

Kellogg Cancer Center

GET INVOLVED

ZERO SEA Blue Chicago Prostate Cancer Walk/Run

Sunday, September 17, 9 a.m.

Diversey Harbor

Join NorthShore Urology Center Walkers at:
support.zerocancer.org

Cancer Wellness Center Better Together Benefit

Thursday, September 21, 7p.m.

Chevy Chase Country Club, Wheeling
cancerwellness.org/get-involved/fundraising-events/btbregister

Lemons of Love Pink Lemonade 5K

Come run/walk with us to raise funds to share LOL chemo care packages.

Sunday, October 1, 9 a.m.

Lions Park, Mount Prospect
runsignup.com/pinklemonade5k

LCRF Free to Breathe Walk

Sunday, October 1, 9:45 a.m.

Montrose Harbor

Join TOP Team of NSUHS at:
lcrf.org/Chicago



Karen Dove Cabral Butterfly Benefit

Support young breast cancer mothers in need.

Sunday, October 1, 1 p.m.

Winnetka Community House
karendovecabralfoundation.org/events

National Ovarian Cancer Coalition Midwest Region Chicago Together in TEAL Walk

Saturday, October 7, 9:45 a.m.

Cantigny Park, Wheaton
give.ovarian.org

ACS Making Strides Against Breast Cancer Walk

Sunday, October 8, 9 a.m.

Independence Grove Forest Preserve, Libertyville
Join NorthShore Kellogg Team at:
MakingStridesWalk.org/LakeCountyIL

Leaves Should Be Falling, Not People: How to Reduce Your Risk of Falling from Cancer-Related Issues

Tuesday, October 10, 2023, 6:30 p.m.

NCH Wellness Center, Conference Room 1,
Arlington Heights
www.nch.org/events or call (847) 618-4968

LLS Light the Night North Shore

Sunday, October 15, 5 p.m.

Gallery Park, Glenview
Join NorthShore Kellogg Team at:
lightthenight.org/il

Breathe Deep Together Walk to Stop Lung Cancer

Saturday, November 4, 9 a.m.

Montrose Harbor
LUNGeivity.org/together

RESEARCH AND CLINICAL TRIALS

Colon Adjuvant Chemotherapy Based on Evaluation of Residual Disease study is done to determine what kind of chemotherapy to recommend to patients based on the presence or absence of circulating tumor DNA (ctDNA) after surgery for colon cancer.

Open to people diagnosed with Stage IIIA or IIIB colon cancer or stage II or IIIC that have had Signatera test, with no evidence of metastatic disease and had curative resection.

For more information, contact:
Michele B. at **(847) 570-2109**

MAKE AN IMPACT

When you **donate** to **Kellogg Cancer Center**, you make a real impact for our cancer patients—your family, friends and neighbors. To make a donation to Kellogg Cancer Center go to foundation.northshore.org/donatekellogg

To learn more about other ways you can support the Kellogg Cancer Center and transform lives, contact Kevin Gray, Senior Director, Philanthropy, at **(224) 364-7609** or KGray@northshore.org.

THRIVING AFTER TREATMENT

Do not forget to schedule your MRW Living in the Future (LIFE) Cancer Survivorship visit after completing treatment!

The MRW LIFE Program survivorship visit with a specialized advanced practice oncology nurse features developing and discussing a customized Survivorship Care Plan tailored to each cancer survivor as a unique individual visit. During the visit, which is available face to face in the Kellogg Cancer Centers or virtually through NorthShore's telehealth program,

patients receive information regarding their cancer diagnostic and treatment summary, follow-up and surveillance guidelines, long-term and late-effects of cancer treatments, healthy lifestyle practice recommendations and additional resources.

Integrated into NorthShore's electronic medical record system, the Survivorship Care Plan can also easily be accessed via patient portal: NorthShoreConnect.

If you have had cancer, ask your oncologist for a referral to the LIFE Program, or call **(847) 926-5818** with questions.

