

CANCER INFORMATION AND SERVICES

Kettering Health Network offers a comprehensive cancer program, including cancer prevention and screening programs, state-of-the-art diagnostics, access to cutting edge chemotherapy and biotherapy, clinical trials, radio-immunotherapy, robotic surgery, Gamma Knife, brachytherapy, IMRT, and more. Selected patient cases are discussed by teams of health care professionals to form an individualized plan of care.

Our mission is to improve the quality of life for the people in the communities we serve. Our network-wide cancer program is accredited by the American College of Surgeons, Commission on Cancer.

- **Ask A Certified Oncology Nurse or Breast Patient Navigator** – *non-emergencies only*. Call Cancer Services at 937-395-8115 during normal business hours or leave a message.
- **Cancer Resource Center** – a collaborative effort between KHN and the American Cancer Society, offering brochures, Internet searches by trained volunteers, and an American Cancer Society Patient Navigator to assist in finding cancer information. Located at KMC, ground floor, next to Radiation Oncology. Call 937-395-8081 for assistance.
- **Makarius Library** – a free lending library with cancer information. KMC, 3rd floor on 3 South. Call 937-395-8115 for assistance.
- **Dayton Clinical Oncology Program** – KHN partners with DCOP to offer access to National Cancer Institute clinical trials and selected other studies without leaving the Dayton area. Ask your physician, "Is there a clinical trial for me?" Call 937-775-1350 or visit www.med.wright.edu/dcop/.
- **American Cancer Society Patient Navigator** – You can talk with an American Cancer Society Patient Navigator toll free. Call ACS at 1-888-ACS-OHIO (227-6446) x 8070 or ask for Robin Supinger.

THE "C" WORD

Linda Farley, MASM, RN, Chaplain/Manager, Spiritual Development and Research Center

If you are thinking the "C" word is cancer, guess again for this word is bigger, more life centered and life touching than cancer. This "C" word worked before cancer, works with cancer and through cancer. It's the printable "four letter word"– COPE, meaning to successfully strive or contend. Many times, we honestly ask or think, "How will I cope?" In crisis our memories are poor. We forget that we actually may have developed some coping skills and tools through other life's experiences that may help us now.

Take the opportunity to take that backward look at some story histories of your life. Walk down memory lane with yourself. Invite a family member, friend, counselor, chaplain, spiritual leader to walk with you. Was there some loss, were there times when you felt out of control. Think about what worked, and what didn't work. This is the moment to begin to build your list of tools.

Researchers tell us that coping tools may include:

- Attitude of gratitude
- Trust and faith
- Developing new goals
- Humor
- Relaxation techniques
- Journaling
- Exercise
- Practicing forgiveness
- Honesty
- Spiritual practices such as prayer and meditation
- Asking for help

Practice using your tools. Be easy on yourself. Reach back and walk forward.

LOOKING AHEAD

FEBRUARY / MARCH 2011

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IN THE NEWS – CANCER RESEARCH FINDINGS

- **Follicular Lymphoma** – Two years of rituximab (Rituxan) maintenance therapy after chemo/biotherapy improves progression-free survival and response rates (PRIMA study).
- **Multiple Myeloma** – Inclusion of bortezomib (Velcade) in initial, consolidation, and maintenance therapies leads to high response rates, even in patients with high-risk features like the deletion of chromosome 13q or translocation of chromosomes 4 and 14 (MMRF website).
- **Breast Cancer** – Weightlifting can significantly reduce the likelihood that patients will develop lymphedema after they complete treatment, according to results of the Physical Activity and Lymphedema trial reported at the 33rd annual San Antonio Breast Cancer Symposium. Note: women with lymphedema or at risk for the condition should consult with their physicians before resuming or starting a weightlifting program.
- **Deep Vein Thrombosis** (DVT a.k.a. blood clot) Prevention Underused for Cancer Patients – Almost half of the cancer patients in a recent study did not receive any thromboprophylaxis during hospitalization even though cancer and its treatment increases the risk for deep-vein thrombosis (DVT) and pulmonary embolism (PE). (52nd American Society of Hematology annual meeting and exposition)
- **Prostate Cancer** – the US Food and Drug Administration (FDA) has approved an immunotherapy, sipuleucel-T (*Provenge*, Dendreon), for the treatment of asymptomatic or minimally symptomatic metastatic, castration-resistant prostate cancer. Often referred to as a vaccine, it is an immunotherapy made from the patient's own white blood cells and stimulates a patient's immune system to respond against the cancer. The treatment needs to be manufactured individually for each patient.
- **Non-Small Cell Lung Cancer (NSCLC)** – Crizotinib (under development by Pfizer) is a new ALK inhibitor targeted agent for a subgroup of patients with (NSCLC). The drug demonstrated an objective response rate of 57% and a disease control rate of 87% in patients whose tumors had a rearrangement of the ALK gene (reported at the American Society of Clinical Oncology 2010 Annual Meeting).
- **Melanoma** – Ipilimumab (Bristol-Myers Squibb), an experimental therapy for advanced melanoma, has been shown to improve overall survival. Ipilimumab is a targeted T-cell antibody, a new class of drugs. Approximately 20% to 30% of advanced melanoma patients will receive a benefit from ipilimumab, said one of its investigators at the American Society of Clinical Oncology (ASCO) 2010 Annual Meeting.

