

MAKE IT A HAPPY AND HEALTHY 2016

BY DANIEL CASCIATO

Fighting CANCER With Healthy Decisions



“My naturopathic doctor and my nutritionist balanced my diet and balanced my supplements to help with the side effects during and after chemotherapy.”

Heather Holladay
Breast cancer patient since 2011
Cancer Treatment Centers of America®

No case is typical. You should not expect to experience these results.

You have the power to shape a healthier lifestyle. These choices can build cancer-resisting habits for today and in the future.



EAT GREEN

Choose plant foods to “crowd out” unhealthy choices such as processed food and red meat.

To reduce your risk of colon cancer, experts recommend eating no more than 18 oz (cooked weight) of red meats per week.¹



DRINK SMART

Choose water over sugary drinks and limit your alcohol consumption.

More than one drink a day for women (two for men) can increase the risk of mouth, pharynx, esophageal and breast cancer.²



MEASURE PORTIONS

Managing portions helps you maintain a healthy body weight.

The suggested serving size of meat is 3 oz (ideally poultry or fish), which is about the size of a deck of cards.



GET MOVING

Focus on having fun. Set goals and monitor your progress. Change up activities to keep it fresh.

30 minutes of physical activity every day is all that is needed to make an impact on your health.



FORTIFY YOUR FIGHT

If you have been diagnosed with cancer, it’s important to realize that nutrition will play a vital role in your fight against the disease.

Avoid a “one-size-fits-all” approach—the best types of food to eat can depend on the type of cancer you’re fighting.

The Vital Role of Nutrition in Fighting Cancer

Cancer treatment can affect your appetite, sense of taste and ability to absorb the nutrition you do consume, which can lead to complications in your treatment.

Malnutrition can impact your immune system.

Cancer patients are at an especially high risk of neutropenia, in which the immune system is depressed and unable to fight even routine infections.

Malnutrition can impact your treatment schedule.

If you become undernourished and too weak, treatment may need to be temporarily delayed until you regain your strength, thereby stalling your overall progress toward being cancer-free.³

Proper nutrition can help ease side effects.

Some basic foods that we all have in our pantries can be effective in combating cancer treatment side effects. For instance, did you know that eating foods rich in soluble fiber may decrease symptoms of diarrhea?

Cancer Treatment Centers of America® (CTCA) is a national network of five hospitals in the U.S. with expertise in treating patients who are fighting complex or advanced-stage cancer, although many patients with an early-stage diagnosis seek treatment at CTCA® as well. We combine world-class treatment with an integrative approach to care to reduce side effects and maintain quality of life during cancer treatment. If you or someone you love has advanced-stage or complex cancer, call 855-587-5528 or go to cancercenter.com.



Winning the fight against cancer, every day.®

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References:

1. “Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective.” American Institute for Cancer Research and the World Cancer Research Fund, http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/recommendations_05_red_meat.html.
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3. “Nutritional screening and early treatment of malnutrition in cancer patients.” The National Center for Biotechnology Information. Lidia Santarpi, Franco Contaldo, and Fabrizio Pasanis, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3063880/>.



As another year comes to a close, the time is ripe to make health-related resolutions. Eat healthier and get in better shape, you tell yourself. Fewer fatty foods and more time in the gym.

But sometimes obstacles arise. Fatigue, insomnia, weight-loss setbacks, difficulty concentrating, joint and muscle pain, migraines, and mood swings can prevent you from living life to the fullest—and from achieving your goals.

“Feeling this way doesn’t have to be part of getting older,” says Dr. Steven Hotze, founder and CEO of Hotze Health & Wellness Center.



“Envision what your life could be like if you felt like yourself again.”

Hotze suggests writing down your resolutions and sharing them with a friend or mentor for accountability. “And why wait for January 1? You can get started right now,” he says.

Whether it’s changes in exercise, nutrition, sleep habits, or stress reduction, our experts have tips to make 2016 your healthiest year yet.

RESOLUTION 1 LOSE WEIGHT

Want to see a smaller number on the scale? Evaluate your eating habits. Cutting calories through dietary changes—in combination with consistent exercise—promotes weight loss more effectively than physical activity alone, says Cecile Kehoe, COO of DreamBrands Inc., which develops and manufactures premium dietary supplements for health and fitness.

“I’m not saying exercise is not important, but unless you have the time and motivation to exercise for hours daily, you cannot possibly achieve a meaningful weight loss on exercise alone,” she says.

