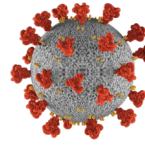


COVID-19: Northside Hospital Updates and Response

To help prevent the transmission and spread of the COVID-19 coronavirus, Northside Hospital Cancer Institute is taking precautions to protect patients, family members, staff and the community. Click [here](#) for more information and answers to your questions.



ASK AN EXPERT



A Skin Protection Guide for Patients and Survivors

By: *Nicole Kounalakis, MD,*
Medical Director, NHCI Melanoma & Sarcoma Programs

What are the best ways patients and survivors can protect their skin during the summer months?

- Apply sunscreen to exposed areas of your skin while outdoors during the day.
- Cover up. Even when it is hot outside, wear lightweight, breathable clothing that can keep you cool and your skin safe.
- Wear a hat. Choose one that shields your head and shoulders from the sun.
- Limit exposure. Seek the shade between 10 a.m. and 4 p.m. when the sun's rays are strongest.
- **Do not tan.** Avoid intentional tanning and indoor tanning beds.

What are the basic terms used on sunscreen products and what do they mean?

- **Ultraviolet radiation (UV) A and B** are invisible rays of the sun's light that can reach the earth. They are very harmful to the skin, especially skin that is extra sensitive due to chemotherapy and radiation treatments. Sunscreen shields us against them.
- **Sun protection factor (SPF)** measures how much protection your sunscreen provides against **UVB rays only**. The number attached to the SPF is a relative value of sun protection. For instance, SPF 20 means that it would take your skin 20 times longer to burn with it versus without it.

What should cancer patients or survivors look for in a sunscreen product?

- **SPF 15 or greater:** Any value less than 15 provides inadequate protection against UVB. The FDA now regulates that SPF 60+ be the highest value known to offer the greatest protection.
- **Broad-spectrum sun protection:** This phrase refers to protection against both **UVA and UVB**. This label is critical because it ensures that your product is also blocking UVA rays.
- **Zinc oxide and titanium oxide:** These are the only FDA-recognized agents that are safe and effective in both adults and children in protecting your skin against UVA and UVB rays. Make sure both are in your sunscreen.
- **Water resistant:** This phrase describes the sunscreen's ability to provide protection while swimming or sweating. The FDA now insists that a specific time (either 40 or 80 minutes) be attached to the water resistant label. Any longer amounts of time are inaccurate and have not been validated.
- **Sunscreen and insect repellent combinations:** These products do not ensure adequate protection against the sun and should be avoided by both patients and survivors.

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BOOST YOUR HEALTH & WELLNESS

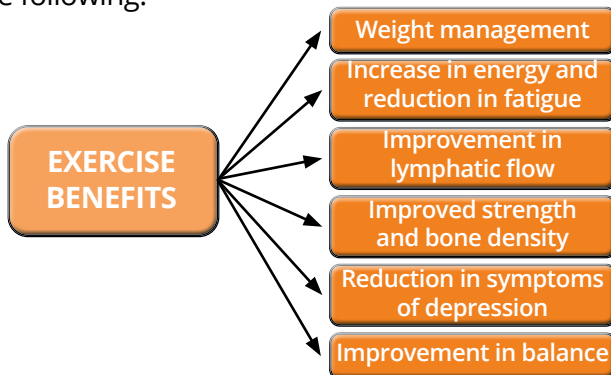
Exercise for Survivors During COVID-19

By: Prentice Haugh, PT, CLT LANA & Melora Rennie, OTR/L, CLT LANA

Exercise and physical therapy are a vital part of cancer treatment and rehabilitation. However, during the COVID-19 pandemic, fitting exercise into a daily routine may be more challenging due to social distancing recommendations, facility closures and safety precautions to prevent infection.

The benefits of exercise during and after cancer treatment may include improving treatment side effects, decreasing the risk of infection and experiencing a more rapid recovery after surgery, chemotherapy or radiation treatment. While maintaining a healthy lifestyle habit, you can lessen the risk for other cancers, as well as other diseases (e.g., heart disease and diabetes).

Some of the many general benefits of exercise include the following:



The American Cancer Society recommends that adults should aim to get 150 minutes of cardiovascular exercise plus two resistance workouts a week.



