



THE CONNECTION

Summer 2009
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*

Summer Issue

Peninsula Cancer Institute

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Summer Haiku

Jingling little truck
Excited child counts up change
Orange push up, please

In this issue...

- What's in Your Pantry??
- Summer Recipes
- Nutrition Meeting Flyer
- Summer Fun
- Acupuncture
- Hints for Hair Loss
- Cancer and the Summer Months
- Summertime Skin Care
- A Special Thank You
- Ride For Awareness
- PCI Integrative Medicine Team

What's in your pantry??

Excerpted from the article "The New Way Pantry" in the Ellie Krieger Eat Smart special edition of Fine Cooking magazine.

It's a great idea to stock your cupboards with a few flavorful oils, fragrant vinegars, nutty grains, dried pastas, beans and spices, because with these high quality ingredients on hand, you can whip up a delightful meal or snack even on the busiest days without having to go out to the store. Use this pantry list as your starting point. Whenever you can, purchase organic —besides minimizing your exposure to pesticides and being better for the environment, organic products tend to contain less sodium and additives.

OILS & VINEGARS:

- ◆ Canola oil
- ◆ Extra-virgin olive oil
- ◆ Toasted sesame oil
- ◆ Nonstick cooking spray
- ◆ Balsamic vinegar
- ◆ Cider vinegar
- ◆ Red wine vinegar
- ◆ Rice vinegar
- ◆ White wine vinegar



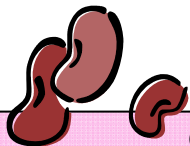
CONDIMENTS & OTHER FLAVOR BOOSTERS:

- ◆ Asian fish sauce
- ◆ Canola mayonnaise
- ◆ Capers
- ◆ Chipotle chiles in adobo sauce
- ◆ Dijon mustard
- ◆ Hot pepper sauce
- ◆ Kalamata olives
- ◆ Pomegranate molasses
- ◆ Prepared pesto
- ◆ Roasted red peppers, packed in water
- ◆ Soy sauce, low-sodium
- ◆ Sun-dried tomatoes, not oil packed
- ◆ Thai red curry paste
- ◆ An inexpensive dry white wine and a fruity red wine



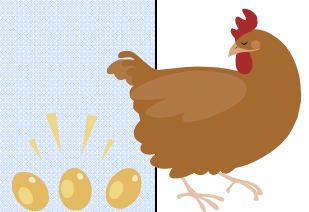
ON THE SHELF:

- ◆ Assortment of dried herbs and spices
- ◆ Beans, preferably no-salt-added (black, cannellini, pinto, and garbanzo beans)
- ◆ Broth, low-sodium (chicken, beef, vegetable)
- ◆ Evaporated milk
- ◆ Graham Crackers
- ◆ Lady finger cookies
- ◆ Mandarin oranges, packed in natural juice or light syrup
- ◆ Pineapple, packed in natural juices
- ◆ Solid-pack pumpkin
- ◆ Canned salmon
- ◆ Tomatoes, preferably no-salt-added (diced, whole, tomato sauce, tomato paste)
- ◆ Silken tofu (in the shelf-stable box)
- ◆ Chunk light tuna, packed in water



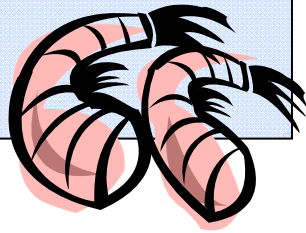
LONG-TERM PERISHABLES

- ◆ Butter
- ◆ Eggs
- ◆ Garlic
- ◆ Mayonnaise
- ◆ Milk
- ◆ Onions and shallots
- ◆ Parmesan cheese



IN THE FREEZER

- ◆ Frozen clams packed in their own juices
- ◆ Packages of unsweetened sliced peaches
- ◆ Packages of unsweetened berries (strawberries, raspberries, blueberries)
- ◆ Artichoke hearts
- ◆ Broccoli
- ◆ Corn
- ◆ Lima beans
- ◆ Peas
- ◆ Phyllo dough
- ◆ Pureed winter squash
- ◆ Shelled edamame
- ◆ Shrimp
- ◆ Spinach



