New Breast Surgery Specialist

Kanesha Bryant, MD, FACS, is a board-certified surgeon who specializes in all areas of breast surgery, including breast cancer, using minimally invasive surgical techniques. She will be practicing out of our AMITA Health Cancer Institute Hinsdale.

She earned her medical degree from University of Illinois, College of Medicine at Chicago and completed residency in general surgery at University of Illinois at Chicago Metropolitan Group Hospitals.

Dr. Bryant completed a fellowship in breast surgical oncology at the Mayo Clinic in Rochester, Minnesota, where she developed a particular interest in oncoplastic reconstructive surgery that combines the latest plastic surgery techniques with breast surgical oncology, preserving the natural appearance of the patient’s breast. She is American Board of Surgery certified.

We’re Growing!

Roma Venkateshan, MSN, APN, FNP-C, joined our genetics department at AMITA Health Cancer Institute Elk Grove Village and Hoffman Estates as a high-risk genetics counselor. In this role, she will provide genetic counseling and support to patients and families that are at risk for or are already affected by diseases with genetic components.

Roma completed a master’s degree in nursing from Rush University. After working as an inpatient oncology nurse for several years, she earned an advanced practice nurse certificate from Olivet Nazarene University. Most recently, she worked in internal medicine. She has worked within the AMITA Health system since 2000.

Mary Gleason, RN, BSN, OCN, has joined AMITA Health Cancer Institute Elk Grove Village and Hoffman Estates as an oncology nurse navigator. She has experience in oncology in a variety of roles, including clinical nursing, nurse navigation, nursing leadership and patient safety.

Mary has served on the Chicago Western Chapter of Oncology Nursing Society Board for more than 10 years and has been a regional American Cancer Society board member for 6 years. She received advocacy training and lobbied on Capitol Hill for bills and packages, such as 21st Century Cures Package (Cancer Moonshot). Most recently, she and 65 other oncology nursing professionals spoke with former VP Joe Biden and other Blue Ribbon Panel key members regarding issues that affect survivors and their families.
The Centers for Medicare & Medicaid Services (CMS) awarded top quality grades to four AMITA Health hospitals in 2017. AMITA Health Adventist Medical Center Hinsdale, AMITA Health Adventist Medical Center La Grange, AMITA Health Alexian Brothers Medical Center Elk Grove Village and AMITA Health St. Alexius Medical Center Hoffman Estates each received a five-star rating, the highest awarded by CMS.

CMS’s star ratings help patients compare hospital quality in the U.S. The overall rating summarizes up to 57 quality measures related to common conditions that hospitals treat, such as heart attacks. CMS divides the 57 measures into seven quality categories (mortality, safety of care, readmission, patient experience, effectiveness of care, timeliness of care and efficient use of medical imaging), rates a hospital’s performance in each category and uses a weighted average of the category scores to determine the overall rating. Hospitals may perform more complex services or procedures not reflected in the Hospital Compare measures. More information can be found at the Hospital Compare website www.medicare.gov/hospitalcompare.

Oncology nurse navigator Thelma Hulka, BSN, RN, OCN, ONN-CG, at AMITA Health Cancer Institute Hinsdale recently attended the annual symposium of NANETS in Philadelphia on a scholarship. The Healing Net Foundation provided the scholarship, which was awarded to only five nurses nation-wide. NANETS (North American Neuroendocrine Tumor Society) is an organization dedicated to research and treatment for neuroendocrine tumors. These tumors are rare, but are becoming more prevalent. Because of the complexity and variability of presenting symptoms, patients wait an average of 5-7 years before being correctly diagnosed.

We are seeing more of these patients, and the role of the nurse navigator is to help support patients through treatment and to educate and direct them to available resources. Treatment and follow up is lifelong – the patient/navigator relationship is an important part of their care.

Calling All Patients! Patient Advisory Council

Do you have ideas how improve the patient and family experience at AMITA Health Cancer Institute? We are seeking volunteers to work with our clinicians and hospital staff and form a Patient Advisory Council. Our goal is to bring patient perspective into the planning, delivery and evaluation of care. What are the benefits of a Patient Advisory Council?

For patients:
• Express and have opinions valued
• Gain a better understanding of the healthcare system
• Bring patient perspective (other side of things) to the table
• Become advocates for AMITA Health Cancer Institute
• Help improve processes and care for all patients

For our healthcare providers:
• Have a way to ask patient preferences before implementing processes
• Gain increased understanding and collaboration of care with patients
• Develop programs and policies relevant to patients’ needs
• Strengthen patient-centered care and community relations

If you are over age 21, have been an AMITA Health cancer patient at Bolingbrook, Elk Grove Village, Glen Oaks, Hinsdale, Hoffman Estates or LaGrange and are interested in learning more about volunteering for our Patient Advisory Council, please call 1.844.952.HOPE (4673).

