



THE CONNECTION

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www.peninsulacancerinstitute.com

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

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Summertime Issue



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~2007

What is Relay For Life?

The American Cancer Society's Relay For Life is a celebration of life in honor of those whose lives have been touched by cancer. Relay For Life involves teams of 8-15 people who take turns walking around a track for 16 hours. A party-like atmosphere prevails as team members enjoy music, food, a silent auction, games and other activities while building camaraderie with fellow teammates and participants. Money is raised through team commitment, fees, and contributions. The money raised helps support American Cancer Society programs in research, education, advocacy, and service—locally, statewide, and nationally.

Williamsburg Relay For Life

This year, the Williamsburg Relay For Life has raised \$280,000 with a significant amount yet to be turned in. Looks like the \$300,000 goal will be well surpassed. There were 56 teams present and 1000 (very rough figure) people present, not including survivors. Hundreds of survivors were in attendance at the survivors' reception and walk.

The Williamsburg PCI Team ("E's Angels") raised roughly \$5,500 towards the cause with more coming in. Our fearless leaders, Mary Zuch and Susan Miller, guided our team through bake sales, jewelry sales, raffles, and dress down day (there is a \$2.00 fee to dress down on Fridays) to raise the money from their group. Greg Gernon's band, "Durn", and special guest Dr Ellis raised a nice chunk of money for the team when they played a jammin' 45 minute set at the event.

Way to go Williamsburg!!!!



"Durn" plays with special guest, Dr. Ellis, at the Williamsburg Relay For Life Event. Rock on!!!



~2007

Newport News Relay For Life

This was the first year for our Relay Team here in the PCI Newport News office. We chose “Movers and Shakers” for our team name. We move in and shake out the cancer! We have 19 members on our team. This year the Newport News Relay took place at Todd Stadium. We had a great time out there. Some of our team members stayed the whole night. To raise money for Relay, our team had a bake sale and several yummy themed lunches for our employees—for donations, of course. Our team captain, Jennifer Neal, led our team in raising close to \$3,000.00. The entire Newport News Relay for Life Event raised over \$300,000 in all! Our team is now brainstorming new ways to raise money already for next year’s Relay.

Great Job, Newport News!!!!

Gloucester Relay For Life

The Gloucester Relay for Life was held on June 1st at the Gloucester High School track. Gloucester raised a total of \$154,850, and \$2300 of that was raised by PCI’s Gloucester team. Team captains, Liz and Tina are glowing with pride as we are with them. We held several fundraising events. The first was a Krispy Kreme doughnut sale in front of our local Walmart. It was a cold and windy day but we managed just fine. Our next fundraiser was a community Relay yard sale. We cleaned out our closets and garages, spent the day out in the sunshine, and raised some money too. We held a luncheon in our office. Everyone brought in a dish and we sold lunch tickets to other offices for \$5 each. This was quite interesting in our small space, so we did end up making the meal a take out only affair. The last fundraiser was a fishing tournament held at Gloucester Point. That was lots of fun! Other money was raised in the office selling various items and conducting various raffles. We also had a generous donation from Radiation Oncology.

Great Team Work, Gloucester!!!!

Summer Time Nutrition Info To Chew On...

(information is from www.aicr.org)

Are Grilled Foods Associated With Cancer?

Researchers have linked eating grilled meat, poultry and fish with certain health risks. Grilling and broiling cause “muscle meats” (red meat, poultry and fish) to produce cancer-causing compounds called HCAs (heterocyclic amines).

When fat from meat, poultry or fish drips onto hot coals or stones, another cancer-causing substance is formed. PAHs (polycyclic aromatic hydrocarbons) are deposited back onto food through smoke and flare-ups.

There is no need to eliminate grilling. Muscle meats are the major concern. Grilled vegetables and fruits present a substantially lower risk. It is still possible to enjoy grilled or broiled meats too. Here are some tips...

