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NEW EDUCATIONAL CONTENT FOR COLORECTAL CANCER PATIENTS AND THEIR CAREGIVERS AVAILABLE ONLINE FOR FREE FROM THE WELLNESS COMMUNITY

WASHINGTON, D.C. – March 15, 2004 – The Wellness Community® (TWC), an international, non-profit organization dedicated to providing free support, education and hope to people affected by cancer, announced today that information from the highly popular *Frankly Speaking About Colorectal Cancer* program has been updated on its website with information previously not available (www.thewellnesscommunity.org/programs/frankly/colorectal/colorectal_home.htm). The information incorporates the philosophy of The Wellness Community's Patient Active Concept, which states, "People who participate in their fight for recovery along with their health care team, rather than acting as hopeless, helpless, passive victims of the illness, will improve the quality of their lives and may enhance the possibility of recovery."

The *Frankly Speaking About Colorectal Cancer* webpage, made possible by a grant from Roche, includes access to Online Support Groups and comprehensive information on:

- Diagnosis (easy-to-understand explanation of staging and specialists to contact after diagnosis)
- Symptoms and screening
- Treatment options (new drugs and innovative procedures)
- Nutrition and diet (coping with side effects that affect eating)
- Exercise
- Complementary and alternative therapies
- Managing side effects
- Clinical trials
- Managing the personal effects of a cancer diagnosis (family/friends, financial issues, spiritual issues, survivorship, support, etc.)
- Handling a recurrence
- Other resources for education, support and advocacy

The new information posted includes:

- Additional details regarding colorectal cancer symptoms

- New information on screening and diagnostic testing such as virtual colonoscopies, intraoperative ultrasound, and positron emission tomography (PET)
- Innovative treatment regimens

For more information on The Wellness Community and its free programs of support and education, to volunteer, or to make a donation, please visit www.thewellnesscommunity.org

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ABOUT THE WELLNESS COMMUNITY

Celebrating its 22nd anniversary in June 2004, The Wellness Community® is an international, non-profit organization dedicated to providing free support and education as well as hope to people affected by cancer. Through participation in professionally-led support groups, educational workshops, nutrition and exercise programs, and mind/body classes, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope regardless of the stage of their disease. Today, there are 22 Wellness Communities across the United States, five in development, 28 satellites, two centers abroad in Tokyo and Tel Aviv, and a community online at The Virtual Wellness Community.