Here are some tips to incorporate physical activity into your weekly routine during the pandemic:

- ✓ Walk outdoors in an uncrowded environment. Be sure to wear sunblock!
- ✓ Walk up and down the stairs in your home, increasing the number of flights or times per day as you are able.
- ✓ Wear a pedometer or utilize your smartphone to keep track of daily steps. Challenge yourself to increase your step count over time.
- ✓ Turn on your favorite music and move continuously to the rhythm for several songs!
- ✓ Be sure to stretch – one nice thing is stretching does not require a lot of space and items such as a towel or belt can help you with your stretching routine.
- ✓ Complete strength-training activities in the comfort of your own home using resistance bands, free weights or substitute with everyday household items such as canned goods, bottled water, milk jugs, etc.
- ✓ Explore free or subscription virtual workout avenues such as YouTube, Netflix, Cable Streaming, Nike+ App, Doyogawithme.com, Beachbody On Demand, etc.

Not only is it important to stay physically healthy during times of stress, but taking care of your emotional and mental health is just as crucial. Mindfulness meditation is a practice that can be used for reducing stress during your cancer survivorship process. Several apps are available, including Headspace, Mindfulness Coach and Calm and offer free trials to assist with incorporating meditation practice into a daily routine.

Click [here](#) to learn more about Oncology Rehabilitation Services (including virtual visits) offered at Northside Hospital. A physician referral is required for therapy services. If you have a question or want to schedule an in-person or virtual appointment, please contact our scheduling team at **404.236.8030**.



BOOST YOUR HEALTH & WELLNESS

Fresh Fruit and Vegetable Tips

Is it safe to eat fresh fruits and vegetables this summer?

Including fresh fruits and vegetables in your diet increases overall health and the body's ability to fight infections. Even during the pandemic, by taking a few common-sense precautions, such as frequent handwashing and washing of produce, you can continue to eat fresh fruits and vegetables. It is unsafe to use soap, bleach or other chemical cleaners. They are no more effective than cool clean water, and you do not want to consume the chemicals.

Tips for Shopping:

- Limit touching of multiple fruits and veggies when selecting produce.
- Avoid buying food with damaged packaging.
- Pay attention to expiration dates and "best by" dates.
- Avoid eating from bulk bins, salad bars, deli counters, buffets, "potlucks" and sidewalk vendors.
- After a trip to the supermarket, make sure to wash your hands.

Tips for Storing Foods:

- Refrigerate perishable food within 1-2 hours.
- Store raw meat separately from other items.
- Gently scrub fresh fruits and vegetables under cold running water (using a clean soft brush for those with firmer skins) and then allow them to dry.

- Cut away any bruised or damaged parts.
- For berries, consider soaking them in a vinegar fruit wash recipe (below).

Tips for Preparation:

- Wash your hands frequently, using soap and warm water for at least 20 seconds before and after preparing food and before eating.
- Sanitize all food prep areas and equipment, including cutting boards and can openers.
- Keep cold foods at 40° F or below.

Vinegar Fruit Wash

- 1 cup white vinegar
- 3-4 cups water
- 1 pound fresh berries

Directions:

Combine the vinegar and water in a large bowl. Add the berries. Soak for five minutes. Scoop out the berries and rinse under cold water in a colander. Spread out on a towel and allow to air dry. Store in a meal prep container lined with paper towel or in produce storage containers.

Click [here](#) to learn more about Oncology Nutrition at Northside Hospital Cancer Institute.

Arugula Salad with Kiwi, Strawberries and Pecans



- 1/2 cup orange juice
- 2 tablespoons honey
- 1 tablespoon fresh lime juice (lemon juice may be substituted)
- 1/4 teaspoon paprika
- 2 tablespoons extra virgin olive oil
- Zest of one large orange
- 1 tablespoon finely chopped cilantro
- 4 cups baby or regular arugula
- 4 green onions, sliced thin, including green stems
- 4 kiwis, peeled and thinly sliced
- 2 cups strawberries (halved)
- 1/3 cup coarsely chopped, toasted pecans
- Salt and freshly ground black pepper, to taste

Directions:

