The Meaning of the Season: Holidays with Prostate Cancer

Tuesday, December 15, 2015

Moderated by Ivy Ahmed
Director of Patient Education
ZERO – The End of Prostate Cancer
Margaret Martin, RD, MS, LDN
Nutrition Educator
PearlPoint Cancer Support

Alison Sachs, MSW, CSW, OSW-C
Community Outreach & Cancer Support Services, Director
Eisenhower Lucy Curci Cancer Center

Tuesday, December 15, 2015
1 p.m. PT/4:00 p.m. ET
Moderated by Ivy Ahmed, MPH, MCHES
Director of Patient Support Programs
ZERO - The End of Prostate Cancer
ZERO’s mission is to end prostate cancer. As a leader in the fight against prostate cancer, ZERO advances research, encourages action, and provides education and support to men and their families.
Margaret Martin is a Licensed Dietitian and Nutritionist and Certified Diabetes Educator with PearlPoint Cancer Support.

With more than 10 years of experience in Clinical Nutrition, Margaret has also worked in the insurance industry with WellPoint Inc. and Blue Cross Blue Shield providing telephonic nutrition consultations, service assistance, and web-based nutrition education.
Alison Mayer Sachs is Community Outreach and Patient Support Services Director at Eisenhower Medical Center, Lucy Curci Cancer Center. Ms. Sachs leads the prostate cancer program including support groups, educational programs and outreach activities.

She is the current president of the Association of Oncology Social Workers and a member of the ZERO Medical Advisory Board.
Agenda

• Holiday nutrition
• Going out, staying in, celebrating and food
• Managing emotions
• Loved ones and cancer at the holidays
• Managing Side Effects
• Staying Informed and Involved
  —Questions to Ask Your Doctor
This year more than 220,000 men will be diagnosed with prostate cancer.

Nearly 30,000 will lose their lives to the disease.

The NCI estimates there are nearly 3 million prostate cancer survivors in the U.S. today.

### Leading Sites of New Cancer Cases and Deaths – 2015 Estimates

<table>
<thead>
<tr>
<th>Estimated New Cases*</th>
<th>Estimated Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Male</strong></td>
<td><strong>Female</strong></td>
</tr>
<tr>
<td>Prostate</td>
<td>Lung &amp; bronchus</td>
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<tr>
<td>220,800 (26%)</td>
<td>27,540 (9%)</td>
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<tr>
<td>Lung &amp; bronchus</td>
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<tr>
<td>115,610 (14%)</td>
<td></td>
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<tr>
<td>Colon &amp; rectum</td>
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<td>69,090 (8%)</td>
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<tr>
<td>Urinary bladder</td>
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<td>56,320 (7%)</td>
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<tr>
<td>Melanoma of the skin</td>
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<tr>
<td>42,670 (5%)</td>
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<tr>
<td>Non-Hodgkin lymphoma</td>
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<tr>
<td>39,850 (5%)</td>
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<tr>
<td>Kidney &amp; renal pelvis</td>
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<tr>
<td>38,270 (5%)</td>
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<tr>
<td>Oral cavity &amp; pharynx</td>
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<tr>
<td>32,670 (4%)</td>
<td></td>
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<tr>
<td>Leukemia</td>
<td></td>
</tr>
<tr>
<td>30,900 (4%)</td>
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</tr>
<tr>
<td>Liver &amp; intrahepatic bile duct</td>
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<tr>
<td>25,510 (3%)</td>
<td></td>
</tr>
<tr>
<td>All sites</td>
<td></td>
</tr>
<tr>
<td>848,200 (100%)</td>
<td></td>
</tr>
</tbody>
</table>

| **Male**             | **Female**       |
| Colon & rectum       | Lung & bronchus  |
| 63,610 (8%)          | 26,100 (8%)      |
| Uterine corpus       |                  |
| 54,870 (7%)          |                  |
| Thyroid              |                  |
| 47,230 (6%)          |                  |
| Non-Hodgkin lymphoma |                  |
| 32,000 (4%)          |                  |
| Melanoma of the skin |                  |
| 31,200 (4%)          |                  |
| Pancreas             |                  |
| 24,120 (3%)          |                  |
| Leukemia             |                  |
| 23,370 (3%)          |                  |
| Kidney & renal pelvis|                  |
| 23,290 (3%)          |                  |
| All sites            |                  |
| 810,170 (100%)       |                  |

| **Male**             | **Female**       |
| Lung & bronchus       | Lung & bronchus  |
| 86,380 (28%)         | 71,660 (26%)     |
| Colon & rectum        |                  |
| 105,590 (13%)        |                  |
| Colon & rectum        |                  |
| 63,610 (8%)          |                  |
| Uterine corpus        |                  |
| 54,870 (7%)          |                  |
| Thyroid              |                  |
| 47,230 (6%)          |                  |
| Non-Hodgkin lymphoma  |                  |
| 14,210 (5%)          |                  |
| Leukemia             |                  |
| 14,180 (5%)          |                  |
| Esophagus            |                  |
| 12,600 (4%)          |                  |
| Liver & intrahepatic bile duct |  |
| 11,510 (4%)         |                  |
| Non-Hodgkin lymphoma |                  |
| 11,480 (4%)          |                  |
| Kidney & renal pelvis|                  |
| 9,070 (3%)           |                  |
| All sites            |                  |
| 312,150 (100%)       |                  |

*Excludes basal cell and squamous cell skin cancers and in situ carcinoma except urinary bladder.

