

TheLinkforHope

A NEWSLETTER OF THE
GOSHEN CANCER SURVIVOR NETWORK
FALL 2017

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A Journey of Courage and Hope

**Weekend Retreat
October 27-29, 2017
at Das Dutchman
Essenhaus**

This weekend event is an opportunity for patients living with metastatic cancer and their caregivers to retreat from their daily routines, and to experience a program of individual and mutual healing and renewal. If you would like more information about this free event, please contact 574-364-2948.



Michael Minarich, MD

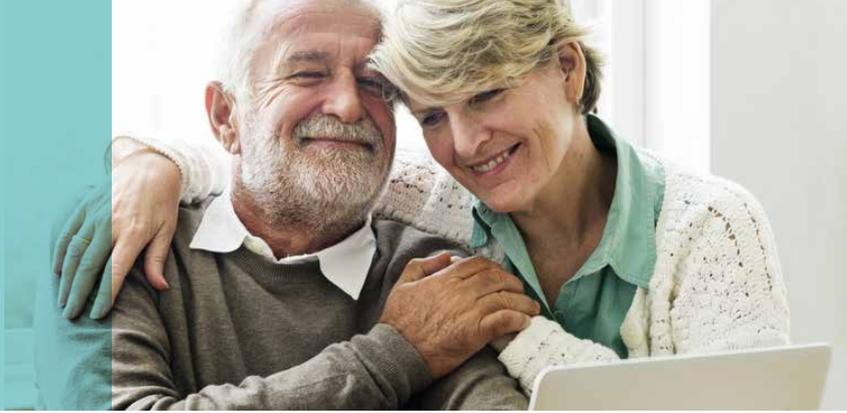
TRAINING THE NEXT GENERATION

In August 2017, Goshen Center for Cancer Care stepped into the elite group of cancer centers willing to not only treat and support cancer patients, but also make an impact on the next generation of surgical oncologists. For the next two years, Michael Minarich, MD, a recent graduate of Cooper University Hospital, a regional cancer center in southern New Jersey, will endure fellowship training under the guidance of Goshen Center for Cancer Care's Surgical Oncology team. Dr. Minarich says "I am very thankful for the opportunity to participate in the multidisciplinary cancer care at Goshen Hospital. It was obvious from my first moment here that Goshen Hospital is a very special place, and I look forward to working with the surgical oncology team in providing world class care".

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MULTIDISCIPLINARY
CANCER CARE AT
GOSHEN HOSPITAL."**

The fellowship will provide additional training in the prevention, diagnosis, treatment and rehabilitation of cancer patients as well as a focus and knowledge of cancer research. Our providers are excited to be able to train Dr. Minarich in the comprehensive cancer care style that is unique to Goshen Center for Cancer Care. Give him your well wishes next time you are here.

FOCUS ON INTIMACY



Nicole Formalik,
PA-C

In a 2010 survey of more than 3,100 cancer survivors by the Livestrong Foundation, nearly two thirds of respondents experienced some form of sexual dysfunction as a result of their condition and treatment. With more people successfully treated for cancer and living longer, greater attention is being directed toward the ongoing needs of cancer survivors. If sexual health is one of your concerns, you are not alone. A study titled, "Patient Experiences with Communication about Sex During and After Treatment for Cancer", reported seventy-eight percent of study participants thought it was important to have discussions with health care professionals about sexual problems.

Sexual feelings and attitudes vary greatly, even when a person is not sick. Some individuals with a cancer diagnosis may notice little to no changes in their energy level and sexual desire. Others may notice a significant impact. Not only is there the emotional turmoil cancer inflicts but there is also the physical changes that may be the result of surgery, chemotherapy or radiation treatments.

Here are some signs that it is time to talk to your health care provider about sexual functioning after cancer treatment:

Male Sexual Health After Diagnosis of Cancer

- Inability to get or keep a firm erection.
- Loss of desire for sex.
- Difficulty reaching climax.
- Having a dry orgasm or a climax without any semen.
- Having urine leak out at climax instead of semen.
- Climaxes that don't feel as good as before cancer.
- Pain in the penis or testicles during sex.
- Stress in the relationship with your partner.
- Sad or depressed feelings. Low self-esteem due to changes in your role in the family and at work.

Female Sexual Health After Diagnosis of Cancer

- Negative thoughts and feelings during sex.
- Loss of desire for or difficulty feeling excitement and pleasure during sex.
- Difficulty reaching climax.
- Vaginal dryness and tightness.
- Pain in the genital area during sex.
- Concerns about changes in the way you look.
- Stress in the relationship with your partner.
- Sad or depressed feelings. Low self-esteem due to changes in your role in the family and at work.

Talking about sex can be difficult, but discussing strategies to treat your concerns and help improve your sexual health should become a routine part of the conversations with your health care team before, during and especially after cancer treatment.