Tips For Safe Grilling



1. Grill veggies. Try grilling marinated vegetables on skewers, a grilling tray or wrapped in foil. Other healthy barbecue choices are veggie burgers, pizza, tofu or quesadillas. Grilled fruit makes a sweet, healthy dessert.
2. Marinating meats before grilling may significantly reduce the amount of HCAs.
3. Trim the fat. Choose lean, well-trimmed meats to grill; they have less fat to drip into the flames. Remove the skin from poultry. Avoid high-fat meats such as ribs or sausages.
4. Pre-cook meats, fish and poultry in the oven or microwave, then briefly grill for flavor.
5. Keep meat portions small so they only need to spend a brief time on the grill. Skewered kebobs cook the fastest.
6. Fix the drips. Avoid letting juices drip into the flames or coals, which causes smoke and flare-ups. Use tongs or a spatula to turn foods, instead of piercing meat with a fork. Covering the grill with punctured aluminum foil, not placing meats directly over coals and keeping a spray bottle of water on hand (to control flare-ups) are other ways to reduce drips.
7. Flip frequently. Recent research has found that cooking hamburger patties at a lower temperature and turning them often accelerates the cooking process, helps prevent the formation of HCAs and is equally effective in killing bacteria.
8. Try to keep flames from touching food directly. Remove all charred or burnt portions of food before eating.

And always remember to practice food safety...

- Avoid cross-contamination. Use separate cutting boards, dishes and utensils for raw meats.
- Don't baste with used marinating liquid; make extra marinade to use for basting.
- Refrigerate foods that are marinated longer than 30 minutes.



Make a Marinade

One of the most effective ways to reduce the formation of cancer-causing compounds in grilled meats, poultry and fish is to marinate foods before grilling. Studies have shown that even briefly marinating foods is effective in reducing the amount of HCAs—in some cases, as much as 92 to 99 percent.

Scientists aren't sure exactly what causes this effect. A marinade may act as a "barrier," keeping flames from directly touching the meat. Or the protective powers may lie in the ingredients of a typical marinade. Vinegar, citrus juice, herbs, spices and olive oil all seem to contribute to the prevention of HCA formation.

About a half-cup of marinade is needed for every pound of food, although large pieces may need more to adequately cover the food's surface. Total immersion is not necessary, but the food should be turned occasionally, so that all surfaces will be in contact with the marinade long enough to benefit. Use a non-metal container or a sturdy, re-sealable plastic bag to hold the marinating foods.

Classic Marinade

1/2 cup rice or white wine vinegar
1 Tbsp. canola oil
1/4 cup finely chopped onion
1 small bay leaf
2 sprigs fresh rosemary, thyme or oregano (or 1/2 tsp. dried)
2 cloves garlic, finely minced

For grilling:

Assorted vegetables, sliced into thick rounds (such as eggplant, zucchini, summer squash, bell peppers, mushrooms or red onion)

Lean meat, skinless poultry, fish or firm tofu cut into 2-inch cubes or chunks

Directions:

In bowl, combine marinade ingredients until well blended. Add food to be grilled and turn several times until all sides are coated. Cover and refrigerate for at least 30 minutes, occasionally turning food so that marinade is evenly distributed. Drain and discard marinade. Thread skewers with vegetables, meat or tofu. Grill, turning often to prevent charring.

Note: It is best to make separate skewers for meat and vegetables, since cooking times will vary. If desired, make additional marinade for basting. Do not baste with used marinade.

Enjoy! Lynne



Cancer and the Summer Months

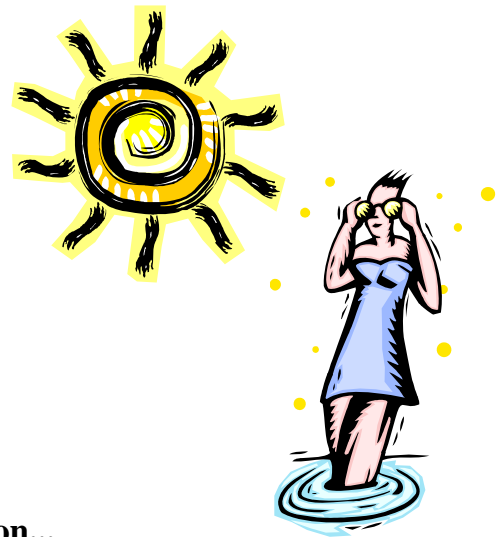
Brought to you by an ASCO website: www.plwc.org

Summertime brings sun, heat, and outdoor activities, but it can also present challenging health and lifestyle issues for people living with cancer. That's why it's important to consider the following precautions during the summer months:

Heat and dehydration...