For more information visit northshore.org/LIFE



BE EDUCATED

Evenings of Survivorship

northshore.org/LIFE

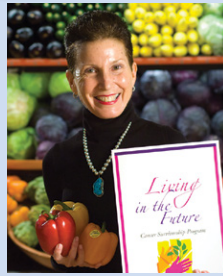
Join us for the “*Evening of Survivorship Programs*” which are

the *Myra Rubenstein Weis LIFE Cancer Survivorship Program’s educational workshops*. Conducted by

NorthShore’s health professional survivorship experts, the seminars cover major topics regarding cancer survivorship and promote the acquisition of skills to understand, select and navigate community-based survivor resources.

The topics in the series include cancer distress management, nutrition, fitness, cognitive function, genetics, rehabilitation, and sexuality and have a focus on the survivorship perspective.

Evenings of Survivorship are held virtually via ZOOM. They are available to the community at large and are free of charge. The seminars may also be presented during NorthShore’s cancer support groups.



Nutrition Myth Busters

Thursday, October 26, 5:30 p.m. via ZOOM

Join us as the Kellogg Oncology Dietitians address common misperceptions and the hottest topics in oncology nutrition.

Our experts will help you discover key components of a cancer protective diet and gain confidence in your ability to choose the foods that will nourish your body and mind.

RSVP: apatel4@northshore.org or (847) 926-5818

Young Women Breast Cancer Panel: “I’m Too Young to Have Breast Cancer!”

A virtual workshop for young adults diagnosed with breast cancer.

Thursday, October 19, 5:30 p.m. via ZOOM

Young adults with breast cancer often face some unique challenges of dealing with a serious medical illness while also juggling relationships, careers, fertility concerns, and more.

Join a forum of NorthShore medical experts for a program tailored to young adult women with breast cancer.

RSVP: northshore.org/ywbcevent

SUPPORT FOR YOU

For complete schedule, visit northshore.org/calendar

Virtual Lisa Klitzky Young Adult Group (ages 20 to 40)
1st and 3rd Thursdays of the month, 7 p.m.

Contact: (847) 562-4981 for more information

Virtual Bill Buckman Prostate Cancer Education and Support Group

2nd Tuesday of every month, 7 p.m. via Zoom

Contact: Sabina (847) 570-1066 or somercajic@northshore.org

Virtual SPOHNC Head and Neck Cancer Discussion Group

2nd Monday of every other month, 6 p.m. via Zoom

Contact: Sabina (847) 570-1066 or somercajic@northshore.org

Virtual Stress Reduction Group for Cancer Patients and Caregivers

1st Wednesday of each month, 3:30–5 p.m. via Zoom

Qigong: Gentle Exercises for Relaxation & Self-Healing, 3:30–4 p.m.
Quiet Practice, 4 p.m.

Please feel free to come to one or both sessions.

Contact: Meg (847) 570-2039 or mmadvig@northshore.org

NCH Virtual Cancer Support Groups

at: nch.org/conditions/cancer-care/ or under *Classes and Events*: nch.org/events/

nch Northwest Community Healthcare

Part of **NorthShore**

Contact: Vanessa (847) 618-6660 or vgrazian@nch.org

MAKE CONNECTIONS

Imerman Angels’ mission is to provide comfort and understanding for all cancer fighters, survivors, previvors and caregivers through a personalized, one-on-one connection with someone who has been there. Imerman Angels partners anyone, any age, any gender, anywhere and any cancer type seeking support with someone just like them—a “Mentor Angel”. A Mentor Angel is a cancer survivor, previvor or caregiver who most importantly has faced the same type of cancer. They provide support for caregivers, including those who may be grieving the loss of a loved one. Previvors and high-risk individuals are people who have not been diagnosed with cancer, but have a predisposition to the disease due to their genetic makeup, family history or other factors. This service is 100% FREE to all people facing cancer.

Contact: (866) **IMERMAN (463-7626)** or info@imermanangels.org
imermanangels.org



Look Good...Feel Better LIVE! Virtual Workshops

Look Good Feel Better offers five types of Look Good Feel Better Live! Virtual workshops. Learn about skin care and makeup, wigs and head coverings, nail care, or body image and styling.

lookgoodfeelbetter.org/virtual-workshops