



## A CANCERHOME PUBLICATION, PROVIDING THE SUPPORT YOU NEED TO FOCUS ON HEALING

### WHEN CANCER IMPACTS YOUR JOB

Humans, by nature, are built for work. Regardless of the career type, whether it's behind a tractor or behind a desk, meaningful work that uses our skills and talents gives us a sense of purpose, focus and accomplishment - not to mention the practical necessity, income. And a cancer diagnosis doesn't change that fact, but it can make working more challenging when treatment or disease management interrupts an established routine.

Take Ron, for example. As a heavy equipment operator, the physical demands of his job made it difficult for him to continue working after he was diagnosed with pancreatic cancer, but he was not ready to retire. "I've been doing this job my whole life; it's part of who I am. And being told I wouldn't be able to return to my job was frustrating and confusing, because I don't feel I have the skills to do anything else." Ron's case was not without hope, though. Because he was in regular communication with his patient guide, Julie Davis, Julie knew of his disappointment and connected him to a vocational rehabilitation agency to identify work he could do as a cancer patient. Says Ron, "For now, it's one day at a time, and hopefully I'll find something to keep me occupied, because I'm not ready to sit at home."

Cancer is an obstacle, yes, but there are ways to cope if the disease impacts your work life:

- Communicate with your employer if you're worried it may be difficult to do your job. While you're receiving treatment and managing your disease, you may need to make some adjustments in your work schedule to allow your body time to rest and heal.
- If your disease makes it difficult to perform the tasks required of your current job, it's helpful to consider alternative jobs that allow you to stay productive and use your skills, but don't compromise your health. Creative problem solving, in other words.
- Let a hobby take center stage. Some patients find that hobbies (sewing, for example) provide a helpful outlet for filling a work void during cancer treatment when demands of a job are too much. And sometimes, what was just a fun activity can become a source of income, as well.
- Consider participating in a support group. People often feel isolated by their disease. Talking to others, hearing others share their experiences and how they are managing can lift your spirits and help you see alternatives and options.

Even if you have to take a leave from your job, or leave your job altogether, the good news is that the majority of cancer patients do return to work. Talk through your concerns with your patient guide and remember they are a great resource for information. Whether it's a paying job or a hobby, working at something helps us maintain our sense of self and helps us move forward.

To learn more about this topic, visit these websites:

[www.patientadvocate.org](http://www.patientadvocate.org)

[www.cancer.org](http://www.cancer.org)

[www.disabilityrightslegalcenter.org](http://www.disabilityrightslegalcenter.org)

[www.ada.gov](http://www.ada.gov)



## RECIPE CORNER CHICKEN SOUP



This recipe from one of our favorite resources, *Eating Well Through Cancer* by Holly Clegg and Gerald Milello, M.D., is comfort food at it's best. Easy to make, nutritious and delicious, this warm, broth-based soup makes a good meal 3 to 4 days following chemotherapy. Tip: Since this soup freezes well, consider dividing up portions into freezer-friendly containers that can be thawed and reheated for a quick meal after treatment. (Recipe makes 8 to 10 1-cup servings.)

### Ingredients:

4 quarts water	1 cup chopped celery
3 pounds skinless, boneless chicken breasts, cut into pieces	1 turnip, cut into chunks
1 large onion, cut into wedges	Salt and pepper to taste
6 sprigs of parsley	4 chicken bouillon cubes (to reduce sodium, use fewer or omit all together)
3 bay leaves	Cooked rice or noodles, optional
2 cloves garlic, halved	
1 (16-ounce) package baby carrots	

### Directions:

Place all ingredients except rice or noodles in a large pot. Bring to a boil. Reduce heat, cover and simmer 45 minutes, or until chicken is tender. If desired, remove the chicken, carrots, celery and turnip from the broth and strain the soup. Add rice or noodles, if desired, and heat through.

### Nutritional information per serving:

Calories 188, protein (g) 33, carbohydrate (g) 8, fat (g) 2, calories from fat (%) 12, saturated fat (g) 1, dietary fiber (g) 2, cholesterol (mg) 79, sodium (mg) 570. Diabetic exchanges: 4 very lean meat, 1.5 vegetable.

## CANCER SUPPORT GROUPS

In some cases the emotional impact of cancer care may be more challenging than the physical changes that may take place. Support groups are available at Community Cancer Center for patients and their loved ones to discuss all aspects of cancer care from specific cancers and types of treatments through image recovery and survivorship. These support groups provide opportunities for patients and family members who share a common journey to offer positive stories as well as challenges they have faced in a supportive group of others who may have similar thoughts and feelings. Participation in support groups may help patients and caregivers to better cope as they maneuver through cancer treatment and follow-up.

In addition to the support groups, we can refer patients and family members to counselors on an as needed basis to further discuss the challenges and necessary adjustments associated with a cancer diagnosis, treatment, recovery, and survivorship.

Cancer support groups are offered on Thursday, Feb. 9 at 11am to 1 pm at our Lake City location (every second Thursday of the month), and on Tuesday, Feb. 21 at 5:30pm at our Gainesville location (every third Tuesday of the month).

## ART THERAPY AVAILABLE

Art Therapy is available from 11am to 1pm at our Gainesville location on Feb. 14th, and our Lake City location on Feb. 16th.

Healthy Connections is a publication of Community Cancer Center of North Florida and is published for the general public to disseminate health-related information. This information is not to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment, diet plan or exercise regimen implied in this publication.

## FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 MESSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 3PM	3 MESSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM	4
5	6	7	8	9 MESSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 3PM SUPPORT GROUP @ CCCNF, LAKE CITY 11AM - 1PM	10 MESSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM	11
12	13	14 ART THERAPY @ CCCNF, GAINESVILLE 11AM - 1PM	15	16 MESSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 3PM ART THERAPY @ CCCNF, LAKE CITY 11AM - 1PM	17 MESSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM	18
19	20 ACS LOOK GOOD FEEL BETTER @ HOPE LODGE, GAINESVILLE 1PM - 2PM PRESIDENT'S DAY	21 SUPPORT GROUP @ CCCNF, GAINESVILLE 5:30PM (EVERY 3RD TUES)	22	23 MESSAGE THERAPY @ CCCNF, LAKE CITY 9AM - 3PM	24 MESSAGE THERAPY @ CCCNF, GAINESVILLE 11AM - 3PM	25
26	27	28	29	PATIENT RECEPTION FOR DR. SCHILLING @CCCNF LAKE CITY, FEB 21 FROM 4:30-6:30, @CCCNF, GAINESVILLE FEB 22ND FROM 4:30-6:30		

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