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UNIVERSITY HOSPITAL



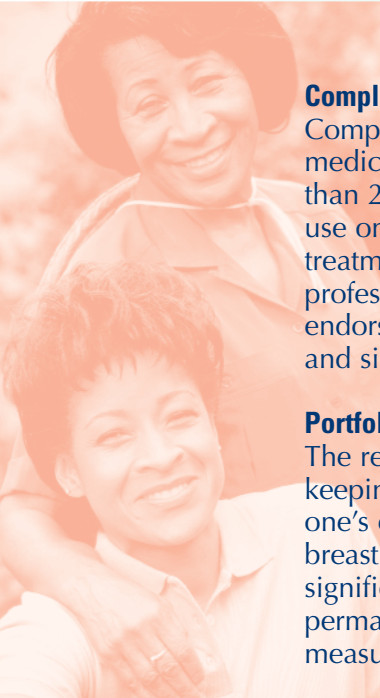
Life After Breast Cancer: *A Journey Toward Wellness*

**Exploring alternative paths
to optimal health after breast cancer.**

S Y R A C U S E , N E W Y O R K

Life After Breast Cancer: A Journey Toward Wellness

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Complementary Medicine

Complementary and alternative medicine defined. Why more than 25 percent of all patients use one or more of these treatments. Why the medical profession may or may not endorse them. Efficacy, safety and side effects.

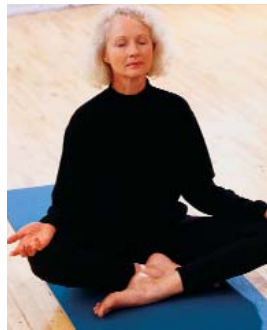
Portfolio Development

The rewards of keeping a journal of one's experiences as a breast cancer survivor. The significance of having a permanent record by which to measure one's personal growth.

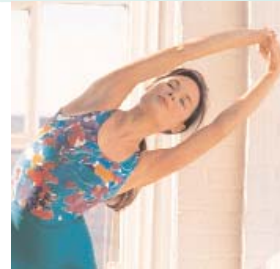


Relaxation Techniques

Discussion of the physiological and emotional benefits of relaxation techniques. Opportunity to practice various techniques including guided imagery, focused breathing, and mindfulness meditation.



On the Cover: This beautiful and thought-provoking sculpture represents a patient's emotional journey following a diagnosis of breast cancer. Along the way she experiences denial, anger and grief, that lead to a new awareness of herself and her priorities in life. At the end of her journey, she is able to stride into the future with confidence and optimism. The sculpture, by local artist Ginger Dunlap-Dietz, was commissioned by a patient to show her appreciation for the care she received at the Breast Care Center. The artwork is on display in the reception area at the center.



Moving on After Surgery

A mastectomy patient and exercise instructor demonstrates how stretching and low impact aerobics can help tone the body and engender a sense of well

being.

Communication with Family

Common communication problems between cancer patients and their loved ones. Techniques for communicating more effectively.

Humor and Attitude in Disease

Humor as a healing tool. Is there such a thing as "mind over matter"? How finding the playful child in all of us can help us be better adjusted adults.

Spirituality and Wellness

A definition of religion and spirituality, and the difference between them. The role of spirituality in coping with breast cancer.

Nutritional and Herbal Therapies: Fact vs. Fallacy

A discussion about the history and regulation of "natural" products. The role of vitamins, herbal and other nutritional supplements in prevention and treatment. The safety and known



adverse side effects of supplements.

Massage Therapy: Therapeutic Touch

The benefits of massage therapy. Instruction in self-massage. Special attention given to post-op scars, range of motion and lymph drainage.

Art Therapy

Using art as a healing therapy. Participants create life-sized profiles of their bodies on paper and decorate them with images that reflect their life experiences and feelings about their bodies. In some cases the images include women's reactions to the scars of a mastectomy.



Wrap Up and Celebration

An evaluation and review of the program, and sharing of journals.

Tour of the Health Information Center conducted by Jim Capodagli, MSL, Director, and Sharon Kitchie, MS, RNCS, Patient Education Coordinator.



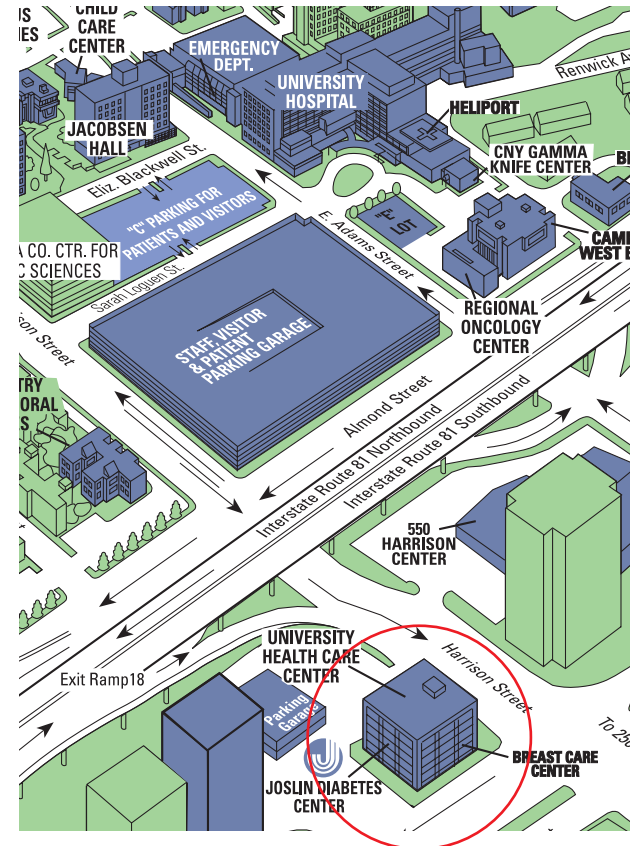
About the Program

Women who have heard the words, “You have breast cancer,” enter into an often overwhelming and stress-filled world. It frequently includes making difficult decisions about treatment options; coping with feelings of fear, anger and depression; and dealing with significant changes in their lifestyles and personal relationships.

“Life After Breast Cancer: A Journey Toward Wellness,” introduces breast cancer patients to factors that can have a profound and positive influence on their lives. The nine-week program explores new directions toward wellness such as complementary therapies; the positive changes and personal growth that can result from a cancer diagnosis; techniques for getting in touch with untapped inner resources; the strength and inspiration to be gained from sharing intimate experiences with other breast cancer survivors; and the benefits of participation in a discussion group.

Although more research remains to be done in this field, it is believed that women who participate in cancer support groups adapt better to the short and long-term physiological and psychosocial consequences of the disease.

“Life After Breast Cancer” is offered free of charge. Most sessions are held at the Breast Care Center on the fifth floor of University Health Care Center (corner of Townsend and Harrison streets) from 6 to 8 p.m. Enrollment is limited. For the dates of the next series, or for more information, please call 315-464-8224.



Breast Care Center



SUNY Upstate Medical University

University Health Care Center

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