The best approach is a gradual change that slowly becomes part of your lifestyle: “Learn the calorie content and nutritional value of everything you eat. Eliminate or reduce anything that has low nutritional value, such as candy or



Adaptogens help your body respond to stress.

soda—those are empty calories.”

Adaptogens, a mix of herbal ingredients that helps your body adapt on a cellular level to physical or mental stress, can also aid in weight loss. Mdrive, DreamBrands’ supplement line for men, contains adaptogens and helps your body maintain healthy, robust testosterone levels, which can lead to leaner muscle and lower fat, notes Kehoe.

“Healthy testosterone levels are important for achieving and maintaining a healthy weight,” she says. “Adaptogens can help your body deal with stress, which causes the

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release of cortisol. Chronically high cortisol levels can cause abdominal weight gain.”

DreamBrands also uses a proprietary chromium ingredient that has been clinically shown to help you maintain a healthy body composition. And the Boost & Burn product not only maintains a healthy testosterone level, Kehoe says, but it also contains thermogenic ingredients to rev up your metabolism.

“Sleeping less than five hours a night appears to increase the likelihood of weight gain,” she says, “so try to get a good night’s sleep as well.” Internal Harmony, DreamBrands’ women’s line, contains a sleep-aid product that helps with occasional insomnia.

Aside from boosting energy and improving overall appearance, shedding some pounds can also help alleviate joint pain, since weight-bearing joints—ankles, knees, hips—aren’t made to carry

more than 20 percent of your ideal body weight.

According to Dr. A.J. Farshchian, the medical director for Miami’s Center for Regenerative Medicine, knee ailments are among the most common reasons people see their doctors today. In fact, nearly 70 percent of people over the age of 60 develop debilitating osteoarthritis of the knee. Treatment options in the past included surgery or cortisone shots. However, Farshchian says these options are not in the best interests of the patient because a knee replacement’s lifespan is just 10 to 15 years.

“We’re outliving our joints,” he says. “You can end up having as many as two or three knee replacements over the course of your lifetime. If you keep replacing your knees, you continue to lose bone and muscle mass, which could ultimately lead to more serious medical issues because you cannot

replace lost bone and muscle.”

To help osteoarthritis patients return to a more functional level, Miami’s Center for Regenerative Medicine uses nonsurgical techniques such as cell therapy and regenerative medicine. Farshchian also recommends a swimming regimen: Since you’re weightless in the water, swimming strengthens muscles without placing unnecessary weight on joints, he says.

RESOLUTION 2 MAINTAIN A POSITIVE ATTITUDE

For some people, implementing dietary changes and starting an exercise program might not be enough to alter their appearance at first. That’s because body image is highly subjective on a personal level, says John Ferris, a spokesman for BTL Aesthetics, which develops and manufactures medical and aesthetics equipment.

Because of difficulties due to genetics, age, work/life balance, societal influence, and exercise-resistant fat pockets, individuals are turning to noninvasive fat removal therapies to complement their exercise regimen and eating habits. Many who have turned to these procedures notice a positive difference in their physical appearance, which more often than not changes how they perceive themselves. “After seeing the ‘new you,’ many will accelerate workout regimens and change eating habits,” Ferris says.

To help with body shaping, BTL Aesthetics offers two noninvasive, discomfort-free solutions that require no downtime: BTL Vanquish ME, a no-contact therapy for circumferential reduction of the abdomen; and BTL Exilis Elite, an operator-dependent therapy for skin tightening and body shaping.

Shedding some pounds can alleviate joint pain, since weight-bearing joints—ankles, knees, hips—aren’t made to carry more than 20 percent of your ideal body weight.



Water exercises can be beneficial for patients with osteoarthritis.

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Kansas City
HCA Midwest Health - Research Medical Center

Nashville
Sarah Cannon Center for Blood Cancer at TriStar Centennial Medical Center
New Orleans
Tulane Medical Center
Oklahoma City
OU Medical Center

San Antonio
Texas Transplant Institute at Methodist Hospital
London, England
Harley Street at UCH
Manchester, England
The Christie Clinic



RESOLUTION 3 BRUSH AND FLOSS DAILY

In a recent study published in the *American Journal of Preventive Medicine*, new research by dental insurance company United Concordia shows the connection between oral-health maintenance and your overall well-being. The study demonstrates the importance of treating gum disease for people who have one or more of the following conditions: Type 2 diabetes, cerebral vascular disease, coronary artery disease, and pregnancy. The end results? Taking care of your oral health can yield significant medical cost savings and reduce hospitalizations.

