

Health+

Live better
with
Southcoast
Health

Charlton Memorial Hospital

| St. Luke's Hospital

| Tobey Hospital



Banish Breast Fear

When you want
answers fast,
Southcoast delivers

Also in this issue:

- > Screenings for Common Cancers
- > Benefits of Clinical Trials
- > What's a Patient Navigator?
- > Summer Wellness Calendar

SCH-005

 Southcoast® Health

More than medicine.

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Southcoast Health System
101 Page St.
New Bedford, MA 02740

From the CEO

A Proud Leader in Cancer Care



“You have cancer.” These are still some of the most frightening words anyone will hear. But, we’ve come a long way in both our treatment of and attitude toward this disease that affects so many.

Treatment is becoming increasingly specific and refined. New surgical techniques, radiation protocols and medications do a better job of targeting specific cancers while decreasing the impact on patients’ overall well-being.

Southcoast is proud to be the leading provider of cancer care services in the region, bringing levels of cancer treatment that equal or exceed those of larger institutions right here close to home.

When we opened the Southcoast Centers for Cancer Care in Fall River and Fairhaven in 2009 and 2011, we set about adopting the protocols and quality metrics of the leading provider of cancer services in the U.S. and we maintain those levels of performance to this day.

Our focus has always been on treating the entire person — not just their diagnosis — with patient navigators, social workers and a team of compassionate

caregivers who not only take care of our patients’ needs, but those of their families.

We established a clinical trials program, in partnership with the Alpert School of Medicine at Brown University and Boston Medical Center, so that our patients can have access to the most cutting-edge care available. We offer genomic testing that helps us determine the most specific treatment for particular cancers.

Now, we are reimagining the structure of our cancer care team to create an integrative approach that will place an even greater focus on the patient.

We do all this — and will continue — for one reason: to ensure you do not have to travel far from home to get the most advanced cancer care available today ... or tomorrow.

Best of health,

Keith A. Hovan
President & CEO, Southcoast Health System & Southcoast Hospitals Group

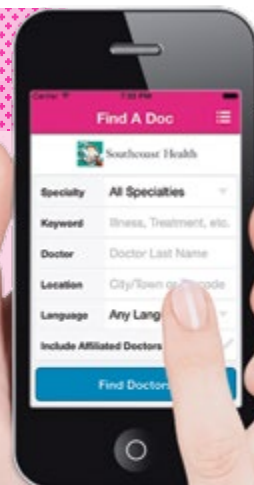
You Deserve a Great Doctor

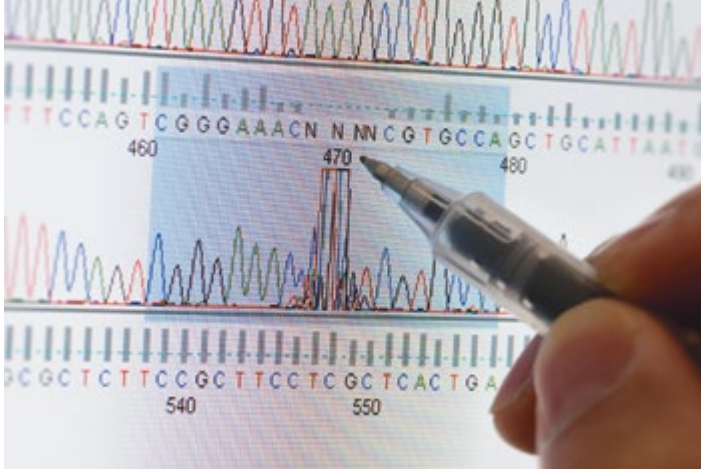


The only thing better than a great doctor is one who’s also part of a great health system.

To find a Southcoast physician:

- > Visit southcoast.org/doctors
- > Call Care Connect at **844-744-5544**
- > Download the Find a Doc app





Leadership

Patient-Centered Care

Southcoast Centers for Cancer Care reorganize to provide wrap-around services to patients

One of the unique aspects of cancer treatment is that it spans many facets of the healthcare continuum. A patient may require surgery, medical and/or radiation oncology, inpatient care, visiting nurse services and more.

“The proper care of a patient with a cancer diagnosis requires an integrative approach that allows for collaboration between physicians and other care staff and ensures a short time line from diagnosis to treatment,” says Renee Clark, Chief Operating Officer for Southcoast Hospitals Group. “The new organizational structure of the Southcoast Centers for Cancer Care is designed to do just that.”

