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PEOPLE

COLOR THEM HOPEFUL!

CELEBRATORY VIBE AT CLEVELAND CLINIC'S

'GET YOUR PINK ON' EVENT

P. 23

THE CANCER DANCERS

PEOPLE

CELEBRATORY VIBE AT CLEVELAND CLINIC'S 'GET YOUR PINK ON' EVENT

BY STEPHANIE LABAFF
Staff Writer

A fluffy pink cloud of hope hovered over the Scully-Welsh Cancer Center at Cleveland Clinic as breast cancer patients, survivors and their caregivers gathered for the annual Get Your Pink On event, which promotes wellness, education and support.

Attendees had refreshments, including feathery pink cotton candy, as they chatted with representatives from a variety of vendors offering products and services tailored to cancer care, and learned of resources available to them.

Later, the Cancer Dancers – a troupe of cancer survivors who cele-
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Jeanine Nestor and Dr. Eleni Tousimis.

PHOTOS BY JOSHUA KODIS



Betty Ward, Mary Alexander and Elizabeth April.



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Glaucoma is a stealthy disease of the optic nerve, where prolonged high pressure can lead to irreversible damage. Like blood pressure, we can't feel our eye pressure, making early detection challenging. Primary open-angle glaucoma (POAG), the most common type, often progresses silently, with no symptoms until irreversible nerve damage has occurred. The optic nerve, much like the cable for your TV, is the only connection between your eyes and your brain.



POAG requires preventive management. However, eye pressure alone isn't enough for diagnosis, as individuals have varying pressure sensitivities. Some with elevated intraocular pressure (IOP) have ocular hypertension (OHTN) but don't develop glaucoma, while others, despite statistically normal pressures, develop normal tension glaucoma (NTG), leading to nerve damage.

Ophthalmologists use specialized tests like optic nerve scans (OCT), photography, and visual field tests to monitor changes over time. The hallmark signs of glaucoma include optic nerve thinning, increased cupping, and peripheral vision loss.

Early diagnosis is crucial, as nerve damage is irreversible. Fortunately, modern treatments like selective laser trabeculoplasty (SLT), prescription eye drops (often blood pressure meds in drop form), and minimally invasive glaucoma surgeries (MIGS) offer effective management. MIGS, often combined with cataract surgery, safely lowers eye pressure with minimal added risk.

Regular eye exams, especially for those with a family history or suspicious optic nerve appearance, are essential. Without testing you will have no-eye-deer—prevention and early intervention are key to preserving your vision and quality of life!

Warm regards,
Val Zudans, M.D.

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Lillie Holt, Patty Poysell and Peggy Poysell.



Maureen Leu and Lori McCormick.



Kathleen Hillcoat and Samantha McCoy.

CONTINUED FROM PAGE 23
brate life through music and dance – performed a routine to ABBA’s “Dancing Queen,” a song that embodies the positive attitude these women emanate. Their inspiring performance was a powerful reminder of the resilience of survivors.

Colleen Brennan, a founding member of the troupe, introduced each of the dancers and shared a bit of their

cancer journeys.

Next up were several four-footed, furry friends who frequent the cancer center, spreading joy and comfort to patients during treatments. This evening, however, the dogged therapists strutted their stuff in a Therapy Pet fashion show.

This year’s event focused on holistic health approaches, innovative

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Barbara Sloan and Carol VanCleve.

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CONTINUED FROM PAGE 24 technologies and the importance of community engagement. A panel of professionals provided insights into the fields of integrative medicine, including fitness, music therapy and acupuncture, as well as the latest advancements in cancer care technology.

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Several of the programs have been made possible through the generosity of Answer to Cancer, a charity group founded by residents of Grand Harbor. The fundraising efforts of the group have provided financial

“Every year we have this celebration in honor of our breast cancer patients who have either completed treatment in the past or are currently undergoing treatment and really celebrate their journey ...”
— Dr. Eleni Tousimis

assistance to various initiatives and have enabled some patients to receive services at no cost.

The speakers emphasized the benefits of combining traditional can-
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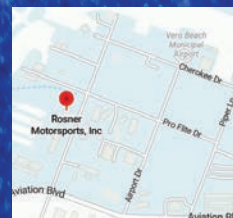
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Justin Barenborg and Michele Tal.



Sarah Mondano and Ninette Hernandez.



Judi Lampert and Boots.

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cer treatments with complementary therapies to manage symptoms and improve patients' overall well-being during and after treatment.

"Every year we have this celebration in honor of our breast cancer patients who have either completed treatment in the past or are currently undergoing treatment and really celebrate their journey. And not only celebrate the patients but also their family members and friends

who helped them through this tough time," said Dr. Eleni Tousimis, Scully-Welsh Cancer Center director.

Commenting on the importance of celebrating caregivers and the Cancer Center's staff members, Tousimis said there are approximately 100 employees working in the building and

that the resolve of everyone "is patients first."

Referencing the recent tornadoes that swept through our area along with Hurricane Milton, Tousimis noted that the team worked through the weekend to ensure patients received radiation and chemotherapy

treatments.

"It was really touching to see them here on a Saturday and Sunday like it was a regular day. Coming in on their free time to help our patients so nobody had a delay in treatment. Even during a very unusual situation with very unexpected weather," she continued.

As the evening drew to a close, everyone left with a little more pep in their step, armed with renewed hope. ■



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