Survivorship Day: League Against Cancer

Saturday, June 2, 2018 | 1 - 3 pm
Poplar Creek Bowling Alley
2354 W. Higgins Rd.
Hoffman Estates, IL 60169

AMITA Health cancer survivors are invited to our annual survivorship celebration! Come join our superhero-themed honoring your fight against cancer! To register, call 1.844.952.HOPE (4673).
Breast Cancer Screening Funds

No insurance or underinsured? We’re here to help. AMITA Health Cancer Institute Hinsdale has funds to support no-cost-to-you mammograms.

Breast cancer is the second leading cause of cancer death in women, according to the American Cancer Society.

Tell your healthcare provider if you have changes in your breast(s), such as:

- Lump, hard knot, or thickening inside the breast or underarm
- Swelling, warmth, redness or darkening of the breast
- Change in breast size or shape
- Skin dimpling or puckering
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that suddenly starts
- New, chronic pain in one spot

The Open Arms Program at the Hinsdale Hospital Foundation provides funding for screening mammograms and diagnostic services to women, including those who have high-deductible insurance plans at AMITA Health Adventist Medical Center Hinsdale and AMITA Health Cancer Institute Hinsdale. The Open Arms Program is supported through the Hinsdale Hospital Foundation.

To see if you qualify for a free mammogram and to schedule an appointment, please call 630.856.7070.

A Life Enriched

The irony is not lost on us while walking in the MS Walk to “celebrate” my 10th year since a MS diagnosis, that our minds are preoccupied waiting for results from my breast biopsy. The irony continues as I prepare for a mastectomy on the 19th anniversary of my first cancer diagnosis. And so it begins. I am a two-time cancer survivor.

Irony is defined as “a situation in which something was intended to have a particular result, has the opposite or very different result.” In the months following my breast cancer diagnosis, irony has been my constant companion. Irony, as in cynicism, fills my soul as I once again have to deliver the cancer diagnosis to my parents and see the grief in their faces. It is ironic that a second time does not ease the news. No less ironic is trying to shield my daughter from the fears of cancer when she was five only to have her become my “personal oncology nurse” when she is 25! Colleen, the nurse who has shared her experience, knowledge and understanding with you for the past several Caring for Cancer articles, is a daughter sharing those gifts as well as her heart and soul! Ironic and yet comforting, that the “child” became the “parent.”

While most people are concerned with the emotional journey I will endure from a mastectomy, I am more consumed with the logistics not often discussed such as, “How do you find an undergarment to fit and appear ‘equal’ when there doesn’t seem to be a ‘gravity challenged’ prosthesis?” Ironic! Further, irony takes on the form of said undergarment as I perpetually have to tug on the side that no longer has any weight to hold it down. Irony also echoes from my ears through my emotions each time someone says, “You’re strong. You’ve got this.”

Then one day a card comes in the mail. “God has not promised skies always blue, flower-strewn pathways all our lives through; God has not promised sun without rain, joy without sorrow, peace without pain. But God has promised strength for the day, rest for the labor, light for the way, Grace for the trials, help from above, unfailing sympathy, undying love.” —Annie Johnson Flint

The message inside the card read as follows: “Bonnie—we are NOT survivors! We are so much more than that. We are valiant women. Women who change lives. Women who give life. Stronger than any hardship! Please lean on me. Cry with me. Most of all, laugh with me – whenever you need to!” This was given to me by someone who has recently received a cancer diagnosis for the THIRD time. Gratitude for her and her sentiments allowed me to understand that beyond the absurdity of irony is FAITH!

Life is enriched with faith—faith in a Higher Power, faith in ourselves and faith in the people who stand beside us, no matter how many times we face a hardship. Life is enriched when we have people who lift us up and pray for us even in those times when we are unable to pray for ourselves. May the lives of those people be blessed beyond the gratitude we have for them. May our lives be enriched by understanding the irony of what is not promised and living in the blessings of what is promised!

—Bonnie Dhamer, Cancer Survivor and Mom
**Just Breathe**

It has saved many lives. Medicare pays for it. It takes a physician order and a 30-minute scan. What is it? Lung cancer screening for qualified current or ex-smokers.