Clark now serves as co-chair of the Cancer Centers leadership committee, along with Elizabeth Blanchard, MD, Chief of Medical Oncology. Dr. Blanchard is serving a three-year rotation that will always be filled by a physician.

Other members of the leadership committee include: Patrick Gagnon, MD, Chief of Radiation Oncology; Sheri Weintraub, MS, DABR, Director of Radiation Oncology; Carme Tripp, MHA, RN, Director of Medical Oncology; Victor Pricolo, MD, Chief of General and Colorectal Surgery; John Rampone, Executive Director of Surgery; and Timothy Eixenberger, RN, MBA, DNP, Chief Nursing Officer.

The committee will focus on developing a patient-centered care approach and integrating with other services across Southcoast Health to ensure a smooth continuum of care for patients.

“Our intent is to develop service lines around sites or organ systems where cancers occur, much as we did with the Breast Center,” Clark says. “Organizing care in this manner allows us to wrap services around the patient according to their individual needs. It also helps to break down barriers to their receiving care in a timely manner, which is really what patients want. No one wants to wait for care when they learn they have cancer.”

Technology

New Advances in Cancer Care

Southcoast is at the forefront of cancer care with the adoption of genomic testing

Genomic testing is a cutting-edge technique that allows a more in-depth look at genetic mutations in tumors and what’s driving their growth. This information helps oncologists determine what makes a cancer unique, which allows them to treat certain cancers more precisely, improving care and outcomes.

“We’ve widely adopted genomic testing,” says Elizabeth Blanchard, MD, Chief of Medical Oncology at Southcoast. “Genomic testing provides the best care for our patients, and that’s why we have included it as part of routine care for all advanced cancer patients.”

In general, genomic testing is limited to patients with more advanced stages of cancer. If a tumor persists despite treatment, doctors can use genomic testing to see where the weaknesses of the tumor are, which can increase the number of options they have for treatment.

It’s important to note that genomic testing examines the genetic changes of a tumor only after the tumor has developed. These genetic mutations are not hereditary and, therefore, cannot be passed on like certain genes that can predispose people to cancer.

To learn more about cancer care at Southcoast, visit southcoast.org/cancercare.

No Fear

Addressing breast concerns is less daunting when you get answers fast

Every woman experiences breast changes during her lifetime, but sometimes even harmless changes lead to troubling signs, like lumps or abnormal mammogram results. When this happens to you, you want answers — fast.

“We see patients with every breast concern, from lumps, pain, skin or nipple changes to questions about their cancer risk and prevention,” says Maureen Chung, MD, PhD, Medical Director of the Breast Program and surgical oncologist at Southcoast Health. “When you talk to these women, they’ll tell you one of the hardest parts is the waiting.”

Southcoast’s Breast Program provides advanced care in a patient-friendly setting that emphasizes rapid diagnosis-to-treatment time and one-to-one patient support. A nurse navigator provides education and serves as a guide through the diagnostic process. In addition, each member of the program’s specialized team aims to offer tests, results and scheduling in the shortest possible time frame.

For example, an appointment after receiving abnormal mammogram results will typically be made in 24

to 48 hours, and a surgery may be scheduled about two weeks from diagnosis rather than the national average wait time of one month. “Every specialty works together to shorten these time intervals, with the goal of improved mental and physical well-being,” says Dr. Chung. “And that helps us provide the best possible outcomes.”

Talk about it

While only 12 percent of American women develop breast cancer, the disease deserves attention, because regular screening has been shown to reduce breast cancer deaths.

“Most breast changes are not cancer,” says Dr. Chung. “This is all the more reason to talk to your doctor when you have questions or concerns about your breasts.”

The Southcoast Breast Program is designed to support this doctor-patient dialogue, says Dr. Chung. “We’re not only a place to get a mammogram. We’ve created a place for patients and their referring doctors to get the most up-to-date knowledge in breast health, and for patients to receive timely, comprehensive ongoing care,” she explains.



