



All Sessions are from 5:00 -6:30pm

**MDI HOSPITAL BREAST CANCER SUPPORT GROUP
AN EDUCATIONAL & INFORMATIONAL SERIES**

TOPICS TO DISCUSS

Feb 5th: What Is Breast Cancer? (MAUREEN GIFFIN, RN, BSN, CNE, CLT, CBE-MC)

- Information and overview of breast cancer
- Structure of the breast
- Communication with family and friends

FEB 12th: Treatment and Treatment Options (JOYCE MACINTOSH, RN, ONCOLOGY)

- Overview and of treatment options/ side effects/ decisions
- Complementary, alternative, and integrative health

Feb 19th: The Emotional Impact of Breast Cancer (LYNN ASSAF, LCSW)

- Anxiety, depression, and other major emotional changes
- Stress management tips
- Sexuality and intimacy issues

FEB 26th: What is Lymphedema? (EMILY DAVIS, LMT, CLT)

- Information about Lymphedema
- Reducing risk for Lymphedema
- Arm care

MAR 5th: Your Healthcare Team (

- Communicating with your healthcare team
- Understanding how to report symptoms

MAR 12th: Creating a Healthy Lifestyle (SARAH O'NEIL, HEALTH COACH)

- Dietary and physical activity recommendations
- Caring for your health during and after treatment

Mar 19th: Monitoring Your Breast Health (DR. BROOKS)

- Breast self-exam
- Genetic Testing
- Mammography

Mar 26th: Survivorship (JULIA PELLETIER, RN, ONCOLOGY NURSE NAVIGATOR)

- Managing the fear of reoccurrence
- Life after breast cancer
- Survivorship resources