

January/February 2025

# Cancer Wellness Newsletter

## In This Issue:

**January is Cervical Cancer  
Awareness Month**

**February is National Cancer  
Prevention Month**

*...and more, inside!*




*Thank you to our donors!*

As a not-for-profit entity, Piedmont relies on the generosity of donors, whose support of Cancer Wellness at Piedmont allows us to offer many programs, services and advanced medical technology to the community. For more information or to donate in support of Cancer Wellness at Piedmont Columbus, visit [piedmont.org/pcrfoundation](https://piedmont.org/pcrfoundation) or call 706.660.6115.



**JOHN B. AMOS CANCER CENTER**

*Real change lives here*



At Piedmont Columbus, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, expressive art classes and counseling are available to anyone affected by cancer at any phase in his or her journey through Cancer Wellness at Piedmont, regardless of whether or not they are a Piedmont patient.

# January is *Cervical Cancer Awareness Month*

The cervix connects to the vagina (birth canal) to the upper part of the uterus, where a baby grows when a woman is pregnant. However, abnormal cells can grow out of control and attach to the cervix. Anyone with a cervix is at risk for cervical cancer. It occurs most often in people over the age of 30.

## What are the risk factors associated with cervical cancer?

Almost all cervical cancers are caused by human papillomavirus (HPV)—a common virus that can be passed from one person to another during sex. There are several types and some of those types can cause the changes on a woman's cervix that can lead to cervical cancer over time. The risk factors would be:

- Human Papillomavirus (HPV)
- HIV diagnosis
- Tobacco Smoking

## What can you do to reduce the risk factors?

- Get vaccinated against HPV (most common)
- Have regular screening test (pap smear) with your OBGYN provider
- If abnormal screening test results, go back to physician until they are normal

## Are there any symptoms?

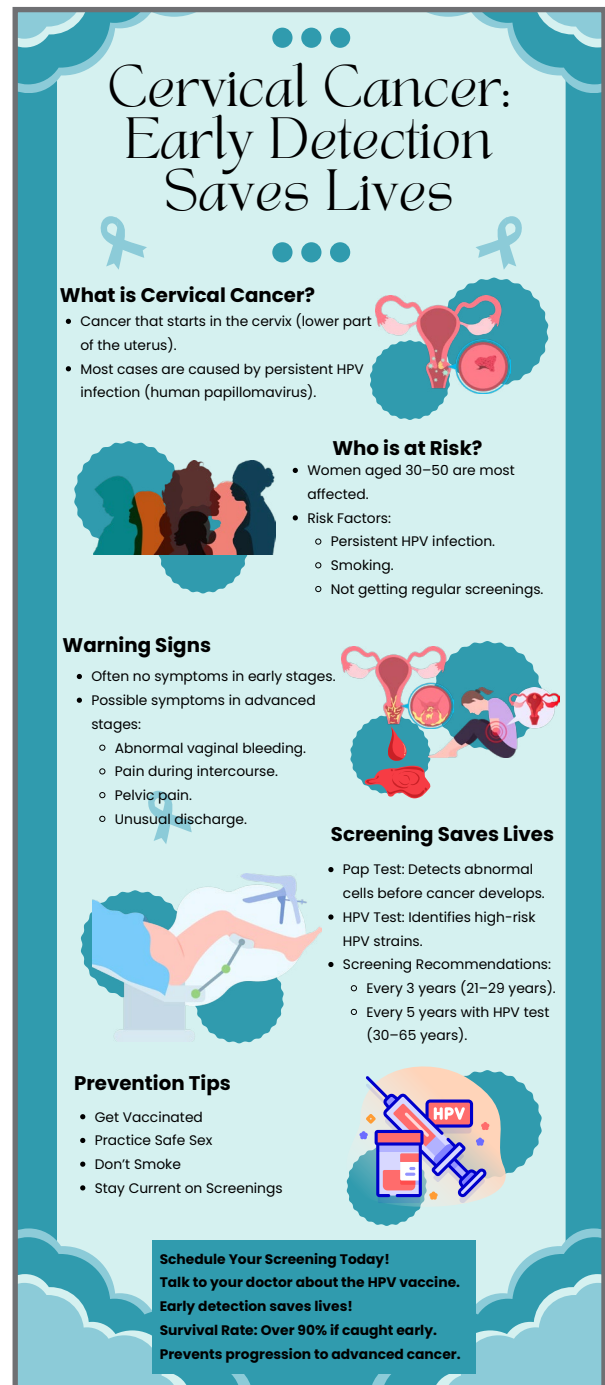
Early on, cervical cancer may not cause signs and symptoms. However, advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you— such as bleeding after sex. If any of those signs appear, contact your physician.