Dr. Chung confers with Radiologist Jimmy W. Wang, MD

Benefits of advanced technology

When you have breast health concerns, it helps to know that you can get specialized care close to home, with minimal waiting. Breast clinics are held in three locations: Fall River, Dartmouth and Fairhaven. Southcoast has 12 digital mammography sites and three advanced diagnostic locations, along with the latest screening and treatment innovations, including:

- > **3-D mammography:** Available at Southcoast’s Fall River and Dartmouth diagnostic locations, this newer mammogram technology allows the radiologist to better see abnormalities, especially in women with dense breast tissue, reducing the chance of false positives.
- > **Accelerated partial breast irradiation (APBI):** This highly targeted radiation treatment for cancer significantly reduces the total number of treatments necessary when compared with standard radiation, and is offered in Fairhaven and Fall River.
- > **Cryoablation:** This non-surgical technique removes non-cancerous lesions and can be performed in an office visit.

Cryoablation Treats Benign Breast Tumors Without Surgery

When Fall River resident Sandra Benevides was diagnosed with a non-cancerous lump in her breast, she was happy to learn that her treatment options included cryoablation, a non-surgical outpatient procedure. Southcoast has the only breast care program in the region to offer this procedure.

Non-cancerous tumors like Sandra's, called fibroadenomas, can occur in women of any age, but are most common in those 18 to 35 years old, says surgical oncologist Maureen Chung, MD, PhD. She recommends removing them to alleviate discomfort, to keep a growing tumor from deforming the breast, or if a patient is planning pregnancy. In cryoablation, which is FDA-approved, an ultrasound-guided probe is inserted into the fibroadenoma through a tiny incision. The probe freezes the tumor, which is then gradually reabsorbed into the body.

While surgery is also a safe and effective treatment, says



After non-surgical removal of a benign breast tumor, Sandra Benevides returned immediately to her normal activities.

Dr. Chung, the cryoablation option can offer major advantages, including:

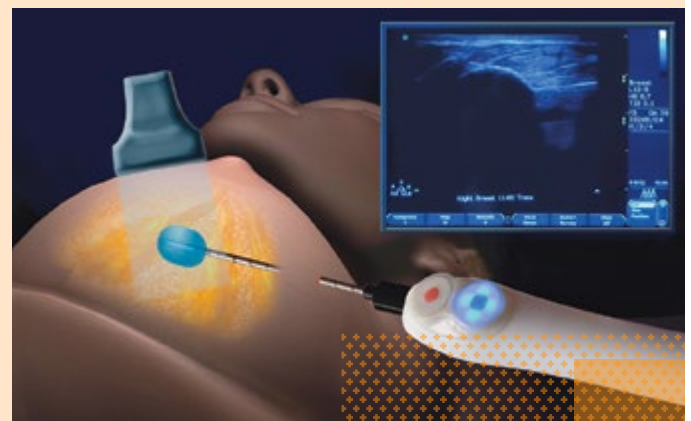
- > A short, in-office procedure
- > No general anesthesia
- > Less blood loss and pain
- > Less scarring (often unnoticeable)
- > No effect on future mammograms
- > Immediate return to activities

The prospect of an immediate return to work and family was a big plus for Sandra, 42, who is a mother of two and works as a computer engraver. The

procedure took about one hour at Southcoast's Breast Center in Dartmouth, and Dr. Chung and the Breast Center team made sure she was comfortable, Sandra says. "They kept me informed step-by-step about what was happening and made me feel like I was part of the team."

Sandra adds that she felt little discomfort. "It was mostly pressure, nothing that I couldn't tolerate." Some initial swelling and soreness was easily alleviated with over-the-counter pain relievers and gone within two days, she adds.

In six months, she'll have a follow-up visit to be sure the lesion has been completely absorbed. "The whole experience was phenomenal," says Sandra. "I highly recommend this procedure."



Southcoast's Breast Program is the only one in the region to offer cryoablation.

The Southcoast Breast Program not only provides a healing environment for women with cancer, but it also supports those who have other breast problems or questions.

"Once you are our patient, no matter your diagnosis, we continue to follow your care and quickly respond to your questions and concerns," says Dr. Chung.

Southcoast's Breast Program provides a full range of care. For more information, visit southcoast.org/breastcenter or call **508-973-1021**.

Smart Screening

Knowledge is power when it comes to prevention and early detection

Screenings are the best defense against certain cancers. But guidelines change or can be confusing. Here's what you need to know about catching colorectal, breast and prostate cancer early, in the most curable stage, and in the case of colorectal cancer, even preventing it.

