



THE CONNECTION

October 2005

Peninsula Cancer Institute – Combining the best treatments with support and education to promote healing and wellness for each patient

www.peninsulacancerinstitute.com

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Newport News, VA
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PCI
GLOUCESTER

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23061
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For more information
about Kathy, her
husband and their
website see the
"Website focus"
later in the
newsletter

THE BIG "C"

**"The big "C" I heard someone call it.
Another just whispered the word.
That we don't even dare to say "cancer" out loud
Gives it power it doesn't deserve.**

**So I'm giving that letter new meaning
And refusing to give in to fear
By reclaiming the power for you and for me
And by saying *these* words loud and clear:**

**Let the "C" be for "Cure" and "Compassion."
Let it stand for the "Candles" we light,
And a "Chorus" of voices shouting, "You 'Can'!"
To all who will take up this fight.**

**Let the "C" be for "Cash Contribution"
("Credit" or "check" will work, too).
Let it stand for "Commitment" and "Checkups"
And "Cheer,"
And the "Children" "Counting" on you.**

**Let it mean that we know our "Creator"
Is beside us each step of the way,
And remind us to "Call" on His strength and His
Love
And to "Celebrate" every new day.**

**To everyone facing this "Challenge,"
I say it's a fight we can win.
Tell all who will listen that, starting today,
The "C" is for "Courage," my friend.**

