

# The Connection

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www.peninsulacancerinstitute.com



*Created by the Integrative Services Team of Peninsula Cancer Institute—  
Combining the best treatments with support and education to promote healing and wellness for each patient*

Peninsula Cancer  
Institute

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WILLIAMSBURG

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23185  
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Happy 1 year anniversary,  
Williamsburg!

PCI  
NEWPORT NEWS

11844 Rock Landing Dr.  
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Newport News, VA  
23606  
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PCI  
GLOUCESTER

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## How Music Can Help

Throughout human history music has been used to soothe and rejuvenate the human spirit, but only recently have these properties of music been scientifically applied to a clinical setting. The National Association for Music Therapy was founded in 1950, and the American Association for Music Therapy was founded in 1971. These two organizations merged in 1998 to create the American Music Therapy Association. Today music therapy is being practiced in hospitals throughout the world, and it continues to yield benefits such as the reduction of anxiety, promotion of positive moods, improvement in the quality of one's life, and reduction in one's perceived levels of pain. Through its implementation in clinical trials, music therapy is becoming a more legitimate source of integrative healing for patients suffering from all forms of ailment, and it is being recognized by the medical community as something that can provide multiple forms of healing for patients. In continuing our efforts to provide our patients with the latest forms of care and comfort, PCI intends to develop music therapy programs in all three of our offices.

~Robbie

# WHAT ARE THE FOUR PHASES OF CLINICAL TRIALS?

After a treatment is tested in the laboratory, it can go to human testing. Each phase answers a different question about a “NEW” treatment. There are four phases of human testing.

## **PHASE I**

Researchers test a new drug or treatment first in a small group of people (20-80) in order to test its safety, identify the maximum tolerated dose, find a safe dosage range and identify side effects.

## **PHASE II**

The drug or treatment is given to a larger group of people (100-300) to see if it is effective, to further evaluate its safety and to gather additional information regarding safe dose range.

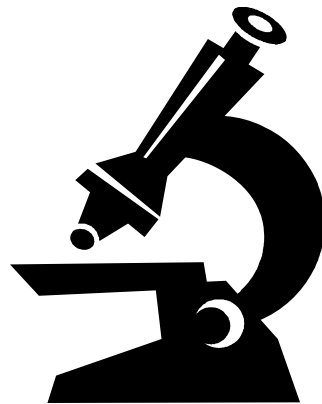
## **PHASE III**

The drug or treatment is given to large groups of people (1,000-3,000) to confirm its effectiveness, monitor side effects, compare it to commonly used treatments and collect information that will allow the drug or treatment to be used safely.

## **PHASE IV**

During this phase, investigators are looking for additional information, including the drug or treatment’s risks, benefits, and optimal use. This trial may occur after the drug or treatment has been approved for use by the FDA. This is also sometimes called an after market study.

*~Kay Camp RN, OCN, Research Coordinator*



*Next issue: What is it like to participate in a Clinical Trial?*

How Can Acupuncture Support Cancer Patients During Treatment?  
*At this time, PCI does not offer acupuncture, however many patients have asked us about how this therapy can help them. Below is some information you may find useful...*

Acupuncture originated in China 3000 years ago. There are several hundred acupuncture points on the human body, which are connected by pathways called meridians. These meridians conduct energy (we call that energy Qi) between the surface of the body and the internal organs and structure. Each acupoint has a specific function, such as reducing anxiety, improving blood flow or regulating digestion for example. By inserting very thin, fine needles through the skin, acupuncturists can access and redirect the Qi, and thereby prompt a healing response in the body.

While the mechanism of acupuncture is not yet completely understood from a western scientific point of view, many studies on its effect have been conducted internationally (China, United States, England, Germany, France, Sweden, Japan). Acupuncture can be used clinically to manage cancer-related symptoms and treat side effects induced by chemotherapy or radiation therapy. Studies have consistently found acupuncture to have a positive effect on chemotherapy induced nausea and vomiting by either relieving the nausea completely or lessening the severity of the nausea and reducing the frequency of emesis. The soothing effect of acupuncture on the digestive system is well-known to practitioners and patients; therefore, acupuncture is helpful in improving appetite, reducing diarrhea and minimizing weight loss. Studies have demonstrated the effectiveness of acupuncture in managing cancer related pain—acupoints on the same meridian as the pain, as well as ear acupuncture points may be used for this purpose. Studies also show that acupuncture may boost animal immune function by increasing blood cells and enhancing Natural Killer Cell and lymphocyte activity. Acupuncture is also frequently used to help patients with anxiety, depression, insomnia, and emotional upheaval. For the purpose of acupuncture, the patient is always seen as a whole. Even though the stated purpose of the visit may be pain or nausea, a good acupuncturist always incorporates the patient's constitution (overall nature/disposition) and emotional state into a treatment by selecting points that can treat both, the symptom and the person.

