

GRAND ROUNDS

Looking great at RVH: Lifting spirits and connecting oncology patients

Letting their outside appearance match the inner beauty and strength of our oncology patients is part of the experience at RVH.

A small army of experts lends a helping hand—and a makeup brush—to those experiencing life-changing health issues.

The Look Good Feel Better (LGFB) program has been offered to oncology patients four times a year over the last two decades as a way to connect with women and provide escape from the clinical rollercoaster they've been on. The goal is to have a little fun as they learn about the best practices for skin care, makeup and hair.

"I always come out of here feeling so good," shares Ev Anderson about the workshop. She is one of the RVH LGFB program volunteers.

Some attendees have never applied a moisturizer or worn makeup in their life. Sometimes it's hard to select

a wig or new hairstyle when all of your hair is falling out. It's all made easier with the support and careful explanations from professionally trained volunteers who work one-on-one with each patient to make them feel like themselves again.

"We want you to come here, feel comfortable and be with other people in the same boat as you are. It has been proven that this program supports many patients through the treatments and everything else that you are dealing with," notes Pam Mitchell, leader of the workshop held in June.

She walks everyone through a proper skin care regimen and makeup application. Then they discuss hair care and help with wig selection.

Each patient receives a full line of professional facial care and hair care products that have been donated by various companies. The kit is worth approximately \$900.

Medical Image Wigs chooses RVH

Each year, Medical Image Wigs located in Oakville looks at Look Good Feel Better Programs across the province for a deserving recipient of a donation. This spring, RVH was selected and received 10 gorgeous wigs valued at approximately \$4,500 for its LGFB program.

"We hope this donation will be of benefit to Renfrew Victoria Hospital and LGFB program and the pieces will benefit those who receive them," said Lora Collins, representative of Medical Image Wigs.

"A new wig can be costly—particularly the nicer styles," explains Ann Marie Urbaitis, coordinator of the program at RVH. "We are very fortunate to have been chosen for this generous gift."



Left to right: Ann Marie Urbaitis, RVH LGFB Coordinator, with program volunteers Lorna Finner, Margaret Hawthorne, Ev Anderson, Janet Brush, Pam Mitchell, and Shirley Briscoe. Absent is Janice Rose.