Lung cancer is the second most common cancer in men and women (with the exception of skin cancer), according to the American Cancer Society. Annually, more deaths occur from lung cancer than breast, colon and prostate cancers combined. As with any cancer, the earlier it’s caught, the better the outcome. Today, there are more than 430,000 lung cancer survivors. To help detect this cancer, the U.S. Preventative Services Task Force recommends annual low-dose CT scans for current or former smokers who meet certain criteria.

The National Lung Screening Trial studied the use of low-dose CT scans versus chest x-rays and found that among heavy smokers, CT scans reduced deaths by 20%. AMITA Health is happy to offer low-dose CT lung cancer screening.

Discuss having a lung cancer screening with your physician if you meet the following criteria:

- Age 55–77
- Current smoker or have quit within the past 15 years
- Have 30-pack-year history (1 pack/day for 30 years or 2 packs/day for 15 years)

In addition to the screening, smoking cessation is important to reduce the risk of diseases, including lung cancer. It’s never too late to quit. See page 9 or 11.

If you are uninsured, AMITA Health offers the screening for just $120. Ask your physician if you are a candidate for a screening and to write your screening order.

To schedule your lung cancer screening, call 1.855.MyAMITA (692.6482) or to sign up for a smoking cessation program. Visit amitahealth.org/lungs to learn more.

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**Be Well with Integrative Oncology**

**What is integrative oncology?**

Integrative oncology is a medical specialty that combines traditional cancer care with alternative and complementary medicine. An integrative oncologist will ensure that these therapies are safe, effective and do not interfere with conventional cancer treatments. The goal of this holistic care is to strengthen the body, reduce stress and anxiety, improve quality of life and reduce likelihood of cancer recurrence.

**What to expect during consultation?**

Arti Lakhani, MD, is a trained integrative hematologist and oncologist at AMITA Health Cancer Institute who can add various complementary medicine methods into patients’ chemotherapy, surgery and radiation therapy plans. She educates cancer patients on the benefits of a cancer-fighting, anti-inflammatory diet; physical strengthening and exercise; and ways to reduce stress and improve mindfulness. A healthy lifestyle can help prevent disease and improve prognosis – for cancer and other diagnoses as well. The goal of integrative oncology is to help patients get well and stay well.

“I help my patients understand that just because a vitamin or supplement is labeled ‘natural’ doesn’t necessarily mean it’s safe. Educating people about drug interactions is one of my passions,” says Arti Lakhani, MD.

**Getting to know the whole person:**

Every patient is unique, just as each cancer diagnosis is unique. Dr. Lakhani wants to understand each patient as a person. She engages her patients in a broad conversation regarding each person’s lifestyle and goals of treatment. It takes time to really get to know a patient and family members, but it’s the only way to offer a treatment that is tailored to the needs and desires of each individual.

Dr. Lakhani has published numerous articles in the fields of hematology and oncology, and is dedicated to caring for patients with complex malignancies. She has enhanced her training through the Integrative Medicine Fellowship at the University of Arizona. Her mission is to provide cancer patients with state-of-the-art treatments while incorporating evidence-based complementary and alternative methods.

To make an appointment with an AMITA Health Cancer Institute specialist, please call 1.855.MyAMITA (692.6482).
Quality Oncology Practice Initiative

The Quality Oncology Practice Initiative (QOPI®) is a voluntary, self-assessment and improvement program launched by the American Society of Clinical Oncology (ASCO) in 2006 to help hematology-oncology and medical oncology practices assess the quality of care they provide to patients. Through the QOPI program, practices extract data from patients’ records up to twice per year and enter this information into a secure database. QOPI analyzes individual practice data and compares it to more than 180 evidence-based and consensus quality measures. The information is then provided in reports to participating practices. Individual practices are then able to compare their performance to data from practices across the country. Based on this feedback, practices can identify areas for continuous quality improvement.

AMITA Health Cancer Institute locations at Hinsdale, Bolingbrook, and Glen Oaks participated in the Fall 2017 QOPI data collection round. The scores for the Fall round have exceeded the QOPI certification requirements. The QOPI Fall 2017 overall quality score was 84.51% and the QOPI certification requirement score was 75%. As a result, the AMITA Health Cancer Institute south region will apply for QOPI certification in the winter of 2018.

The QOPI® Certification Program is an affiliate of ASCO. As of December 19, 2017, only 293 oncology practices nationally had received this designation. The program is an initiative for three-year certification of oncology practices that meet rigorous standards for high-quality cancer care. The certification program helps practices determine whether they are providing the best treatment and care possible to their patients and demonstrates a commitment to excellence and on-going quality improvement.