One of the best and easiest ways to protect your health is to establish a three-part oral care routine, notes Andy Gritti, executive vice president of Rowpar Pharmaceuticals. Rowpar makes ClōSYS toothpastes and rinses, which use a patented formula that includes Cloralstan® (chlorine dioxide).

First, regular exams and cleanings ensure any oral-health issues are addressed promptly, before they become more serious health problems. Discuss your oral care with your physician as well so

your dentist and doctor can work together as a team.

Secondly, a smart preventative plan includes flossing, brushing, and rinsing twice a day. An oral irrigator like a Waterpik, which is used to remove food particles, is also a great tool, advises Gritti.

Finally, Gritti recommends using ClōSYS' Complete Oral Health System daily. The regimen includes ClōSYS Alcohol-Free Oral Health Rinse, Sulfate-Free Fluoride Toothpaste, and Fresh Breath Oral Spray.



Talk to a professional if negative feelings persist.



Home Care Assistance focuses on healthy longevity, which includes remaining sharp.

RESOLUTION 4 IMPROVE YOUR MENTAL STATE

Your mental health and well-being impact your overall happiness, the quality of your relationships, and your ability to manage your emotions. Lily Sarafan, president of Home Care Assistance, offers these three tips for improving your mental health so you can enjoy life to the fullest:

- 1. DE-STRESS.** Stress-reduction exercises are extremely beneficial to brain health. One of the most effective: meditation.
- 2. SLEEP.** A good night's sleep is also associated with improved mental well-being. Alternatively, sleep deprivation can impact your ability to perform basic activities and can increase the risk for Alzheimer's disease or other brain-health issues.
- 3. TRY SOMETHING NEW.** Build your self-esteem by engaging in new hobbies or activities that you find interesting. Have fun while learning a new skill or process, educating yourself on a new subject, or creating something unique.

Finally, get help when needed: "If you have tried to improve your mental health but are still experiencing negative feelings, it may be helpful to seek advice from a knowledgeable, caring professional," Sarafan says.

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BODY SHAPING



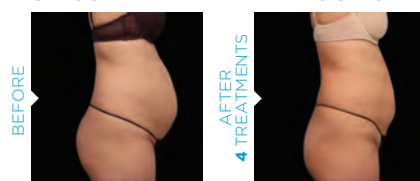
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Dr. Bassin's book is a useful source of consumer information about hair restoration technology.

RESOLUTION 5 INVESTIGATE YOUR HEALTH OPTIONS

Before making decisions regarding any aspect of your health and well-being, always explore your options. When it comes to hair restoration, Dr. Roger Bassin, founder of The Bassin Center for Plastic Surgery, urges patients to explore all hair-transplant options before commit-

ting to a procedure that could leave them with a linear scar on their scalp.

Bassin's recommendation: the ARTAS transplant procedure. "This procedure is robotically controlled and thus will give precise, predictable results," he says. "Patients can expect almost all of the transplanted hairs to survive."

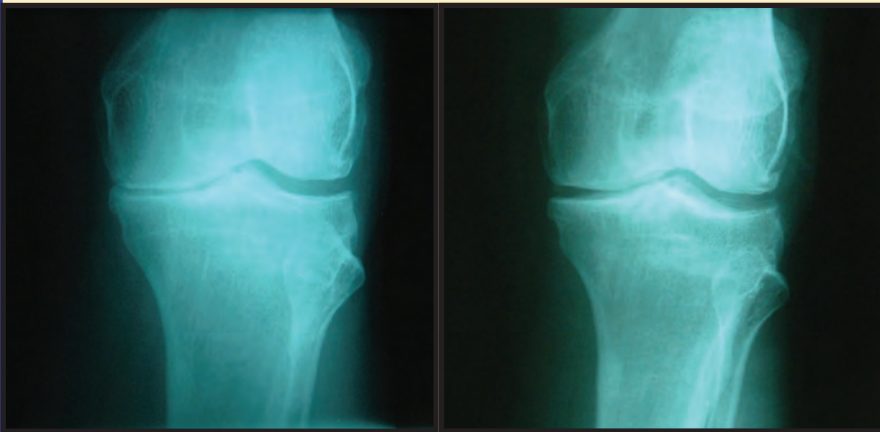
RESOLUTION 6 EDUCATE YOURSELF



Learning more about common but often overlooked medical conditions can aid in not only your own health but a loved one's as well. One particular subject that we tend to avoid discussing: urological health. Here are two things to keep in mind, courtesy of the Urology Care Foundation.

