

Surviving – and thriving – elegantly



Cindy Engberg, Lebed class participant

To the beat of Shania Twain's "Man! I Feel like a Woman!" a classroom of women gently exercise their arms while dancing with pompoms in their chairs.

"What muscle is this working?" one participant asks.

"It's the triceps. My mom calls it her 'second wave!'" answers Julie Vugrenes, a Certified Lebed Instructor at Enloe Regional Cancer Center and Licensed Recreational Therapist at the Enloe Rehabilitation Center.

"Let's go girls! Singing is mandatory. Put attitude into it!" says Mary Jo Brown, Certified Lebed Instructor, dancer and special education teacher for 30 years.

BEGINNINGS

The Lebed Method Focus on Healing Through Movement and Dance was started by Sherry Lebed Davis, a professional dancer, teacher, and lymphedema and breast cancer survivor. Davis

created the program with her two brothers – both physicians – to help her mother cope with breast cancer treatment. Later, Davis practiced Lebed when she herself was diagnosed with breast cancer.

Davis began teaching Lebed to breast cancer survivors in 1980 at several major medical centers. The Lebed Method is now offered at hundreds of hospitals and health centers worldwide. Several published studies have shown the benefits of Lebed, including a 2005 study in the journal *Cancer Nursing*. More information is available at www.lebedmethod.com.

HEALING THROUGH MOVEMENT

The Lebed Method class at the Enloe Regional Cancer Center is a gentle, therapeutic exercise program for those diagnosed with cancer and those who have received radiation or chemotherapy treatment. Lebed is also beneficial for senior citizens and people with chronic disorders such as arthritis, chronic fatigue syndrome and fibromyalgia.

Lebed helps participants regain range of motion, increase flexibility, decrease depression and promote positive self-image. Lebed also reduces fluid retention from lymphedema, a condition caused by a compromised lymphatic system that is often a side effect of surgery or radiation therapy.



Lebed classes are offered Mondays
6 to 7 p.m. with Mary Jo Brown and
Wednesdays 9 to 10 a.m. with Julie
Vugrenes in the Enloe Regional Cancer
Center Conference Room.

BOAS AND POMPOMS

Classes are enhanced by colorful props such as beach balls, feather boas and pompoms. "Getting back to dancing or exercising after being sick can be overwhelming," Brown says. "I don't care if they're just there to blow bubbles; I want them to enjoy themselves!" Brown's class won a national competition from the Lebed organization for her choreography for the "Man! I Feel like a Woman!" routine.

A SURVIVOR'S JOURNEY

Cindy Engberg, a class participant and dancer in the award-winning choreography video, is a breast cancer survivor. She was diagnosed in 1999 and treated at the Enloe Regional Cancer Center. Engberg lost three family members to cancer. Now, she goes by the advice of her oncologist, John A. Keech Jr., DO, "Live your life!" This motto guides Engberg as she copes with the swelling and pain of lymphedema. Lebed is a big help.

"The class is fun and it opens up the lymphatic system," Engberg says. "It's a support group without the sadness. I've met wonderful people here."

CONTACT US

To learn more about Enloe's Lebed Method classes, call the Enloe Regional Cancer Center at **530.332.3855** or Mary Jo Brown at **530.228.4753**. Lebed classes have a \$10 materials fee. Pre-registration and written doctor's permission are required.

The class sometimes winds down with each member taking a seashell off a plate. The underside has a unique message as the motto for the week, such as "When you lose, don't lose the lesson;" "Hope;" and "Surviving is important. Thriving is elegant." ■

THE ENLOE REGIONAL CANCER CENTER: A PLACE FOR HEALING AND HOPE

The Enloe Regional Cancer Center is committed to helping cancer patients focus on healing and hope with a variety of innovative programs and services that are located within the building.

Acupuncture can help relieve discomfort due to cancer treatments and promote relaxation. "We have seen some phenomenal individual responses to acupuncture treatment," says Nancy Ledoyen, Director of the Enloe Regional Cancer Center. Enloe offers private clinics and a low-cost group clinic that focuses on symptoms related to cancer treatment, such as fatigue, nausea and neuropathy (numbing or pain in the fingers and toes).

The Cancer Center Library (photo A) "You don't have to be a big reader to get value from the library," says Rebecca Senoglu, Cancer Support Person Liaison. "We have CDs, DVDs and videos. It often doesn't take a big book to answer your question or allay a fear." The library also has a light reading section with books unrelated to cancer and many free giveaways.

The **Infusion Therapy** clinic's open floor plan promotes support and sharing as patients undergo treatment. Although there are several private rooms, most patients opt for the group setting.

"What we've found is that people will actually group together and become support systems for one another," explains Ledoyen. The clinic also overlooks a beautiful Healing Garden and hosts musicians several times a week.

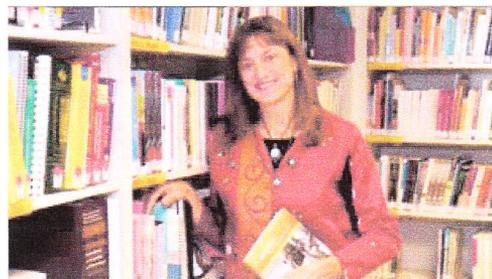
Numerous **support groups** capitalize on the fact that emotional support is key to healing. From writing classes to therapeutic movement and art, the range of offerings assures that anyone can benefit. "Cancer affects so much more than the body," Senoglu says. "The life-threatening nature and intensity of treatment creates emotional and spiritual challenges, and it's nice to work with others to deal with those challenges." Details about support groups are available on pages 6 and 7.

The **Connecting Your Journey patient education binder** helps patients keep their cancer journey information and records as organized as possible.

Across the hall from the **Healing Arts Gallery (photo C)**, **Faces of Hope** is a rotating installation of photographic portraits of cancer patients undergoing treatment, along with free information about various forms of cancer. "It reminds us that this is not about a disease; it's about people," says Senoglu.



Colorful origami cranes, from a 2005 community healing arts project, brighten the Cancer Center.



The Cancer Center Library provides a variety of free resources and services.



The Reflections Cancer Care Shop makes it simple for cancer patients to purchase the items they need.



The Healing Arts Gallery uses the power of art to inspire healing and wellness, featuring local artists touched by cancer.



The Healing Garden provides a place of serenity and reminds patients of the beauty in life.