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Each prostate cancer journey is unique

Holidays can be enjoyable but challenging when living with prostate cancer

Many aspects of your life can be affected
  – Nutrition
  – Emotions
  – Physical

If this is a difficult time for you, there are resources for help and you are not alone
Holidays With Prostate Cancer

Food Cheers

Margaret Martin, RD, MS, LDN, CDE
PearlPoint Cancer Support
Nutrition Educator
Our Mission:
To create a more confident cancer journey for adults anytime, anywhere.

Our History:
We bring 28 years of experience serving patients, caregivers, and supporting healthcare providers in patient education.

Our Service to You:
Online, personalized, free!
Create a ‘dashboard’ to get information based on your cancer type, including “The Survivorship Handbook”

Find resources: nutrition, cancer education, research, living with cancer, survivorship

Watch the “Eat To Fight” videos

Visit mypearlpoint.org
Food is challenging during holidays!

“My dad doesn’t like gift cards. Can you wrap up a hamburger in festive paper and a bow?”

K. Spear
Objectives

• See some holiday food challenges

• Look at nutrition strategies to help

• Check out more online resources
Food is a Big Part of Holidays

- Gifts
- Parties
- Traditions
- Special Meals
Types of Holiday Food Events

- Expected
- In your control
- Wait until next year
Types of Holiday Food Events

• Expected
  Unexpected

• In your control
  Some control
  Out of control

• Wait until next year
  Modify participation
  Must attend
What are your challenges?

- Hot Flashes?
- Weight Gain?
- Rash?
- Fatigue?
- Diarrhea?
- Frequent Urination?
- Tingling Hands?
- Skin Irritations?
- High Blood Sugar?
- Bloating?
Strategies: Be Prepared

- Talk with the host
- Bring food you can eat
- Rest before the event
- Wear comfortable shoes and clothes
- Take your medications on time
Strategies: Be Flexible

- Go first through buffet
- Start small...portions
- Modify foods if needed
- Enjoy the people, too
- Skip “iffy” foods / drinks
Strategies: Be Open

- Ask for cooking help
- Share grocery shopping
- Try alternative transportation
- Let people know how you feel about food
- Talk about your limits (food, stamina, money)
Strategies: Be Informed

- Know food substitutions:
  - Cooler temps fight hot flashes
  - BRAT* helps diarrhea
  - Low salt eases bloating
- Grab protein for healing:
  - Meat, soy, nuts, beans, milk
- Plan for digestive problems
- Ask for RDN referral

*Banana, rice, applesauce, toast
Embrace your nutrition options

Examples:
- Low aroma cooking
- Alcohol-free beverages
- Small servings
- Lower fat foods

Empower yourself to make smart food and event choices
Strategies: Food Cheers

- Make cheers to your journey
- Toast to good times and new memories, foods, and tastes
- Celebrate you and your nutrition options for a happy holiday
• www.mypearlpoint.org
  for cancer education, nutrition and recipes
• www.aicr.org
  for nutrition strategies and recipes
• www.eatright.org/find-an-expert
  to find a RDN and healthy tips
• www.zeroprostate.org
  for prostate cancer and nutrition tips
EMOTIONAL SUPPORT
Living with prostate cancer can be stressful and frightening.
The good news is that many men are doing well.
Side effects and treatments can negatively impact well being, identity and self image.
Social and emotional support can help improve quality of life and potentially health outcomes.
Holidays can be especially stressful if you are living with prostate cancer

- Family and social pressure
- Physical challenges and changes
  - Side effects
  - Hair loss
- Emotional challenges
Family, Cancer, and Holidays

• Living with fear, particularly if you have recently been diagnosed with prostate cancer or advancing disease
• Changing family traditions
• Explaining your disease and prognosis to friends and family
  – It is up to you how much and what you share
  – Set expectations for what you are open to sharing
• Managing cancer does not stop for the holidays
• You may look different
• Fatigue and other side effects need to be managed
• Treatment may continue through the holidays
Emotional Issues

- Pleasant emotions
  - Happiness
  - Joy
  - Satisfaction from spending time with loved ones

- Difficult emotions
  - Anxiety
  - Fear
  - Depression
Staying Informed and Involved
Partners and Resources

• Medical Fitness Network
  – Provides free referral services to allied health professionals

• PearlPoint Cancer Support
  – Helping patients navigate cancer with confidence
Connect with ZERO – The End of Prostate Cancer

ZERO is here to support you through your prostate cancer journey. We encourage you to use these resources:

• Visit our website to learn about prostate cancer at [www.zerocancer.org](http://www.zerocancer.org)

• Subscribe to our monthly e-newsletter

• Participate or volunteer at a ZERO Run/Walk in your area to connect with others impacted by prostate cancer

• Become one of ZERO’s Heroes and share your journey with others
ZERO Contacts

• Ivy Ahmed, Director of Patient Support Programs, ivy@zerocancer.org, (202) 280-6173

• Alice Lee, Patient Support Programs Assistant, alice@zerocancer.org, (202) 303-3120
Question and Answer