



Iowa Methodist Medical Center

May 29, 2009

Dear Friend,

Being diagnosed with cancer affects patients not only physically, but emotionally as well.

Patients diagnosed with cancer are at a high risk of developing depression or anxiety after their diagnosis. Luckily, providing a brief psychological intervention at the beginning of treatment can positively impact the treatment and recovery process.

"I didn't want anyone to know I have cancer. I was afraid that they would look at me differently and feel sorry for me. When I would come to the doctor I would worry that I would see people who knew me and ask questions. It's scary being alone. I thought I had no one to talk to about my cell counts, scans, tests and fears—luckily the "What's on Your Mind" program was there for me."

The staff at John Stoddard Cancer Center realize that proper treatment of cancer includes addressing psychological as well as physical symptoms. The "What's on Your Mind" program was designed with this in mind. The Stoddard Cancer Center is committed to offering all cancer patients and their loved ones individual or group psychological counseling at no cost.

As part of the Stoddard team, Dr. Dianne Alber understands not only what the patient is experiencing physically, but also the vital importance of emotional and spiritual maintenance. Each visit is confidential and can be one-on-one with the patient, with a family member, or a combination of the two.

"I'm so afraid of the future. Not so much dying because I know where I'll go. It's just getting there. It helps when you tell me that there isn't unnecessary suffering and there is medication to deal with my symptoms. Suffering with awful symptoms scares me."

This unique program is completely funded through philanthropy and provides free psychotherapy for patients and families at no charge. This provides Dr. Alber with the ability to utilize her time to meet the unique needs of the patients. There is also a deepened appreciation by patients and families knowing that this is provided as a gift in honor of those who have walked the journey of cancer before them.

About 3,400 people are diagnosed with cancer each day in the United States. Won't you consider sending in your gift, to ensure that we can continue to provide psychological services free of charge to patients and families at a time when it is needed most?

Sincerely,

J. Phil Harrop, FACHE  
John Stoddard Cancer Center Executive Director

[www.johnstoddardcancercenter.org](http://www.johnstoddardcancercenter.org)

515-241-6304

[www.iowahealthfoundation.org](http://www.iowahealthfoundation.org)

The What's on Your Mind Program is dedicated to providing the emotional support patients need at this crucial time. Can we count on your gift today?

YES! Here's my gift for John Stoddard Cancer Center's What's On Your Mind Program.

\$50  \$100  \$200  Other \$ \_\_\_\_\_

Please charge my donation:  Mastercard  Visa  Discover

Amount \$ \_\_\_\_\_ Credit Card #: \_\_\_\_\_ Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Phone: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

FIRSTNAME LASTNAME  
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My e-mail address is: \_\_\_\_\_ @ \_\_\_\_\_

Please write to us at 1440 Ingersoll Avenue, Des Moines, IA 50309 if you wish to have your name removed from the list to receive fund-raising requests supporting John Stoddard Cancer Center.

(website)



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