Colorectal Cancer

"Colorectal cancer is unique in that it is preventable in many cases by removing precancerous lesions (or polyps) in the colon or rectum at the time of colonoscopy," says Victor Pricolo, MD, Chief of General & Colorectal Surgery at Southcoast. "Prevention is the No. 1 goal of colorectal cancer screening. But it can also help us catch cancer early."

Colonoscopy guidelines

Average risk: Start at age 50

Follow-up: Every 10 years, if no additional risk is found at the initial screening and no symptoms appear within the following 10 years.

High-risk screening: Those with a first-degree relative or more than one relative with colorectal cancer should begin screening by age 40, or 10 years before the age of the relative's diagnosis, if that comes first. Unique screening guidelines may be advised for patients who have genetic mutations leading to hereditary polyps syndromes, are found to have polyps, have polyps that test positive for cancer, or have other health conditions that raise risk, such as inflammatory bowel disease.

Prostate Cancer

Many doctors consider screening optional for those with average risk, says Dennis LaRock, MD, Co-Chief of Urology and Chief of Robotic Surgery at Southcoast. "That's because not every case of prostate cancer demands intervention, and many men who are diagnosed can go into what is called an active surveillance program," he says. "It's really a conversation that starts with your primary care provider, and if you decide to be screened, you can further discuss the implications of the results with a specialist." Screening for prostate cancer includes a blood test called a prostate specific antigen (PSA) test and a rectal exam.

PSA/rectal exam guidelines

Average risk: Start at age 55, if desired

Follow-up: Every year until age 70

High-risk screening: African-American men and men who have a first-degree relative on the father's side with prostate cancer should begin screening earlier. Many doctors will perform a baseline screening for high-risk men starting in their 40s and start regular screenings when a high-risk patient turns 50, says Dr. LaRock.

What Does Risk Mean to You?

Risk is different for every person and every type of cancer. Learn about determining your risk for colorectal, breast, and prostate cancers and where to get screenings in a *Health+* web exclusive article at southcoasthealthplus.org.

Breast Cancer

While screening guidelines for breast cancer continue to change based on new research, mammography is still considered the best way to catch cancer in its early stages, says Maureen Chung, MD, PhD, Medical Director of the Southcoast Breast Program.

Mammography guidelines

Average risk: Start at age 45

Follow-up: Every year until age 54, then every two years indefinitely for those in good health.

High-risk screening: All women should discuss risk with their doctor, says Dr. Chung. Those with a family history of breast cancer, a diagnosis of atypical cells, previous breast cancer and other risk factors will have a personalized screening plan.

To learn more about Southcoast's cancer services, visit southcoast.org/cancercare.

Not Just a Last Resort

Clinical trials benefit patients at all stages of cancer care

Clinical trials are a vital tool in the arsenal of cancer care. Unfortunately, a common myth persists that clinical trials are a last resort for patients only after other forms of treatment have failed. In fact, participating in cancer care research can benefit patients at any stage of their treatment and may even improve care for future patients.

“By participating in clinical trials, it means we’re operating at our highest level of care,” says Elizabeth Blanchard, MD, Chief of Medical Oncology at Southcoast. “We’re not just watching changes in cancer care; we’re a part of that change from the very beginning.”

Beyond treatment

There are trials for all different types and stages of cancer. In our region, lung cancer is the number one cancer diagnosis, with breast cancer at a close second, so many trials at Southcoast address those cancers. For example, immune therapy is a new area of lung cancer treatment, and a study recently began to test it as a first line of treatment with chemotherapy, rather than a second line therapy only. “We try to develop a clinical trial



Cristina Kehoe, Clinical Research Assistant, Dr. Blanchard and Ann-Marie Soucy, Clinical Research Coordinator

Why Are Clinical Trials Important?

Clinical trials are research studies in all fields of medicine. These studies are conducted in hopes of finding safe or more effective methods to screen for, prevent, diagnose or treat a variety of diseases. Participants also benefit from new treatments before they are available to everyone.

menu that fits our patient population,” explains Dr. Blanchard.

Other trials don’t deal directly with treatment therapies, but instead address prevention and supportive care. Participation in a trial requires a doctor’s approval, but it’s ultimately the patients’ decision.

Types of trials

Participating in cooperative group trials with Boston Medical Center as part of its National Cancer Institute (NCI) Minority-Based Community Clinical Oncology Program (MB-CCOP) helped Southcoast establish its clinical trials program. Southcoast now focuses on pharmaceutical-sponsored and investigator-initiated clinical trials. “Both of these types of clinical trials put Southcoast in a good position to offer patients what will hopefully be the next wave of advances in cancer care,” says Dr. Blanchard.