Our Medical Centers Earned Top Safety Ratings

The Leapfrog Group awarded top safety grades to four AMITA Health medical centers for performance in preventing medical errors, infections and other patient harm in the Fall 2017. AMITA Health Adventist Medical Center Hinsdale, AMITA Health Adventist Medical Center La Grange, AMITA Health Alexian Brothers Medical Center Elk Grove Village and AMITA Health St. Alexius Medical Center Hoffman Estates received “A”s in the Leapfrog’s biannual Hospital Safety Grade study, ranking them among the safest U.S. hospitals.

The medical centers were among 832 hospitals nationwide and 33 in Illinois to earn the top score for meeting the highest patient safety standards in the nation. AMITA Health Hinsdale, AMITA Health La Grange and AMITA Health St. Alexius also earned Leapfrog’s “Straight A” designation for posting “A”s in every study since 2013. AMITA Health St. Alexius is among 59 hospitals nationwide that have earned the “Straight A” designation in every scoring update since the study began in the spring of 2012. The Leapfrog study uses 27 measures of publicly available hospital safety data to assign A, B, C, D and F grades to more than 2,600 U.S. hospitals. It is calculated by top patient safety experts, peer-reviewed, fully transparent and free to the public.

“Nothing is more important to AMITA Health than protecting the safety of patients entrusted to our care,” said Mark A. Frey, AMITA Health president and chief executive officer. “This recognition reflects the deep commitment of our physicians, nurses and other healthcare professionals to providing not only the highest-quality care, but also the safest care, based on the latest evidence-based best practices.”

A nonprofit organization committed to driving quality, safety and transparency in the U.S. healthcare system, Leapfrog assigns safety grades to hospitals across the nation twice annually to give people an easy-to-use tool for finding the safest care in their communities.

To find more information about the safety performance of individual hospitals, and to access consumer-friendly patient tips for staying safe in the hospital, visit www.hospitalsafetygrade.org.

SAVE THE DATE: Pampering & Prevention

May 2018

Daughters bring Mom, and sons send Mom with her friends! Free hors d’oeuvres and fun! Learn the MammaCare® method of breast self-exam that detects lumps even smaller than a pea! Feel and learn the differences between normal lumpy breast tissue and true lumps using the world’s most lifelike breast models. Enjoy a free massage and manicure.

Visit our Facebook page at www.facebook.com/AMITAHealth or our events page at www.amitahealth.org/events to watch for details to be announced, including registration.
Smoking Cessation Classes

Smoking cessation classes has expanded from our Hinsdale location now to our Elk Grove Village location! Each session will encourage participant interaction and group support in overcoming the smoking habit. Nicotine withdrawal, medications to assist in quitting, coping mechanisms, diet and exercise will also be addressed throughout the program.

According to the Centers for Disease Control, quitting reduces your risk for:

- Lung and other cancers.
- Heart disease and stroke (heart disease risk reduction begins within 1–2 years of quitting).
- Respiratory symptoms (coughing, wheezing and shortness of breath); symptoms may not disappear, but they don’t continue to progress at the same rate.
- Infertility in childbearing age women; smoking cessation during pregnancy reduces the risk of a low-birth-weight baby.

It’s never too late to quit, and we’re here to help. Enrollment is limited. For more information, call 1.855.MyAMITA (692.6482).

80% by 2018: Colon Cancer Screening Initiative

AMITA Health Cancer Institute Elk Grove Village and Hoffman Estates are close to having our Accountable Care Organization patient population reach the 80% by 2018 colon cancer screening initiative! We’ve partnered with the Visiting Nurses’ Association to help their patients too!

AMITA Health Cancer Institute pledged to help the National Colorectal Cancer Roundtable and the American Cancer Society reach 80% of U.S. adults aged 50 and older get screened for colon cancer by 2018. Early detection and removal of precancerous polyps can prevent colorectal cancer. Colorectal cancer is the third most commonly diagnosed cancer and the third leading cause of cancer death in men and women in the U.S., according to the American Cancer Society. If you or a family member meets any of the following criteria, you should strongly consider a screening colonoscopy:

- A family history of colon cancer, a known cancer causing genetic alteration or mutation, or a history of irritable bowel syndrome.
- A personal history of colon cancer, polyps, or other related cancers.
- A positive result from a colon cancer screening.
- A diagnosis of a condition that places you at high risk for colon cancer, such as inflammatory bowel disease, chronic ulcerative colitis, Crohn’s Disease, or familial adenomatous polyposis.
- A diagnosis of a relevant cancer syndrome passed on from your family.
- Age 50 or older.