NUTS, SEEDS, & DRIED FRUITS

- ◆ Creamy natural peanut butter
- ◆ Dried fruit (apricots, cherries, cranberries, dates, figs, raisins)
- ◆ Tahini (sesame paste)
- ◆ An assortment of shelled, unsalted nuts and seeds (almonds, walnuts, peanuts, pecans, pistachios, pine nuts, pumpkin seeds, sunflower seeds, sesame seeds)



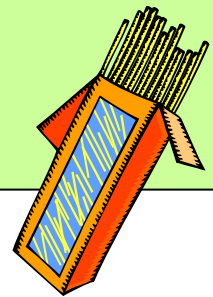
SWEETENERS & STABILIZERS

- ◆ Brown sugar (light and dark)
- ◆ Cornstarch
- ◆ Dark Chocolate (60-70% cocoa solids, bittersweet)
- ◆ Granulated sugar
- ◆ Honey
- ◆ Maple syrup
- ◆ Unflavored gelatin
- ◆ Unsulfured molasses
- ◆ Unsweetened cocoa powder (natural and Dutch processed)



BREAD, FLOUR, & GRAINS

- ◆ All-purpose flour
- ◆ Buckwheat flour
- ◆ Bulgur wheat
- ◆ Oats (old-fashioned rolled, quick-cooking)
- ◆ Pasta (whole-wheat and regular, in a variety of shapes)
- ◆ Pearl barley
- ◆ Plain dry bread crumbs, preferably whole wheat
- ◆ Rice (brown, wild, Arborio, white long grain)
- ◆ Soba noodles
- ◆ Whole-wheat couscous
- ◆ Whole-grain pastry flour
- ◆ Whole-wheat flour
- ◆ Yellow cornmeal



For ideas on how to use these healthy ingredients:

- ◆ Check out Ellie Krieger's Website: www.healthylivingwithellie.com
- ◆ Watch her cooking show on the Food Network: Healthy Appetite, Saturdays 8:30/am
- ◆ Visit our Oncology Dietician's [monthly nutrition meeting](#) (see details later in this newsletter)
- ◆ Look for more recipes in future PCI's "The Connection" newsletters

Stock canned and frozen

While its good to use fresh food whenever possible, it's ok to take advantage of the convenience of canned and frozen. A well-stocked pantry and freezer means you can have a healthful meal at your fingertips any time. The key is to stock smartly.

IT'S NUTRITIOUS

In some cases canned or frozen food is even more nutritious than fresh. Especially true if the fresh food has traveled thousands of miles to get to your store and then sits for days before you eat it, losing nutrients all the while. The canning process also concentrates some nutrients like lycopene in tomatoes and beta-carotene in pumpkin.

THE PRICE IS RIGHT

Frozen and canned produce and fish are usually considerably cheaper than fresh. Plus, since frozen foods keep at peak quality for about 6 months and canned for 2 years, they are naturals for buying in bulk. Frozen produce in bags is especially thrifty if you are cooking for one or two as you can take what you need and wrap up the rest.

BUY SMART

The downside of canned and frozen food is they are often packaged with a lot of sugar and salt. So a good rule of thumb is to buy them as close to their farm-fresh state as possible. That means getting low-sodium or no-salt-added canned broths, beans and vegetables, and fruit packed in natural juice instead of syrup. And it means buying frozen fruit without added sugar and vegetables without added sauces. There are plenty of these options available at markets these days, and "natural" or organic brands are often lower in salt and sugar although they may not be advertised that way.

Store right

To get the most longevity from your pantry:

- ◆ Transfer loose dry goods, like pasta, flour, or cereals to airtight containers that keep them fresher for longer.
- ◆ While it may seem like a great bargain, buying in bulk often leads to a lot of waste. Unless it's something that is used all the time (like canned tomatoes or whole wheat pasta), it's best to buy enough to get you through a few months.
- ◆ When putting items away in your cupboards, it's best to place the recently purchased bottle, can or jar in the back, so that the older version up front gets used up first.

How long will it last?