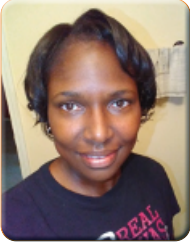
- 1) In small mixing bowl, whisk together orange juice, honey, lime juice and paprika. When well combined, slowly add oil and continue whisking until the mixture is smooth. Stir in zest and cilantro. Season to taste with salt and pepper. Set aside and allow the dressing to stand for a minimum of 10 minutes for flavors to mingle.
- 2) On large serving platter or in large salad bowl, spread arugula and sprinkle with green onions. Arrange kiwi and strawberry slices on top.
- 3) Just before serving drizzle salad with dressing and garnish with pecans.

Per serving: 170 calories, 10 g total fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 22 g carbohydrates, 2 g protein, 4 g dietary fiber, 10 mg sodium, 15 g sugar, 6 g added sugar.



STORIES OF HOPE & HEALING

Survivor Story: Meet Jackie



My Diagnosis and Treatment

In 2008, I became ill with what seemed like a cold that would not go away. My illness progressed to pneumonia and flu-like symptoms. I ended up in the hospital to remove built up fluid around my heart. After the surgery,

I was in the ICU for three weeks, which is where stage IV anaplastic large cell lymphoma (ALCL) was discovered in my lungs.

I was still sedated when I first received chemotherapy and did not have the opportunity to make important choices about my treatment, fertility or anything else. My treatment included six cycles of chemotherapy over a five-month period. Right before my final treatment, my doctor cleared me for a 30th birthday celebration I had planned in Puerto Rico.

I would like to say that after my final treatment in 2008, I was embarking on a new beginning, but unfortunately, that was not the case. As too many of us know, cancer is a thief that hides and strikes when we least expect it, and my story is no different. Over the last 12 years, I fought lymphoma three more times. In total, my body has endured six cycles of aggressive chemotherapy treatment, two of which were preparative regimens for stem cell transplants. Being a two-time stem cell transplant survivor takes on a whole new meaning.

My Support During Treatment and Recovery

At the beginning, I was paired with Dr. Silpa Reddy, an oncologist with Atlanta Cancer Care (ACC), and I feel so lucky to be her patient! She referred me to Dr. Lawrence Morris at the Blood and Marrow Transplant Group of Georgia (BMTGA) to begin my life-saving transplant process. Both ACC and BMTGA were helpful in recommending me to other resources such as the Leukemia and Lymphoma Society. My own research led me to many resources and opportunities for young adult survivors, including the Lymphoma Research Foundation, Project Koru and First Descents.

Support and Resources That Kept Me Going

As my energy returned and my health improved, I participated in survivor retreats such as Northside's Camp Hope. I joined Northside Hospital's Network of Hope and other support/outreach organizations like Young Women Crush Cancer.

Additionally, through Northside, I sought therapy, learned about nutrition and meditation, and began gentle yoga classes with the Cancer Support Community Atlanta. Initially, I avoided processing many things and strictly focused on my physical wellbeing, but over time I started the work of psychological and emotional healing. What was most helpful for me was my faith—belief in God—and the support of my family and friends. They were and continue to be an integral part of my treatment and recovery, especially my caregiver Mom and donor brother!

Fast Forward to Today

My last treatment was in December of 2014. I am blessed to feel and look as healthy as I do after what I have been through, and I am thrilled to share that I am currently doing well—with no continued medications or evidence of disease!

My Advice for Navigating Treatment and Journey to Recovery

- Allow others to help, but also set healthy boundaries.
- Find someone trustworthy to research, advocate and be there for you when you lack the energy, motivation or the ability to do so.
- Set achievable goals and 'plan your happy.' It is so easy to get caught in the endless web of cancer care and healing along your journey.
- Be intentional about staying connected in whatever way that makes sense for you. You do not want to look up one day and find yourself completely isolated (cancer will do this if we let it).
- Ensure that your team of physicians and specialists are a good fit for you. While it is not always possible to take the time at the beginning, try to seek a second opinion or inquire about another recommended doctor—especially if you are dissatisfied with your care.
- Exert every effort to position yourself for success or enlist someone to do it for you so that you can focus your energy on the business of healing!

