



**FOR IMMEDIATE RELEASE**

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**UPPER CHESAPEAKE HEALTH CANCER LIFENET RECEIVES GRANT  
FROM KOMEN MARYLAND AFFILIATE  
TO PROVIDE BREAST CANCER WELLNESS PROGRAMS**

**[Bel Air, MD, April 20, 2009]** – The Maryland Affiliate of Susan G. Komen for the Cure® has awarded a \$71,300 grant to Upper Chesapeake Health (UCH) Cancer LifeNet for breast cancer wellness programs available free to all women living with breast cancer in Harford and Cecil counties regardless of where they receive treatment.

At Upper Chesapeake Health Cancer LifeNet, the grant from Komen for the Cure will support the Komen Breast Cancer Wellness Program for Mind, Body and Spirit, an initiative that is expected to support women in the Harford and Cecil County communities that UCH serves. The program will involve a “Caring for Me” support program which includes, exercise programs, support services for mind, body and spirit during both active treatment and recovery. Hundreds of women will participate in support groups, including one that will be exclusively for women living with metastatic and/or chronic breast cancer. Nutritional services and genetic counseling balance out the offerings for a complete care experience.

“A diagnosis and treatment of breast cancer impacts not only the physical body but the emotional and spiritual being. Our Komen Breast Cancer Wellness Program allows us to deliver free support services and programs that care for the body, mind and spirit,” said Robin Luxon, Vice President, Clinical Services, Upper Chesapeake Health.

The new “Caring for Me” program includes an individual consultation with a board certified holistic care physician. Participants will receive a customized treatment plan covering diet, exercise, counseling, energy healing, environmental and personal care products, appropriate use of supplements, and stress reduction. Weekly Yoga and Tai Chi classes will be offered along with C.A.R.E.S. (Cancer Activity and Rehabilitative Exercise for Survivors), an 8-week individual exercise program facilitated by a trained health care provider.

Women living with breast cancer who are in active treatment or recovery can take advantage of individual massage therapy, acupuncture, or Reiki treatments. A bi-monthly healing touch support group offers biofield therapy to restore harmony and balance.

Proper nutrition is essential for individuals with cancer so they can battle the disease and cope with the effects of treatment. The Komen Breast Cancer Wellness Program offers nutritional consultations and monthly classes taught by a registered dietitian.

The program will also offer free on-site genetic counseling for individuals who have been identified as being at high risk for developing a genetically-linked breast cancer or those who have been diagnosed with a breast cancer that is suspected to be genetically-linked.

All of the Komen Breast Cancer Wellness Programs are offered at the Cancer LifeNet Program offices located on the fifth floor of the Physicians Pavilion II on the Upper Chesapeake Medical Center Campus. For more information about the programs, please call the Cancer LifeNet Helpline at 1-866-393-4355.

Susan G. Komen for the Cure is the world's largest breast cancer organization, and the Maryland Affiliate is one of 125 Affiliates on the front lines dedicated to ending breast cancer in their communities. Komen Affiliates fund innovative programs that help women and men overcome the cultural, social, educational and financial barriers to breast cancer screening and treatment.

"The Komen Maryland Affiliate, granted just over \$1.8 million to 23 community programs across the state in 2009," said Robin Prothro, Executive Director. "We are confident that through the work of each of these programs, women who would not have otherwise had access to mammograms will be screened and women undergoing treatment as well as their families will receive medical care, support and access to cutting edge clinical trials."

#### **About Upper Chesapeake Cancer LifeNet**

The Upper Chesapeake Health Cancer LifeNet Program helps individuals living with cancer find the services they need to balance work, family and cancer treatment. Cancer LifeNet skilled professionals have an in-depth knowledge of cancer treatment and the emotional and financial resources available in the community. Navigator and supportive care services are provided free through the Upper Chesapeake Cancer LifeNet Program for all individuals in Harford and Cecil counties with a cancer diagnosis regardless of where they receive treatment. The services include:

- Nurse Navigators
- Volunteer Navigators
- Inpatient education and counseling
- Symptoms management
- Community resource referrals
- Complementary medicine
- Health promotion for cancer survivors
- Individual and group counseling
- Classes and support groups
- Seminars and workshops
- Resource and lending libraries
- Community and workplace presentations

At Cancer LifeNet, we want individuals to know they are not alone in their fight against cancer. Our oncology social workers and nurse and volunteer navigators work side by side with persons living with cancer and their families during each phase of treatment and recovery. For more information, call the Cancer LifeNet Helpline at 1-866-393-4355 or visit [www.uchcancer.org](http://www.uchcancer.org).

#### **About Susan G. Komen for the Cure® and the Komen Maryland Affiliate**

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever, and in 1982, that promise became Susan G. Komen for the Cure. The Maryland Affiliate is part of the world's largest and most progressive grassroots network fighting breast cancer. Through events like the Komen Maryland Race for the Cure, the Maryland Affiliate has invested \$15 million in community breast cancer programs since 1993. Up to 75 percent of net proceeds generated by the Affiliate stays in Maryland. The remaining 25 percent funds national breast cancer research, often taking place at Maryland institutions. For more information, call 410-938-8990 or visit [www.komen.org](http://www.komen.org).

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