

July/August 2025

Cancer Wellness Newsletter

In This Issue:

**Importance of Hydration
During the Summer Months**

**Please Welcome the
Newest Employees**

...and more, inside!



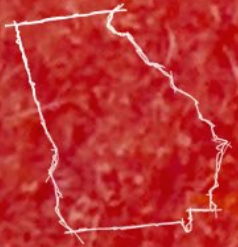
Thank you to our donors!

As a not-for-profit entity, Piedmont relies on the generosity of donors, whose support of Cancer Wellness at Piedmont allows us to offer many programs, services and advanced medical technology to the community. For more information or to donate in support of Cancer Wellness at Piedmont Columbus, visit piedmont.org/pcrfoundation or call 706.660.6115.



JOHN B. AMOS CANCER CENTER

Real change lives here



At Piedmont Columbus, we treat the patient—not just the disease. Because cancer treatment involves more than medical care, free programs such as yoga, expressive art classes and counseling are available to anyone affected by cancer at any phase in his or her journey through Cancer Wellness at Piedmont, regardless of whether or not they are a Piedmont patient.

July is *Sarcoma/Bone Cancer Awareness Month*

Bone cancer is a mass of benign or cancerous cells growing in a bone. The main cause of bone cancers is unknown. A small number of bone cancers have been linked to hereditary factors, while others are related to previous radiation exposure, known condition called Paget's disease of the bone, or a rare genetic condition called Li-Fraumeni Syndrome.

What are the signs and symptoms of bone cancer?

- Persistent bone pain that gets worse over time and continues into the night
- Swelling and redness (inflammation) over a bone
- Noticeable lump over a bone
- Weak bone that breaks (fractures) more easily than normal
- Problems moving around

What are the different types of bone cancer?

- Osteosarcoma – the most common type; mostly affects children and young adults under the age of 20
- Ewing sarcoma – most commonly affects people between the ages of 10-20
- Chondrosarcoma – affects adults over the age of 40

Young people can be affected because the rapid growth spurts that occur during puberty may make bone tumors develop.

How is bone cancer diagnosed?

- X-rays
- Biopsy (core needle or open biopsy)
- MRI scan
- CT scan
- Bone scan
- Bone marrow biopsy (Ewing sarcoma)

How can bone cancer be treated?

- Surgery to remove the section of cancerous bone; however, amputation is sometimes necessary
- Chemotherapy
- Radiotherapy

In some cases of osteosarcoma, a medicine called mifamurtide may be recommended.





Importance of Hydration During the Summer Months

- Proper hydration helps regulate body temperature, support brain function and mood, keep our joints lubricated and our digestion smooth.
- Hydration is always important, but especially in hot and humid weather, as we tend to lose a lot of our body fluid.
- We should drink more water to prevent dehydration, regulate body temperature, maintain healthy skin, aid digestion, and prevent kidney stones.

August is *Appendiceal (Appendix) Cancer Awareness Month*

Appendix cancer, which is very rare, occurs when cells in the appendix change and grow significantly. The tissue growth formed from the cells is called a tumor. The appendix is a small pouch of tissue in the abdomen. It is part of the intestines and colon.

What are the signs/symptoms of appendix cancer?

- Appendicitis
- Loss of appetite
- Hernias
- Changes in bowel function
- Indigestion
- Abdominal pain, lower right side of abdomen
- Ovarian masses
- Vomiting

There are two main types of appendix cancer:

- Neuroendocrine (carcinoid) tumors (NET)
- Carcinomas

How do you diagnose appendix cancer?

- Lab test
- Ultrasounds
- MRI
- CT scan
- PET scan

What are some treatment options?

- Surgery and/or chemotherapy

Welcome

the newest employees to John B. Amos Cancer Center!

Ebony Johnson, **PBX Operator**

Ebony is originally from the Phenix City area. She is happily married and the proud mother of two wonderful boys. In her free time, she enjoys watching documentaries and staying active through regular workouts. She is truly excited to begin her journey at JBACC and looks forward to the opportunities and experiences ahead.

Abigale "Abbie" Gardner, **Medical Oncology Referral Rep.**

Abbie is originally from Cincinnati, Ohio. She has one son who will be a senior in high school this up coming school year. She enjoys watching football (Cincinnati Bengals), going to her son's sport events, and spending time with friends. She is very thankful to be a part of Piedmont (JBACC).

Dee "Lynne" Souter, **Medical Oncology Referral Rep.**

Dee moved from North California six years ago following her daughter, son in law, and their two beautiful daughters. She loves to cook and entertain, painting watercolors and acrylics. She spends a lot of her free time with family and new friends by going to the beach or just a good road trip.

Programs

CREATIVITY

Painting with a Twist (Art Therapy)

Art therapy is a therapeutic technique rooted in the idea that creative expression can foster healing and mental well-being. Art therapy can improve cognition, reduce stress, and facilitate feeling of well-being or pleasure.

Spend time with a local artist exploring various themes and self-expression through different art media. Join us weekly as we explore painting and other creative techniques in a supportive environment. Program is free to all John B. Amos Cancer Center patients and caregivers. All materials provided (funding made possible by the Piedmont Columbus Regional Foundation). Come relax and let our creativity flow! Please RSVP with Cindy Berdoux at 706.320.8718. For patients only.

Every 2nd & 3rd Mondays, 10 a.m.-1 p.m.

