

CANCER SUPPORT PROGRAM

SUPPORT GROUPS, CLASSES & WORKSHOPS AT NO COST



Issue 6

November '06 - January '07

Cancer Support Groups Can Help YOU

November is lung cancer awareness month. The American Cancer Society estimated that in 2006 approximately 93,000 men and 82,000 women in the United States would be diagnosed with lung cancer.

Researcher William Jacot, MD, at the Hospital Arnaud de Villeneuve in France has developed a blood test that detects a unique protein produced by cancer cells. The test is expected to be validated and ready for routine use within 5 to 10 years.

Clinical trials are being conducted on vaccines, for those diagnosed in the early stage as well as those whose cancer has advanced. Locally, the University of Miami Sylvester Comprehensive Cancer Center has offered a clinical trial for B7.1 vaccine.

Duke University medical researchers say they have developed a test that predicts, with up to 90% certainty, which early-stage patients would suffer a recurrence. Those patients could then be given chemotherapy.

With lung cancer being the leading cause of cancer deaths in this country, more research dollars are needed. For those who have been diagnosed, support is essential. We invite you to attend our support groups for people living with cancer, and our support group for family and friends as part of your wellness plan. They offer community, information sharing, and hope. Call us at 852-3333. **-Trish Hartog, LCSW, Program Director**

TRY THESE CLASSES:

Guided Visualization and Relaxation to reduce stress and anxiety—and regain a sense of control. Caregivers welcome. 30 minutes.

Movement, Breath and Self-Care for People With Lymphedema — Management skills and preventive measures for those who have undergone lymph node dissection and/or radiotherapy. 90 minutes.

UPCOMING WORKSHOPS

LIVING WELL WITH LYMPHEDEMA

(nutrition, upper & lower extremity exercises & more)

Liz Olivas, MLDT, LANA, Gina Santosuosso, RN

Paula Mendelsohn, MPH, RD, LD, CCN - FAU School of Nursing

Saturday, November 4th, 10:00 a.m. – 1:00 p.m.

a light lunch will be served

Jerusalem Room at the JCC, next to RRJFS

(supported by a grant from the South Florida Affiliate of the Susan G. Komen Breast Cancer Foundation)

COPING WITH THE STRESS OF ILLNESS DURING THE HOLIDAYS

Fariba Ostovary, A.R.N.P.

UM Sylvester Comprehensive Cancer Center

Tuesday December 12th 12:00-1:00 pm

a light lunch will be served

at UM Sylvester Comprehensive Cancer Center - Deerfield Beach

Call 800-545-2292 to register and obtain directions

WHAT YOU NEED TO KNOW ABOUT PROSTATE CANCER

Samarth Reddy, MD

Hematology/Oncology Associates of Boca Raton

January 16th 6:30 p.m. – 7:30 p.m.

Jerusalem Room at the JCC, next to RRJFS

To register and for directions please call 561-852-3333

SUPPORT GROUPS & CLASSES

TUESDAYS

Support Group for People Living with Cancer

David Schlagter, LCSW

10:00 am to 11:45 am

Support Group for Family & Friends

Debbie Lipson, LCSW

10:00 am to 11:45 am

Guided Visualization for Stress Reduction

Marcia Gill, RN

12 Noon to 12:30 pm

WEDNESDAYS

(last Wednesday of the month only)

Movement, Breath & Self-Care

for People with Lymphedema

supported by a grant from the South Florida

Affiliate of the Susan G. Komen

Breast Cancer Foundation, Inc

Liz Olivas, BFA, MLDT

7:00 pm – 8:30 pm

THURSDAYS

Support Group for People Living with Cancer

David Schlagter, LCSW

7:00 pm to 8:30 pm

Pre-registration is requested.

Call: 561-852-3333.

**WE WILL BE CLOSED NOVEMBER 23, DECEMBER 25
AND JANUARY 1**

Ruth Rales Jewish Family Service of South Palm Beach County, Inc. (RRJFS) is a non-profit, non-sectarian human services agency for people of all ages and backgrounds, offering counseling; programs and services for seniors, families and youth; community outreach; social and educational programs; financial assistance; and volunteer opportunities.

www.ruthralesjfs.org

RRJFS

21300 Ruth & Baron Coleman Blvd. ▪ (95th Avenue South)
Boca Raton, FL 33428

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The Cancer Support Program at Ruth Rales Jewish Family Service

Living with Lymphedema

People who live with Lymphedema must be treated and develop an acute awareness of how daily activities affect this condition. They must learn what foods, exercises and activities to avoid, how to start an exercise program that will not worsen the symptoms, and what self-care methods work best. Early intervention and education are important to the management and control of Lymphedema.

Lymphedema is an uncomfortable swelling of a limb or body part due to a weakened lymphatic system. A collection of fluids and particles are trapped in the tissues and unable to leave through the normal channels. Primary Lymphedema is inherited and Secondary Lymphedema is caused by traumatic injury or side effects of cancer treatments, i.e., surgical removal of lymph nodes and/or radiation. A common side effect of Lymphedema is a rapid-spreading skin infection called Cellulitis. Of the people who are treated for cancer the statistics show 10 – 40% will develop Lymphedema.

Some basic recommendations if you notice swelling beginning after cancer treatment:

- consult your doctor immediately
- look for a LANA certified therapist (Lymphedema Association of North America)
- educate yourself as to the nature of this condition
- find an educational support group

The Lymphedema program at JFS focuses on providing support and education, including teaching self-care techniques. We strive to teach people how the lymphatic system works, what happens when it doesn't work and what can be done to control it.

- Elizabeth Olivas MLDT, L.A.N.A.
Facilitator, monthly *Movement, Breath & Self-Care for People with Lymphedema* class

Join Liz Olivas, Paula Mendelsohn, and Gina Santosuosso for the ***Living Well With Lymphedema* workshop November 4th.** (details on front of newsletter). The next Lymphedema workshop will be at the end of January 2007.

Ruth Rales Jewish Family Service is proud to offer this compassionate cancer support at no charge. Our Cancer Support Program is made possible by community grants and the generosity of a caring community. Consider making this vital program a priority when considering a charitable gift – and please remember us when sending a tribute to honor or memorialize someone special. For information on donation opportunities to the RRJFS Cancer Support Program, please contact Jennifer Marquart Director, Donor Relations at 561-852-5079. THANK YOU!

PLEASE LET US KNOW IF YOU WOULD LIKE TO BE REMOVED FROM OUR MAILING LIST.

We are on the Jewish Federation Campus —on 95th Avenue South,
turning south off Glades Road, one light west of Lyons Road, two lights east of State Rd. 7 / Rte. 441.