If you are un/underinsured, AMITA Health can help you receive a colonoscopy at no cost to you. Although a colonoscopy is the gold standard for colon cancer screening, you do have other options. Get screened! Call 1.855.MyAMITA (692.6482) to schedule or see if you are eligible for a free colonoscopy.

SAVE THE DATE: Skin Cancer Screenings

Summer 2018

AMITA Health Cancer Institute Hoffman Estates
Doctors’ Office Building 3
1555 Barrington Rd.
Hoffman Estates, IL 60169

AMITA Health Cancer Institute Hinsdale
1 Salt Creek Lane
Hinsdale, IL 60521

Free skin screening for anyone ages 18 and older. Screening held in cooperation with the American Cancer Society and sponsored by the American Academy of Dermatology.

Visit our Facebook page at www.facebook.com/AMITAHealth or our events page at www.amitahealth.org/events closer to July to schedule an appointment.
Connected Like Never Before

New chemotherapy patients at AMITA Health Cancer Institute Hinsdale will have greater access to their oncology healthcare providers. We’re pleased to offer you AMITA Health, an easy-to-use mobile app that simplifies complex care plans into daily steps and/or lets you communicate directly with your care team about every aspect of your health, from medication side effects to follow-up appointments. The app will soon roll out at other AMITA Health locations and departments. It is already up and running for AMITA Health patients who have the following conditions: joint replacement, anxiety, depression, stroke and bariatrics.

This patient-generated health data app AMITA Health holds so much promise as an innovative patient support tool that our partner, TapCloud® who helped us develop it, has been recognized by the U.S. Department of Health’s Office of the National Coordinator for Health Information Technology to be a pilot demonstration.

The app is intuitive and adapts to address your specific needs by using the information you provide. The app guides and keeps you in touch with your care team, so you’ll know what to do and when to do it. When you have questions or concerns – or if AMITA Health notices a problem – your team will be there. With AMITA Health, it’s almost like having your care providers at your side whenever you need them. Your information remains confidential, only visible to you and your provider.

After you log in, your health reminders will be visible. This might include such items as your medication schedule, exercises or other daily tasks that were recommended by your care team for your specific condition. You can download the app, upload informational videos and classes, and even take photos right from the app so your care team can have a visual reference of a current issue. Once you are set up and sharing information with your care team, they will have access to a monitoring dashboard so that they can keep track of your condition and receive alerts to help prevent complications.

When you first log in on AMITA Health, you are asked daily for a snapshot of how you’re feeling, your current pain level, and/or any side effects or symptoms you may be experiencing. Then, through an interactive list of words and phrases, you can specify exactly how you are feeling and the severity of your symptoms, giving your care team a clear picture of your current condition that they will review and track. Your care team will reach out to you if your reported symptoms/information need intervention, to be discussed, or if you need medical attention. Checking in via the app usually takes one minute to complete.

For more information on AMITA Health, visit AMITAHealth.org/healthcheck or call 1.855.MyAMITA (692.6482).

Philanthropy Donations

The Ice Miller Foundation

The Ice Miller Foundation partnered with the Hinsdale Hospital Foundation to select AMITA Health Cancer Institute Hinsdale as the recipient of its annual Foundation Day of Service for the Chicago market. The institute was chosen for its healing mission and hands-on service opportunity to fund and assemble a six-month supply of “Encouragement Kits” given to chemotherapy patients as they begin treatment.

The kits, developed by navigators, oncology staff and Hinsdale Hospital Foundation, contain a thermal lunch bag filled with lotions, lemon drops, tissues and more. Plus, handwritten cards of love and support, written and signed by Ice Miller employees, are tucked inside.

We thank Ice Miller Foundation for their continued support and $10,000 gift to fund this project and future projects that support our healing mission.

Trivia Night Fundraiser

AMITA Health Cancer Institute Elk Grove Village held its first trivia fundraiser in September! We raised over $500, which went toward buying a wig and mastectomy camisole for a cancer patient! Every bit helps to serve our patients.

Thank you to all who participated in this fun evening, and we look forward to another in Fall 2018!
Philanthropy Donations (Cont’d)

Diamond Jim’s Golf Fundraiser

Diamond Jim’s in East Dundee held its first golf fundraiser in the Summer 2017 and donated the proceeds to AMITA Health Cancer Institute. Each year, Diamond Jim’s holds a fundraiser for the Cancer Institute, but this year was Diamond Jim’s biggest event yet! These proceeds will help provide wigs, breast prostheses and other services to our cancer patients.