- ◆ Canned goods: about 2 years
- ◆ Frozen shrimp (uncooked): 3 months
- ◆ Grains, cereals, and pastas: 6 months for whole grain; 1 year for white grains (unopened)
- ◆ Ground herbs and spices: about 2 years if unopened; 6 months if opened
- ◆ Olive oil: 6 months in the pantry; 12 months in the refrigerator

Blueberry Blast Smoothie

This cold, frothy shake is a vibrant shade of purple and as delicious as it is beautiful.

Ingredients

- ◆ 1/2 cup nonfat milk
- ◆ 1/2 cup plain nonfat yogurt
- ◆ 1 cup frozen unsweetened blueberries
- ◆ 1 teaspoon honey

Directions

Put all ingredients in a blender and process until smooth



Nutritional Breakdown:

Serves: 1
Serving size: 2 cups
Per Serving:
Calories: 195
Total Fat: 1G
Mono: 0G
Poly: 0G
Sat: 0G

Excellent Source of:

- ◆ Calcium
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamin K
- ◆ Vitamin C

Good Source of:

- ◆ Fiber
- ◆ Manganese
- ◆ Phosphorus
- ◆ Riboflavin
- ◆ Vitamin D

Energy Bars

These bars are made with true fruit, nut, and grain bars—chewy, crunchy, and satisfying, with just the right touch of sweetness, provided by real maple syrup.

Ingredients:

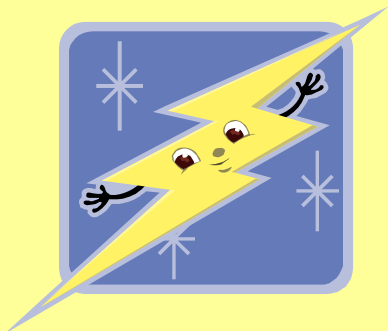
- ◆ Cooking spray
- ◆ 1 cup quick-cooking rolled oats
- ◆ 1/2 cup shelled unsalted raw sunflower seeds
- ◆ 1/2 cup toasted wheat germ
- ◆ 1/4 cup whole-grain pastry flour or whole-wheat flour
- ◆ 1/2 cup dried apricots
- ◆ 1/2 cup raw almonds
- ◆ 1/2 cup raisins
- ◆ 1/2 cup pitted dried dates
- ◆ 1/2 cup nonfat dry milk
- ◆ 1/2 teaspoon ground cinnamon
- ◆ 1/3 cup pure maple syrup
- ◆ 2 large eggs

Directions:

Preheat oven to 350°F. Coat a 9 x 13-inch baking pan with cooking spray.

Place all ingredients (except maple syrup and eggs) in a food processor and pulse until all is finely chopped. Add syrup and eggs and pulse until mix is well combined. It will resemble a coarse paste.

Transfer to the baking pan and spread evenly to cover the bottom. Bake until lightly browned, about 20 minutes. Allow to cool for 15 minutes, then cut into 24 bars. Store in an airtight container at room temp for about 3 days or wrap individually and freeze for up to 3 months.



Nutritional Breakdown:

Serving size: 1 bar (3 x 1 1/2 inches)
Makes 24 bars

Per serving:

Calories: 133
Total fat: 5G
Mono: 1.8G
Poly: 2G
Sat: 0.6G
Protein: 5G
Carb: 20G
Fiber: 2.5G
Chol: 21MG
Sodium: 19G

Excellent source of:

- ◆ Manganese

Good source of:

- ◆ Fiber
- ◆ Phosphorus
- ◆ Protein
- ◆ Thiamin

Monthly Nutrition Meeting on CANCER FIGHTING NUTRITION: What You Eat Can Make a Difference

Come share food and nutrition ideas about how to eat healthfully and stay strong with PCI's Oncology Nutrition Specialist (Lynne Groeger) and other survivors. All patients and caregivers are welcome! Come taste for yourself how good healthy food can be!

