

TIME IS RUNNING OUT- REGISTER TODAY – CALL (214) 820-2608

Mark your calendars for the **2010 Healing Environment Conference** on **February 27** on the **17th floor of Roberts Hospital**. Check-in is at **8:00 am**. The conference will begin at 8:45 am and end at 1:00 pm. Carolyn M. Matthews, MD, will present **Health and Disease Through a New Lens: The Promise of Integrative and Functional Medicine**. Dr. Matthews specializes in gynecologic oncology and is the president of the medical staff at Baylor University Medical Center at Dallas. Afterwards, two breakout sessions will be held.

You may register for ONE from each breakout session.



10:15 am Breakout Session:

- 1) Acupuncture: Ancient Tradition Used Today
- 2) Laughter Is Healing
- 3) Feng Shui: Living in a Space that You Love
- 4) The Art of Living: Secrets of Breathing Techniques
- 5) The Healing Power of Music
- 6) The Power of Healthy Eating
- 7) Therapeutic Power of Touch

11:45 am Breakout Session:

- 1) Acupuncture: Ancient Tradition Used Today
- 2) Laughter Is Healing
- 3) Feng Shui: Living in a Space that You Love
- 4) The Art of Living: Secrets of Breathing Techniques
- 5) The Healing Power of Music
- 6) The Power of Healthy Eating
- 7) Therapeutic Power of Touch

February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Chemo Class 11:00-12:00 Ovarian Support Grp 11:30-12:30 Look Good...Feel Better 4:30-6:30p	2 Prostate Cancer 11:30-1:30 Breast Cancer Group 2:00-3:00p or 6:30-7:30p Chemo Class 3:00-4:00 SPOHNC - Plano 6:00-8:00p	3 Chix with Stix 1:00-2:30	4 Recurrent Prostate Cancer 10:00-12:00	5 Chemo Class 8:30-9:30 Relaxation Made Easy 10:00-11:30	6 GVHD 8:30-9:30
8 Chemo Class 11:00-12:00 Ovarian Support Grp 11:30-12:30	9 SPOHNC Support Grp 11:00-1:00 Chemo Class 3:00-4:00	10 Healing Through Journaling 10:00-11:30	11 Chat with the Chief A. Miller, MD 12:00-1:00	12 Chemo Class 8:30-9:30 Yoga 10:00-11:30	13 N. Tx. Myeloma 10:00-1:00 Carcinoid 11:00-1:00
15 Chemo Class 11:00-12:00 Ovarian Support Grp 11:30-12:30	16 Chemo Class 3:00-4:00	17 Chix with Stix 10:00-11:30	18 Young Adults Living with Cancer [at Gilda's Club] 6:30-8:00p	19 Chemo Class 8:30-9:30 Relaxation Made Easy 10:00-11:30	20
22 Chemo Class 11:00-12:00 Ovarian Support Grp 11:30-12:30	23 Chemo Class 3:00-4:00	24 Healing Through Journaling 10:00-11:30 Express Yourself Discover Hidden Feelings 12:00-1:00	25	26 Chemo Class 8:30-9:30 Yoga 10:00-11:30	27 Healing Environment Conference 8:00-1:00
 Sunday, February 14  Valentine's Day					



Young Adults Living with Cancer Support Group

Join us Thursday, **February 18**, from **6:30 to 8:00 pm** at **Gilda's Club** located at 2710 Oak Lawn, Dallas, for **Young Adults Living with Cancer**. Young adults who are cancer survivors have unique challenges and concerns. This program provides a community forum for cancer survivors, aged 20 to 35, for information, support, resources, and social networking.

Chat with the Chief

On Thursday, **February 11**, from **12:00 to 1:00 pm** in **meeting room 1**, located on the basement level of the Truett Building, the Cvetko Patient Education Center will host **Chat with the Chief**. This is your opportunity to hear Alan M. Miller, MD, PhD, director of Baylor Charles A. Sammons Cancer Center and chief of oncology for Baylor Health Care System. Dr. Miller will speak on **clinical research at Sammons Cancer Center** and give new updates on the construction of the new cancer center.

REGISTRATION for these free programs is REQUIRED. Seating is limited. Early registration is encouraged.

Chix with Stix

On **February 3** from **1:00 to 2:30 pm** and on **February 17** from **10:00 to 11:30 am**, the Cvetko Center will host **Chix with Stix** in **room 620** located in the **Collins Building**. This fun program is designed so participants can learn from each other through handwork or needlework in a supportive environment. Bring your own supplies and materials. Men are welcome to join in this shared experience. **Registration is required.**

Prostate Cancer Education and Support

On Tuesday, **February 2**, from **11:30 am to 1:30 pm** in **room 8** located on the lower level of **Truett Hospital**, Matthew D. Shuford, MD, board-certified urologist, will present **The PSA Screening Controversy: The Latest Update**.

For questions, and to register, please contact the Cvetko Patient Education Center at **(214) 820-2608**.

All educational services of the Virginia R. Cvetko Patient Education Center are provided to patients, family members and cancer survivors free of charge. The Cvetko Center helps fulfill Baylor Health Care System's mission of patient care and education. These activities are made possible through support of generous contributions to the Baylor Health Care System Foundation.

Winter Sale!!!

Stop by for half off winter hats and robes and check out our new inventory of products that help minimize the visible effects of cancer therapy.

Located in the lobby of the Baylor Sammons Cancer Center, Ernie's professional staff is here to help.



SAVE THE DATE

March 18, 2010
12:30 – 1:30 pm

Answers to Social Security Benefits and Coverage Questions

April 7, 2010
9:00 am – 12:00 pm

Lymphedema: Everything You Need to Know (causes, prevention, treatments, how to cope)

April 10, 2010
8:30 am – 1:00 pm

Life After Cancer: Young Adults Workshop
Highland Park United Methodist Church
3300 Mockingbird Lane, Dallas

CVETKO STAFF HIGHLIGHT

Dr. Renee Phillips is a licensed psychologist and is currently completing the second year of her postdoctoral fellowship. Renee is a Texas Christian University graduate who obtained her doctorate from the University of Texas Southwestern Medical Center at Dallas. After an internship at Children's Medical Center specializing in eating disorders, she began her postdoctoral fellowship in psycho-oncology at Baylor. She also teaches psychology assessment for the rehabilitation counseling program at UT Southwestern Medical Center.

Currently, Renee provides care to patients diagnosed with breast cancer or gynecological cancer through consultations and individual therapy. She began the two new breast cancer support groups that meet on the first Tuesday of every month – one in the afternoon at 2:00 and the other in the evening at 6:30. "I want the breast cancer support group to be an environment where women feel comfortable discussing their struggles and concerns, a place for them to feel supported and learn from one another," Dr. Phillips said.

Renee is a native Texan and enjoys reading, photography, music, traveling, and sports. She is married and lives with her husband in Dallas. She is a valued member of the Cvetko staff.

The Baylor Sammons Cancer Center is grateful to all the volunteers who help Baylor's healing mission by bringing hope and encouragement to patients and their families. For more information about becoming a volunteer, call (214) 820-2608.