivers



BOOST YOUR HEALTH & WELLNESS



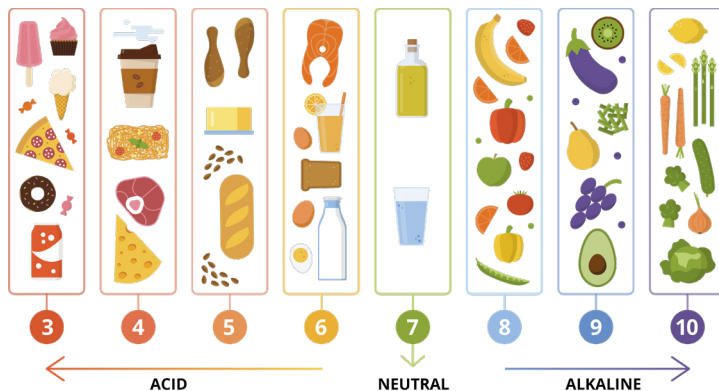
Should I Be on an Alkaline Diet?

By: Emily Hamm, MS, RDN, CSO, LD

When receiving a cancer diagnosis, a lot can run through a person's mind. One topic that patients often think about is nutrition and how they can or should adjust their diet. Many people begin to Google "diet during cancer treatment" or "diet to beat cancer" and are met with thousands of options. Today, information is literally at our fingertips, and it can be difficult to determine what is considered reliable or trusted information, especially when it comes to health and nutrition. As a registered dietitian specializing in oncology nutrition, I find that many patients tend to follow fad diets or food trends because they think it will help reduce their cancer or completely cure them. One of these trends is the alkaline diet.

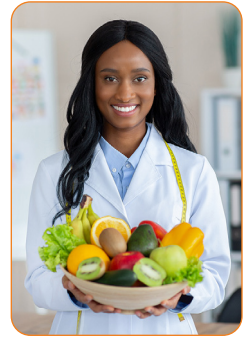
The belief behind the alkaline diet is that it can alter the body's pH to make it more basic, which allows the body to fight disease and maintain health by improving digestion and absorption. Modern/western diets are considered to be more acidic, which can lead to chronic disease. In addition, supporters of the alkaline diet state that acid in the body can destroy vitamins and minerals and increase the probability of cancer cells growing and thriving because they often do so in acidic environments. However, there is little truth or scientific evidence supporting these claims.

Alkaline/Acid PH Chart



There are different versions of the alkaline diet, and moderate and aggressive versions can lead to unhealthy eating habits, which can lead to malnutrition. The [Acid Alkaline Association](#) (AAA) promotes consuming 80% alkaline foods and 20% acidic foods. Alkaline foods are considered mainly

plant-based foods and acidic foods are mainly animal products, coffee, sugar and alcohol. AAA has ten levels of the alkaline diet with each level increasing in the number of foods restricted and making it more difficult for a person to maintain good nutrition. There is also an increased chance for individuals to have lower vitamins and minerals in their blood when following the alkaline diet.



There is no current scientific research to support the benefit and safety of this diet in humans. At this time, due to the lack of evidence, it is not recommended that patients or survivors follow an alkaline diet to prevent or treat cancer. The human body is tightly controlled; if the kidneys are working well, then the body's pH level should remain balanced regardless of diet choices.

Current research does recommend that patients follow a plant-based diet, which focuses on consuming mostly plant-based foods like:

- Fruits
- Vegetables
- Whole grains
- Lean animal proteins
- Plant proteins (beans, seeds and nuts)

A plant-based diet is not as restrictive as a vegan or vegetarian diet, but it does promote the consumption of a variety of plant foods to obtain vitamins, minerals and antioxidants and to promote good health. Research shows that a plant-based diet leads to a reduced risk of chronic diseases, like diabetes, heart disease, high blood pressure and cancer. It also supports a healthy weight. To learn more about a plant-based diet, please visit the American Institute for Cancer Research's website [AICR.org](https://www.aicr.org).

References:

1. Coble Voss A, Williams V. *Oncology Nutrition for Clinical Practice*. Second ed. Chicago, IL: Academy of Nutrition and Dietetics; 2021.
2. Fenton TR, Huang T. *BMJ Open*. 2016;6:e010438. doi:10.1136/bmjopen-2015-010438.

Oncology nutrition services are available throughout many of our NHC locations.
Please call 404.236.8036.

