

## Anderson Regional Cancer Center Launches New Program for Cancer Survivors

National “Cancer Transitions” Program Developed by The Cancer Support Community and  
LIVE **STRONG**

**MERIDIAN, MS**—Anderson Regional Cancer Center is offering a new program to help cancer survivors make the transition from active treatment to post-treatment care. Developed by the Cancer Support Community and LIVE **STRONG**, the program was created to bridge the gap between cancer treatment and life following cancer.

This is an important health care gap because according to a 2007 Institute of Medicine report, the 12 million cancer survivors in the U.S. face a heavy physical and psychological burden as they transition from cancer patient to survivor. In fact, cancer is increasingly being viewed for many as a chronic illness. A new report issued by the Institute of Medicine in 2008 recognized this paradigm shift of the impact on cancer on the entire family. The report, entitled *Cancer Care for the Whole Patient*, states that “Good quality health care must attend to patients’ psychosocial problems and provide services to enable them to better manage their illnesses and underlying health.” This new program, *Cancer Transitions: Moving Beyond Treatment™*, will be run in [Date] to help fill this critical gap.

“This much needed program, which is offered at no cost to participants, will provide Meridian

area cancer survivors with information and tools to make the transition into living a full and productive life as a survivor," said Wayne Herrington, Administrative Director, Anderson Regional Cancer Center. "Specifically, the program addresses exercise, nutrition, emotional health, quality of life and medical management after cancer treatment ends."

The six sessions will be held every Monday in October and the first Monday in November at 5:00 p.m. at Anderson Regional Cancer Center, 1704 23<sup>rd</sup> Avenue, Meridian, MS. Expert panelists at the six sessions will include nurse practitioners, nutritionists and fitness experts who will discuss various topics. These subjects include:

- Exercise after treatment
- Specialized nutrition for people after cancer treatment
- The need for continued emotional and social support
- Medical effects of cancer treatment and long-term medical management.

"In order to improve the quality of life of people affected by cancer, it is essential to provide effective and appropriate patient care across the cancer continuum," said Andy Miller, vice president of programs and policy for **LIVESTRONG**. "The Cancer Support Community has been an ideal partner to develop this program. They have a proven track record of implementing evidenced-based programs that are relevant to the needs of communities and highly beneficial for cancer survivors."

For patient information or to register for *Cancer Transitions*, contact Ginny Ruffin, Patient Navigator, 601-485-5081.

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### Anderson Regional Medical Center

Anderson Regional Medical Center is the largest health care facility in East Mississippi/West Alabama and is home to the most established heart care center and the region's only comprehensive cancer center.

### Cancer Support Community

Backed by evidence that the best cancer care includes emotional and social support, the Cancer Support Community offers these services to all people affected by cancer. Likely the largest professionally-led network of cancer support worldwide, the organization delivers a comprehensive menu of personalized and essential services. Because no cancer care plan is complete without emotional and social support, the Cancer Support Community has a vibrant

network of community-based centers and online services run by trained and licensed professionals. For more information, visit [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org) . In July 2009, The Wellness Community and Gilda's Club joined forces to become the Cancer Support Community. The combined organization provides high-quality psychological and social support through a network of nearly 50 local affiliates, more than 100 satellite locations and online.

### LIVESTRONG®

**LIVESTRONG** was founded in 1997 by cancer survivor and champion cyclist Lance Armstrong. Based in Austin, Texas, **LIVE STRONG** fights for the 28 million people around the world living with cancer today. **LIVE**

#### **STRONG**

connects individuals to the support they need, leverages funding and resources to spur innovation and engages communities and leaders to drive social change. Known for the iconic yellow wristband, **LIVE**

#### **STRONG**

's mission is to inspire and empower anyone affected by cancer. For more information visit **LIVE**

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.org.