

# SPACE COAST CANCER CENTERS NEWSLETTER

In Collaboration with Space Coast Medical Associates Foundation

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## Hope Health Healing Seminars

<u>Jan. 21</u>	Eduardo Sotomayor, MD	Public	4-5:00 PM
Non-Hodgkin's	Javier Pinilla-Ibarz, MD		
Lymphoma	Moffitt Cancer Center	Physicians	6:30-8PM (Dinner)

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## Coming in January

Superfoods II, for all interested patients and caregivers, presented by Daly Chiropractic. The classes will meet on the first Tuesday of each month and will feature Superfoods and nutrition for cancer survivors. First class: Tues, January 6<sup>th</sup>, 4PM

## Coming in February

Pamper me, Please II, for all interested patients and caregivers, will be presented on Thursday, February 5<sup>th</sup>, 10AM-3PM. For information and registration, please call Debbie at 264-6160.

## Support Groups

<u>Multiple Myeloma</u>	Every second <u>Thurs.</u>	5:30-7	<u>Next Meeting</u>	January 8
<u>Positive Attitudes</u>	Every second <u>Mon.</u>	4-5:30	<u>Next Meeting</u>	January 12
<u>Men's Health</u>	Every second <u>Tues.</u>	5:30-7	<u>Next Meeting</u>	January 13
<u>Fibromyalgia</u>	Every second <u>Weds.</u>	2:3-3:30	<u>First Meeting</u>	January 14
<u>Bereavement</u>	Second/fourth <u>Weds</u>	4:5-5:30	<u>First Meeting</u>	January 14

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## Did You Know ?

Investigators have identified that cancer patients have marked difficulty maintaining sleep and wakefulness states. They have shorter-duration and poorer-quality sleep relative to the general population. Many factors seem to underlie these sleep disturbances, including medications, social factors, psychological stress and alterations in circadian rhythms due to disease and treatment. Parker, KP, et al, *JCO* 2008, May 20; 26:2464

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For information about our programs and services, call Patient Advocate, Barbara, 268-4200, Extension 3500

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Richard M. Levine, MS, MD  
Juan L. Castro, MD  
Firas Muwalla, MD

Solomon Zimm, MD, FACP  
Ashish Dalal, MD  
Douglas Calvin, MD  
Cynthia Bryant, MD

R.Duff Sprawls, MS,MD  
Germaine M. Blaine, MD, MPH  
Katie Wilkerson, MSN, ARNP

490 North Washington Ave.  
Titusville, Fl. 32796

225 Cone Road  
Merritt Island, Fl. 32952

699 Cocoa Beach Cswy. #606  
Cocoa Beach, Fl. 32931

840 Executive Lane  
Rockledge, Fl. 32955