Recipe Corner: Turkey Fajitas with Baby Spinach and Red Peppers

Makes 4 servings (1 fajita per serving)

Ingredients

Seasoning Marinade:

- ½ teaspoon chili powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ⅛ teaspoon finely ground coffee
- ⅛ teaspoon ground black pepper

Filling:

- ½ tablespoon canola oil
- 1 pound turkey cutlets or boneless turkey breast, cut into ¾ inch by 3-inch pieces
- 4 (9-inch) whole-wheat tortillas
- 1 ⅓ cups lightly packed baby spinach
- ½ cup salsa verde
- 2 slices red onions, halved crosswise
- 12 strips of bell pepper

Directions

1. In a small bowl, whisk together the chili powder, cinnamon, cumin, garlic powder, coffee and black pepper.
2. Place the canola oil and turkey in mixing bowl and add dry seasonings. Use a fork to mix and coat the turkey evenly with the seasoning mixture. Set aside for 20-30 minutes.
3. Heat a medium cast-iron skillet over medium-high heat. Lay a large sheet of foil on your work surface.
4. One at a time, heat tortillas in dry pan until they are flexible, about one minute, turning them after 30 seconds. Stack tortillas on foil, covering them with an inverted plate until all tortillas are warmed, then seal tortillas in foil, and set them aside.
5. Heat a grill-pan or stovetop grill over high heat until a drop of water flicked onto it dances. Using tongs, arrange seasoned turkey pieces in rows on grill, placing them half an inch apart. This may require cooking turkey in two batches. Grill for six minutes, turning pieces every one minute so they cook evenly and to avoid burning. Transfer cooked turkey to serving plate.
6. To assemble fajitas, place the warm tortilla on a dinner plate, preferably warm. Arrange one-fourth of the spinach in center of tortilla. Add one-fourth of the turkey. Spoon on one-fourth of the salsa, top with half an onion slice and three pepper strips. Fold in the top and bottom of the tortilla, then sides.
7. Serve immediately.



Nutrition Facts: Calories 280, Total Fat 3.5 grams, Cholesterol 45 milligrams, Sodium 430 milligrams, Total Carbohydrate 29 grams, Sugar 4 grams, Protein 33 grams, Calcium 59 milligrams, Iron 3 milligrams, Potassium 148 milligrams.

Recipe from: www.aicr.org/cancer-prevention/recipes/turkey-fajitas-with-baby-spinach-and-red-peppers/

Northside Oncology Rehabilitation Specialty Services Help Patients Move Forward Before, During and After Treatment

Cancer and the body's natural reaction to treatment can often cause physical and cognitive challenges including, but not limited to pain, fatigue, muscle weakness, loss of memory and trouble with concentration. These challenges present themselves during and after cancer treatment, which can make it harder to do daily activities or return to work.

The goal of cancer rehabilitation is to:

- Help patients stay as active as possible so that they can participate in work, family and other life activities
- Lessen the side effects and symptoms of the cancer and its treatment
- Help keep patients as independent as possible
- Improve patients' quality of life



As the patient, it is important to play an active role in treatment and recovery. Be sure to talk with the health care team any time there is a change that makes everyday tasks more difficult.

Common symptoms include:

- Becoming weaker or more tired than when initially diagnosed
- Difficulty talking or swallowing
- Pain that is not caused by cancer
- Muscular or bone-related challenges
- Difficulty with movement and balance
- Changes with hearing
- Difficulty recovering from treatment and/or returning to pre-treatment activities
- Difficulty concentrating or remembering things
- Swelling in one or both arms or legs
- Changes with bowel, bladder or sexual activity

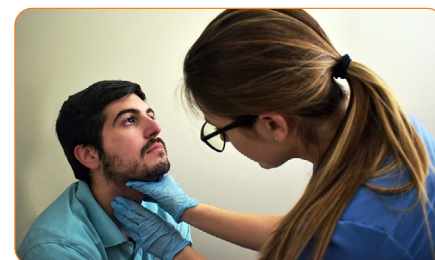
Cancer rehabilitation is provided by trained rehabilitation professionals that patients can work with before, during and after treatment.

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Northside Oncology Rehabilitation Specialty Services Help Patients Move Forward Before, During and After Treatment *(continued from page 4)*

The specialists described below are examples of the different types of rehabilitation professionals at Northside Hospital who can help manage symptoms and answer questions.