A trial sponsored by pharmaceutical companies gives Southcoast patients the opportunity to participate in trials with the latest in technology and medication. Investigator-initiated trials are Southcoast’s own homegrown trials, often focusing on supportive care. Southcoast’s relationship with the Brown University Oncology Research Group allows Southcoast to conceive and launch even more investigator-initiated trials, giving more patients the benefit of participating.

“Clinical trials are an important and exciting part of our practice,” says Dr. Blanchard. “We’re always trying to expand our program.”

To learn about the clinical trials at Southcoast and how to enroll, visit southcoast.org/cancercare and click on “Clinical Trials” on the left.

Cancer Programs

The following programs are offered free of charge to cancer patients and their caregivers.

Breast Cancer Support Group

For patients with a breast cancer diagnosis.

> **Southcoast Centers for Cancer Care, Fairhaven**

☎ Call Linda Casey, LICSW, at **508-973-3000** for details.

> **Southcoast Centers for Cancer Care, Fall River**

☎ Call Susan Domingue, LICSW, at **508-973-7810** for details.

Introductions

A support group for patients with any cancer diagnosis, who are beginning treatment or in active treatment. Loved ones are encouraged to attend.

> **Southcoast Centers for Cancer Care, Fairhaven**

☎ Call Linda Casey, LICSW, at **508-973-3000** for details.

> **Southcoast Centers for Cancer Care, Fall River**

☎ Call Susan Domingue, LICSW, at **508-973-7810** for details.

Look Good/Feel Better

Sponsored by the American Cancer Society, this program for female cancer patients addresses makeup, skin and nail care, and ways to deal with hair loss, including the use of wigs, turbans and scarves. Volunteer beauty professionals meet with small groups and participants get free makeup kits to use during and after the workshop.

> **Southcoast Centers for Cancer Care, Fairhaven**

> **Southcoast Centers for Cancer Care, Fall River**

☎ Call **800-227-2345** or email maureen.kwash@cancer.org.

Lung Cancer Support Group

A support group specifically for patients with a lung cancer diagnosis.

> **Southcoast Centers for Cancer Care, Fall River**

☎ Call Susan Domingue, LICSW, at **508-973-7810** for details.

Multiple Myeloma, Leukemia & Lymphoma (MLL) Support Group

This group is intended for patients with a diagnosis of multiple myeloma, leukemia or lymphoma. Loved ones are welcome to attend. The group meets in the second floor conference room. Please call to participate. Fourth Wednesday, 2:30–4 p.m.

> **Southcoast Centers for Cancer Care, Fairhaven**

☎ Call Linda Casey, LICSW, at **508-973-3000** for details.

Post-Treatment Group

A support group for patients with any cancer diagnosis, who are no longer in active treatment.

> **Southcoast Centers for Cancer Care, Fairhaven**

☎ Call Linda Casey, LICSW, at **508-973-3000** for details.

Support for Supporters

A support group for caregivers of patients with cancer.

> **Southcoast Centers for Cancer Care, Fall River**

☎ Call Susan Domingue, LICSW, at **508-973-7810** for details.

Childbirth Classes

Southcoast offers a variety of childbirth classes to suit every new family's needs. Pre-registration is required for all classes. Please call during the 16th week (10 to 12 weeks for multiples) of pregnancy to assure placement in the class you need. Not all classes are offered at all locations. **Many health insurance companies cover the cost of classes.** Be sure to contact yours to ask about coverage. Call the following numbers for information on classes offered at each location.

☎ Charlton: **508-973-7308**

☎ St. Luke's & Center for Women's Health: **508-973-5445**

☎ Tobey: **508-273-4060**

Birthing Boot Camp

The same content as in our Prepared Childbirth Series but in a condensed, all-day class. Two \$6 vouchers for lunch provided. A tour of the Family Centered Unit, infant care and car seat safety are included in this class. Please register at 18 to 20 weeks of pregnancy.

\$125/mother and companion

> **Charlton Memorial Hospital**

☎ Call Gina Kiser, RN, at **508-973-7308** for details.

> **St. Luke's Hospital**

☎ Call Patty VanDenBerghe, RN, at **508-973-5445** for details.

