

FEEL GOOD, LIVE BETTER

SUMMER 2009



Healthy Steps participants Phyllis Newman, Renee Barnes (instructor), Rose Cooper, Lou Talbott, Jeannette Blessing, Maryln Evans, Dawn Threewit, Fay Butterfield show off the feather boas used in the class.

Healthy Steps - Exercise for Cancer Survivors

The Peitz Cancer Support House announced a new exercise class in April: *Healthy Steps!* This therapeutic exercise and movement program is for those who have been diagnosed with breast cancer or other forms of cancer and those who currently or previously received radiation/chemotherapy treatment. *Healthy Steps* is taught by certified physical therapists, and classes are held once each week for six weeks. *Healthy Steps* is an easy to do, smooth, slow and resistant movement exercise. It can be done sitting or standing, and with the help of some feather boas, it is designed to be a great deal of fun!

For more information about registering for a class, contact the PCSH at (870) 508-CARE (2273).

September is Prostate Cancer Awareness month

Prostate cancer is the most common type of cancer found in men, other than skin cancer. Prostate cancer is the second leading cause of cancer death in men. Lung cancer is the first. According to the American Cancer Society, most cases of prostate cancer occur in men older than 50, and more than 70% of these cases are in men over 65. One man in six will get prostate cancer during his lifetime, and one man in 35 will die of this disease. More than 2 million men in the United States who have had prostate cancer at some point are still alive today. The death rate for prostate cancer is going down due to the disease being found earlier.

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Prostate cancer can usually be found in its early stages by having a prostate-specific antigen (PSA) blood test and a digital rectal exam (DRE). Talk to your doctor about what's right for you. Your doctor should offer you the PSA blood test and DRE every year starting at age 50. Having one or more close relatives with prostate cancer also increases a man's risk of developing this disease, as does eating a diet high in animal fat. Talk about the benefits and limitation of testing with your doctor so that you can make an informed decision about testing.

For more information about prostate cancer, contact the PCSH at (870) 508-CARE (2273).

Men's Cancer Support Groups Meet at PCSH

Men are diagnosed with cancer too, and that's why we offer two support groups for men at the Peitz Cancer Support House. We are very excited to be able to offer a place for men and their loved ones to come and ask questions about cancer and gain support from other cancer survivors. We encourage our men to bring a support person with them to any of the meetings. Many of our gentlemen choose to bring their wife along for support, and sometimes having an extra set of ears comes in handy.



Dr. Bob Cogburn answers questions and discusses the latest cancer issues with one of the PCSH Men's Cancer Support Groups.

One group meets at 7:30 a.m. the second Thursday of each month. Bob Cogburn, M.D., is available to answer questions and discuss the latest cancer issues. Dr. Cogburn is a valuable resource for this group. He does an excellent job explaining medical terminology in a way everyone can understand.

A second group meets at 9:30 am the fourth Friday of each month. This group usually focuses on topics of interest based upon input from the group.

If you would like to learn more about a particular cancer related topic, just submit your idea and we'll schedule that topic for the group.

For more information about either of these groups, contact the PCSH at (870) 508-CARE (2273).

Cancer Affects the Entire Family

Receiving a cancer diagnosis affects the entire family. Moms, dads, children, grandparents, aunts, uncles and even close friends all have different needs when a loved one is diagnosed with cancer. The Peitz Cancer Support House provides emotional support to cancer patients and their families from diagnosis and throughout their entire cancer treatment. We want to help cancer patients celebrate their survivorship. We consider everyone a survivor from the first day of their diagnosis.

The Peitz Cancer Support House offers educational information about the various types of cancer, radiation, chemotherapy, and coping information. Various support group sessions offer a chance for discussion and education on cancer related topics. We have support groups for the cancer patients and their families. The caregiver's support group is designed to provide support to help those who have a loved one undergoing cancer treatment.

We want to provide support for the entire family because we understand a cancer diagnosis affects the entire family.



Members of the BRMC team at the 2008 Susan G. Komen Race for the Cure in Little Rock.

Save the date! Join the Team! Race for the Cure!

Imagine 46,000 women packing the streets of downtown Little Rock for the annual Susan G. Komen Race for the Cure. BRMC would like to invite you to join our team for this fun-filled weekend. Registration is July 20 through September 4. The race is October 17. The BRMC team will leave Mountain Home early October 16, attend the pre-race pasta party, participate in the race the next day and celebrate with our Breast cancer survivors at the survivors luncheon.

This year we will celebrate the 16th Annual Susan G. Komen Arkansas Race for the Cure. This important event helps to raise awareness and funds to help fight breast cancer. Susan G Komen for the Cure funds many grant programs that help local communities carry out breast cancer education, screening and outreach programs.

If you would like to help the team, but are unable to attend the race, you can sign up as a "spirit runner." For more information about joining the team, contact the PCSH at (870) 508-CARE (2273).

Support groups that meet regularly at PCSH are:

- BREAST CANCER SURVIVORS - Second Tuesday at 12 Noon, Fourth Thursday at 6 p.m.
- CAREGIVER SUPPORT GROUP - First Tuesday at 12 Noon
- CELEBRATING LIFE - First and Third Friday at 12 Noon
- CHATTING NEEDLES - Every Wednesday at 1 p.m., First Thursday at 5 p.m.
- CHILDREN'S SUPPORT GROUP - Every Tuesday at 4 p.m.
- MEN'S BREAKFAST SUPPORT GROUP - Second Thursday at 7:30 a.m.
- MEN'S ACTIVITY SUPPORT GROUP - Fourth Friday at 9:30 a.m.

Classes that meet regularly at PCSH are:

- LOOK GOOD, FEEL BETTER - Aug 17, Oct 19, and Dec 14 - 9 a.m. to 11 a.m. Call to register.
- HEALTHY STEPS EXERCISE for Cancer Survivors - Once a week for six weeks, Thursdays at 1 p.m.. Call to register.
- TOBACCO CESSATION - Session includes 3 classes. Call to register.

Special Events:

- RACE FOR THE CURE - Registration July 20 - Sept 4
- RACE FOR THE CURE T-shirt Design Contest - July 20 - August 7
- RACE FOR THE CURE, Little Rock - October 16 - 17



Thanks to support from the community, the services and programs offered at the Peitz Cancer Support House are free of charge. For information about ways to help support these programs, call the Baxter Regional Hospital Foundation at (870) 508-1770.



Baxter Regional Medical Center

Peitz Cancer Support House
624 Hospital Drive
Mountain Home, Arkansas 72653
(870) 508-CARE

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If you have moved or do not wish to remain on our mailing list, please call the PCSH at (870)508-CARE (2273). Thank you!

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V O L U N T E E R I N G A T P C S H :

Share Your Experience, Share Your Time!

You can make a difference in the lives of people in our community that have been diagnosed with cancer. There are many volunteer opportunities at the Peitz Cancer Support House from assisting staff with daily operations to helping with support groups or special projects. All volunteers are required to attend BRMC orientation to receive a hospital volunteer badge. For more information contact the PCSH at (870) 508-CARE (2273) or BRMC Volunteer Services at (870) 508-1064. Please consider a volunteer opportunity at the PCSH.



Join Kate Brainerd as a PCSH volunteer today!