It’s through generous donations that we’re able to not only treat our patients’ cancer but help heal them emotionally and spiritually.

Roselle Police Association

The Roselle Police Association held a “Pink Patch” campaign in which they sold special Roselle Police caps and patches with a pink ribbon logo. All proceeds benefitted patients at AMITA Health Cancer Institute.

The association donated over $5,000! The proceeds will be used for wigs and breast prostheses and other complimentary programs for our cancer patients. On behalf of our patients, thank you for the donation that will make a difference in our patients’ lives!

Howl It Up Fundraiser

On November 11, the Hinsdale Hospital Foundation hosted a sold out “Howl It Up” fundraiser for the AMITA Health Cancer Institute Hinsdale. The event was held at the Ferrari Maserati dealership in Hinsdale and showcased the “Howl to Go” all female Pink Piano Team. It was an evening celebrating life, with great music and food. The event raised $45,000 for AMITA Health Cancer Institute Hinsdale needs like nurse navigation, patient experience and Open Arms.

Thank you to Continental Autosports and Howl at the Moon for serving as underwriters for this event! Thanks to Brian Sweeney and family and friends for sponsoring the event in memory of Betsy Sweeney, who was instrumental in developing our Cancer Institute and patient navigation program.

Foot Golf Donation!

Chester Blaszko and Jason Ross wanted to use their love of foot golf to help cancer patients. For the past two years, they’ve held annual foot golf events to raise funds for AMITA Health Cancer Institute Elk Grove Village and Hoffman Estates cancer patients. Foot golf is like golf, but with a soccer ball on a golf course. They’ll be doing it again in 2018! Thank you so much, Chester and Jason!

Kicks to Cure Cancer Fundraiser

June 16, 2018 | 10 am
Salt Creek Golf Club
701 W. Thorndale Ave.
Wood Dale, IL 60191

Come join in the fun of foot golf! Proceeds benefit AMITA Health Cancer Institute Elk Grove Village and Hoffman Estates!

Cost is $20. Golf carts are available for an additional fee. To donate or for faster payment, log in to your PayPal account. Under Send & Request, put in the email address kickstocurecancer@gmail.com to send funds.

To register, email Chester Blaszko at cfblaszko59@comcast.net.
AMITA Health Cancer Institute Programs At:

AMITA HEALTH CANCER INSTITUTE
HOFFMAN ESTATES (HE)
AMITA Health St. Alexius Medical Center
Hoffman Estates
Doctor Building 3, Ste. 1400
1555 Barrington Rd. | Hoffman Estates, IL 60169
1.844.952.HOPE (4673)

AMITA HEALTH CANCER INSTITUTE
ELK GROVE VILLAGE (EGV)
AMITA Health Alexian Brothers Medical Center
Elk Grove Village
800 Biesterfield Rd., Ste. 120
Elk Grove Village, IL 60007
1.844.952.HOPE (4673)

No registration required. All groups are provided at no cost and focus on education, support and coping. Whether you are newly diagnosed or have completed treatment, patients share many similar experiences and concerns from diagnosis to survivorship. Connecting with others provides an outlet where you can learn helpful tips for coping with side effects, receive encouragement and share laughter.

Facilitated by professional staff. For information about programs call 1.844.952.HOPE (4673).
Please check individual listings to verify programs that require appointment or registration.

Smoking Cessation Class Session
AMITA Health Cancer Institute Elk Grove Village
Session 2: March 13, 20, 27, April 2, 10, 24
Session 3: September 11, 18, 25, October 2, 9, 23
6 – 7 pm
Cost is $25. The first session will run until 7:30 pm. Class size is limited to 10 participants. Attendance at all classes in the session is mandatory, with the 6th week being a no-class week. To register, call 1.855.MyAMITA (692.6482).

Melanoma Screening
AMITA Health Cancer Institute Hoffman Estates
1555 Barrington Rd., DOB 3, Hoffman Estates, IL 60169
Summer 2018
Free skin screening by dermatologists. Must be age 18 or older. Visit our Facebook page at www.facebook.com/AMITAHealth or our events page at www.amitahealth.org/events closer to July to schedule an appointment.

Colon Awareness
March 2018
Watch in the mail for a Spring events flyer with more information, or call 844.952.HOPE (4673).