- **Physical Therapists** specialize in helping people improve **mobility**, reduce **pain** and increase **strength**.
- **Occupational Therapists** help maximize **function** and **safety** during everyday living situations such as bathing, dressing, cooking, cleaning as well as managing **fatigue** and endurance.
- **Speech Pathologists** specialize in helping people maintain and improve their **swallowing**, **communication** and **cognitive** concerns.
- **Lymphedema Therapists** focus on reducing **swelling** and providing the correct garments and education to maintain everyday functions and life activities.
- **Pelvic Floor Therapists** address the use of the pelvic floor muscles which serve an integral role in **bowel**, **bladder** and **sexual activity**.
- **Wound Care Therapists** promote **wound healing** by utilizing treatment modalities and dressings that decrease the risks of infections and promote wound closure.
- **Audiologists** assess **hearing** and **balance** and provide aids to maximize one's ability to communicate.



Northside Cancer Outpatient Rehabilitation Locations

Atlanta/Sandy Springs

Services Provided: PT, OT, Speech, Audiology, Lymphedema, Pelvic Floor

993 D Johnson Ferry Road NE, Suite 250
Atlanta, GA 30342

Phone: 404.236.8030 **Fax:** 404.236.8051

Atlanta/Sandy Springs Wound Care

Services Provided: PT, Wound Care

1000 Johnson Ferry Road NE
Atlanta, GA 30342

Phone: 404.851.8913 **Fax:** 404.236.8051

Medical Tower

Services Provided: PT, OT, Speech

5670 Peachtree Dunwoody Road,
Suite 950
Atlanta, GA 30342

Phone: 404.303.3537 **Fax:** 404.303.3536

Alpharetta

Services Provided: PT, OT, Speech, Audiology, Lymphedema, Pelvic Floor

3400 C Old Milton Parkway, Suite 460
Alpharetta, GA 30005

Phone: 770.667.4231 **Fax:** 770.667.4232

Cherokee

Services Provided: PT, OT, Speech, Lymphedema, Wound Care, Pelvic Floor

720 Transit Ave, Suite 102
Canton, GA 30114

Phone: 770.720.5127 **Fax:** 770.720.5184

Canton

Service Provided: PT

470 Northside Cherokee Blvd, Suite 190
Canton, GA 30115

Phone: 678.880.6499 **Fax:** 678.880.9657

Forsyth

Services Provided: PT, OT, Speech, Pelvic Floor

2000 Howard Farm Drive, Suite 120
Cumming, GA 30041

Phone: 770.844.3650 **Fax:** 770.844.3327

Forsyth Wound Care and Lymphoma

Services Provided: PT, OT, Wound Care, Lymphedema

1400 Northside Forsyth Drive, Suite 170
Cumming, GA 30041

Phone: 770.844.3651 **Fax:** 770.844.3327

Gwinnett Rehabilitation Services and Wound Care

Services Provided: PT, OT, Speech, Lymphedema, Pelvic Floor, Wound Care

665 Duluth Highway, Suite 600
Lawrenceville, GA 30046

Phone: 678.312.2803 **Fax:** 770.682.2236

PT: Physical Therapy; OT: Occupational Therapy.

Click [here](#) to learn more about Oncology Rehabilitation services (including virtual visits) offered at Northside Hospital. A physician referral is required for therapy.



STORIES OF HOPE & HEALING*

Survivor Story: Meet Donnie



What are the events that led to your cancer diagnosis?

I went in for a routine check-up with my general practitioner, and routine bloodwork showed my prostate-specific antigen (PSA) score was 59 (it should have been at 4 or below). I was referred to Dr. Mark

Haber at Georgia Urology. He initially performed a 12-needle biopsy on me, and my PSA score came back at 49. He recommended that I have surgery within the next four to six weeks and introduced me to Dr. Todd Oberle. I underwent three CT scans and two MRIs. During my second MRI, I met with Dr. Oberle. We had an instant connection, and I felt very safe with him. Initially, the doctors at Georgia Urology thought I had stage 2 or 3 prostate cancer, but they later told me it was stage 4 and had metastasized in my body.

What treatment did you receive?

In September of 2021, I was admitted to Northside Hospital for a radical prostatectomy. In April 2022, I was sent to Dr. Thomas Wood to repair an umbilical hernia. Dr. Wood picked up right where Dr. Oberle left off. He has been simply awesome. After my surgery, Dr. Oberle decided to continue my treatment with radiation, because in March my PSA score came back a little high. I was referred to Dr. Hamilton Williams at Northside and went in every day at 10 a.m. for nine weeks of radiation therapy. I instantly bonded with Dr. Williams as well. He was a wonderful doctor and met with me every Monday during those nine weeks to update me on my progress.