Monthly Meetings: third Tuesday each month

Rotating between the Newport News and Williamsburg Reception area
5:30 - 6:30 pm

Williamsburg	June 16 th , 2009
Newport News	July 21 st , 2009
Williamsburg	Aug 18 th , 2009
Newport News	Sept 15 th , 2009



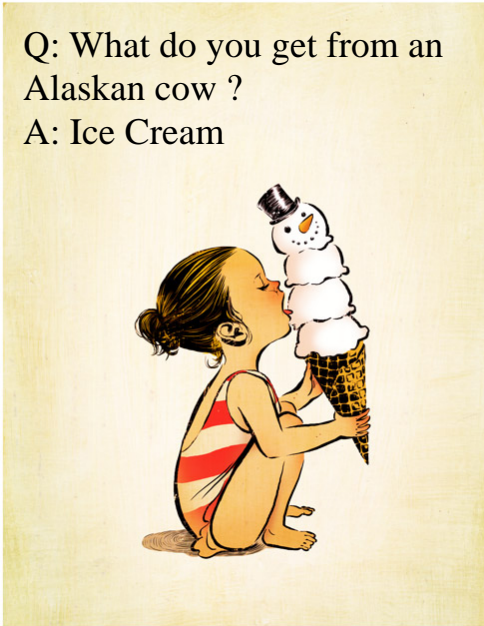
Please call Lynne Groeger and leave a message to reserve your seat!

757-534-5555 x 239—Newport News

757-345-5724 x53966—Williamsburg

Summertime Fun

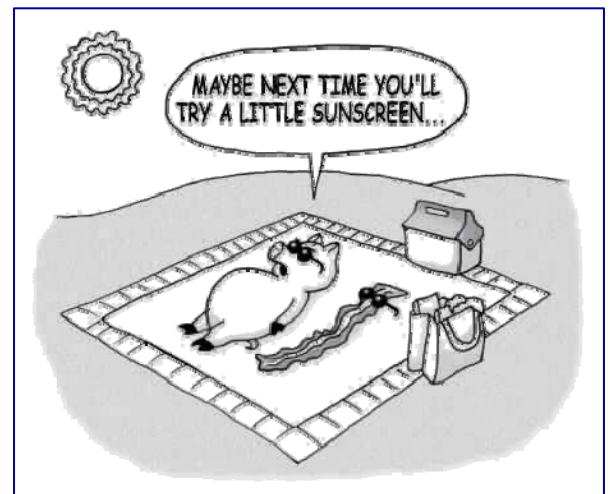
Q: What do you get from an Alaskan cow ?
A: Ice Cream



We hope you all stay cool this summer any way you can!!



Q: What is the difference between Bird Flu and Swine Flu?
A: For bird flu you need tweetment and for swine flu you need oinkment.



Q: Is it corn or is it a cupcake?
A: Cupcake

Jelly beans create such a realistic replication of this summertime favorite. The 'pats of butter' are actually Starbursts. Thanks again, Martha Stewart!



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

- Doug Larson



Acupuncture

Acupuncture is one of the oldest continuously practiced therapeutic modalities in use today. It is believed to have originated in ancient China well over 2000 years ago. Throughout history and in current times countless people have been treated with this method. In the last fifty years acupuncture has been evaluated through the lens of modern science and has been found to produce objective, measurable neurophysiologic changes in humans and animals (release of endorphins and neurophysiologic changes in immune markers, circulation, brain activity and tissue healing). During an acupuncture treatment only single, sterile disposable needles are used. The needles are the same diameter as a cat whisker and generally the insertion is so subtle that it is hardly noticed by the patient.

Acupuncture has shown to be useful as an adjunct in cancer care: it can help alleviate pain that eludes prescription medication. It can speed recovery time, especially after surgery or prolonged illness. Acupuncture is clearly helpful in preventing and treating nausea and fatigue. Acupuncture is also helpful in treatment of neuropathy that is not relieved by medications. In treating neuropathy, the treatment is usually administered once per week for a minimum of ten weeks. Usually the symptoms of numbness or pain and tingling improve gradually and patients find improvement in their ability to walk, maintain physical balance or drive a vehicle. When the neuropathy interferes with sleep, patients generally find they can get to sleep easier and are not awakened with discomfort during the night. Deep sleep is when the body can most efficiently heal injuries and damaged tissues. By improving sleep quality the body can do its own healing work through out the night.