MOVEMENT

Gentle Chair Yoga

Participants are guided through breath work, simple yoga postures and deep relaxation. Yoga calms the mind, body and emotions. RSVP by emailing Connie.Flannigan@piedmont.org or calling 706.320.8829 to save your spot.

Mondays, 5-6 p.m., Thursdays, 1:45-2:45 p.m.

KNOWLEDGE

Chemo & Radiation Education

Classes are personalized for every patient who is starting chemotherapy.

By appointment only.

Patient Advocacy Group

In this unique forum, patients and caregivers are given an opportunity to point out areas that could use some improvement, and give recommendations based on their experiences here at the center. This group meets the 3rd Monday of each month, quarterly. For additional information, contact Connie Flannigan at 706.320.8829

9/4 and 12/4; 10-11 a.m.

Smoking Cessation

These sessions are not all about quitting smoking but supporting you in taking a step to making an important change to being healthier. These sessions can be done as a group and/or individual sessions are available. Please email tenetta.holt@piedmont.org or call 706.320.8618 for more information.

By appointment only.

PEACE

Massage Therapy

We offer 30-minute complimentary massage for patients in active cancer treatment. Benefits include improved relaxation, sleep and immune function as well as relieving anxiety, pain, fatigue, and nausea. To schedule an appointment with our massage therapist, call Cindy Berdoux at 706.320.8718.

By appointment only.

Pastoral Care

Available upon request.

Much more continued on the next page!



Programs

SUPPORT

Lung Cancer Support Group

For patients with COPD, lung cancer, and other lung diseases. Please email kim.carroll@piedmont.org or call 706.320.8615 to reserve your place.

Every 2nd Thursday of each month, 10–11 a.m.

Breast Cancer Support Group

Please email mary.williams1@piedmont.org or call 706.320.8762 to reserve your place.

Every 2nd Wednesday of each month, 12–1 p.m.

Gastrointestinal Disease Support Group

Guest speakers will share how to combat this disease. Please email tenetta.holt@piedmont.org or call 706.320.8618 to reserve your place.

Every 4th Wednesday of each month, 10–11 a.m.

Gynecological (GYN) Support Group

Please email constance.spencer@piedmont.org or call 706.320.8766 to reserve your place.

Every 3rd Wednesday of each month, 12–1 p.m.

Man-to-Man Support Group

Please email brian.jackson1@piedmont.org or call 706.571.1368 to reserve your place.

Every 3rd Tuesday of each month, 12–1 p.m.

***NEW!* Meditation Support Group**

Reservations are not required but are preferred. Please email Connie.Flannigan@piedmont.org or call 706.320.8829 to reserve your place.

Tuesdays, 1:30–2:30 p.m.

Multiple Myeloma Support Group

Please email tenetta.holt@piedmont.org or call 706.320.8618 to reserve your place.

Every 4th Wednesday of each month, 12–1 p.m.

Caregivers Support Group

Please email brian.jackson1@piedmont.org or call 706.571.1368 to reserve your place.

Every 2nd Thursday of each month, 10–11 a.m.

Head & Neck Support Group

Please call 706.320.8731 or email Kathleen “Abbi” Onate at Kathleen.Onate@piedmont.org to reserve your place.

Every 3rd Thursday of each month, 12:30–1:30 p.m.

SUSTENANCE

Nutrition Counseling

Our licensed registered dietitians provide nutrition counseling for cancer patients during and after treatment. They provide customized therapies to help patients stay motivated, chart progress and achieve nutrition health goals.

Individual sessions by appointment.

Piedmont Columbus Regional’s Stella’s Boutique

Stella’s Boutique specializes in custom mastectomy products made just for you. Stella’s Boutique features all the latest products for women who have had breast surgery or are having breast surgery. Our Certified Mastectomy fitter is there to assist you with your prosthesis, post-op camisoles, mastectomy bras, and prosthesis.



July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Meditation Support Group, 1:30–2:30 p.m.	2	3 Gentle Chair Yoga, 1:45–2:45 p.m.	4	5
6	7 Gentle Chair Yoga, 5–6 p.m.	8 Meditation Support Group, 1:30–2:30 p.m.	9 Breast Cancer Support Group, 12–1 p.m.	10 Lung Cancer Support Group, 10–11 a.m. Caregivers Support Group, 10–11 a.m. Gentle Chair Yoga, 1:45–2:45 p.m.	11	12
13	14 Gentle Chair Yoga, 5–6 p.m.	15 Man-to-Man Support Group, 12–1 p.m. Meditation Support Group, 1:30–2:30 p.m.	16 Gynecological Support Group, 12–1 p.m.	17 Head & Neck Support Group, 12:30–1:30 p.m. Gentle Chair Yoga, 1:45–2:45 p.m.	18	19
20	21 Gentle Chair Yoga, 5–6 p.m.	22 Meditation Support Group, 1:30–2:30 p.m.	23 Gastrointestinal Disease Support Group, 10–11 a.m. Multiple Myeloma Support Group, 12–1 p.m.	24 Gentle Chair Yoga, 1:45–2:45 p.m.	25	26
27	28 Gentle Chair Yoga, 5–6 p.m.	29 Meditation Support Group, 1:30–2:30 p.m.	30	31 Gentle Chair Yoga, 1:45–2:45 p.m.		

August 2025

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31						



Location and Contacts

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JOHN B. AMOS CANCER CENTER

Cancer Wellness Online: A virtual home for wellness. Visit piedmontcancerwellness.org for unlimited access to online classes, videos, articles, community support and more.