**Sites for information:**

[www.nccaom.org](http://www.nccaom.org) } to locate a practitioner

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

[www.ocom.edu](http://www.ocom.edu)

[www.ncam.nih.org](http://www.ncam.nih.org) } for general acupuncture and research info

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

[www.cancer.gov](http://www.cancer.gov)

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Western Medicine/Research



Chinese Medicine/Acupuncture



Nice Union!!!





# Sharing Thoughts

## How

### Breast Cancer Became A Blessing To Me

After the ringing in my ears subsided enough that I was able to hear what the Doctor was saying, I quickly became aware that my life was about to dramatically change. I was suddenly immersed in meetings with Radiologists, Oncologists, and Surgeons. My brain experienced overload with the endless information about my treatment that was thrown at me. One tidbit that all of the professionals relayed to me “You will lose your hair.” OK, I decided to go natural, I didn’t want to wear a wig.

Two weeks after my first chemotherapy treatment my hair began to come out in hand fulls. I woke up one morning and thought a cat had died on my pillow. I immediately called my hair dresser and she shaved my head. And within a few weeks my head had no stubble left.

I tried to maintain as normal a life as possible during treatment. I continued going to the mall, shopping, grocery store and my favorite restaurants. I was prepared for the odd looks that came my way. I was not however prepared for what was happening to me every time I went out in public.

I began to have strangers come up to me and begin the conversation with, “I went through what you are going through now.” These lovely women, whose ages range from very young mothers to great grandmothers, would share their survivor stories with me. As each lady spoke I felt an energy of courage, hope and strength.

I realized how blessed I was to be able to meet these incredible women. And none of this would have happened if I had covered my beautiful bald head.

***Breast Cancer.....A Blessing.....Who Knew!***

For: Anna, Irene, JoAnn, Pearl, Betty and the many others whose names I do not know.

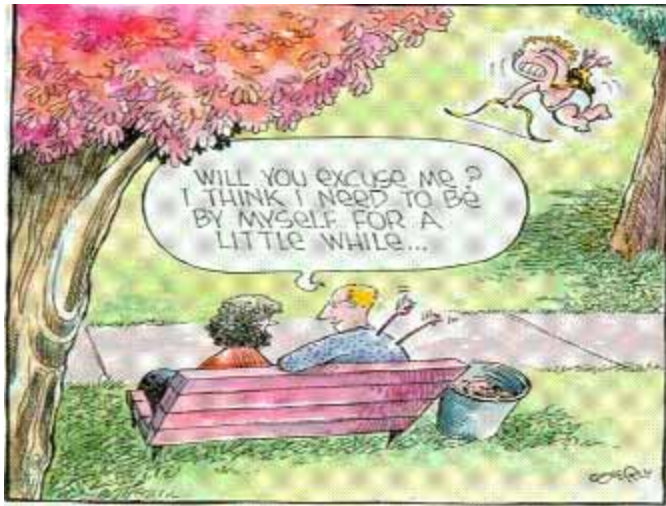
**Sonya Anthony**

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# A Little Valentine Fun!!!





# Nutrition Tips

## Keeping Your Heart Healthy During Cancer Treatment

♥ If you are having difficulty eating during treatment for any reason, you may often hear “eat anything and everything: ice cream, milkshakes, butter, cheese” etc. You may feel your cholesterol start to rise just thinking of those foods (kidding)! While sometimes you do need to eat whatever you can, often you can make more healthful choices.

♥ When adequate calories in a small amount of food is your goal, then fat can help. More heart-healthy fats include nuts and seeds, peanut butter, olive oil, canola oil, soy cheese, ‘oily’ fish (like salmon) and avocado. If nuts are too hard to digest when eaten whole, use ground nuts in other foods (see recipe below) to boost calories. (Also chewing whole nuts more thoroughly will help!) If you like pesto, which is usually made with olive oil, basil and pine nuts, it makes a great dressing for pasta. Avocado is interesting to experiment with: sliced on sandwiches or in salads or mashed to make guacamole. Guacamole need not be spicy (see recipe below). Use on crackers or as a dip for tortilla chips. Make cooked salmon into a bread/cracker spread like you would tuna salad. Yummy!

♥ Hopefully you will be able to keep up with vegetables (sweet potatoes are very nutritious and easy to eat) and fruits (bananas and applesauce are easy, frozen melon balls may be appealing) and whole grains (brown rice, oatmeal, other cereals, etc.) so some of the less heart healthy ‘fat foods’ mentioned at the beginning will fit into an overall balanced plan. And remember, unusual eating because of treatment related side effects is temporary and you will soon be back to more typical eating.

