



# THE WELLNESS CORNER

Wellness and Integrative Oncology Program at UPMC Hillman Cancer Center

September 2018

## 6th Annual Cancer Wellness Fair

**Tuesday, September 25th** marks the 6th Annual Integrative Cancer Wellness Fair. Patients, caregivers, and staff can experience and discuss integrative care with local community experts. Providers of services such as yoga, holistic nutrition, health coaching, massage, acupuncture, aromatherapy, music therapy and more will be onsite for discussion and demonstration. The integrative therapies showcased at the fair may decrease symptoms and improve quality of life for cancer patients. For example, patients may experience relief from common symptoms like nausea, anxiety, pain, and neuropathy. The fair provides opportunities for caregivers and staff to learn about these therapies for their loved ones and for their own self-care. Please come by to experience the fair for yourselves and remind patients of this wonderful event.

### What's new this year?

Our Nurse Ambassadors, will be onsite curating your experience based on symptoms such as fatigue, nausea, depression, anxiety, neuropathy, and pain. You will be able to meet with a Nurse Ambassador one on one to discuss your symptoms and the type of modality you are looking to incorporate into your lifestyle (movement, touch, nutrition, mindfulness). Based on your discussion, the Nurse Ambassador will map out specific tables for you to visit at the fair.

*The fair will be held from 10:00am—3:00pm in the Herberman Conference Center located in Shadyside Hospital.*

*The Wellness and Integrative Oncology program does not endorse these therapies to treat or cure cancer, integrative oncology is intended to manage symptoms and quality of life.*

### Staff that attend can earn \$25 Take a Healthy Step credits.

*We are committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all qualified members of this plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-855-395-8762, and we will work with you and your doctor to find a wellness program with the same reward that is right for you in light of your health status.*

*"If we learn to  
open our hearts,  
anyone,  
including the  
people who  
drive us crazy,  
can be our  
teacher."*

*~Pema Chodron*



The Integrative Cancer Wellness Fair

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**Nurse Ambassador Training**

## 4th Annual Nurse Ambassador Training

The UPMC Hillman Cancer Center's Wellness and Integrative oncology Program hosted it's 4th annual Nurse Ambassador training on August 23rd and August 24th. At this training, 19 nurses were trained, for an overall total of 50 nurse ambassadors trained throughout the UPMC system. Below is a list of the newly trained nurses and where they are located.

Alex Romesberg, Hillman 2 <sup>nd</sup> floor	Lori Siclare, Magee-Womens Hospital
Kaylynn DeFusco, Hillman 2 <sup>nd</sup> floor	Meaghan McGuire, Magee-Womens Cancer Center
Nancy Birus, Hillman 2 <sup>nd</sup> floor	Rosanne Berube, Magee-Womens Cancer Center
Halley Moretti, Hillman 3 <sup>rd</sup> floor	Jennifer Matthews, Magee-Womens Cancer Center
Gina Sieg, Shadyside Hospital	Kelly Nicholas, Magee Plastic Surgery
Olivia Collins, Shadyside Hospital	Jessica Kraye, Magee Surgical Associates
Marissa McWhirter, Shadyside Hospital	Suzanne Pannelle, St. Margaret Hospital
Dorothea Baum, Shadyside Hospital	Sandy Giammona, UPMC International
Alexis Rossey, Magee-Womens Hospital	Maria Francesca Di Fine, UPMC International (Italy)

This year's training incorporated hand and foot massage, aromatherapy, seated yoga, and meditation along with informational sessions about lifestyle nutrition, acupuncture and Reiki.

The training was featured on WPXI's Proud to be from Pittsburgh. Click [here](#) to view.

**For more information, contact Danielle Petrina at [scottdl@upmc.edu](mailto:scottdl@upmc.edu)**

*This material was developed as part of the Nurse Ambassador Program of the UPMC Hillman Cancer Center Wellness and Integrative Oncology Program.*

## A note from Dr. Francis

I believe that in many ways, by doing less, we create more.

Less words, less noise, less stuff...

More time, more space, more value....

In the Wellness and Integrative Oncology program, we often see patients that ask for less. They want to be on less medications, they want to see less doctors, they want less side effects. But they really want more. More relief, more control, more quality, more time.

The WIOP team does its best to choose words and programs carefully to give patients, caregivers and staff more of what they want and less of what we traditionally offer as health care providers. And that less is so much more.

Happy Fall!

Lanie



**Dr. Lanie Francis,  
Founder & Program Director**

## Turmeric & Mango Smoothie | Serves 2

### Ingredients:

1 ½ cups almond or coconut milk

1 cup frozen mango

½ cup frozen pineapple

½ banana

1 tablespoon turmeric root OR 1 teaspoon ground turmeric

A dash of black pepper

1 tablespoon ginger root OR 1 teaspoon ground ginger (optional)

½ teaspoon ground cinnamon (optional)

### Directions:

Combine all ingredients and blend until smooth.