> **Tobey Hospital**

☎ Call Gina Kiser, RN, or Patty VanDenBerghe, RN, at **508-273-4545** for details.

Childbirth Classes for Young Parents

This class is designed for teen parents ages 13–17. Class content includes the stages of labor, relaxation techniques, labor positions and medication choices. A hospital tour, infant care and car seat safety are included. Scheduled to meet due date needs. \$50/mother and companion, if affordable.

> **Center for Women’s Health**

☎ Call Patty VanDenBerghe, RN, at **508-973-5445** for details.

> **Charlton Memorial Hospital**

☎ Call Gina Kiser, RN, at **508-973-7308** for details.

Childbirth Education

Topics include what to expect as the due date approaches, preparing for labor and birth, relaxation techniques, pain management, the role of the support person and a tour of Tobey Hospital’s Family Centered Unit. \$100/mother and companion.

> **Tobey Hospital**

☎ Call **508-273-4545** or email familyeducation@southcoast.org.

Prepared Cesarean

This class will prepare expectant parents for the birth of their child by cesarean section. Important emotional and physical pregnancy issues, hospital procedures/gentle cesarean and recovery after birth will be addressed. Tour of the Family Centered Unit is included. Also includes infant care and car seat safety. \$65/mother and companion.

> **Charlton Memorial Hospital**

☎ Call Gina Kiser, RN, at **508-973-7308** for details.

> **St. Luke’s Hospital**

☎ Call Patty VanDenBerghe, RN, at **508-973-5445** for details.

Refresher Childbirth Class

For families who are not first-time parents but want a refresher on breathing, relaxation and role of the support person. A tour of the Family Centered Unit is included. \$65/mother and companion.

> **Charlton Memorial Hospital**

☎ Call Gina Kiser, RN, at **508-973-7308** for details.

> **St. Luke’s Hospital**

☎ Call Patty VanDenBerghe, RN, at **508-973-5445** for details.

Education Programs

Infant and Child CPR for Families and Friends

Pediatric CPR course covering techniques for newborns to 8-year-olds. Pre-registration is required. Call for dates and times. \$40/person, \$60/two people

> **Center for Women’s Health**

☎ Call Patty VanDenBerghe, RN, at **508-973-5445** for details.

Safe Sitter

A nationally recognized program designed to prepare adolescents ages 11 to 14 to babysit. Topics include babysitting as a business, safety of the sitter, developmental stages of children, behavior management, preventing problem behavior, injury prevention, basic first aid, choking, infant and child rescue, and CPR for infants and children. \$65 per student in advance to hold spot

> **Charlton Memorial Hospital**

☎ Call Gina Kiser, RN, at **508-973-7308** for details.

> **St. Luke’s Hospital**

☎ Call Patty VanDenBerghe, RN, at **508-973-5445** for details.

Exercise & Fitness

Cardiac Rehabilitation

An ongoing, structured exercise and education outpatient program for individuals recovering from heart attack, heart surgery, heart disease or who are high risk. Covered by most insurances.

> **Durfee Union Complex, Fall River**

> **St. Luke’s Hospital, New Bedford**

> **Tobey Hospital, Wareham**

☎ Call Meghan Kelley at **508-973-5435** for details.

Medical Fitness Program

Individualized exercise program for those with cardiovascular disease, congestive heart failure, cancer, diabetes, peripheral vascular disease, high blood pressure, chronic orthopedic conditions and those who are overweight. A doctor’s prescription is necessary in order to participate. \$60/month for three times a week and \$40/month for two times a week.

> **Durfee Union Complex, Fall River**

> **St. Luke’s Hospital, New Bedford**

> **Tobey Hospital, Wareham**

☎ Call Meghan Kelley at **508-973-5435** for details.

Pulmonary Rehabilitation

Structured exercise and education program with oxygen saturation monitoring during exercise. For individuals with pulmonary diseases including asthma, bronchitis,

emphysema and COPD. Covered by most insurances.

- Meets year-round
- Physician referral required
- > **Durfee Union Complex, Fall River**
- > **St. Luke's Hospital, New Bedford**
- > **Tobey Hospital, Wareham**
- ☎ Call Jessica Nicolossi at **508-973-5435** for details.