## Who should get screened?

Anyone with a cervix that is engaged in sexual intercourse. Getting an HPV test and the PAP test can help prevent cervical cancer or find it early. HPV tests look for the virus that causes cell changes on the cervix. A PAP test looks for precancerous cells that have changed on the cervix.

## How is cervical cancer treated?

Cervical cancer is treated in several ways depending on the kind of cervical cancer and how far it has spread. Treatment includes surgery, chemotherapy, and radiation therapy.



### Cervical Cancer: Early Detection Saves Lives

**What is Cervical Cancer?**

- Cancer that starts in the cervix (lower part of the uterus).
- Most cases are caused by persistent HPV infection (human papillomavirus).

**Who is at Risk?**

- Women aged 30–50 are most affected.
- Risk Factors:
  - Persistent HPV infection.
  - Smoking.
  - Not getting regular screenings.

**Warning Signs**

- Often no symptoms in early stages.
- Possible symptoms in advanced stages:
  - Abnormal vaginal bleeding.
  - Pain during intercourse.
  - Pelvic pain.
  - Unusual discharge.

**Screening Saves Lives**

- Pap Test: Detects abnormal cells before cancer develops.
- HPV Test: Identifies high-risk HPV strains.
- Screening Recommendations:
  - Every 3 years (21–29 years).
  - Every 5 years with HPV test (30–65 years).

**Prevention Tips**

- Get Vaccinated
- Practice Safe Sex
- Don't Smoke
- Stay Current on Screenings

**Schedule Your Screening Today!**  
Talk to your doctor about the HPV vaccine.  
Early detection saves lives!  
Survival Rate: Over 90% if caught early.  
Prevents progression to advanced cancer.

# February is *National Cancer Prevention Month*

National cancer prevention month is an opportunity to spread the word and take action in order to live better, healthier, and happier lives. Cancer, said to be the world's leading cause of death, caused nearly 10 million deaths in 2020. The most common new cases are breast, lung, colon and rectum, prostate, skin, and stomach but the most common causes of death in 2020 were lung, colon and rectum, liver, stomach, and breast. Each year, approximately 400,000 children develop cancer. The most common is cervical cancer.

## How can you reduce the risk of getting cancer?

- Do not use tobacco products to include cigarettes, vapes, pipes, etc.
- Reduce alcohol consumption
- Eating a healthy diet
- Incorporate some physical activity into your daily life
- Minimize occupational exposure to ionizing radiation
- Reduce exposure to outdoor/indoor air pollution

**Early detection** is key to all diagnosed diseases; however, in order for cancer mortality to be reduced is to detect and treat early. There are two components of early detection and they are early diagnosis and screening.

**Screening** aims to identify individuals with findings suggestive of a specific cancer or pre-cancer before they have developed symptoms. When the abnormalities are identified in the screening phase, further tests to establish a definitive diagnosis can be followed. Not all cancer types will have a specific screening program; however, ensuring a consistent relationship with your primary care physician so that you will be able to communicate what's going on with your body will help your physician to navigate your screening process.

The only way we (the community) can do better is to take charge of your health!



# Programs

## CREATIVITY

### **Painting with a Twist (Art Therapy)**

Art therapy is a therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Art therapy can improve cognition, reduce stress, and facilitate feeling of well-being or pleasure.