Acupuncture has a good safety record when performed by qualified practitioners. It should NOT be used instead of current oncology therapies because it cannot match the power of western intervention (surgery, chemo, or radiation) but it is a wonderful therapy when seeking recovery, care, comfort and quality of life.

Brigitte A. Fox, L.Ac., RN
Acupuncture Works Inc

Helpful Hints for Hair Loss



Emotional Aspects:

- ◆ It is ok to grieve the loss of your hair. Encourage family members, especially children, to express their thoughts and emotions.
- ◆ Remember that losing your hair does not change who you are as a person.
- ◆ Journaling can also aid in your emotional and spiritual health.

Main Tip:

- ◆ Don't be afraid to ask your health care team for help!!!

Before you start losing your hair:

- ◆ To help adjust you may want to get a short haircut before or shortly after you begin treatment.
- ◆ Shaving your head before your hair starts to fall out can give you a sense of control.
- ◆ Some of our patients try fun and crazy hair styles just before their hair falls out.
- ◆ Be gentle with your hair, avoiding chemicals such as bleach, peroxide, or dyes.

Wigs

- ◆ Shop for a wig before your hair is gone so you can match the color or style.
- ◆ Check with your insurance company to see if they will cover the cost of a wig. Save your receipt. It could be a medical tax deduction.
- ◆ There is help for those who can not afford a wig such as Cancer Care, the American Cancer Society, or local support groups. Check with your health care team. There are also programs that teach make up and accessorizing techniques to cancer patients. (See the "[Look Good Feel Better](#)" information on the ACS website: www.cancer.org)

After you lose your hair

- ◆ Remember to cover your head or use sunscreen on your scalp. This sensitive skin may be easily sunburned. Use a sunscreen with at least an SPF of 15 or higher.
- ◆ You may want to try hats, scarves, and turbans, in addition to a wig. Or you may decide not to cover your head at all. It's up to you.

Permanent Makeup

- ◆ Some patients have used tattoos or permanent makeup (eyebrows and liner) to deal with hair loss. Some considerations with permanent makeup:
- ◆ There have been reports of swelling, tingling, or burning in the tattooed areas when they underwent magnetic resonance imaging (MRI.) This only seems to occur rarely and without lasting effects.
- ◆ The risk of avoiding an MRI when recommended by your doctor is a much greater risk than the risk of complications from an interaction between the MRI and the tattoo or permanent makeup. Instead of avoiding an MRI, you should inform the radiologist or technician in order to take appropriate precautions to avoid complications.



Cancer and the Summer Months

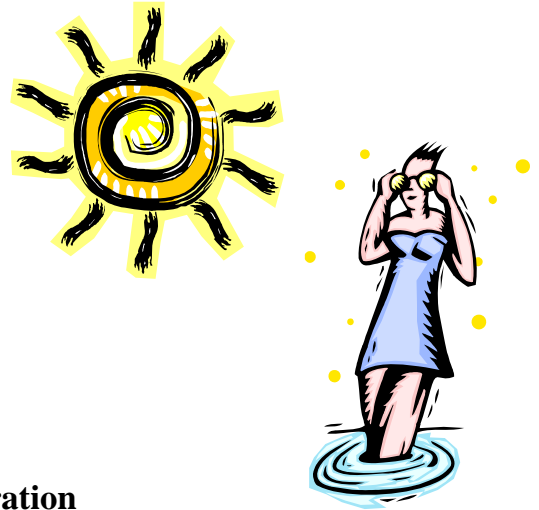
Brought to you by an ASCO website: www.plwc.org

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: avobenzene). 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!