**Enjoy!**



## Kayla's Corner

By: Kayla Miller | Nurse Ambassador Clinical Liaison

Welcome to Kayla's Korner! This column is to meant to provide an evidenced-based summary of popular vitamins, herbs, and supplements to help inform your wellness journey.

Turmeric is an herb that is native to southern Asia and other tropical climates (4). Whole turmeric root can be found in the produce aisle. It is also available in curry powder, ground turmeric, and dietary supplements. This distinctive yellow herb is commonly incorporated in Indian, Chinese, and Thai cuisines and has historically been used in India and China for medical purposes including dermatologic conditions, infection, stress, and depression (1).

Turmeric has become one of the most popular dietary supplements in the world due to increasing evidence of its medical benefits (3). Studies have found that curcumin, the bioactive component of turmeric, has immunomodulatory, antiproliferative, and chemoprotective properties (4). Evidence also shows that turmeric has anti-inflammatory, antibacterial, antiviral, and antifungal effects. Studies cite positive results in the herb's use for conditions including cancer, diabetes, lupus nephritis, obesity, Alzheimer's disease, depression, and premenstrual syndrome (3).

Turmeric is generally safe and well tolerated with minimal side effects (3). Turmeric may interact with NSAIDs, some chemotherapy medications, and cytochrome P450 subtype drugs. Turmeric should be used with caution in individuals with kidney stones and gallstones, bleeding disorders, bile duct obstruction, stomach ulcers, and GI hyperacidity (4). Clinical review of medical conditions and drug interactions is necessary before beginning Turmeric supplementation.

We suggest using reputable brand name supplements such as Nature Made, Kirkland Signature, and TruNature. Some turmeric preparations are not well absorbed in the GI tract, but consuming black pepper alongside turmeric helps to increase the herb's bioavailability and absorption (2).

To increase your turmeric intake, you can add curry and turmeric powder to foods such as grains, meats, vegetables, and smoothies; take a supplement for a concentrated dose; and drink hot or iced turmeric tea.

### References:

Kocaadam, B. & Şanlıer, N. (2015). Curcumin, an active component of turmeric (*Curcuma longa*), and its effects o//health. *Critical Reviews in Food Science and Nutrition*, 57(13), 2889-2895. <https://doi.org/10.1080/10408398.2015.1077195>

Prasad, S., Tyagi, A.K., & Aggarwal, B.B. (2014). Recent developments in delivery, bioavailability, absorption, and metabolism of curcumin: the golden pigment from golden spice. *Cancer Research and Treatment*, 46(1), 2-18. doi: 10.4143/crt.2014.46.1.2

Soleimani, V., Sahebkar, A., & Hosseinzadeh, H. (2018). Turmeric (*Curcuma longa*) and its major constituent (curcumin) as nontoxic and safe substances: Review. *Phytotherapy Research*, 32, 985-995. DOI: 10.1002/ptr.6054

Turmeric. (2018). Retrieved from <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/turmeric>



# Moving with Sadie

By: **Sadie Grossman**

## **Movement & Mindfulness Provider**

September 22<sup>nd</sup> marks the official arrival of the fall season. This time of the year traditionally stands as our transition from summer into the shadows of the winter. During autumn, darkness and light are in perfect balance, with the sun shining 12 hours a day and the night falling upon us for the same amount of time. Therefore it stands as a perfect moment for us to bring our lives back into balance.



Have you been over extending yourself, running around, doing for others and have yet to take time for yourself? Have you been on vacation more than you originally anticipated this summer and have neglected your regulated schedule? You're not alone. This is common in the heat of the summer months. It is easy to let deadlines pass when there's sunshine outside, and it's even easier to move at a quickened pace which does not serve us when there's so much fun to be had in this beautiful city we call home.

We invite you to use the mark of the autumnal equinox as your official refocusing of both work and play, of rest and movement, of cookies and salads. For life is a great balancing act, and the seasonal transition is your time to recommit and reconnect.

Recently a client asked me how I define "health." This was a wonderful question which made me pause and consider. I now have my answer: Health is balance.

**MOVEMENT \* TOUCH \* NUTRITION \* MINDFULNESS**

## Patient Story

*"At 27, I didn't expect the word "cancer" to become a part of my invincible youth's vocabulary. Numb with the realization that my life was changing forever, I was determined to explore a different avenue to traditional medicine. The Wellness Suite quickly became my little slice of heaven tucked away from the world. With open arms, the staff transformed my weeks of discomfort from invasive surgeries into relief. Something my prescribed medications weren't providing. With acupuncture sessions from Karen, combined with aromatherapy and nutrition, it was as if my body's reset button was pressed. I had an instant increase in energy and overnight my bodily functions started to go back to normal. Amazed at the results I continued to come back and started to focus on taking care of myself as a whole. I don't think I'd be where I am today without this amazing safe haven and passionate staff. They made me feel less like a statistic and more like a human being."*

~ **Steven K.—patient**

## For more Information

Our [brochure](#)

Check out our new [website!](#)

## Contact Us

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