Recipes on next page → → → → → → →

## Nutmeal Muffins

### **Ingredients:**

- 2 1/2 cups ground nuts (walnuts, almonds, pecans, hazel nuts, unroasted raw cashews)
- 1/4 cup melted butter or 1/4 cup homemade yogurt, or small amount of fruit juice, or pure apple butter
- About 1/2 cup honey (melt first if crystallized)
- 1/2 tsp baking soda
- 1/8 tsp salt
- 3 eggs

### **Directions:**

Preheat oven to 375°F (190°C)

Line cupcake tins with paper cupcake liners

Spoon batter into cupcake tins filling about one-half full

Bake at 375°F (190°C) for about 15-20 minutes or until muffins spring back when pressed.

\*It is difficult to bake “light”, high muffins without regular flour so the muffins may fall after they have been removed from the oven. This will not affect the taste.

### **Variations:**

1. Add 1/3 cup raisins or currants.
2. Add juice of one orange and some grated orange rind.
3. Add grated orange rind and chopped dried fruit cut into small pieces. About 1/2 cup of any of these: apricots, sun-dried pineapple, apples, pears.
4. Add 1-2 tsp of grated orange rind and 1/2 tsp almond flavor.
5. NUT BREAD— Add one more egg (4 altogether) to batter and bake in a well-buttered, 1 quart baking dish.
6. BANANA NUT BREAD— Add one more egg and two mashed extra-ripe bananas to batter.
7. COCONUT-NUT MUFFINS— Substitute dried, unsweetened, grated coconut for part of the nut flour. Do not introduce coconut substitution if diarrhea is a problem you are experiencing.
8. OUR FAVORITE VARIATION— After all other ingredients are mixed thoroughly, stir in gently 1/2-3/4 cup fresh or frozen BLUEBERRIES. YUM!!!

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## Guacamole

3 avocados, 1 tomato, 1/2 onion, 1 Tbsp cilantro (fresh), 1 1/2 Tbsp lime or lemon juice, 1 clove garlic, salt to taste. Serve with whole grain crackers or tortilla chips.

Enjoy! Lynne





## “Knead” To Know

Before coming to PCI, I worked with seniors, many of whom were dealing with memory loss. Time after time during a massage, I noticed that my clients would begin to tell me something they *remembered* from their childhoods.

These memories always involved people who nurtured them and made them feel loved.

One dear 94 year old lady told me about her “daddy” taking her on his tractor to plow a field. She smiled and relaxed and I knew that she was in a wonderful place. This happened so often I came to believe that memories of being nurtured and loved live in the heart – not the brain. I also believe that this is the reason massage has a “euphoric” effect on people; it provides the opportunity to

get out of their heads and into their bodies. It becomes obvious why massage is so beneficial for stress reduction.

Our patients describe their massage time as “heaven” or a “blessing” because they discover once again that they can feel good in their bodies; their minds stop going in circles, and their breathing becomes deeper and calmer. Between the pain of disease and the side effects of treatment, people lose sight of the fact that *they* are not their disease, that their spirit is as whole and healthy as the day they were born. The deep relaxation of massage allows them to reconnect with that part of themselves.

At PCI, massage is an integral part of the treatment plan for all our patients. If you are not already experiencing foot massage during your treatment or if you haven’t scheduled a full body massage in the massage room, or if you have any questions, ask to speak to one of the massage therapists. Amy Hunt is at PCI-Williamsburg and Kathy Shore is at PCI-Newport News and Gloucester.

~Kathy



## Mary's Corner

A prayer written by American Indians to show that we are all brothers and sisters. It is a poem that was written hundreds of years ago. It is as true today as it will be in thousands of years in the future. **Elisabeth Kubler-Ross**

Let me walk in beauty  
and make my eyes ever behold  
the red and purple sunset.  
Make my hands respect the things you have made,  
and my ears sharp to hear your voice.  
Make me wise so that I may understand  
the things you have taught my people.  
Let me learn the lessons you have hidden  
in every leaf and rock.  
I seek strength  
not to be greater than my brother  
but to fight my greatest enemy:  
myself.  
Make me always ready to come to you  
with clean hands and straight eyes.  
So when life fades  
as a fading sunset  
my spirit may come to you without shame.



The PCI Integrative Services Team has enjoyed preparing this newsletter for you. If you have any comments please feel free to let any one of us know your thoughts. We would love any suggestions or ideas you may have to make this newsletter better.

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