

# Empowering Through Education

With nearly 10,000 visits per year to Tower, we are continually thinking about how we can bring new and impactful programs to the Magnolia House community. We live in a time where information is more readily available than ever before. This can be tremendously helpful and overwhelming all at the same time. Tower felt it would be beneficial to empower participants and the community with digestible information from experts on a variety of different topics as it relates to cancer treatment, prevention, and survivorship.

## EDUCATIONAL LECTURE SERIES

As a result, Tower recently launched an Educational Lecture Series. Each month, a new topic is presented and available at no cost to cancer patients, survivors, doctors, caregivers, and the community. Topics cover the emotional, physical, financial, environmental, and occupational elements of living with and beyond cancer.

## EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

To kick off the Educational Lecture Series, Lauren Boasberg, LMFT, presented on Eye Movement Desensitization and Reprocessing (EMDR) which is a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic memories. According to the EMDR Institute, Inc, EMDR can heal the way the brain processes information. With successful EMDR therapy, a person no longer relives the images, sounds, and feelings when the traumatic memory is brought to mind. They still remember what happened, but are less likely to feel triggered. The lecture was interactive in nature which was valuable and comforting to those who attended.

## LYMPHEDEMA AWARENESS

Internationally renowned for her exceptional treatment services, extraordinary advocacy efforts, and expert knowledge, Dr. Emily Iker presented on lymphedema, which is most commonly caused by the removal of or damage to lymph nodes as a part of cancer treatment. Despite the high prevalence, the condition often is unaddressed as a possible long-term side effect of treatment. In some cases, even people who suffer from lymphedema have never been properly diagnosed.

## SWITCH TO SAFER

To kick off the holidays, Novelyn Aquino, Breast Cancer Survivor and Advocate, led a series of workshops on how to switch to safer personal care and beauty products. The workshop highlighted that when it comes to our health, it's not just about what we put into our bodies that matters. It's about what we put on our bodies too. Our skin is our largest organ. Participants learned about the current state of the personal care and beauty industry, the lack of regulations regarding the harmful ingredients that are in everyday personal care products, how to switch out the six worst offending products with apps that help identify which products are safe, how to advocate for safer laws, and how to feel empowered and be a more conscious consumer.

A cornerstone of the Magnolia House Patient Support Program is to empower participants to develop a physical and emotional toolkit to meet the challenges of cancer from diagnosis to survivorship. Through the Educational Lecture Series, Tower aims to fill the toolbox with new resources and support.

*Anyone interested in learning more about upcoming educational lectures or presenting an idea for a lecture, please contact Kelli or Aidee at [magnoliahouse@towercancer.org](mailto:magnoliahouse@towercancer.org)*