



Raab Clinic Compass

Volume 2 • Issue 2



CARTERET GENERAL HOSPITAL
Making A Difference In Your Life

Fall Newsletter 2008

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Around the Raab:



Sonda Warrington, RN

Welcome to the 5th edition of the Raab Clinic Compass. All of the staff in the clinic are committed to providing you exceptional care and making your treatment experience more comfortable. Our goal is to provide you with the information you need to make decisions about your treatment and care and to be available to answer questions when you need us. The staff choose the information for the newsletter and write the articles. If you have a future topic you would like to see covered, please call Gail Russell at 808-6642 or email grussell@ccgh.org

This news is for YOU!

I am pleased to share with you that Dr. James T. Loynes has joined the Raab Clinic team. Dr. Loynes is now accepting new clients and has written a small introduction below for patients!

Sonda Warrington, RN
Director of Cancer Services

Visit *Carteret General Hospital's* website and find out even more about cancer services and other medical care available to you.

www.ccgh.org

Have topics or questions you would like addressed in the next newsletter?

Call 808-6642

A Note from Dr. Loynes



Dear Raab Clinic Patient,

I am writing this letter to introduce myself as a new physician at the Raab Clinic. I am a native of Charleston, South Carolina, where I went to the College of Charleston and the Medical University of South Carolina. After Medical School, I completed an Internal Medicine residency at Vanderbilt University and a fellowship in Hematology and Oncology at Dartmouth. I come to Morehead City from Virginia where

I have been in private practice for the last five years. I am board certified in Internal Medicine, Oncology and Hematology. I am honored to join your current healthcare professionals to assist in providing excellent medical care. My goal is to work in partnership with you to provide a patient centered environment with active collaboration and information sharing.

My family and I are looking forward to joining your community. My wife is also a physician and we have three children ages 1, 6, and 8. I am excited to join the dedicated health care professionals at the Raab Clinic and I am looking forward to meeting you and your families in the coming months.

— James T. Loynes, MD

A kind word is like a spring day.—Russian Proverb

Protect the Skin You are In by Melanie Patterson, FNP

It is the time of year when many of us are enjoying time in the garden, yard, pool or beach, soaking in the sun. Sun exposure will permanently damage our largest, most protective organ, our skin. Sunburn and damage can be prevented with a little prevention and thinking ahead.

Generally sunscreens do a pretty good job of blocking UVB (Ultra Violet beta) rays. We now have products for UVA (Ultra Violet Alpha) protection since July of 2006. These can be found in several forms: benzophenones, anthranilates and ecamsules (some of them used in Europe for more than 10 years). L'Oreal makes a formulation called Mexoryl SX. Lindi Skin makes products especially for cancer patients (lindiskin.com) and has a form called Lindi Sun with UVA/UVB protection as well.

Sunscreens work by either absorbing or blocking ultraviolet light. SPF (or sun protection factor,) applies only to those sunscreens that protect skin from UVB rays. SPF acts like a multiplying factor. For instance, if you normally spend 20 minutes in the sun without sunburn and apply an SPF 15 sunscreen, you could potentially spend 300 minutes in the sun without burning. Sunscreen must be reapplied every two hours and after water exposure or sweating, according to the labeling.

Remember sunscreen will not protect you fully. Also utilize those other safe sunning tips as well: avoid the sun between 10am and 4pm, wear a wide-brimmed hat, protective clothing and sunglasses, and always protect the skin of our children.

Raab Clinic Offers BODYFLOW Class

"Meditation is the tongue of the soul and the language of our spirit"

~Jeremy Taylor



Bodyflow combines yoga, tai chi and pilates to make you feel stronger, reduce pain and relieve stress. The

class contains general warm ups, followed by body movements and ends with a relaxation, meditation period. It is a great way to increase strength, flexibility and relaxation.

Tai chi promotes serenity through gentle movements and

breathing and is often called "meditation in motion". Pilates uses controlled movements in the form of mat exercises or equipment to tone and strengthen the body. Uplifting music is used during the classes.

Classes are free to Raab Clinic oncology patients and one caregiver. The classes will be taught at Gold's Gym on Wednesdays, 1:00-2:00 pm starting September 3rd. These particular classes will only be for the Raab Clinic patients.

The instructor, Cathy Autry, is certified to teach the classes and will offer you complete support and instruction and help you work at your own pace.

Please contact Gail Russell, CMSW, at # 808-6642 for more information.

Upcoming Community Events

Prostate Screening—Sept. 13—Lab work should be completed between Aug 18 — Sept 12 for \$15. Call 808-6200 for a free appointment!

Breast Screening — Oct 25th — Carteret County Health Department. 8:00 AM—12 NOON, Call 808-6200 to schedule an appointment.

Big Thanks to Big Rock



The Lady Angler Tournament was the largest since their beginning in 2002 with 65 boats participating this year. The most important aspect of the tournament is the fact that most of the tournament proceeds are donated to charity. The Raab Oncology Clinic is very honored to be the tourney's sole beneficiary for the last 4 years. The proceeds go toward "the comfort & care of patients." The funds support Body Flow classes for patients, massage therapy, blanket warmers, individual TV's, a patient emergency assistance fund and many other comfort items. Thanks to these special people for helping us to improve the chemotherapy experience.