Spend time with a local artist exploring various themes and self-expression through different art media. Join us weekly as we explore painting and other creative techniques in a supportive environment. Program is free to all John B. Amos Cancer Center patients and caregivers. All materials provided (funding made possible by the Piedmont Columbus Regional Foundation). Come relax and let our creativity flow! Please RSVP with Cindy Berdoux at 706.320.8718. For patients only.

**Mondays, 10 a.m.-1 p.m.**

## MOVEMENT

### **Gentle Chair Yoga**

Participants are guided through breath work, simple yoga postures and deep relaxation. Yoga calms the mind, body and emotions. RSVP by emailing [Connie.Flannigan@piedmont.org](mailto:Connie.Flannigan@piedmont.org) or calling 706.320.8829 to save your spot.

**Mondays, 5-6 p.m., Thursdays, 1:45-2:45 p.m.**

## KNOWLEDGE

### **Chemo & Radiation Education**

Classes are personalized for every patient who is starting chemotherapy.

**By appointment only.**

### **Patient Advocacy Group**

In this unique forum, patients and caregivers are given an opportunity to point out areas that could use some improvement, and give recommendations based on their experiences here at the center. This group meets the 3rd Monday of each month, quarterly. For additional information, contact Connie Flannigan at 706.320.8829

**3/6, 6/5, 9/4, and 12/4; 10-11 a.m.**

### **Smoking Cessation**

These sessions are not all about quitting smoking but supporting you in taking a step to making an important change to being healthier. These sessions can be done as a group and/or individual sessions are available. Please email [tenetta.holt@piedmont.org](mailto:tenetta.holt@piedmont.org) or call 706.320.8618 for more information.

**By appointment only.**

## PEACE

### **Aromatherapy**

Aromatherapy is an art and science of using botanical essential oils to promote health and wellness. Learn the basics of aromatherapy and create an uplifting essential oil blend to use at home.

**Date TBD**

### **Massage Therapy**

We offer 30-minute complimentary massage for patients in active cancer treatment. Benefits include improved relaxation, sleep and immune function as well as relieving anxiety, pain, fatigue, and nausea. To schedule an appointment with our massage therapist, call Cindy Berdoux at 706.320.8718.

**By appointment only.**

### **Healing Touch and Reiki**

Individual sessions that focus on the energy systems of the body to promote relaxation, reduce stress, and minimize side-effects.

**Date TBD**

### **Pastoral Care**

Available upon request.

*Much more continued on the next page!*



# Programs

## SUPPORT

### Lung Cancer Support Group

For patients with COPD, lung cancer, and other lung diseases. Please email [kim.carroll@piedmont.org](mailto:kim.carroll@piedmont.org) or call 706.320.8615 to reserve your place.

Every 2nd Thursday of each month, 10-11 a.m.

### Breast Cancer Support Group

Please email [mary.williams1@piedmont.org](mailto:mary.williams1@piedmont.org) or call 706.320.8762 to reserve your place.

Every 2nd Wednesday of each month, 12-1 p.m.

### Gastrointestinal Disease Support Group

Guest speakers will share how to combat this disease. Please email [tenetta.holt@piedmont.org](mailto:tenetta.holt@piedmont.org) or call 706.320.8618 to reserve your place.

Every 4th Wednesday of each month, 10-11 a.m.

### Gynecological (GYN) Support Group

Please email [constance.spencer@piedmont.org](mailto:constance.spencer@piedmont.org) or call 706.320.8766 to reserve your place.

Every 3rd Wednesday of each month, 12-1 p.m.

### Man-to-Man Support Group

Please email [brian.jackson1@piedmont.org](mailto:brian.jackson1@piedmont.org) or call 706.571.1368 to reserve your place.

Every 3rd Tuesday of each month, 12-1 p.m.

### Multiple Myeloma Support Group

Please email [tenetta.holt@piedmont.org](mailto:tenetta.holt@piedmont.org) or call 706.320.8618 to reserve your place.

Every 4th Wednesday of each month, 12-1 p.m.

### Caregivers Support Group

Please email [brian.jackson1@piedmont.org](mailto:brian.jackson1@piedmont.org) or call 706.571.1368 to reserve your place.