Closing Thoughts

It is not fair that any of us must suffer through cancer diagnoses and treatments. However, I do believe that we survivors can make the journey a meaningful one by adopting a realistic and optimistic point of view, being intentional and filling our lives with pockets of joy and our favorite things. This way, no matter what the outcome, cancer cannot win. Whatever you dreamed before cancer, let it manifest despite cancer, and you will have triumphed. Battles win the war. Be well my fellow survivors. I am so glad that you are receiving topnotch care at Northside Hospital, a place I once called home.



COMMUNITY SUPPORT & RESOURCES

A Guide During Your Cancer Care - The Oncology Navigator



Debbie Bickes,
MN, RN, OCN

Receiving news of a cancer diagnosis can lead to a variety of emotions including anxiety, fear, confusion and worry. Patients often express that they feel as though they are unsure of where they are going and what may happen next. Also, the medical terms used to provide information can be confusing.

The oncology navigator role was created to guide patients through the maze of the health care system and the complex nature of cancer care. Oncology navigators also provide information and education to patients and caregivers while supporting them during the course of their treatment.

Northside Hospital Cancer Institute's oncology navigation team consists of oncology nurse navigators and cancer care liaisons. Oncology nurse navigators are experienced oncology nurses with specialized training and knowledge in specific cancers. They provide support and reassurance, reliable information

specific to patients' needs and can help patients to better understand the information they receive. As an "insider" within the health care system, oncology nurse navigators help patients understand how to work through challenges they may have during their care and connect patients to the right people or resources for help.

Cancer care liaisons are members of the navigation team who have specialized training and serve as resource experts. They have a vast knowledge of a variety of resources and understand the processes to obtain the right one for their patients. They serve as knowledgeable and supportive guides for a variety of challenges that patients may face in receiving or getting their care.

The Northside Navigation team is available during daytime hours (Monday-Friday) to partner and provide patients with personalized support during their cancer care. To reach a member of our team email navigator@northside.com or call **404.300.2800**.

Cancer Support Community Atlanta Offers Virtual Support Services



Cancer Support Community (CSC) Atlanta has partnered with Northside Hospital Cancer Institute (NHCI) for over 20 years, offering free supportive programs for people in our community affected by cancer.

Their comprehensive programs include:

- Support groups.
- Education programs led by NHCI health care professionals.
- Stress management programs like gentle yoga and Tai Chi.
- Nutrition seminars.
- Gentle exercise classes.

During this time when everyone is self-isolating and staying close to home, CSC Atlanta has transitioned its programs to a digital platform, while continuing to offer the same level of support the organization has

always provided. In the past few months, they have hosted educational programs via Zoom with topics including Updates on COVID-19, The Vital Role of Vitamin D, Metastatic Bone Disease Current Treatment Options, Cancer Genetics, Frankly Speaking About Cancer Risks Among African Americans and The Role of a Patient Navigator.

Additionally, five different live stress management classes are held throughout the week, including meditation and chair yoga. Many of these classes are being recorded and archived on the CSC [website](http://www.cscatlanta.org) for people to enjoy at a later time.

To stay connected to these free oncology support resources, please visit CSCatlanta.org. Visit the "Join Us" tab (under "About Us") to register for the organization's e-newsletter and receive program updates.



GET INVOLVED

Spotlight on Network of Hope - Interview with Mona

Can you please share your survivor story?

I was diagnosed with breast cancer in 2013 and it rocked my whole world. My treatment plan included a lumpectomy and 35 rounds of radiation. Luckily I have been cancer-free for seven years now.

Why did you decide to get involved with Network of Hope?



I decided to get involved after learning about the organization during a presentation at Camp Hope while I was a camper there in 2013. I was initially hesitant to attend because it was my birthday weekend, but with encouragement from my family and the receptionist at my oncologist's office, I went and had a great experience.

I was looking for a way to pay it forward since Northside Hospital had been so good to me throughout my diagnosis, treatment and recovery. The Northside Hospital Cancer Institute system has been a huge blessing to me and my family – everyone there was so kind, caring and compassionate. I wanted to be able to actively give back. Volunteering with NoH seemed like the perfect way to do that.

How long have you been involved and what is your role?