Ask the Oncology Nurse... by Mary Jane Bellardo, R.N.



Mary Jane Bellardo, R.N

What is Chemo Brain?

Some unpleasant side effects of chemotherapy are nausea, fatigue and hair loss. More attention is now being given to the cognitive dysfunction known as "chemobrain". Chemo brain is noticed more by long term cancer survivors who are trying to get back to a normal routine and who may find themselves unable to concentrate on their work or to juggle multiple tasks.

The impact on the individual depends to a large extent on what kinds of demands they have at work or in life in general. Those who have very demanding or stressful jobs or have to multitask are going to notice cognitive shifts. In the past, doctors assumed chemo brain was merely a byproduct of other chemo side effects like anemia, fatigue or depression since all of these have the potential to cause

problems like memory lapses or concentration difficulties.

Researchers are studying whether certain genetic or hormonal factors may make some people more susceptible to mental effects from chemo. Estrogen and a gene linked to Alzheimer's are two targets of investigation. Researchers are also using MRI to identify what parts of the brain are affected by chemo.

Until answers are found it is important that patients with this problem talk to their doctor. There are some strategies that have worked for some survivors such as decreasing workloads, and avoiding multiple tasks. Making lists of what needs to be done and getting more sleep also seems to help. The main thing to remember is that most people do recover fully from the effects of chemotherapy. Most individuals' cognitive function will recover to normal or near normal levels a year or two after chemo.

Managing your Cancer Through Online Support

A good way to find support and resources is to connect with others who have walked in your shoes. Online support groups are offered by:

www.cancercare.org

www.breastfriends.org

www.cancerhopenetwork.org

www.thewellnesscommunity.org

The Pharmacy Corner



Have you ever suffered from mouth sores from your chemotherapy or radiation? If you answered yes, you are among some 40% of cancer patients receiving chemotherapy. We want you to know that here are some home remedies that you can try if your doctor is not available to write you a prescription for some of the treatments that we usually prescribe for mouth sores. Although these are safe and work well, always inform your doctor what your symptoms are and what you have done to treat those symptoms. The next time you are suffering from mouth sores and your doctor

is unavailable try one of these home remedies.

Salt and Sodium Bicarbonate (Baking Soda) in Water Mouth Rinse

Mix one (1) teaspoon salt and one (1) teaspoon Baking Soda in one (1) quart of warm water.

Swish a teaspoonful in mouth and spit out. You can repeat this as many times as needed during the day for comfort.

Benadryl and Maalox Mouth Rinse

Benadryl SYRUP 12.5 mg/5 ml—*be sure to use the Benadryl syrup, NOT elixir*
Maalox or Mylanta antacid

Mix equal portions of the two, Shake Well and Refrigerate

Swish 1 tablespoon in mouth and spit out. You can repeat this every 3 hours as needed

Other tidbits to remember about keeping mouth sores at bay:

Do not use mouthwashes containing alcohol

Avoid hard, spicy or hot food

Eat ice chips and popsicles

SUPPORT GROUPS

Support Group

Details

Who is it for?

Tickled Pink

September 16th

Quarterly

(*March, June, Sept. & Dec.)

5:30-6:30pm

Meeting Room A

Carteret General Hospital

Light Dinner Provided

RSVP — 252-808-6642

Breast Cancer patients

Friends and Family members

Patient/Family Support Group

November 11th

Quarterly,

(Feb, May, Aug, Nov)

Meeting Room A

Carteret General Hospital

Lunch provided

RSVP: 252-808-6642

Leukemia/Lymphoma/

Myeloma patients and
family members

Man to Man

3rd Wednesday monthly

7:00pm

Carteret General Hospital

Corner Conference Room

252-726-8836

Prostate Cancer patients

Colorectal Support

4th Thursday monthly

5:30 PM

Meeting Room A

Carteret General Hospital

252-808-6642

Colorectal Patients
and family members

Healthy Heart

Support Group

3rd Wednesday monthly

12:00 noon

CGH Learning Center

3601 Bridges Street

Patients

and caregivers

Support Our Cancer Services, Make a Gift or Memorial!

You can make a difference in the future of the Raab Clinic and in the lives of the many patients whom we care for each year. Our cancer services are directly enhanced by contributions to the Raab Clinic. Many patient care and comfort items are made possible because of our community's support. Gifts are a wonderful way to provide a lasting token of your affection for a friend or loved one while helping the Raab Clinic provide exceptional medical care to our community.

I support having state-of-the-art cancer services in Carteret County.

Enclosed is my gift of: _____

Name _____

Address _____

City _____

3500 Arendell Street

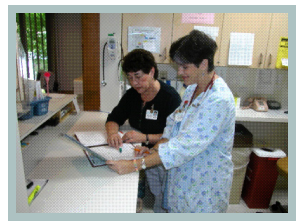
Morehead City, NC
28557

(252) 808-6000

Visit Carteret General Hospital's website and find out even more about the Raab Cancer Clinic and other medical care available to you.

www.ccgh.org

Newsletter compiled and created by: Kate Hough, RN & Gail Russell, MSW



Raab Clinic Compass

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