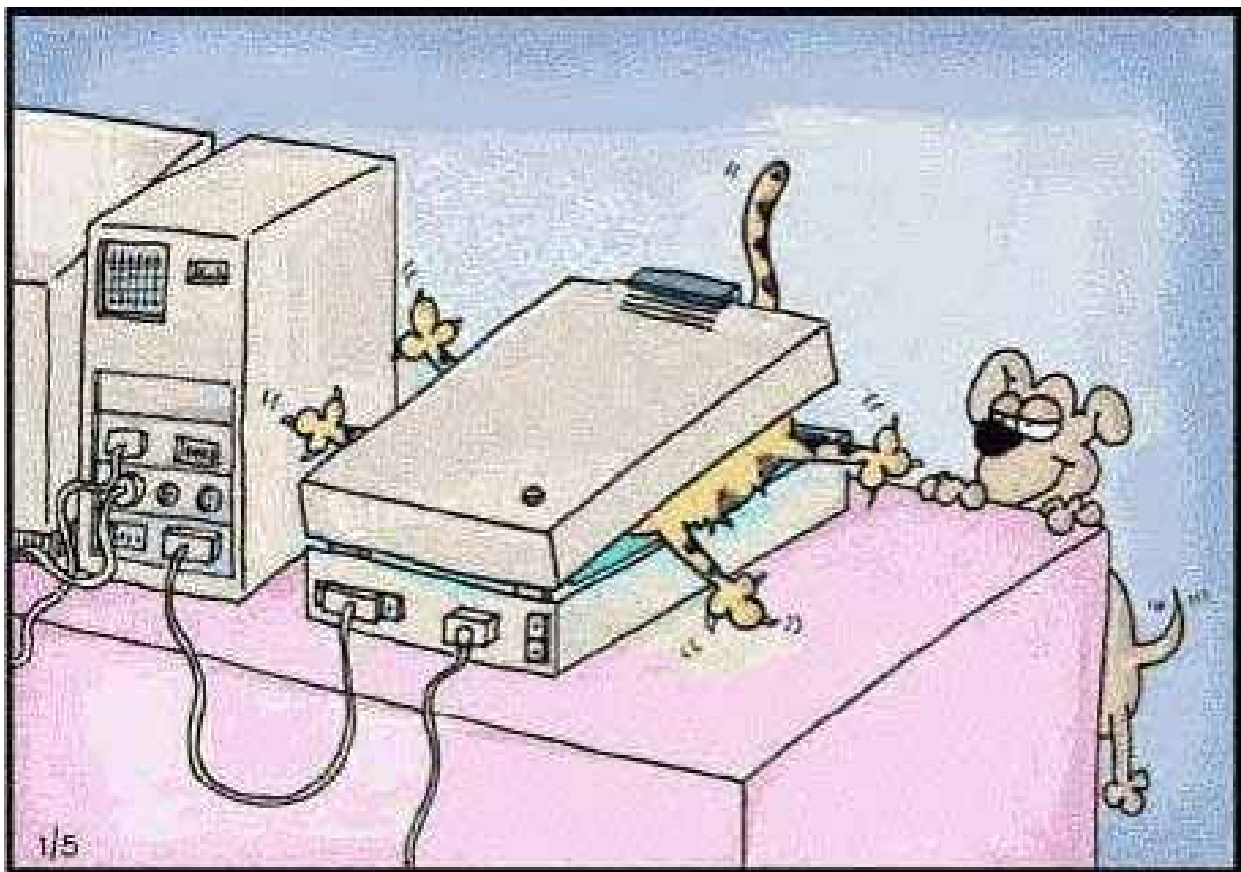
*Kathy Cawthon
Cancer Survivor*

MARY'S CORNER

Living with a life-threatening illness gives us an opportunity to count each day as a blessing and enjoy every moment. Take control of your life. Remain hopeful and positive. Taking care of yourself is very important. Conserve your energy for priorities. Eat nutritious foods in small amounts several times a day. *Remember to laugh. Laughter and smiling are contagious.*

“The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another, smile at someone and receive a smile in return are to me continued spiritual exercises”.

Leo Buscaglia



"Cat Scan"

Ask Your Massage Therapist

For those of you who think that your PCI massage therapists are here just to massage you, have we got good news for you. While some people love to be therapeutically touched, not everyone is comfortable with it. There are still many techniques that we can help you learn that you can do on your own while still gaining some of the same benefits. You and/or a caregiver may schedule a free consultation with a PCI massage therapist to learn several great techniques that may aid you in your journey—many that we have instructional sheets to take home with you. Sometimes caregivers feel powerless as they watch their loved ones go through this disease and medical treatment. Actively participating in symptom relief can allow caregivers the ability to do something.

Here is a list of just some of the techniques we can teach you:

- Self abdominal massage for the relief of constipation
- Self massage on hand and feet for the relief of peripheral neuropathy (tingling and numbness)
- Meditation to create a physical state and a level of consciousness that can promote healing as well as many other physiological and psychological benefits.
- Breathing exercises (or diaphragmatic breathing) to enhance venous flow, increase flow of lymph that are rich in immune cells, and stimulate the relaxation response that results in less tension and an overall sense of well being.
- Gentle stretches to improve circulation, promote healing, increase range of motion, and decrease stress
- Customized training based on individual need.

~Amy Hunt and Kathy Shore, certified massage therapists



HERE COMES ANOTHER FLU SEASON.....

What is Influenza (also called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times lead to death. The best way to prevent this illness is by getting a flu vaccination each fall.

Every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications, and;
- about 36, 000 people die from flu.

Our patients who are on active treatment are at especially high risk for serious flu complications.

Symptoms of Flu

- | | |
|-----------------------|-----------------------------------|
| ▪Fever (usually high) | ▪Muscle aches |
| ▪Sore Throat | ▪Extreme Tiredness |
| ▪Dry cough | ▪Stomach symptoms, such as nausea |
| ▪Runny or stuffy nose | vomiting and diarrhea |
| ▪Headache | |

How Flu Spreads

Flu viruses spread in respiratory droplets caused by coughing and sneezing. They usually spread from person to person, though sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick.

Preventing the Flu

The single best way to prevent the flu is to get a **flu vaccination** each fall. There are two types of vaccines:

- The “flu shot”-an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray flu vaccine-a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people 5 years to 49 years of age who are not pregnant.

Patients on chemotherapy should not get the nasal-spray flu vaccine or be exposed for three to five days to anyone who has received that vaccine.

Cover your cough and sneeze. Use a tissue to cover your mouth and nose when you cough or sneeze. Drop your used tissue in a waste basket.

Clean your hands. Wash your hands with soap and warm water or clean with gels or wipes with alcohol. Cleaning your hands often keeps you from spreading germs.

FLU VACCINATION AT PCI

October and November is the best time to get vaccinated, but getting vaccinated in December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

▶ Peninsula Cancer Institute is planning on vaccinating our patients as well as our staff to prevent outbreaks of flu among our patients and staff members. We plan to begin our vaccination program in October. Individual doctors may have specific time periods when they would like their active chemotherapy and immune compromised patients to be vaccinated.

▶ We will have flu vaccination clinics scheduled at specific times during our regular clinic hours, this will avoid interrupting scheduled treatments. Ask your treatment nurse or physician when you can be scheduled for your flu vaccination.