New Parent / New Baby

Baby Café

A friendly and comfortable drop-in session for pregnant and breast-feeding mothers to learn more about breast-feeding. Peer support and one-on-one help from specially trained health professionals is available, including professional lactation support. No registration required.

- > **Center for Women's Health**
Tuesdays, 10:30 a.m.–12:30 p.m.
☎ Call Patricia VanDenBerghe at **508-973-5445** for details.
- > **Healthfirst Family Care Center, Fall River**
Wednesdays, 10 a.m.–12 p.m.
☎ Call Gina Kiser, RN, at **508-973-7308** for details.
- > **Southcoast Obstetrics & Gynecology, New Bedford**
Thursdays, 4:30–6:30 p.m.
☎ Call Dr. Uma Hari at **508-973-2208** for details.

Breast-Feeding Basics

For families that are planning to breastfeed or exploring infant feeding options. Topics include the benefits of breast-feeding, techniques and positions, and the important benefits of contact with your baby. Expectant

mothers and their partners are encouraged to attend before the birth of the baby. Please register at 18 to 20 weeks of pregnancy.

- > **Charlton Memorial Hospital**
☎ Call Gina Kiser, RN, at **508-973-7308** for details.
- > **St. Luke's Hospital, Knowles Auditorium**
☎ Call Patty VanDenBerghe, RN, at **508-973-5445** for details.
- > **Tobey Hospital**
☎ Call **508-273-4545** for details.

Breast-Feeding Support Group

A place to come for physical, mental and emotional support for breast-feeding and new mothers. The group will be facilitated by a nurse who is an Internationally Board Certified Lactation Consultant. No registration required. Drop-ins welcome.

- > **Rosebrook Medical Office Building**
First and third Friday, 10 a.m.–12 p.m.
☎ Call Julie Grady at **508-273-4060** for details.

Newborn Care Class

This one-time class offers a hands-on approach to learning the basics of caring for your newborn. Registration is required.

- > **Tobey Hospital**
☎ Call Gina Kiser, RN, or Patty VanDenBerghe, RN, at **508-273-4545** for details.

Support Groups

Adult Bereavement Support Group

Southcoast offers support groups for adults grieving the loss of loved ones

at many convenient locations and times. All are free of charge.

- > **Charlton Memorial Hospital, Multi-Purpose Conference Room**
(use main entrance)
- > **St. Luke's Hospital, Library Conference Room**
(use main entrance)
- ☎ Call Judith Anderson at **508-973-3200** for details.

Camp Angel Wings

A bereavement day-camp experience for children ages 6 to 15 grieving the loss of someone close to them.

- > **Camp Welch in Assonet**
July 16 and 17
☎ Call Lindsay Coe at **508-973-3227** for details.

Crohn's & Colitis Support Group

This group provides support to people living with Crohn's Disease and/or Colitis. Family members are also welcome. Sponsored by the Crohn's & Colitis Foundation of America.

- > **Tobey Hospital, Cranberry Room**
☎ Call Melissa Bessey at **781-449-0324** for details.

Ostomy Support Group

For people with ostomies, their family members and friends. Meetings usually include an educational topic, and time for questions, discussion and sharing among group members in a confidential, non-threatening environment.

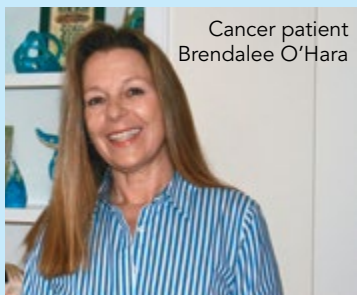
- > **Charlton Memorial Hospital, Mooney Room** (enter through the Centers for Cancer Care entrance, Prospect Street)
Fourth Friday, 2–3 p.m. (Please note there is no August meeting.)

Web Exclusive

Visit us online!

Log on to www.southcoasthealthplus.org for more great content.

- > Extended versions of Health+ Answers and Smart Screening.
- > Meet patients who have received cancer care at Southcoast.
- > Watch a video of Dr. Maureen Chung talking about breast cancer awareness.



Cancer patient
Brendalee O'Hara

☎ Call Tina McDonald at **508-679-3131** x **27509** for details.

> **St. Luke's Hospital, White Home Living Room**

Third Wednesday, 3–4 p.m.

☎ Call Lisa Cyr at **508-973-5550** for details.

Ostomy Support Group Annual Summer Picnic

All people with ostomies, their friends and families are welcome to join us for our indoor summer picnics. Light lunch will be served.