Some side effects of cancer treatment, such as vomiting, diarrhea, and nausea, may cause dehydration and possibly heat exhaustion. Signs of dehydration include:

- Dry mouth; thirst
- Fatigue and weakness
- Weak or cramped muscles
- Dizziness, headaches, or feeling forgetful or confused
- Fever
- Very dark urine or less frequent urination
- Swollen, cracked, or dried tongue
- Sunken eyes that don't tear naturally
- Dry skin, skin that "tents" when pinched



Ways to prevent dehydration...

- Drink before becoming thirsty. Try to drink at least six to 10 glasses of water every day, and drink even more when outside in the heat.
- Drink iced fluids, like ice water, juices, Gatorade®, or Popsicles®, to quench thirst and cool down.
- Use ice chips for relief from dry mouth.
- Eat vegetables and fruits with a high fluid content with meals and as snacks.
- Avoid beverages with alcohol or caffeine (such as coffee, tea, and soda).

Hot flashes...

Hot flashes may be a side effect of hormone therapy for people with cancer and can be triggered by hot weather. The following are some suggestions to cool down and manage hot flashes:

- Wear breathable fabrics, such as cotton, linen, and rayon, instead of synthetics.
- Keep iced beverages on hand throughout the day and night.
- Lower the thermostat, if possible. Turn on a ceiling fan or use a hand-held, battery-operated fan.
- Take a cool shower before bed to manage hot flashes during hot nights. Wear lightweight PJs.
- If the doctor says it's okay to exercise, try swimming as the water will keep your temperature down.
- Avoid drinks with alcohol or caffeine, as they may also trigger hot flashes.



Cancer and the Summer Months (continued)

Exercise...

The summertime is a good time to consider starting an exercise program. Exercise helps you deal better with the side effects of cancer therapy, such as hot flashes from hormone therapy, weight gain from chemotherapy drugs, and stiffness from surgery. If you have lost your hair due to chemotherapy treatment, be sure to protect your head during exercise. It's important to talk to your doctor about your health to assess whether it's safe to exercise.

Wigs...

Wigs can feel hot and itchy in the summer. One option to consider is a cotton head scarf or turban, which are cooler than wigs. If you do decide to wear a wig in the summer, then consider cutting your hair short or shaving your head while your hair is falling out to keep cool and for a better wig fit. Consider a synthetic wig for the hot summer months for the following reasons:

- Lightweight, synthetic wigs are cooler to wear than natural wigs because their open-cap construction allows the head to breathe and heat to escape.
- Synthetic wigs don't get flat or frizzy in the summer humidity like human hair wigs.
- Synthetic wigs hold their style, even if they get wet.
- The fibers in synthetic wigs don't fade or turn different colors with exposure to the sun.
- Synthetic wigs may be worn with a mesh wig liner that's similar to a fishnet stocking and helps keep your head cool.

Custom-made swimsuits and caps...

Swimming is one of the safest and most comfortable ways to begin moderate exercise. Although swimming strengthens the abdomen, back, and shoulders, it can be challenging to wear a swimsuit that works well with a breast form, or prostheses.

There are several bathing suit brands designed for women with breast cancer that have higher necklines and armholes to conceal scars, and built-in bra pockets for securing breast forms. As an alternative to custom swimsuits, a retailer may be able to add a breast form bra pocket to the inside of a regular bathing suit.

Swim forms are also available to fit in a bra pocket. Swim forms are similar to conventional breast forms, but they are much lighter and more comfortable to wear when swimming. Made from clear silicone, swim forms attach into the bathing suit with fabric tabs, have a built-in pocket, or attach directly to the chest wall with adhesive.

In addition to custom swimsuits, there are special swim caps designed for people undergoing chemotherapy treatments that give added protection for sensitive skin.



SUMMERTIME SKIN CARE

(tips from breastcancer.org)



Sunshine feels great—especially after a long, cold winter. Many people report that getting some sun is the best way to improve their mood, energy level, and sense of optimism. A little bit of sunshine can also help your body produce vitamin D so it can help keep your bones strong. Just 10 minutes of outdoor light each day is enough to do the trick.

