



COMPREHENSIVE CANCER CENTER

Coming Up!

- May 4:** Fiesta Ball
- May 16:** Survive & Thrive: Chemo Brain
- May 30:** *Clinical Trials: Insights from the expert*
- June 2:** *UAB Comprehensive Cancer Center Lace Up for a Cure Walk*
- June 3:** *Susan G. Komen's Survivors Day: A Celebration of Life*

Follow Us!

Facebook: [UAB Comprehensive Cancer Center](#)

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Support Group for All Cancer 12 noon	2 >Leukemia/ Lymph Support 12 noon	3	4 SGK First Fridays 11:30 am	5
6	7 Grief Support 10:00am	8 >Prostate Cancer Support 12 noon	9 >Restorative Yoga 12:15pm >Caregivers Support 12:00 noon	10 >Restorative Yoga 5:45pm >Survive & Thrive 6:00 pm	11	12
13	14	15	16 >Bosom Buddies 12:00 noon >SGK Survive & Thrive 12:00 noon >Restorative Yoga 12:15	17 >New Beginnings 11:00 am >Walker Co Breast Support 1:30 pm >Restorative Yoga 5:45pm >Blount Breast Support 6pm >Colon Cancer Support 6:30	18 CanSurvive 12 noon	19
20 CanSurvive 2:00 pm	21	22 >Head & Neck (STVHS) 12:00 noon	23 >Restorative Yoga 12:15	24 >Restorative Yoga 5:45	25	26
27	28	29	30 Living with Cancer: Clinical Trials 11:30 am Restorative Yoga 12:15 pm	31		

Breast Cancer

Bosom Buddies Breast Cancer Support Group

A monthly support group for women who have experienced breast cancer with the opportunity to meet other women at different stages of recovery and survivorship. The group meets on the third Wednesday of every month from noon until 1:30 p.m. A light lunch is provided. To register, call 838-3000 or e-mail to Martha Seymour, <mailto:mimiseymour@gmail.com>.

New Beginnings (Breast Cancer)

A support group for newly diagnosed breast cancer patients.

When: Third Thursday, 11 – 1pm
Where: 4th Floor Conference Room, The Kirklin Clinic
Contact: (205) 801-7907 or newbeginningssupportgroup@uabmc.edu

Forge Share in Blount County

Breast cancer support for patients, survivors and caregivers living in Blount County, AL

When: 2nd Thursday of the month at 6pm
Where: Cross Roads Baptist Church, 801 AL-160, Warrior, AL 35180
Contact: 205-838-6159 or info@forgeon.org

Walker County Support Group

Breast cancer support for patients, survivors and caregivers living in Walker County, AL

When: 2nd Thursday of the month at 1:30 pm
Where: Jasper Public Library, Jasper, AL.
Contact: Gretel Holston 205-401-7559 or <mailto:gyholston@icloud.com>

Susan G. Komen Support Group

Survive and Thrive for breast cancer survivors and co-survivors. This support group is a participant-focused, interactive group aimed at providing social support.

When: 2nd Thursday of the month at 6:00 pm
Where: Susan G. Komen, 1909 27th Avenue South, Homewood, AL
Contact: 205-263-1700 or mailto: info@komenncalabama.org

First Fridays with Komen is a lunch and learn series featuring area breast cancer experts.

When: 1st Friday of the month at 11:30 am
Where: Various Locations
Contact: 205-263-1700 or mailto: dfowler@komenncalabama.org

Gynecological Cancers

CanSurvive (Gyn Cancers) Offered 2 times and at different locations

Support group for ovarian, cervical, endometrial, uterine and other gynecological cancers.

When: 3rd Friday of the month, 12 p.m. (Lunch provided)
Where: American Cancer Society, 1100 Ireland Way, Suite 201, Birmingham, Alabama
When: 3rd Sunday of the month, Time: 2 p.m. to 4 p.m. (Refreshments provided)
Where: Brookwood Hospital, Executive Board Room
Homewood, Alabama
Contact: <mailto:CS@ThinkofLaura.org> and 205-783-1285

Head and Neck Cancers

St. Vincent's Head & Neck Support: Open to patients, survivors and caregivers.

When: 3rd Tuesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent's Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

UAB Head and Neck Cancer Support Group for patients, survivors and caregivers.