Twitter Live
October 2018
A physician will be on Twitter for an hour to discuss lung cancer and answer questions live! Watch in the mail for a Spring events flyer with more information, or call 844.952.HOPE (4673).

Survivorship Day: League Against Cancer
Saturday, June 2 | 1 – 3 pm
Poplar Creek Bowling Alley
2354 W. Higgins Rd., Hoffman Estates, IL 60169
AMITA Health cancer survivors are invited to our annual survivorship celebration! Come join us to honor you! Bring your family and enjoy bowling, games, food and fun! To register, call 1.844.952.HOPE (4673).

Pampering & Prevention
May 2018
Daughters bring Mom, and sons send Mom with her friends! Free hors d’oeuvres! Learn MammaCare® breast self-exam to detect lumps smaller than a pea. Enjoy free massages and manicures! Watch in the mail for a Spring events flyer with more information, or call 1.844.952.HOPE (4673).

Tips & Tools for Managing Your Cancer Diagnosis
AMITA Health Cancer Institute Elk Grove Village
Thursday, April 5 | 6 – 8 pm
Physicians will educate patients and caregivers how to manage your cancer diagnosis, both during treatment and day-to-day life. Call 1.855.MyAMITA (692.6482) to register by March 28.

Cancer Caregivers Support Group
Call and ask for the social worker to find out dates and times.

Breast Cancer Support Group
AMITA Health Elk Grove Village
1st and 3rd Tuesdays | 6:30 – 8 pm

Young Women’s Support Group
Young women under age 50 with breast cancer.
AMITA Health Hoffman Estates
3rd Wednesdays | 6 – 7:30 pm

All Cancer Networking Group
AMITA Health Hoffman Estates
4th Thursdays | 6:30 – 8 pm

NEW CLASS: Strength Training Exercise Class
Designed for cancer patients, this class includes exercises that can be done sitting in a chair. Registration required. Call 1.844.952.HOPE (4673).
AMITA Health Elk Grove Village
2nd Fridays | 9:30 am
**NOTE:** Check with your physician before undertaking any exercise class, including those listed below.*

**Express Yourself!**
Use art materials to create symbols of strength and vitality. No skills needed. Call 1.844.952.HOPE (4673) to register.
AMITA Health Hoffman Estates
1st Wednesdays | 10 – 11:30 am

**Fit Club to Fight Cancer**
Through fitness, you can fight cancer as well as improve your health. All levels of athletes are welcome. To register, call 847.755.8603.
Volkening Lake
900 W. Schaumburg Rd.
Schaumburg, IL 60194
**Wednesdays** | **4:45 – 5:30 pm** (weather permitting)
Prairie Stone Sports and Wellness Center
5050 Sedge Blvd.
Hoffman Estates, IL 60169
**Wednesdays** | **4 pm**

**NEW CLASS: Tai Chi-Qigong Meditation**
Tai Chi, Qigong and meditation are taught to strengthen the health of body, mind and spirit.
AMITA Health Hoffman Estates
**Tuesdays** | **6 – 7:45 pm**
AMITA Health Elk Grove Village
**1st & 3rd Fridays** | **12 pm**

**Healing Touch**
Research has shown that Healing Touch therapy can help alleviate cancer treatment’s pain, stress and side effects. Private sessions, fully clothed. For daytime appointments at AMITA Health Hoffman Estates (3rd Tuesdays) call 1.844.952.HOPE (4673).

Evening sessions at AMITA Health Elk Grove Village (2nd & 4th Thursdays), call: Heart 2 Heart Healing, Linda Lemke 630.207.4052, or Karolyn Howard, 630.418.7239.

**Energy Therapy**
Ease fatigue, pain and stress with a 45-minute session. For an AMITA Health Hoffman Estates (2nd Mondays) or AMITA Health Elk Grove Village (3rd Mondays) appointment, call 1.844.952.HOPE (4673).

**Relax and Feel Great**
Experience the benefits of hypnosis and learn relaxation techniques in a weekly group session led by a certified hypnotherapist. Call 1.844.952.HOPE (4673).
AMITA Health Elk Grove Village
2nd & 4th Thursdays | **6 – 7:45 pm**
AMITA Health Hoffman Estates
**1st, 3rd & 5th Thursdays** | **6 – 7:45 pm**

**Massage Therapy**
For current AMITA Health cancer patients. Call for 30-minute (fully clothed) appointments with a certified massage therapist. Call 1.844.952.HOPE (4673).
Thursdays at AMITA Health Elk Grove Village
Wednesdays at AMITA Health Hoffman Estates