- Prostate cancer is the second most common cancer in men. About one in seven men will be diagnosed with prostate cancer, says Dr. Stacy Loeb, Urology Care Foundation council member and assistant professor at New York University. This number jumps to one in five in African-Americans and one in

THE CENTER FOR REGENERATIVE MEDICINE A NON-SURGICAL TECHNIQUE TO FIGHT AGAINST ARTHRITIS AND SPORTS INJURIES



The Knee Diaries: SJ is a 60-year-old male with the chief complaint of knee pain who visited The Center for Regenerative Medicine over a year ago. He was diagnosed with bone-on-bone osteoarthritis of the left knee, causing much pain and discomfort; at that point he was told only a total knee replacement could help him. He is otherwise healthy. On exam he had point tenderness to the medial side of the left knee (medical lingo: inner side). An X-ray showed severe arthritis of the knee (X-ray on the left). Patient started receiving treatments at The Center for Regenerative Medicine. Today he is feeling better (X-ray on the right).

This is how it works: The physician introduces **Cell Therapy** into damaged, arthritic cells by means of a precise injection. This process is followed by several other modalities, including Collateral Artery Flow Exercises (C.A.F.E.), in order to accelerate the process. Depending on tissue damage, severity of the condition and the size of the joint that needs to be injected, people usually need a series of 1 to 6 treatments to improve. There is usually no downtime, and people can go back to their usual activities or work immediately. The treatments can help most musculoskeletal problems such as low back pain, neck pain, knee pain, shoulder pain, whiplash, sciatica, tendinitis, sprain, strains, torn ligaments and cartilage damage.

Located in Miami, Florida, The Center for Regenerative Medicine includes a team of professionals that are dedicated to improve your quality of life, paving the way to enhance the science of non-surgical orthopedic medicine. World champions, sports legends, professional and amateur athletes, dancers, and people with just plain pain and arthritis go to The Center for Regenerative Medicine for nonsurgical orthopedic care. Using the facility to improve their condition, thousands of successful cases have been treated over the past nine years.

For more information and to read more on "The Knee Diaries", please visit www.arthritisusa.net or call (305) 866-8384, International: (305) 866-6995.

DO YOU WANT YOUR ~~WIFE~~ LIFE BACK?

MAGGIE'S STORY

Maggie came to Hotze Health & Wellness Center after suffering for years from depression and fatigue, which developed after giving birth to her second child. She also had a lifelong history of cold hands and feet and sensitivity to cold. She was experiencing significant hair loss, was constipated and had severe muscle aches. Even after sleep, Maggie never felt rested.

Maggie had experienced recurrent sinus infections and headaches over the past seven years, for which she had taken antibiotics. She also complained of recurrent abdominal cramping and bloating associated with the ingestion of sugar and bread products, which she craved.

Since her last pregnancy, Maggie's menstrual cycles had been irregular. She had gained 30 pounds over the past seven years and had difficulty losing weight. She had lost all sexual desire, and felt that she was in a "brain fog."

Maggie had sought the care of numerous physicians. They told her that she was "depressed" and prescribed antidepressants. A friend of hers, who was a patient at Hotze Health & Wellness Center, told her that there was a natural alternative treatment for her problems, so Maggie came to us for an evaluation.



MAGGIE'S TREATMENT

Maggie's name could easily be erased from her chart and replaced with the names of thousands of other women whom we have evaluated. Maggie's doctor made her feel that she was a hypochondriac and emotionally inadequate.

We explained to her that her symptoms were very common to women in her age group and were easily treated. She had an imbalance in her female hormones that adversely affected her body's ability to use thyroid hormones. It was the change in her hormones that triggered her allergy disorder, which in turn led to recurrent sinus infections. The antibiotics which she had taken for her infections also killed normal bacteria in her body and allowed yeast problems to occur.

Maggie was prescribed natural thyroid treatment, bioidentical hormones, vitamins and minerals, and was placed on a nutritionally balanced eating program. Within two months, Maggie's depression and fatigue had disappeared. She was able to discontinue her antidepressants. She told us, "I have not felt this good in years. Thank you for giving me my life back!"



