



### Miracle of Living Lecture

## **Breast Cancer 2008 Update**

*The latest in diagnostics and treatments*

**Wednesday, October 15**

**7:00 p.m.**

Health Conference Center

#### **Speakers:**

David Chan, M.D. – Oncology

Patricia Sacks, M.D. – Radiology

**Speaker/Moderator:** Barbara Schulz, M.D.

**FREE. NO RESERVATIONS REQUIRED.**



### Recommended books available in HealthLinks:

**Breast Cancer: Real Questions, Real Answers** by David Chan, M.D.

**Dr. Susan Love's Breast Book**

by Susan M. Love, M.D.

**Just Get Me Through This!**

by Deborah A. Cohen and Robert M. Gelfand, M.D.

**The Breast Cancer Survivor's Fitness Plan** by Carolyn M. Kaelin, M.D., M.P.H.

**Choices: The Most Complete Sourcebook for Cancer Information**

by Marion Morra and Eve Potts

**After Breast Cancer**

by Hester Hill Schnipper, LICSW

**100 Questions & Answers about Caring for Family or Friends with Cancer**

by Susannah L. Rose, MSSW and Richard T. Hara, Ph.D.

**When a Parent Has Cancer: A Guide to Caring for Your Children** by Wendy Schlessel Harpham, M.D.

**How Can I Help? Everyday Ways to Help Your Love Ones Live with Cancer**

by Monique Doyle Spencer

### Lecture Plus

## **Controlling Chronic and Cancer Pain Through Visualization\***

**Wednesday, October 15 – 5:15 p.m.**

HealthLinks

Come learn a visualization technique that many sufferers of chronic pain find useful for reducing pain. Bernie Seigel, M.D., of the Stanford Cancer Center states that these pain control techniques are simple, effective, and easy to learn. Clinical studies have documented that this short, easy to learn technique permits "re-routing" of the nervous system signals away from the brain's pain centers. This has been shown to be effective in relieving many types of pain related disorders such as cancer, neuropathy, fibromyalgia, and arthritis.

**Instructor: Duncan Tooley, B.S. CHt**

**FREE. Reservations required. Call 310-517-4666**

\*Always consult your physician for your health needs. Complementary approaches are intended to enhance wellness but are not a substitute for medical care.

### **Did you know...?**

The **Woman to Woman Image Enhancement Program** provides a comfortable and supportive environment where women can learn techniques to cope with temporary hair loss resulting from illness and its treatment.

Staffed by trained volunteers, the program provides individual services **free of charge:**

- demonstrations and experience with hats, scarves, turbans, and hair pieces
- Community resources

During your visit, you will receive complimentary items such as a tote bag, turban, scarf, wigliner, and resource guide.

Services arranged by appointment only. Please call 310-517-4660.

Sponsored by the Luminaries of Torrance Memorial Medical Center.