▶ You should plan on staying in the waiting room for 15 minutes after you have received your flu shot.

▶ Due to a limited supply of vaccine *we will not be able to offer the vaccination to family members of our patients.*

WHAT'S NEW AT PCI

OUR NEW GLOUCESTER CLINIC IS NOW OPEN!

PCI in Gloucester is up and running as of Monday, Sept. 12, 2005 and we have yet another great staff of dedicated and caring people. Our newest sister site is located in the backyard of Walter Reed Hospital at 7544 Medical Drive, Suite B, with radiation therapy occupying Suite A. Shirley Cooke, the office coordinator for PCI-G is currently working with front desk receptionist Kristy Bridgeman to welcome and assist patients and the public in scheduling care. Stacie Carpender is in the lab, Lori Respress is in billing and Colleen Horn will provide pharmacy services. The chemotherapy administration department is attended by a team of four: Robin Atkins, the nursing supervisor and acting patient care coordinator; Tina Jenkins, their medical assistant, who will also provide back up support to Stacie when needed and Liz Perry and Sherry Whitby, chemotherapy primary care nurses. Carol Hearn RN will join the staff in October as the Patient Care Coordinator.

NUTRITION TIPS

Olive Oil for Breast Cancer? Who Knew!?

A recent article in the Clinical Journal of Oncology Nursing reported research that oleic acid in olive oil may help protect against breast cancer and may even treat the disease in the future (*Annals of Oncology* Vol. 16 pp. 359-371). The research study found that oleic acid reduced levels of HER2/neu (see Ask the Doctor article) by as much as 46% in laboratory experiments. In addition, oleic acid increased the effectiveness of trastuzumab (Herceptin).

Realistically, research like this has a long way to go to be useful in humans but certainly helps direct scientific study. For those of us who want to know ‘what should I be eating now?’ this information adds another reason to limit animal fats and replace them with healthier fats like olive oil.

Other food choices that may help reduce risk of breast cancer and its recurrence are:

- limit total Calories to prevent weight gain and attain a good weight for your height
- limit total fat to 30% or less of total Calories (example: if you eat about 2,000 Cals per day then 65 grams of fat per day maximum)
- minimize animal fats and choose plant fats like olive oil, canola oil, avocado, and nuts. Fish fat is in the ‘good’ category too.
- Eat lots of vegetables and fruits – at least 5 servings per day, better would be 9-11 svgs/day.
- Consider incorporating ground flaxseed into your diet. Add it to cereal, yogurt, muffins, smoothies, casseroles, almost anything. Flaxseed may increase the rate of tumor cell death, decrease tumor cell growth and decrease the amount of HER2/neu protein being produced. Check with your oncologist first to be sure it won’t interfere with your treatment.

TABLE SPREAD

1 pound butter or margarine
1 ¼ cup light olive oil
Allow butter/marg to soften.
In food processor, gradually
Add oil to butter/marg. Pour
Into containers and store in
Refrigerator.

PASTA WITH LEMON OLIVE OIL

zest of 1 lemon
1/3 cup lemon juice
½ cup olive oil
1-2 lg. Cloves garlic, minced
½ cup Kalamata olives, pitted, sliced
2 TBS fresh chopped basil or thyme
Salt/pepper to taste
Mix and toss with 1 pound cooked hot pasta.

Enjoy! Lynne Groeger, MS, RD, Oncology Dietitian

ASK THE DOCTOR: What IS HER2/Neu?

Dr. Mashour Yousef replies:

HER2 stands for human epidermal growth factor receptor-2 (also called ErbB2 or Neu).

It is a cell-surface protein involved in cell development and growth. In normal cells, HER2 controls aspects of cell growth and division, however in cancer cell the activation of this factor accelerates many cellular processes associated with tumor formation, proliferation, angiogenesis, adhesion, and resistance to chemotherapy.

In breast cancer, the amplification of the HER2 gene correlates strongly with poor clinical prognosis, and therefore it became a standard practice to check the tumor tissue for HER2 amplification, in addition to hormonal receptors, for better identification of tumor pathology.

Trastuzumab (Herceptin) is a recombinant monoclonal antibody directed against HER2 and it has been highly effective as a single agent and in combination with other standard chemotherapy regimens for HER2 positive breast cancer.