**NEW: Boutique Consults**
In partnership with The Rose Garden, a licensed cosmetologist and certified mastectomy fitter will provide inhouse wig, lymphedema sleeve and mastectomy bra consultations. She will be able to shave hair for patients undergoing chemotherapy. Appointments required, call 1.844.952.HOPE (4673).
AMITA Health Elk Grove Village
Jan 16, March 20 or May 15 | 7 am – 12 pm
Feb 20, April 17 or June 19 | 2 – 8 pm

**Look Good...Feel Better®**
Join other women and learn from volunteer beauty professionals how to deal with the appearance-related side effects of cancer treatment. You will receive a complimentary bag of make-up and skin care products so get ready for two fun hours of pampering! Registration required.

Choose one session:
AMITA Health Elk Grove Village
**To register, call 1.844.952.HOPE (4673)**
Jan 9, March 13 or May 8 | **10 am**

AMITA Health Hoffman Estates
**To register, call 1.847.755.8400**
Feb 12, April 9 or June 11 | **9:30 am**

**Breast Self-Exam Community or One-on-One Sessions – MammaCare®**
Most women find their own breast lumps or changes. Learn breast self-exam (BSE) using the MammaCare® method in either a community setting with other women or in a one-on-one session. MammaCare® is the only research-based and is more thorough and efficient than other methods. You will learn by practicing on life-like breast models that teach the difference between normal breast tissue and lumps. Bring a friend.

For information or to schedule a one-on-one session or to arrange a special get-together, call 847.755.8108.
To register for a community session, call 1.855.MyAMITA (692.6482). Community classes are held at AMITA Health Elk Grove Village.
**2nd Tuesdays** | **7 pm**
AMITA Health Cancer Institute Hinsdale Programs

AMITA HEALTH CANCER INSTITUTE HINSDALE
1 Salt Creek Lane  |  Hinsdale, IL 60521
630.586.5500

Smoking Cessation Class Session
Session 2: April 10, 17, 24, May 1, 3, 8, 15, 22
Session 3: September 11, 18, 25, October 2, 4, 9, 16, 23
6:30 – 8:30 pm
Cost is $25. Class size is limited to 10 participants.
To register, call 1.855.MyAMITA (692.6482).

Colon Screening
April 2018
Visit our Facebook page at www.facebook.com/AMITAHealth or our events page at www.amitahealth.org/events closer to summer to schedule an appointment.

Melanoma Skin Screening
Summer 2018
Free skin screening for anyone ages 18 and older. Visit our Facebook page at www.facebook.com/AMITAHealth or our events page at www.amitahealth.org/events closer to summer to schedule an appointment.

Breast Self-Exam Community Sessions – MammaCare®
2nd Wednesdays  |  6 – 7:30 pm
AMITA Health Cancer Institute Hinsdale
Learn new breast self-exam technique MammaCare® breast cancer prevention education and risk assessment. Breast self-exam (BSE) is taught using the MammaCare® method in a community setting with other women. MammaCare® is the only research-based BSE and is more thorough and efficient than other methods. You will learn by practicing on life-like breast models that teach the difference between normal breast tissue and lumps. Bring a friend. To register, call 1.855.MyAMITA (692.6482).

Wellness House
131 N. County Line Rd., Hinsdale
AMITA Health Cancer Institute Hinsdale offers on-site Wellness House counseling services and encourages our patients and their families to join one of the many programs and classes at Wellness House. Programs are offered at no charge and free parking is available. For a complete listing of programs and classes visit wellnesshouse.org or call 630.323.5150.
Donate online to support cancer care

Celebrate or remember someone special through a gift that will help a cancer patient.

To donate to AMITA Health Cancer Institute Elk Grove Village or Hoffman Estates locations:
Visit alexianbrothershealth.org/foundation and click “Make a Gift” in the upper right-hand corner. Fill out the donation form and select “Cancer Institute” as the designation.

To donate to AMITA Health Adventist Medical Center cancer locations, visit:
- Bolingbrook Hospital Foundation (keepingyouwell.com/abh/make-a-gift/giving-opportunities)
- Glen Oaks Hospital Foundation (keepingyouwell.com/agh/makeagift.aspx)
- Hinsdale Hospital Foundation (hinsdalehospitalfoundation.org)
- La Grange Memorial Hospital Foundation (keepingyouwell.com/almh/makeagift.aspx)

Fill out the donation form, noting the person you would like to honor with your donation. You can include a message that we will pass on to all involved.

On behalf of our cancer patients and their families, thank you!