

Raising Awareness of American Heart Month

The Link for Hope

A newsletter of the
Goshen Cancer Survivor Network
JANUARY 2019

Go Red for Women Event

The American Heart Association invites you to this year's Go Red for Women Celebration, where we will be raising awareness and leading the charge to end cardiovascular diseases in women.

February 21, 2019

10:30 a.m. – 1:00 p.m.

**Lerner Crystal Ballroom
Elkhart, IN 46516**

**Register at
Heart.org/elkhartgored**

Andrea Hickey, new chaplain



I came to Goshen Hospital after pastoring a congregation for six years. I have also worked in education

with young children and youth ministry. A chaplain can provide spiritual care through listening to your story

and reflecting with you on how God has been present.

A chaplain can also provide support by praying with you and offering spiritual practices and/or religious rituals. I am honored to hear each person's story and touched by the holy moments of how God meets us in pain and in healing.

Thank you!

We want to express our deep appreciation to everyone who participated in the Hacienda Give Back Night on October 18.

We raised around \$615 for our Naturopathic Wellness Fund, which provides financial assistance to patients seeking naturopathic care recommendations not typically covered by insurance.

Learn more about heart health inside!

Heart Health & Cancer Treatment

Ingrid Bowser, MSN, ANP-BC, AOCNP, Nurse Practitioner, Medical Oncology



At Goshen Center for Cancer Care, we take in to account the whole person,

including the potential effects of treatment to the heart and other organs. Healthcare providers evaluate each patient for risk factors that may increase the chance of heart problems as a patient undergoes treatment for cancer. The most common risk factors include high blood pressure, high cholesterol, diabetes, increased age and obesity. The use of stimulant drugs (not limited to caffeine, diet pills and ephedrine), alcohol and

smoking can also cause stress to your heart.

Some cancer medications used to treat breast cancer, prostate cancer, lymphoma and occasionally other types have cardiac toxicity. Radiation therapy to the chest region can also affect the cardiovascular system. Generally, if you will be receiving a treatment that may have heart toxicity, an echocardiogram and/or an electrocardiogram is done prior to the start of treatment and periodically throughout the treatment regimen. An echocardiogram is a test using an ultrasound to evaluate the function of the heart muscle and the valves. An electrocardiogram measures the electrical activity

of the heart. Both tests are very useful to determine the health of your heart.

There are modifications you can implement to improve the outcome of potentially heart damaging treatments. Maintaining a healthy weight, diet and exercise regimen and working with your primary care provider or cardiologist to achieve optimal blood pressure, cholesterol levels and blood sugar all are helpful in reducing your risk. It is also important to pay attention to signs that your heart is under stress with monitoring for fluid overload, changes in ability to breathe or chest pain. If you have any questions or concerns related to your heart health and your cancer treatment, contact your healthcare provider.

A Grateful Heart is a Healthy Heart

Bethany Swope, MS Ed, LMFT



Another way to improve heart health might be as simple and inexpensive

as pausing each day to be grateful.

A 2015 study funded by the National Institutes of Health found a link between cardiac

health and spiritual well-being. A group of 186 women and men with stage B heart failure, a population at risk of developing more severe cardiac problems, was selected for the research.

Not surprisingly, participants with a high degree of gratitude had better scores on mood, sleep and self-efficacy.

But the study also found a

connection between gratefulness and lower levels of inflammation and fatigue. The exact mechanism is unknown but could be related to the emotional and physical impact of stress.

Your mind-body counselor can offer ways to increase awareness of reasons to be grateful, such as starting an individual or family gratitude journal.

Food for a Healthy Heart

Becky Overholt, RDN, CSO, CD, Oncology Dietitian



A healthy diet is one of your best weapons against heart

disease and it's not as hard as you think. Remember, it's the overall pattern of your choices that counts. These simple steps are a good start.

1. All the colors, all the time. An easy step to eating healthy is to include vegetables and

fruits with each meal and snack. All forms (fresh, frozen, canned or dried) and all colors count, so load up your plate!

2. Meat is a condiment. Start reducing your meat portion to ¼ or less of your plate and try a meatless meal once each week.

3. Eat less sugar. Many of us consume more sugar than we realize through hidden sugars in food. Too much sugar can lead to excess weight, diabetes and heart disease.

4. Eat healthy fats. Not all fats are equal. Heart-beneficial fats include cold-water fish (salmon, sardines and mackerel), nuts and seeds, avocados and olives.

5. Cook more meals at home. This gives you and your family the opportunity to build better eating habits. Cooking is a good way to use less packaged, processed foods and control the amount of sugar and salt added, as well as the type of fat used.

Heart Health...Naturally!

Emily Moore, ND, LAc., Naturopathic Doctor



Most of us take our hearts for granted until there's a problem. Our hearts

are designed to pump oxygen rich blood through the blood vessels to nourish our organs and tissues. The body has about 60,000 miles of blood vessels to pump that blood through, so this is a very important job! We can naturally support the heart and

increase its ability to oxygenate our body by using two built-in pump systems: our muscles and lungs.

Exercise Daily. Exercise causes the muscles in the legs to contract against the blood and lymph vessels creating a natural pump to help blood return to the heart and lungs for reoxygenation. For extra benefits of reducing blood pressure and stress hormones, move your daily walk to the woods or forest.

Practice Deep Breathing.

Diaphragmatic breaths, also known as deep breaths, help the heart pump more efficiently. As a side benefit, this way of breathing also reduces stress and tension in the body. One easy way to do this is to feel your belly rise with a deep inhale of two counts, then let it fall with a complete exhale of four counts.

Upcoming events at Goshen Center for Cancer Care

Start the year with a creative burst

New Year's Resolutions can create unrealistic pressure, but the start of the year can be a time to explore new ways to improve your health and well-being. The Mind-Body Counselors at Goshen Center for Cancer Care offer six sessions for January through March to boost creativity and wellness in 2019. Come learn creative strategies for improving relationships, physical health, responding to fear and more.

Call (574) 364-2948 for more information, or pick up a schedule at your next visit.

Living with Cancer Support Group

Jan. 8 & 22 , Feb. 12 & 26
and Mar. 12 & 26
4:30 – 6:00 p.m.
Upper Level
Conference Room

Noontime Nosh

Jan. 3, Feb. 7 and Mar. 7
12:00 p.m.
Upper Level
Conference Room

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