The FDA approved Herceptin in 1998 for treatment of HER2 positive metastatic breast cancer, and recent trials found that Herceptin is an essential treatment in the adjuvant setting for HER2 positive non-metastatic breast cancer.

WHY CLINICAL TRIALS ARE IMPORTANT

Cancer affects all of us in certain ways. We may have it, or have a family member or friend that we care about that has it or we may worry about getting it in the future!

- Cancer treatment clinical trials are research studies to find better ways to treat cancer. Many of today's effective standard treatments for cancer are the results of previous clinical trials. These studies often compare the most accepted cancer treatment (standard of care) with a new treatment that doctor's hope will be better.
- Examples of today's most effective standard treatments (based on previous clinical trial results) are treatments for breast, colon, rectal and childhood cancers.
- It is important that men and women of all ages and backgrounds be included in these studies so that what is learned will help "all" cancer patients in the future.
- Taking part in clinical trial is an individual decision.
- When deciding the best way to treat their cancer, it is important that the patient look at all treatment options with the help of their family and doctor.

In the past, clinical trials were sometimes seen as a last resort for people who had no other treatment options. Today, patients often choose to receive their first treatment in a clinical trial.

Nest Issue: The Four Phases of Clinical Trials.

Some Upcoming Events We Would Like To Highlight

**American Cancer Society
Look Good..... Feel Better Program**
*A program for women that includes a FREE
cosmetic/skincare kit valued at about \$250*

10/03/05 6:30 PM in Williamsburg
10/03/05 10:00 AM @ Riverside Hosp
10/10/05 2:00 PM Sentara Careplex
11/07/05 10:00 AM @ Riverside Hosp.
11/07/05 2:00 PM @ Mary Immaculate Hosp.
11/14/05 2:00 PM @ Sentara Careplex
11/21/05 10:00 AM @ Riverside Walter Reed

To Register or for more information call:
In Williamsburg 259-6297
At Riverside in NN 800-520-7006
At Sentara Careplex 827-2438
At Mary Immaculate 886-6700
At Walter Reed Hosp 804-693-8865

HEALING THE SPIRIT SERIES

***Living From the Heart – Self-inquiry
meditation by author Elizabeth
MacDonald.***

*The workshop is free and designed to
introduce creative strategies to relieve
stress, to cope with physical or
emotional illness and to encourage
positive thinking.*

Saturday, October 29, 2005

**10:00 to 11:30 AM at the
Williamsburg Library**

**Call 1-800-736-8272 to register
(this workshop is limited to 25
participants)**

MEET THE EXPERT ON NON-HODGKIN LYMPHOMA

Dr. Mashour Yousef will lead a discussion on Monday, October 17, 2005 at the Riverside Hospital Conference Center from 6:30 to 8:30. To register call Linda Silver at 1-800-866-4483 ext 204.

SEE THE ATTACHED FLYER FOR MORE DETAILS

Don't forget KOMEN RACE FOR THE CURE in Virginia Beach on Oct 22, 2005. This is a fun event that raises money for the Susan G. Komen Breast Cancer Foundation. You can call 757-490-7794 for more information or go to www.hamptonroads.com/raceforthe cure/.

WEBSITE FOCUS

Here are a few websites you might like to check out:

■ <http://www.thecancercrusade.com> – *This is a wonderful site developed by Roger and Kathy Cawthon who are two local cancer survivors. They also have a great email newsletter and from the website you can view a powerfully visual presentation called “The Survivor Movie”.*

■ www.peninsulacancerinstitute.com – *This is the new website for PCI, we are really proud of it- take a look!*

Don't forget we have installed a computer in or near each of our waiting rooms that you are free to use anytime.



Patient Education

Meet the Expert on Non-Hodgkin Lymphoma – New Insights and Treatment

This presentation will present basic information on terminology, risk factors, diagnosis, staging and classifications. New insights, treatments and future directions for NHL will also be discussed.

Mashour Yousef, M.D. will be leading the discussion.

Monday, October 17, 2005

6:30-6:45 pm registration & refreshments – program starts at 6:45pm

Program completed at 8:30 pm

Riverside Hospital Conference Center

500 J. Clyde Morris Boulevard, Newport News, VA 23601

To register call: Linda Silver, RN Community Outreach Manager

1-800-866-4483 ext 204

