



**Charles A. Sammons
Cancer Center at Dallas**

Virginia R. Cvetko Patient Education and
Support Center



2012
January

VOL. 12, Issue 1

Virginia R. Cvetko Patient Education and Support event calendar

Important Information

Clinical Psychologist

Our clinical psychologist, Renee Phillips, PhD, is now taking appointments. Please call **214.820.8577** to schedule an appointment. Insurance will be billed.

No Ifs, Ands, or Butts

January 12, 2012
12:00-1:00 PM

Did you know smoking or tobacco use is classified as a medical condition/addiction? Many companies now offer employee benefits to help in covering the costs of quitting. Join us to learn how smoking/tobacco use and second-hand smoke affect the

body. A tobacco cessation specialist will discuss over-the-counter and methods used to aid in quitting, and will be available for questions.



Healthy Cooking Demo: Mexican Made Easy

January 11, 2012
2:00-3:30 PM

Prepare to explore ways to turn your Mexican favorites into recipes that are not only enjoyable to eat, but effortless to create. Join us as we learn how to make delicious fuss-free Mexican dishes, cutting time spent in the kitchen and allowing

more time with your family. **Registration is required.**



Healthy Cooking Demo: Budget-Friendly Dishes

January 25, 2012
2:00-3:30 PM

Do you find yourself splurging on some ingredients while

penny-pinching on others? Striking that balance between savory meals and your budget can become frustrating. Join us to discover tips on making budget-friendly dishes that are not only healthy, but tantalizing to the taste buds. **Registration is required.**



Upcoming EVENTS

Questions?

Call us!
214.820.2608








Or visit us online:
**BaylorHealth.com/
Cvetko**







**Sammonssays.
BaylorHealth.com**

January 2012



Registration is required
for Cvetko Programs & Events.
Call 214.820.2608

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2  New Year's Office Closed	3 Prostate Cancer Support Group 11:30 AM-1:30 PM Chemo Class 3:00-4:00 PM Breast Cancer Support Group 6:00-7:30 PM	4  FS	5  FS	6 Chemo Class 8:30-9:30 AM Relaxation 10:00-11:30 AM	7
9 Chemo Class 11:00-Noon Ovarian Cancer Support Group 11:30 AM-12:30 PM FS	10 Passing the Hat 9:30-10:45 AM SPOHNC 11:00 AM-1:00 PM Chemo Class 3:00-4:00 PM	11 Journaling - Forgiveness 10:00-11:30 AM Bladder-Kidney Cancer Support Group 12:00-1:30 PM Healthy Cooking Demo: Mexican 2:00-3:30 PM FS	12 No If's, And's, or Butt's 12:00-1:00 PM  FS	13 Chemo Class 8:30-9:30 AM Breast Health Awareness 10:00-11:30 AM	14 Myeloma Support Group 10:00 AM-1:00 PM Carcinoid Support Group 11:00 AM-1:00 PM GVHD Support Grp 11:00 AM-1:00 PM
16 Chemo Class 11:00-Noon Ovarian Cancer Support Group 11:30 AM-12:30 PM FS	17 Chemo Class 3:00-4:00 PM	18	19 Colon Cancer Support Group 1:00-2:30 PM Eating for a Better Fit in Your Genes 6:30-7:30 PM	20 Chemo Class 8:30-9:30 AM Relaxation 10:00-11:30 AM	21 Waldenstrom's Macroglobulinemia Support Group 10:30 AM-2:00 PM Steve Treon, MD presenting
23 Chemo Class 11:00-Noon Ovarian Cancer Support Group 11:30 AM-12:30 PM FS	24 Passing the Hat 9:30-10:45 AM Chemo Class 3:00-4:00 PM	25 Journaling - Forgiveness 10:00-11:30 AM Healthy Cooking Demo: Budget Friendly 2:00-3:30 PM	26 Tom Landry Fitness Center Open House 5:00 AM-10:00 PM Breast Cancer Nutrition Class Call 214.820.1923 9:00 AM-1:00 PM	27  FS	28
30 Chemo Class 11:00-Noon Ovarian Cancer Support Group 11:30 AM-12:30 PM What Cancer Patients Need to Know TODAY for TOMORROW 1:00-3:00 PM FS	31 Chemo Class 3:00-4:00 PM		FS Intimacy Issues - \$\$ 9:45-11:00 AM Lung Cancer Support Group 6:00-7:30 PM		

-  Support Groups
-  Special Programs
-  Integrative Medicine
-  Chemo Class
-  Relax, Restore, Renew
-  FS Group Fitness (4:00-4:45 PM)

RELAX, RESTORE, RENEW

Relaxation Made Easy

Jan 6 & 20, 2012 / 10:00-11:30 AM

Join us to experience relaxation techniques that may help reduce feelings of stress and anxiety. A **FREE Guided Imagery CD** is available (one per household) to registered participants attending class.