How and where did you receive support during your treatment and recovery?

My wife Suzanne was just incredible throughout my entire treatment and recovery. Despite being on her own cancer journey (she is also a Northside patient under the care of Dr. Pradeep Jolly) and working a full-time job, she put her total focus on me. She is the best and most selfless person I know, and I feel so blessed to share my life with her. She is my best friend and the foundation of my support system. My children, mother, mother-in-law and friends have also provided exceptional support. I can honestly say that I never felt alone on my journey.

Did you utilize patient support resources at Northside Hospital Cancer Institute (NHCI)? If so, which would you recommend?

I had so much support that I did not need to utilize the resources available, but I was aware of them. I did attend the recent Patient Education Conference, and I thoroughly enjoyed that! For those that do not have a large support system at home, I would recommend joining one of the support groups offered through NHCI. There are so many great ones and many for specific types of cancer.

What advice do you have for someone navigating their treatment and recovery journey?

Stay with it! Cancer is serious business – it is the most horrible disease, and it does not discriminate. Make a commitment to stick with your treatment. Ask questions and be aware of what you put in your body. The way we treat our body is how it treats us back.

A cancer diagnosis is a very hard thing to hear. I want people to understand that the greatest way to do this is to embrace it. Just stare it in the face. I am also a big proponent of prayer. I believe in the power of prayer and healing, so I would encourage others to pray to whomever they believe in and have faith.

How far out are you from treatment or is treatment ongoing?

It is my belief that once you are a cancer patient, you are always a cancer patient. Doctors will continue to monitor you and keep track of your health. I recently finished my radiation and rang the bell! I am still going in for bloodwork for the next nine months, but my doctors are 99% sure that I am in remission. I am on the road to recovery, and my focus is on my body, mind and soul with the goal of getting as healthy as possible!

Closing Thoughts

I just can't tell you how much I love Northside Hospital! Through this bad experience, I have met the most amazing people – fellow patients, staff, nurses, doctors, etc.! I was overwhelmed by how well I was treated at Northside. I know I am not the only patient, but I felt like it when I was there, and that really makes a difference!



COMMUNITY SUPPORT & RESOURCES

New Mobile Mammography Van at Northside Hospital Cancer Institute

Through the annual Northside Hospital Employee Giving Campaign, Northside Hospital Employees provided generous donations for a new mobile mammography van. The mobile mammography van visits more than 30 different sites throughout the Atlanta region monthly. Individuals interested in receiving a mammogram through the mobile mammography van must meet the following eligibility criteria:

- Must be 40+ (or younger if medically indicated by a physician)
- Must have a written order from a physician

For additional information or to learn about eligibility criteria for uninsured individuals, call **404.531.4444**.



AFFILIATED WITH  NORTHSIDE HOSPITAL
CANCER INSTITUTE

Cancer Support Community (CSC) Atlanta is now open for both in-person and virtual programming at its new location – 1100 Johnson Ferry Road NE, Suite LL90, Atlanta, GA 30342! CSC Atlanta provides support, education and hope to all people impacted by cancer, including family members and friends of those diagnosed. Free of charge to everyone, CSC Atlanta has ongoing programs such as support groups, nutrition programs, education forums and stress reduction classes, both in person and through virtual platforms. To learn more, visit cscatlanta.org!

Upcoming Programs:

[The State of Oncology Now – A Free Virtual Workshop](#)

Thursday, October 13, 2022 from 12:00-1:00 p.m.

Featuring: Dr. Guilherme Cantuaria, Chairman of the Northside Hospital Cancer Institute & Moderated by: Dr. Cheryl Jones, Medical Oncologist with Georgia Cancer Specialists.

[Cancer Transitions](#)

October 27, November 3, 10, & 17, 2022
from 10:30 a.m.-12:00 p.m.

A free, 90-minute, four-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care.

Register in advance for Cancer Transitions with Emily Brown at emily@cscatlanta.org.



GET INVOLVED



Help Patients on Their Healing Journeys

By: Carol Kratochvil, Manager, Volunteer Services for Northside Hospital Atlanta

We all take many journeys in life. Navigating the trials and tribulations of one's life journey; facing the challenges of the journey of education and work; enjoying vacation journeys far and near, but nothing is like the journey of a cancer diagnosis. The moment the word cancer is heard, life changes immediately and a new and oftentimes challenging journey begins.