But too much exposure can be dangerous for everyone. It can cause skin cancer, cataracts, wrinkles, and painful burns that may permanently damage skin.. It can also make side effects of some chemotherapy worse. Intense sun exposure can also weaken the immune system even more than treatment has already.

Still, you don't have to hide inside on bright summer days just because you're in cancer treatment. According to dermatologist Margo L. Weishar, M.D., of Springhouse, PA, you can enjoy the sun if you take these precautions:

- Schedule your sun time for early or late in the day. Wear a tightly woven, wide-brimmed (5 inches) hat, and clothing that covers your body.
- Don't step outside without your sunblock on! And apply sunscreen at least 20 minutes before going outside, because it takes time before it starts working.
- Forget the false notion that any sunscreen SPF (sun protection factor) higher than 15 is a waste of time. Go for the highest number you can buy. 45 SPF is recommended, in a waterproof formulation to combat sweat. If you swim, reapply even waterproof sunblocks after being immersed in water.
- For best face protection, use sunblocks that contain zinc. Some newer products contain tiny particles of zinc that block harmful rays, but are invisible when applied.
- Sunscreens are chemical sunblocks, not physical ones like zinc. They absorb—rather than deflect—harmful rays. If you buy sunscreen, choose one containing Parsol (chemical name: avobenzone). This is a chemical that does a good job of absorbing harmful rays.
- Skin in an area that's receiving radiation therapy should be protected from the sun with a bathing suit or other clothing. Be careful: Sunscreen can further irritate radiated skin.
- Sun exposure during some chemotherapies leads to more skin reaction and tanning. So consider covering up if you're on that regimen.



- Protect your head. If you've lost your hair, the exposed skin has never seen sunlight before and will burn easily. The best thing is to wear a hat, otherwise, use a good zinc sunblock.. Don't forget your ears!
- Apply topical vitamin C before sunscreen or makeup. Sold in liquid form, it can protect your skin against sunlight damage. Choose the ones that come in brown, light-sensitive bottles as the vitamin C is easily destroyed by light.
- Use an indoor tanning lotion if you want a deep tan. Just remember that the color you get won't protect you from the sun.
- If you have a fresh surgical scar, keep the area well covered. It can get pinker, then darker, if it's exposed to the sun.
- Don't rely on the SPF ratings you see on makeup or face lotions to protect your skin. If you're going to be outdoors for longer than a trip to the supermarket, use a sunblock or sunscreen.
- Remember that most T-shirts give you a sun protection factor of only about 8.
- If you're going through radiation treatment, protect your skin from the drying effects of chlorinated pool water by using a barrier product like A&D ointment or Vaseline petroleum jelly.
- After underarm lymph node dissection, try to avoid poison ivy, bug bites, cuts, or any other outdoor risks for infection or allergic reaction.
- If you're currently in breast cancer treatment, avoid hot tubs, as it can put you at risk for “hot tub folliculitis.” Hot tubs/saunas may also put you at risk for developing lymphedema.
- Don't forget to protect your eyes from the sun —choose sunglasses that are labeled to block 99% to 100% of UVA and UVB radiation.

With a little care, summer really can be a day (or week) at the beach!





Good Vibrations Brings You: Can Music Really Help Alleviate Pain



There has been a lot of talk lately about music helping to alleviate pain. Some doctors have started recommending that patients listen to music to help with post-surgery pain. More studies are coming out suggesting music can lower the amount of medication needed to help patients with pain. But can this be true? What is actually causing us to feel less pain when we listen to music?

One theory on why we feel less pain is called “Gate Control Function of Pain Perception”. According to this theory, what we perceive as pain, is actually a series of signals that originate in the peripheral nervous system and run up to the brain in pathways. These signals can be blocked or “gated” by other signals or stimuli that run in parallel, but more dominant pathways. Stimuli from music (as well as acupuncture, massage, electrical stimulation, drugs, hypnosis) also tends to run in these dominant pathways . These two separate pathways may look like...



Notice the darker , wider line on the music pathway, suggesting a more dominant pathway.

Now here is a look at the two pathways running together, parallel:



From this view, we can see how the dominant pathway (**music**) has “gated” or partially blocked the weaker pathway (**pain**). While we can still see the **pain pathway line**, it is not as noticeable or intense. We perceive our pain to be less intense because it has been gated by the music.