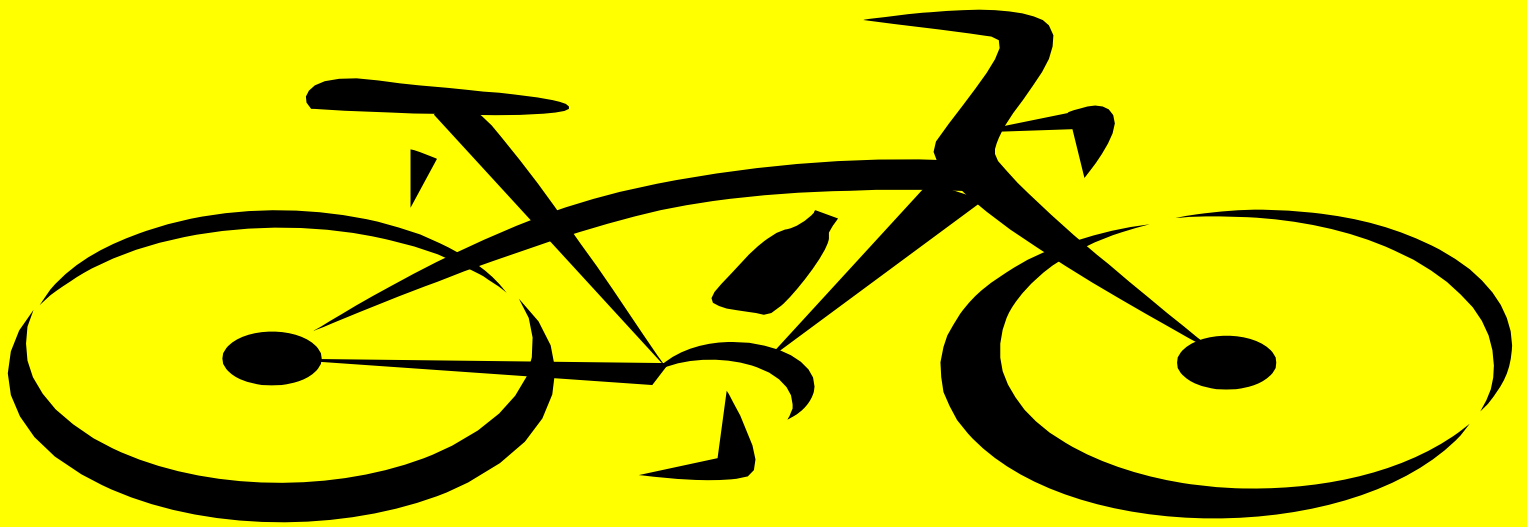
Special Thank you!!!

We at Peninsula Cancer Institute would like to offer a very special thank you to The Colonial Piecemakers Quilt Guild.

Why you ask??? Well...



The Colonial Piecemakers Quilt Guild's most recent service project was to provide lap quilts to those in need of an extra hug. They presented Dr. Laura Kerbin with 50 lap quilts for the chemotherapy patients in the Williamsburg PCI office.



RIDE FOR AWARENESS.

Trek would like to invite you to be part of our Annual Trek WSD Breast Cancer Awareness Ride.

Fun Community Event Coming Up!

October 10th BikeBeat is hosting the **Ride for Awareness**. There will be a 10 mile family friendly option, and a 25 mile road ride. Registration will be available on www.active.com soon. 100% of registration fees are donated directly to The Breast Cancer Research Foundation – www.bcrfcure.org

Beyond Boobs! (a Williamsburg based non-profit group) is helping to promote this event. In addition to supporting young women with breast cancer, their mission is to educate women of all ages about breast health and to promote healthy lifestyles. They will have a table set up at the **Ride for Awareness** with information—come out and meet these lovely ladies!!

www.beyondboobsinc.org

The [PCI Integrative Oncology 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.

Dr Mark Ellis- Medical Director
Iris Grant RN, OCN - Director/Patient Care Coordinator
Sandy O'Marah RN, OCN - Patient Care Coordinator
Francie Verniel, RN - Patient Care Coordinator
Carol Hearn RN - Palliative Care Coordinator
Brenda Stout RN, OCN - Patient Care Coordinator
Lynne Groeger MS, RD, CSO - Oncology Nutrition
Mary Inman - Palliative Care Coordinator
Martha Petit - Palliative Care Coordinator
Amy Hunt CMT, CLT, RYT - Massage Therapy
Kathy Shore CMT, RYT - Massage Therapy
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.