“ I HAVE NOT FELT THIS GOOD IN YEARS. THANK YOU FOR GIVING ME MY LIFE BACK! ”

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three if a man has a family history of the disease.

“Men should know their risk and talk to their doctors about whether prostate cancer screening is right for them,” Loeb says.

- Testicular cancer is the most common cancer in men ages 15 to 35. Although there is nothing to prevent testicular cancer, there is a high cure rate if it's caught early, says Dr. Ajay Nangia, a Urology Care Foundation council member and professor of urology at the University of Kansas Medical Center in Kansas City, Kansas.
“Signs of testicular cancer can include a painless bump or discomfort in the testicular area,” Nangia says.

Over the past decade there have been what can only be described

as revolutionary advances in our understanding of the causes of cancer and the reasons for its spread throughout the body, notes Dr. Maurie Markman, president of Medicine & Science at Cancer Treatment Centers of America® (CTCA).

“The introduction of exciting new classes of anti-cancer drugs have favorably changed the course of many advanced cancers.”

In the area of cancer screening, Dr. Markman says CTCA's strategies are increasingly focused on those individuals with the greatest risk of cancer while minimizing potential harm from finding abnormalities that are not cancer.

“Finally, it must always be remembered that the most effective cancer prevention is to never smoke, or if one does smoke, to stop this deadly habit,” he adds.



“The introduction of exciting new classes of anti-cancer drugs have favorably changed the course of many advanced cancers.”
– Dr. Maurie Markman, Cancer Treatment Centers of America®



1-in-7 MEN

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- Promotes vitality, stamina & sexual health*
- Reduces cortisol and stress*

3 CLINICALLY TESTED INGREDIENTS

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Highly effective formula designed to support energy, endurance, sexual health and improve lean muscle while reducing cortisol and stress. DHEA was further added to support healthy testosterone levels that decline with age. Formula uses potent bioactives like Ashwagandha, Chromax, Bioperine and Cordyceps. Clinically tested ingredients shown to reduce body fat and increase stamina.



2-in-1 Formula

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PROMOTES HEALTHY TESTOSTERONE LEVELS WITHIN THE NORMAL RANGE*

- Increase energy, metabolism & muscle**
- Improve cardio & respiratory efficiency*
- Enhance vitality & sexual function*
- Reduce cortisol and stress*

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This 2-in-1 formula has 4 clinically tested ingredients. **First**, it restores healthy testosterone for more strength, stamina and energy, using naturally potent bioactives like Ashwagandha, Cordyceps, Maca, Maitake, & Ginseng. **Second**, it helps increase metabolism & reduce body fat with Advantra Z, Green Tea Extract, Caffeine and Chromax. Two great solutions. One great product.



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Lend an ear and a hand to a loved one diagnosed with cancer.

When someone you love has been diagnosed with cancer, you want to do everything possible to help. The challenge is knowing the right thing to say or do, says Rachele Goerke, RN, BSN, OCN, and director of cancer navigation for the Sarah Cannon cancer programs offered at HealthONE Hospitals located across the Denver metro area.

Goerke offers a few helpful tips to support someone with cancer effectively.

- 1. LISTEN.** A cancer diagnosis can elicit a slew of emotions, and patients need to be able to share those feelings, thoughts, and fears with people they trust in a judgment-free zone.
- 2. SERVE** as their cancer companion. Whether they're going to a doctor's visit, a radiology appointment, chemotherapy, or a surgical procedure, the stress can be intensified when patients must confront these challenges on their own. Offer to take them to medical appointments and keep them company for the duration of the visit.
- 3. PROVIDE** practical assistance. The need for shopping, housework, bill-paying, and errand-running doesn't go away when cancer enters the picture. But patients often don't want to bother loved ones for help with nonmedical tasks. Don't wait to be asked; take the initiative. Providing home-cooked meals that abide by dietary restrictions, spending an afternoon doing laundry or cleaning, or taking a shift on a carpool list can offer a much-needed respite.
- 4. SHIFT** the focus away from cancer. It's important for patients to know there's a world outside of the disease. Talk about topics that are unrelated to cancer, encourage them to participate in activities they used to enjoy, and make plans for what you will do together when they are feeling better.

To learn more about cancer support, visit fightingcancer.together.com.

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