Kristin Roos, ND

VAGINAL DRYNESS is not an uncommon side effect of many cancers and corresponding treatment regimens. It can be difficult to determine the safest product to use among the many available options. For everyday dryness, over-the-counter vaginal moisturizers may be helpful and can maintain vaginal moisture for 1-3 days. Examples of these chemical-free products include: Emerita[®], Good Clean Love[®], Lubrin[®], Aloe Cadabra[®] and SYLK[®]. Liquid Vitamin E can also be used topically to ease vaginal dryness. During intercourse, use a water-based lubricant or gel, as these are more comfortable and safer than oil-based lubricants and petroleum jellies such as Vaseline[®]. Also avoid warming lubricants due to the presences of capsaicin, a component found in chili peppers, as they may cause stinging or burning.

FALL-ING INTO NUTRITION



Becky Overholt,
RD, CSO, CD

Summer is winding down and so is the garden. Even so, there are still wonderful, nutritious vegetables that can get you through the fall & winter.

The most well-known fall vegetables are the squashes - pumpkins, acorn squash & butternut. They are good sources of fiber, Vitamin A, & beta carotene and provide cancer protection for mouth & throat cancers, skin, lung, stomach & breast cancer.

Other fall vegetables that have great cancer protection include rutabagas, turnips, brussels sprouts & cabbage. These contain indole-3-carbinol & sulforaphane that protect against cancers of the breast, prostate, lung, colon, cervix & endometrium. Rutabagas & turnips are easy-to-prepare root vegetables that can replace potatoes in most recipes. They are low in carbohydrates & calories and high in fiber.

MASHED RUTABAGA POTATO SUPREME



Serves 4

- ½ large rutabaga (about 1#), peeled, cut into ½" chunks
- ½ pound potatoes, any kind, peeled, cut into ½" chunks
- 1 medium carrot, chopped
- ¼ cup milk (or reserved cooking water)
- 3 Tbsp unsalted butter, melted

¾ tsp salt

¼ tsp nutmeg

Ground black pepper

Bring large pot of water to boil. Add a few pinches of salt and then drop in the rutabaga; cook for 10 minutes. Add the potato and carrot; cook until everything is tender, 15-20 more minutes. Drain.

Heat the milk in a small saucepan, but do not boil.

Mash the rutabaga and potato with the butter until smooth, adding a little of the warm milk at a time until the mixture reaches the consistency you like. Stir in the salt, nutmeg, and pepper to taste. Serve hot.

Adapted from www.kitchenmonki.com

NIGHT OF THE STARS

Urs von Holzen, MD, Surgical Oncologist with Goshen Center for Cancer Care was recently presented the Hope Award at this year's Coaches vs. Cancer (CvC) Night of the Stars. This year's CvC Night of the Stars event, chaired by Notre Dame Basketball Coach Mike Brey, honored four exceptional individuals who have made a significant impact on the fight against cancer.

The Hope Award highlights an individual who gives daily hope to cancer patients, survivors and caregivers. Dr. von Holzen received special acknowledgment through this award for his work to develop a new program for Goshen Health: free low dose CT lung screenings for individuals at high risk for developing lung cancer. This program gives hope to patients and our community by diagnosing cancer earlier, giving individuals a stronger chance at life-saving treatments.

Congratulations and great job to Dr. von Holzen and all of the lung cancer team!

Goshen Center for Cancer Care colleagues gathered to support Dr. von Holzen, recipient of the Hope Award.



From the left: Jenny Rupp, Susan Franger, Libby Stout, Dr. Henry, Dr. von Holzen, Randy Christophel



All four Hope Award recipients:

From the left, Dr. von Holzen, Amy Tinlin, Kathy Ann Reinhardt, and Katina Wood



Goshen Center for
Cancer Care

200 High Park Avenue
PO Box 139
Goshen, IN 46527

The Retreat's 10th ANNUAL DECORATED BRA CONTEST

Design. Decorate. Donate.

Registration and entry deadline is Sept. 8th, *Voting is open Oct. 1-31*
GoshenBraContest.org

13th ANNUAL MIDDLEBURY WALKS FOR A CURE

Sunday, October 8th, Das Dutchman Essenhaus Inn and Conference Center

5K Run/Walk and 1 Mile Fun Walk
Cancer survivors will be honored by leading the walk.

To register, visit <http://middleburywalksforcure.everydayhero.do/>

Proceeds to Benefit:
Goshen Center for Cancer Care
United Cancer Services of Elkhart County

SAVE THE DATE

GOSHEN CANCER SURVIVOR NETWORK ANNUAL HOLIDAY LUNCHEON

11:30 a.m. on Dec. 8th, Goshen College Church Fellowship Hall

Cancer Survivors who have received treatment at Goshen Center for Cancer Care are invited for a time of food and fellowship at the Annual Holiday Lunch. Lung cancer survivor, Neil Graves, will share his story of hope in the face of a difficult diagnosis.

Please bring cash or check to participate in the silent auction to raise money for the Naturopathic Wellness Fund.

There is no cost to attend, but reservations are required. Please call 574-364-2922 or email estout@goshenhealth.com to reserve a seat for you and one guest.

Event information is available by visiting <http://goshensurvivors.org> or calling Libby Stout (574) 364-2922.

The Link for Hope is a publication of the Goshen Cancer Survivor Network.

Contact info:



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