While the gate control function of pain perception is just a theory, we do know that people are effectively minimizing pain by listening to music. If you suffer from chronic pain, try listening to some music you enjoy and see how it works for you. You can also try this at PCI—just see Greg about setting up an PCI i-pod for you.

~Greg

In My “Garden Hiding Place”

Early did I seek Thee, problems to unload; when through the breeze,
sweet smells of honeysuckle flowed.

Instead of being downcast, my soul was lifted up; because the One
who loves me most, had also “waited up.”

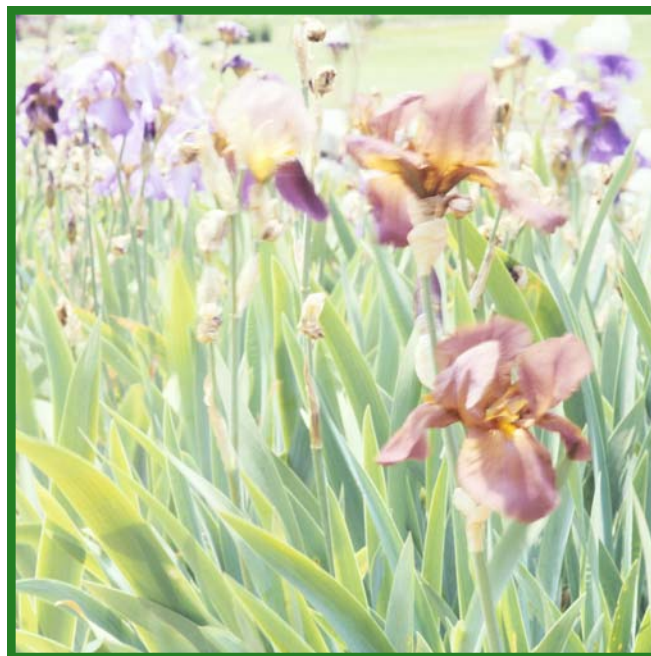
He had quietly been waiting in my “garden hiding place,” just to
have me visit, and look upon His face.

And so, in that garden place, I was once again renewed; because
looking there into His face, ALL problems were subdued.

His voice so gently spoke to me of good things yet ahead, and all I
had to do to “see,” was write down what He said.

So early did I seek Thee, problems to unload; and there You were to
greet me, with love that overflowed.

S. Kingsley





Can a Laugh a Day Keep the Doctor Away?

Recent research is beginning to show what our grandmothers always knew: **LAUGHTER is GOOD MEDICINE**. Humor and laughter is used as a complementary method to promote health and cope with illness.. Learning to see the funny side of everyday situations gives you the resilience you need to cope on the tough days.

It is believed that the many benefits of laughter may include:

Physical Health Benefits:

- Stronger Immune System
- Improved Cardiovascular Health
- Reduced Stress Hormones
- Reduced Pain
- Muscle Relaxation
- Good work out during laughter
(cardiovascular, pulmonary, and muscular)

Mental/Spiritual Health

- Less Stress
- Reduced Anger, Anxiety
- Increased Joy, Aliveness
- More Positive, Optimistic Mood
- Sense of Control
- Improve Quality of Life

...And more

According to American Cancer Society....

What is the evidence?

Available scientific evidence does not support humor as an effective treatment for cancer or any other disease; however, laughter has many proven benefits, including positive physical changes and an overall sense of well being. One study found the use of humor led to an increase in pain tolerance. It is thought laughter causes the release of special neurotransmitter substances in the brain (endorphins) that help control pain. Another study found that neuroendocrine and stress-related hormones decreased during episodes of laughter. These findings provide support for the claim that humor can relieve stress. More studies are needed to clarify the impact of laughter on health.

Laugh more-feel better.

~Amy



The Funny Page



Cancer Survivor T-Shirts


I survived cancer and all I got was this lousy t-shirt!

Think Positive, Be Negative—It's a Cancer Thing!

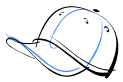
I'm on chemo—my husband is just bald.

Cancer —Been There, Beat That!

One more MRI and I'll stick to the fridge.

Fight like a girl! 

Hug me, it's not contagious—it's just cancer.



Hair today, gone tomorrow.

Stop colon cancer, moon a doctor.

You can't scare me, I survived cancer!

Experience: What is it?