I have been involved with Network of Hope for about seven years now and attend the monthly meetings. I started with Community Outreach and Behind the Scenes, I helped to coordinate our volunteers who make pillows for the support bags. I would also assemble the support bags that we give to patients with breast cancer.



I stay active by modeling for Tennis Against Breast Cancer, volunteering with Wine, Women and Shoes and serving on the planning committee and as a Buddies Buddy for Camp Hope. I also visit the infusion center at NHCI Atlanta Cancer Care – Perimeter/Tower every Tuesday morning for four hours to give out warm blankets and snacks as well as be a listening ear and positive face for patients.

Additionally, I am president-elect for the Northside Hospital Auxiliary and volunteer in other capacities with Miracle Babies at the Zoo as well as serving as a substitute volunteer for the information desk and transport for Northside Hospital.



What would you say to someone who is thinking of getting involved with Network of Hope?

It is a terrible thing to be diagnosed with cancer and I was fortunate to have a family that was a great support system to me, but I have to give credit to Network of Hope and Northside Hospital for being my extended family during my journey. The organization is like therapy and I am blessed to have met so many good people who have become my close friends. It was so nice to be able to connect with people who were on a journey similar to mine and share stories and concerns. There was a comfort level that helped me to realize that I was not alone. The support I received truly allowed me to see the silver lining in my situation and turn lemons into lemonade.

For more information on Network of Hope, please email networkofhope@northside.com or call **404.303.3676**.

Volunteer with Network of Hope

- **Volunteer options when treatment ends:** Community Outreach, Special Events and Behind the Scenes.
- **Volunteer options one year after treatment:** Patient and Caregiver Support.
- **APPLY NOW:** Complete a [Network of Hope application](#) and a volunteer service application for the Northside Hospital campus that is most convenient for you:
 - [Northside Hospital Atlanta Volunteer Services](#)
 - [Northside Hospital Cherokee Volunteer Services](#)
 - [Northside Hospital Forsyth Volunteer Services](#)
 - [Northside Hospital Gwinnett Volunteer Services](#)



EVENTS & CANCER CELEBRATIONS

Due to the changing circumstances related to COVID-19, events are subject to change.

CANCER SCREENING & PREVENTION

American Lung Association Freedom from Smoking Clinic

Next 6-Week Session Start Date: September 15, 2020 @ 1 p.m.

Classes are available at various locations on or near Northside Hospital campuses and by video conference for remote participants



Skin Cancer Screening

September 24, 2020 from 6-8 p.m.

@ Northside Hospital Cancer Institute Radiation Oncology-Atlanta in Atlanta, GA

To schedule an appointment, please call [404-531-4444](tel:404-531-4444)

COMMUNITY EVENTS

NORTHSIDE HOSPITAL CANCER INSTITUTE-SPONSORED WALKS/EVENTS

Wellness Wednesdays Virtual Seminar featuring Nicole Kounalakis, MD

Topic: Melanoma, Skin Cancer Detection

July 22, 2020 at 12 p.m. Email [here](#) to register.



Feathers 5K: A Cancer Fund Run

August 15, 2020 @ 8 a.m. @ Town Brookhaven benefiting Atlanta Cancer Care Foundation Inc.



SagerStrong Foundation and LLS 3K Stadium Fun Run

August 23, 2020 @ 8 a.m. @ Truist Park



ACE Classic 2020- Tennis/Golf/Bridge/Lunch

August 24, 2020 @ 8:30 a.m.

@ Idle Hour Country Club in Macon, GA



Team Maggie 5K/10K

September 19, 2020 from 7:30-10:30 a.m.

@ the River at RCCG King's Court Chapel in Roswell, GA



FOUNDATION EVENT

28th Annual Charity Golf Classic:

September 14, 2020 from 7 a.m.-5 p.m. @ Atlanta Athletic Club

benefiting Northside Hospital Blood & Marrow Transplant Program and Cancer/Medical Research



CANCER AWARENESS

July – Sarcoma and Bone Cancer awareness month

September – Leukemia & Lymphoma, Prostate Cancer, Gynecologic Cancer and Thyroid Cancer awareness month

Please visit our [website](#) for a full list of ongoing support and survivorship programs.