> **St. Luke's Hospital, White Home Living Room**

Wednesday, July 20, 1–3 p.m.

☎ Call Lisa Cyr at **508-973-5550** for details.

> **Charlton Memorial Hospital, Mooney Room**

Friday, July 22, 12–2 p.m.

☎ Call Tina McDonald at **508-679-3131** x **27509** for details.

Pregnancy & Infant Loss: Parents Enduring Grief

Our mission is to provide parents who have experienced a loss with a safe haven where they can come to journey through their grief, mourn their loss without judgment, and honor and celebrate the life of their child, all the while being supported by other parents who have experienced similar circumstances of loss.

> **St. Luke's Hospital, Library Conference Room**

Third Wednesday
6:30–8 p.m.

☎ Call Kelly Aguiar, MSW, LCSW at **508-973-5509** for details.

Widows & Widowers Support Group

For spouses grieving the loss of a husband or wife.

> **Somerset Library**

☎ Call Lindsay Coe, LCSW, at **508-973-3227** for details.

Weight Loss Programs

Optifast Information Sessions

Learn about the Optifast weight loss program, which combines lifestyle education, meal replacements, medical management, and individual and group counseling. Cost varies depending on program type (full or partial) and amount of Optifast products ordered.

Weight Management information sessions and weekly meetings are held in Fall River, North Dartmouth and Wareham. Please call for upcoming sessions.

☎ Call Stacy Medeiros, Susan Oliveira or Jana McDuffy at **508-525-3114** for details.

Three C's for Success

Losing weight and keeping it off involves Commitment, Challenge and Change. This 12-week program teaches healthy food choices, behavior change and appetite awareness. Participants will meet individually with a Registered Dietitian prior to starting the program to discuss their individualized, calorie-controlled meal plan to be followed for the duration of the program. Information sessions take place in Fall River, North Dartmouth and Wareham.

☎ Call **508-525-3114** for details.

Weight Loss Surgery Information Sessions

Learn about the option of weight loss surgery and have all your questions answered. Sessions take place monthly in Dartmouth, Fall River, Plymouth, Taunton and Wareham.

☎ Call Michelle Croft at **508-273-4900** for details.

Guides Ease a Difficult Journey

Patient navigators support cancer patients and their families throughout their care



Anne Lawrence and Jeanne Maloney

Patient Navigators Anne Lawrence, RN, ONS, and Jeanne Maloney, RN, OCN, are the go-to resources for patients at the Southcoast Centers for Cancer Care. They coordinate all aspects of patient care, providing guidance and support so patients and their families feel less alone. Here, Maloney and Lawrence tell *Health+* more about their role and its rewards:

Health+: What kinds of things do you do for patients and their families?

Anne Lawrence: We help patients in a variety of ways, from managing their appointments to reminding them to take their prescriptions and providing information on their treatments. It is our job to help patients sort out the next steps in their care. The many appointments, tests and X-rays that are necessary in order for patients to receive their treatments can become overwhelming. We are here to guide them through it.

Jeanne Maloney: We try to get all tests and procedures done in a timely manner so patients can start

treatment as soon as possible. We do a lot of education with patients and family members regarding the need for testing and procedures, on the chemotherapy regimens they may start, on side effects they may have, and how to minimize side effects. The sooner we can start a patient on treatment, the better the outcome for the patient.

H+: Why are patient navigators important for patients?

AL: It is important that patients have a face, name and number that they can contact to answer all of their questions and fears. I do not have all of the answers, but I will certainly find them. Sometimes a patient just needs a really good listening ear — someone who can reassure them in their time of need.

H+: In what way do you find your role rewarding?

JM: The fact that I have been invited into these people's lives at the most difficult and emotionally challenging time is so inspiring. I have met some

"Sometimes a patient just needs a really good listening ear— someone who can reassure them in their time of need."

of the most courageous, thoughtful, funny and endearing people. If I can be of any help to make this journey less painful or difficult, then I feel very gratified in that.

AL: It is a privilege to be part of such a personal time in patients' lives. It is unbelievable the courage, strength and determination that these patients show to us and each other.

For an extended version of this interview with Anne Lawrence and Jeanne Maloney, visit southcoasthealthplus.org. To learn more about the Southcoast Centers for Cancer Care, visit southcoast.org/cancer care or call 877-822-2732.