As many individuals begin their journeys of survivorship, they look for ways to help other patients who are beginning treatment and embarking on their own journeys. One way to do that is through volunteering at Northside Hospital. Survivors and

caregivers make excellent volunteers because they have firsthand experience and can relate in ways that others cannot. Additionally, volunteers cause no pain; they do not poke or prod - they are volunteering in the hospital by choice. Research also indicates that volunteering:

1. Provides continuous mental stimulation.
2. Encourages active involvement.
3. Suppresses feelings of isolation and depression.
4. Provides a sense of purpose.
5. Encourages social networking.

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Help Patients on Their Healing Journeys *(continued from page 7)*

If helping patients is of interest, volunteering at Northside is an excellent place to start.

Northside volunteers can:

- Assist patients through mentorship.
- Assist at numerous Northside Hospital Cancer Institute functions.
- Transport patients to treatment areas or discharge locations.
- Help in an infusion center.
- Work in the gift shop.
- Assist on a unit.
- Drive the shuttle cart.

Cancer survivor volunteers can help send the message that the next step in the journey can be filled with joy and satisfaction. If interested in learning more, please contact a Northside facility near you:

Atlanta:

northsideatlaux.com or 404.851.8701

Cherokee:

nhcherokeeauxiliary.com or 770.224.2484

Duluth:

angela.hamlet@northside.com or 678.312.4318

Forsyth:

northsideforysthauxiliary.com or 770.844.3430



EVENTS & CANCER CELEBRATIONS

CANCER SCREENING & PREVENTION

Skin Cancer Screening

October 20, 2022 @ Northside Hospital Cancer Institute Radiation Oncology – Atlanta from 6-8 p.m.

Built to Quit – Smoking and Tobacco Cessation Course

Next 6-Week Session Start Date: November 8, 2022

Weekly classes include the American Lung Association Freedom from Smoking curriculum.

They are conducted primarily in a group setting, which encourages participants to learn from each other.



COMMUNITY EVENTS

NHCI-SPONSORED CANCER WALKS/EVENTS

2022 Atlanta Walk to End Colon Cancer

October 22, 2022 @ 8:30 a.m.

@ John C. Howell Park in Atlanta

Think Pink: Cherokee County Breast Cancer Awareness Walk

October 22, 2022 @ 8 a.m.

@ Historic Downtown Canton, 130 East Main Street

American Lung Association Lung Force Run/Walk 5K

November 5, 2022 @ 9 a.m.

@ Brook Run Park in Dunwoody

Melanoma Research Foundation's Miles for Melanoma

November 6, 2022 @ 8:30 a.m.

@ Piedmont Park in Atlanta

NORTHSIDE HOSPITAL EVENTS

Tennis & Pickleball Against Breast Cancer

Benefiting Northside Hospital's Breast Care Program

October 7, 2022 @ Cherokee

October 14, 2022 @ Forsyth

October 21, 2022 @ Gwinnett

October 28, 2022 @ North Fulton

Paint Gwinnett Pink 5K Walk/Run for Breast Cancer

October 15, 2022 @ 7 a.m.

@ Coolray Field in Lawrenceville

2022 Breathe Better Cherokee

November 3, 2022, from 3-6 p.m.

@ Northside Hospital Cherokee, 460/470 building lobby

For more information, call 404.845.5555, and press "0."

Wine Women & Shoes

Benefiting the Northside Hospital Cancer Institute

November 13, 2022 @ 1 p.m. @ The Hotel at Avalon

Great American Smokeout

November 17, 2022

Activities occurring at each Northside Hospital campus.

More information to come!



COMMUNITY EVENTS *(continued)***NETWORK OF HOPE EVENTS**

Are you interested in becoming a survivor mentor or helping with outreach and Northside Hospital events? If you answered yes or maybe, we have an opportunity for you to join us at one of the upcoming Network of Hope Open Houses.

The open houses will give you an opportunity to learn more about Network of Hope and how you can join. Volunteer Services and Network of Hope members will be present to answer any questions. A drawing for a door prize and light refreshments will be provided.

Network of HOPE
Connecting survivors, patients & caregivers

Please select from one of the following dates to attend:

Northside Hospital Gwinnett

October 11, 2022 from 6-7 p.m.

Cancer Support Center, 631 Professional Drive, Suite 210,
Lawrenceville, GA 30046

Northside Hospital Atlanta

October 13, 2022 from 6-7 p.m.

Center Pointe II Building, 1100 Johnson Ferry Rd NE,
Suite LL90, Atlanta, GA 30342

For more information on Network of Hope, visit the [website](#).

For any additional questions, please email
kymberly.duncan@northside.com.