Journaling - Forgiveness

Jan 11 & 25, 2012 / 10:00-11:30 AM

Journaling may enhance the healing process through expression of thoughts, feelings, and emotions. Join us to learn how journaling can help you cope with life's challenges.

SUPPORT GROUPS OFFERED

Amyloid Support North Texas
Bladder-Kidney Cancer Support Group
Breast Cancer Support Group
Carcinoid Cancer North Texas Survivors
Colon Cancer Support Group
Graft-vs-Host Disease (GVHD)
Lung Cancer Support Group
North Texas Myeloma Support Group
Ovarian Cancer Support Group
Prostate Cancer Support Group
Support for People with Oral and Head & Neck Cancer (SPOHNC)
Waldenström's Macroglobulinemia Support Group

Colon Cancer Support Group

Spirituality and Self-Identity

Jan 19, 2012 / 1:00-2:30 PM

The colon cancer support group meets monthly in the Cvetko group room located in suite 200 of Baylor Sammons Cancer Center. This month, our speaker will be, Alan Wright, MDiv, oncology chaplain.

SPECIAL PROGRAMS

Intimacy Issues: Where, oh where, has my libido gone?

Jan 26, 2012 / 9:45-11:00 AM

Decreased sexual desire is an extremely common, yet complex problem. Join us for a physician-led lecture and small group discussion. Cost is **\$95 per participant, payable by check or cash. Registration is required. Limited to 6 participants - women only.**

FitSTEPS for Life is now offering a **FREE** group exercise class for cancer survivors, focusing on core strengthening, balance, flexibility, and relaxation on Mondays and Wednesdays from 4:00 to 4:45 PM. A physician referral is needed if you are not currently a FitSteps for Life participant. For questions, call Kathy at 214.820.9604.

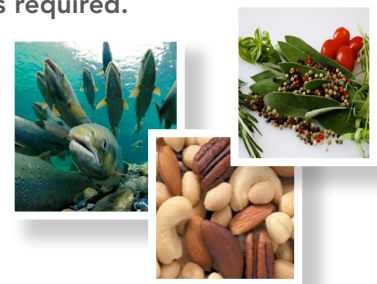


at a North Dallas location

Eating for a Better Fit in Your Genes

Jan 19, 2012 / 6:30-7:30 PM

Every time you eat, you are doing "low-tech" gene therapy. Join us this evening to learn how diet influences inflammation and insulin levels, and what you can do to optimize your health. **Seating is limited. Registration is required.**



What Cancer Patients and Their Families Need to Know TODAY for TOMORROW

January 30, 2012 / 1:00-3:00 PM

Join us to learn the facts about getting legal affairs in order, at any stage in life. Norman A. Lofgren, attorney at law, will present. Come prepared to ask questions from an expert.



Winter sale at Ernie's Appearance Center, located in suite 210 of Baylor Sammons Cancer Center

Bring this coupon to receive **20% off** merchandise. Offer expires February 29, 2012.

Exclusions: Nutraceuticals, Prosthesis, and mastectomy bras.

PATIENT Education

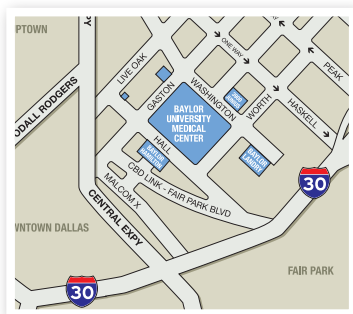
At the heart of everything we do.



Charles A. Sammons
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CVETKO

Highlights

Breast Health Awareness: I've heard the recommendations, but why should I follow them?

January 13, 2012
10:00-11:30 AM

The key to recognizing changes in breast appearance that may indicate the presence of cancer is understanding your body and the biology of breast cancer. Join us to learn the importance of breast health and the benefits of following screening recommendations. Learn the proper techniques for self-examination using breast models and get answers to all the questions you have wanted to ask. Led by a registered nurse, this class is for women only. **Registration is required.** Call **214.820.2608.**

Update on the Genetics, Biological Treatments, and Therapies for Waldenstrom's Macroglobulinemia

January 21, 2012
10:30 AM-2:00 PM

Join us this month, at the Waldenstrom's Macroglobulinemia Support Group, as guest speaker, Steven Treon, MD, PhD, Dana-Farber Cancer Institute and Harvard Medical Center, presents the latest update on genetics and biological treatments and therapies. This group will meet from 10:30 AM to 2:00 PM in Truett Hospital. **To register, call 214.820.2608.**

The Cvetko Patient Education and Support Center helps fulfill Baylor Health Care System's mission of patient care and education. These activities are made possible through the support of generous contributions to the Baylor Health Care System Foundation.

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.