Every 2nd Thursday of each month, 10-11 a.m.

### Head & Neck Support Group

Please call 706.320.8731 or email Kathleen "Abbi" Onate at [Kathleen.Onate@piedmont.org](mailto:Kathleen.Onate@piedmont.org) to reserve your place.

Every 3rd Thursday of each month, 12:30-1:30 p.m.

## SUSTENANCE

### Nutrition Counseling

Our licensed registered dietitians provide nutrition counseling for cancer patients during and after treatment. They provide customized therapies to help patients stay motivated, chart progress and achieve nutrition health goals.

Individual sessions by appointment.

### Piedmont Columbus Regional's Stella's Boutique

Stella's Boutique specializes in custom mastectomy products made just for you. Stella's Boutique features all the latest products for women who have had breast surgery or are having breast surgery. Our Certified Mastectomy fitter is there to assist you with your prosthesis, post-op camisoles, mastectomy bras, and prosthesis.



## January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Happy New Year</i>	2 Gentle Chair Yoga, 1:45-2:45 p.m.	3	4
5	6 Gentle Chair Yoga, 5-6 p.m.	7	8 Breast Cancer Support Group, 12-1 p.m.	9 Lung Cancer Support Group, 10-11 a.m. Caregivers Support Group, 10-11 a.m. Gentle Chair Yoga, 1:45-2:45 p.m.	10	11
12	13 Gentle Chair Yoga, 5-6 p.m.	14 Look Good Feel Better, 2-4 p.m.	15 Gynecological Support Group, 12-1 p.m.	16 Head & Neck Support Group, 12:30-1:30 p.m. Gentle Chair Yoga, 1:45-2:45 p.m.	17	18
19	20 Gentle Chair Yoga, 5-6 p.m. <i>MLK. Jr. Day</i>	21 Man-to-Man Support Group, 12-1 p.m.	22 Gastrointestinal Disease Support Group, 10-11 a.m. Multiple Myeloma Support Group, 12-1 p.m.	23 Gentle Chair Yoga, 1:45-2:45 p.m.	24	25
26	27 Gentle Chair Yoga, 5-6 p.m.	28	29	30 Gentle Chair Yoga, 1:45-2:45 p.m.	31	

## February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Gentle Chair Yoga, 5-6 p.m.	4	5	6 Gentle Chair Yoga, 1:45-2:45 p.m.	7	8
9	10 Gentle Chair Yoga, 5-6 p.m.	11 Man-to-Man Support Group, 12-1 p.m.	12 Breast Cancer Support Group, 12-1 p.m.	13 Lung Cancer Support Group, 10-11 a.m. Caregivers Support Group, 10-11 a.m. Gentle Chair Yoga, 1:45-2:45 p.m.	14	15
16	17 Gentle Chair Yoga, 5-6 p.m.	18 Man-to-Man Support Group, 12-1 p.m.	19 Gynecological Group, 12-1 p.m.	20 Head and Neck Support Group, 12:30-1:30 p.m. Gentle Chair Yoga, 1:45-2:45 p.m.	21	22
23	24 Gentle Chair Yoga, 5-6 p.m.	25	26 Gastrointestinal Disease Support Group, 10-11 a.m. Multiple Myeloma Support Group, 12-1 p.m.	27 Gentle Chair Yoga, 1:45-2:45 p.m.	28	



# Location and Contacts



## **Piedmont Columbus Regional John B. Amos Cancer Center**

1831 5th Avenue  
Columbus, Georgia 31904  
706.320.8700

### OUTREACH

#### **Tenetta Holt, MPH**

*Oncology Outreach Coordinator*  
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### NURSE NAVIGATORS

#### **Mary E. Williams, RN, BSN**

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#### **Kim Carroll, RN, OCN**

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### SOCIAL WORK/COUNSELING

#### **Brian O. Jackson, MSW**

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#### **Connie Flannigan, MBA, BSW**

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### DIETITIANS

#### **Abbi Onate, RD, LD**

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### CASE MANAGEMENT

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#### **Janet Stevens, BSBA**

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