When: Next meeting is March 15, 2018
Where: Various locations
Contact: Lisa Clemons (205) 934-9714 or lkclemons@uabmc.edu

Online Head and Neck Support

Visit: <http://www.spohnc.org/>

All Cancers

Grief: Support for those who have lost a loved one

When: 1st Monday of Each Month, 10:00 – 11:30 am
Where: St. Vincent's Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

Bone Marrow Transplant Support (BMT)

Dates/Times/Topics to be announced. For more information, contact Nel Williams at (205) 996-9449.

Camp Bluebird

This retreat offers a unique experience for adult cancer patients by promoting a sense of well-being among campers, teaching them how to live with cancer and cancer treatments, and providing them with a time for listening and learning, sharing and caring, and rest and relaxation. The three-day, two-night camp is held twice each year and is free-of-charge to the camper. Call 205- 930-2217 or e-mail to Katherine.puckett@gmail.com for more information.

Caregivers Support Group

Connect with those who understand what you're going through. Share, vent, laugh, and feel less alone. Open for all cancer diagnoses.

When: 2nd Wednesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent's Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

Support Group for All Cancers

This group is open to patients, survivors and caregivers.

When: 1st Tuesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent's Birmingham: Bruno Conference Center
Contact: Louis Josof (205) 939-7884

Leukemia / Lymphoma Support Group

This support group is open to patients, survivors and caregivers.

When: 1st Wednesday Each Month, 12:00 – 1:30 pm
Where: St. Vincent's Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

Prostate Cancer Support Group

This support group is open to patients, survivors and caregivers.

When: 2nd Tuesday of the Month, 12:00 – 1:30 pm
Where: St. Vincent's Birmingham: Bruno Cancer Center
Contact: Louis Josof (205) 939-7884

Restorative Yoga: offered 2 days a week!

Gentle, restorative yoga for cancer survivors. Class space is limited. Registration and permission from your physician to participate are required.

When: Wednesdays 12:15-1:30 p.m. and Thursdays 5:45-7 p.m.
Where: Embody Practice Center
Contact: Stacey Miller, <mailto:staceymiller@uabmc.edu> (205) 934-7914
Cost: \$50 for 10-week session (scholarships are available)

The Semi-Colon Club

Colon cancer support group.

When: 3rd Thursday from 6:30 – 8pm
Where: Homewood Library
Contact: Jacky Turner jacky.turner@rumpshaker5k.com or call (205) 613-4341.

SPECIAL SUPPORT EVENTS

Clinical Trials: insights from the expert

Join us as Dr. Mansoor Saleh from UAB's Comprehensive Cancer Center talks about clinical trials: what they are and why they are important for treating cancer. Dr. Saleh, who is both a physician and a scientist, serves as the director for Phase I Clinical Trials Program.

When: Wednesday May 30 from 11:30 am—12:30 pm
Where: Patient Education Center, Room WTI 220
Register: tgw318@uab.edu

Survive & Thrive: Chemo Brain – it's real.

Susan G. Komen will present a program on chemo-brain during and after cancer therapy. This program is presented by Silvia Gisiger-Camata, RN, MPH who manages the ThinkWell program at UAB and is a breast cancer survivor. Registration is required.

When: Wednesday, May 16 12:00 pm – 1:00 pm
Where: Susan G. Komen Office, 1909 27th Ave S, Homewood, AL
Register: (205) 263.1700

RESEARCH STUDIES

A Study of the Nutrition and Information Environments of Breast Cancer Survivors in Alabama

Participants in the first phase of this study will complete a survey online that will take about 30 minutes. Some participants may be asked to participate in the second phase of the study. Participants in the second phase will complete an interview that will last about 40 minutes. All participants will receive compensation for completing the study. Who can participate?: Women who have been diagnosed with breast cancer; completed treatment at least one year ago; age 18 and older; speaks English; lives in Alabama. For more information, visit www.survivormems.org or call (334) 329-4767.

Mindfulness Based Meditation for Breast Cancer Patients

Do you have early breast cancer? Taking aromatase inhibitors? Feeling tired, experiencing pain or hot flashes, depression, stress or other symptoms? The Integrative Medicine Clinic is conducting a new study that may help with these side effects. To find out if you qualify, call (205) 975-2758.

Wear to Care

This pilot program is designed to determine the effectiveness of Fitbit devices for cancer patients in the delivery and coordination of their cancer care. This is a FREE program that lasts a total of 5 weeks. Participants are asked to wear their Fitbit devices for 4 weeks and then attend a focus group meeting during the 5th week. After the program, you will be compensated with the option to keep the FitBit device. For more information, contact David Bryan at (205) 975-1247 or email dbryan@uab.edu.