- Experience is knowledge acquired too late.
- Experience is something you don't get until just after you need it.
- Experience is what you get when you're looking for something else.
- Some people learn from their experiences, some people never recover from them.
- Experience is the hardest kind of teacher. It gives you the test first, and the lesson afterwards.
- Experience is knowing a lot of things that you shouldn't do.
- Some people speak from experience. Some people, from experience, don't speak.
- There is only one thing more painful than learning from experience, and that is **not** learning from experience.

A weed is a plant that has mastered every survival skill except for learning how to grow in rows.

- Doug Larson

God made rainy days, so gardeners could get the housework done.



Misunderstood Song Lyrics

Beach Boys "Fun Fun Fun." "We'll have fun fun fun till her daddy takes the tuba away"
Elton John "Tiny Dancer" "Hold me closer Tony Danza"
Paul McCartney "Band on the Run" "Stand on the Rug"
John Cougar Mellencamp "Authority Song" "I frighten Dorothy, Dorothy always wins"
Billy Joel "You may be right" "You make the rice, I'll make the gravy"
Knack "My Sharona" "Mice Aroma"
Beatles "Paper Back Writer" "Pay for that Chrysler"
Creedance Clearwater Revival "Bad Moon" "There's a bathroom on the right"
Bachman Turner Overdrive "Takin' Care of Buisness" "Baking carrot biscuits"
J. Geils Band "Freeze Frame" "Flea Spray"
Bob Seger "Night Moves" "Workin on a knife wound"
Beach Boys "Good Vibrations" "Good, good, good, goodbye raisins"
Culture Club "Karma Chameleon" "Become a comedian"



**What do you call it when worms take over the world?
Global Worming.**

**In Honor of June being Survivor Month, here are the
Top 11 ways you know you've "survived" cancer:**

- 11) Your alarm clock goes off at 6:00/am and you're glad to hear it.
- 10) April 15th is still a great day.
- 9) Your mother-in-law invites you to lunch and you just say NO.
- 8) You're back in the family rotation to take out the garbage.
- 7) When you no longer have the urge to choke the person who says, "all you need to beat cancer is the right attitude."
- 6) When your dental floss runs out and you buy 1000 yards.
- 5) When you use your toothbrush to brush your teeth and not your hair.
- 4) You have a chance to buy more life insurance, but you buy a convertible instead.
- 3) Your doctor tells you to lose weight and do something about your cholesterol and you actually listen.
- 2) When your biggest annual celebration is again your birthday, not the date you were diagnosed.
- 1) When you use your Visa card more than your insurance card.

Physical Exercise for Patients "Just Out of Surgery"



In our last newsletter, we talked about the value of light physical exercise to improve your quality of life, build muscle strength, flexibility, energy, and endurance, and fight any possible side effects of chemo. For someone in the weeks immediately after surgery, any activity can be difficult.

Here are some recommended movements that can be beneficial to you as you recover from your surgery...



Upper Body

- Head side to side
- Shoulder rolls/shrugs
- Arms over head
- Elbow Bends
- Wrist circles
- Open/close your hand (*with a squishy ball is best)

Lower Body

- Turn feet side to side
- Slide your heel toward your buttocks and back to a resting position.
- Lift straight leg off bed a few inches and lower it
- Slide one leg to side and back to center
- Toe curls



These types of movements are referred to as **active range of motion**, that is, you move joints the way you would during your daily activities. This puts fluid in the joint and keeps those muscles from getting stiff or weak during your inactive period. All of these exercises can be performed while lying on your back and are performed slowly and purposefully. If you must be dormant for long periods of time, change positions every few hours to help prevent soreness around boney parts such as the heels, hips, and shoulders.

Any or all of these exercises may be done 5-8 times each, if tolerated, working up to twice a day. It is not necessary to do them all at once and it is important to stop if you feel pain or overwhelming fatigue. Remember, the goal here is to start **SLOWLY** and gradually increase your level of activity as your stamina improves. And, as always, check with your doctor first.

Rose

The PCI Integrative Medicine 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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Greg Gernon—Music Therapy Coordinator

Peninsula Cancer Institute is always eternally grateful to receive any heartfelt stories from our patients or their families and loved ones. Please contact any of our staff if you would like to contribute an article to our newsletter.

