

TCA Care Connection

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Texas Cancer Associates Quarterly Patient Newsletter

Staying Healthy Throughout Treatment

When cancer strikes, patients and families often feel helpless and out of control. But there are steps you can take to nourish your body and spirit during this physically and emotionally stressful time.

Healthy eating and adequate exercise are two of those steps. While it's important for all of us to eat right and exercise, these two simple acts assume an even greater value when you are diagnosed with cancer.

There may be days when you just can't eat because of nausea, mouth and throat irritation or depression. The following tips may help.

- Eat small meals or snacks whenever you want
- Vary your diet, try new foods and change your meal routine. Try eating by candlelight or in a different location.
- Take a walk before meals to stimulate your appetite.
- Eat with friends or family

members. When eating alone, watch television or listen to the radio.

- Arrange for Meals on Wheels or a similar program to bring food to you. Ask the local American Cancer Society about such services.

Some people become constipated from chemotherapy. To deal with this problem, drink plenty of fluids, especially warm and hot beverages and eat a lot of high-fiber foods (bran, vegetables and fruits, nuts and popcorn).

Exercise can help alleviate fatigue, which is a common complaint of persons undergoing cancer treatments. The amount and type of exercise that is best for you will depend on your physical condition before treatment. Begin exercising under the guidance of a good exercise therapist or physiologist.

Sources: Oncology News International, March 2001, pp. 17-18 and American Cancer Society

Check out our new website!

We have updated our website to include the newest information about activities at TCA. Check it out at www.txcan.com!

Reminders:

-Do you have comments or suggestions for TCA?

Please log on to our website to fill out a patient survey!

-We offer online bill payments. Just log onto our website at www.txcan.com for a fast and easy way to pay your bill online.

-TCA offers its own radiation services in

Coming Soon!

In 2006 TCA will be opening its own full service Pharmacy. The facility will be located between the infusion room and lab at the Dallas Location.

Announcements

~A new physician has joined our practice! Dr. Thuy Le, a UT Southwestern Alumna is the newest addition to the TCA team. She started with us in January and will be working primarily in Plano. We welcome Dr. Le!

~This January marks the one-year anniversary of TCA's CT Scanner being up and running. We are proud to have this

service available to our patients and continue to look for other areas that we can offer.

~ Our Plano office is now open five days a week. Dr. Le will be joining Dr. Kinsella in that location and Dr. Juturi will continue to see patients there on Tuesday mornings.



Meet Maria Tumey— our New Patient Coordinator!

Maria helps all of our patients in one way or another when they first decide to visit our facility. Maria has two daughters, one son and four grandchildren. She loves to spoil her grandbabies and spends much of her free time doing so. At TCA Maria works with new patients, getting them on the schedule and settled in here at TCA. Thanks Maria for all that you do!

Current Clinical Research Trials

- Breast
- Colon
- Rectal
- Lung
- Ovarian
- MDS (pending)
- Studies through Presbyterian Hospital: Pancreatic, Melanoma

Please speak with your provider for more information on these and other clinical trials.