Saturday, February 12, All Breast Cancer Survivors will receive a FREE ticket for the Dayton Gems hockey game. Tickets must be reserved beforehand by calling Teresa at (937) 395-8607

CANCER SUPPORT GROUPS AND CLASSES

Kettering Health Network (KHN) offers a variety of **free** support groups and classes to help people with cancer. Families and friends are welcome. You do not need to receive treatment at a KHN facility in order to attend. Registration is not required unless specified. For more information, call Cancer Services at (937) 395-8115.

All KHN Cancer Support Groups meet on the first Tuesday of the month unless otherwise noted. Meeting times may change due to holidays or special events. Check this newsletter or call (937) 395-8081 two hours before the scheduled meeting time for a recorded message regarding changes and cancellations.

STEREOTACTIC RADIOSURGERY AND THE TREATMENT OF CANCER TUESDAY, FEBRUARY 1, 6 P.M. SOCIAL TIME; 6:30 - 7 P.M. GUEST SPEAKER

Kettering Medical Center, 3535 Southern Blvd., Kettering, Nelson Conference Rooms 3 & 4

Douglas Einstein, MD, PhD, Medical Director, KMC Radiation Oncology, will be the guest.

CANCER RESOURCES PANEL TUESDAY, MARCH 1, 6 P.M. SOCIAL TIME; 6:30 - 7 P.M. GUEST SPEAKERS

Kettering Medical Center, 3535 Southern Blvd., Kettering, Nelson Conference Rooms 3 & 4

Representatives from the American Cancer Society, Leukemia-Lymphoma Society, Lance Armstrong Foundation, Support for People with Oral, Head & Neck Cancer, Noble Circle, and Ovarian Cancer Alliance will be our guest panel.

The following groups will meet individually from approximately 7:15 to 8 p.m. after each guest speaker:

- **Caring and Sharing** – a discussion group for newly diagnosed and long term cancer survivors with any type cancer. Families/friends are encouraged to attend.
- **SOAR – strength, optimism, and recovery** – a women’s group focusing on issues unique to breast cancer.
- **Leukemia, Lymphoma, and Myeloma Family Support Group** – for adult survivors and families of persons with leukemia, lymphoma, Hodgkin’s disease, and multiple myeloma, as well as other blood-related diseases. Support from the Leukemia-Lymphoma Society is available.
- **Prostate Forum** – for men coping with new or long-term prostate cancer

SOUTHWEST OHIO BRAIN TUMOR SUPPORT GROUP MONDAY, FEBRUARY 14 AND MONDAY, MARCH 14 AT 7 P.M.

Kettering Medical Center, 3535 Southern Blvd., Kettering, Dining Room #1, ground floor

For patients with any type of brain tumor, benign or cancer, families, and friends. This group meets the second Monday of each month. For additional information, call Marilyn Reed (937) 298-3399 x 55299.

NAVIGATING THE BREAST CANCER JOURNEY CLASSES

Available at both Kettering Medical Center and Grandview Medical Center

KHN offers **free** classes for women diagnosed with breast cancer. **Registration is required.** Please call Cancer Services for current schedule and to register at 937-395-8115. Be sure to mention which location is best for you.

NEW Cancer Class

Tuesday, February 22 or Tuesday, March 22, 1 - 2:30 p.m.

Kettering Medical Center, 3535 Southern Blvd., Kettering, Dining Room #1, ground floor

This is a **free** class for anyone newly diagnosed with any type of cancer. Discussion includes definition of cancer, overview of cancer common therapies, basic symptom management, and local resources. **Registration is required.** Please call Rae Norrod at Cancer Services 937- 298-3399 x 57318 to register.

SAVE THE DATE! COMMUNITY SURVIVORSHIP FORUM THURSDAY, APRIL 14, 5:30 P.M. REGISTRATION AND SOCIAL TIME; 6 P.M. PROGRAM

Presidential Banquet Center, 4572 Presidential Way, Kettering

Sponsored by the American Cancer Society and Montgomery County Quality of Life Committee. Registration is required by calling the American Cancer Society at 1-888-227-6446, option 2 by April 7 at 3 p.m.

AMERICAN CANCER SOCIETY EDUCATIONAL PROGRAMS

The American Cancer Society I Can Cope educational programs are for people facing cancer – either personally, or as a friend or family caregiver. Living with cancer can be one of the greatest challenges a person can face in the course of a lifetime. I Can Cope offers help so that you can meet this challenge.

Knowledge is power, and the more you know about what is happening during cancer diagnosis and treatment, the better equipped you will be to handle each step of the journey.

I Can Cope classes help dispel cancer myths by presenting straightforward facts and answers to your cancer-related questions. They are available free on-line at www.cancer.org. Click on the “Support Programs and Services” area.

The programs are 20-30 minutes each. Registration is required.

Topics include:

- Communicating Concerns and Feelings
- Exploring Self-Esteem and Intimacy
- Keeping Well in Mind, Body, and Spirit
- Learning About Cancer
- Managing Cancer-Related Fatigue
- Managing the Effects of Illness and Treatment
- Mobilizing Resources and Support
- Nutrition and Physical Activity After Cancer
- Nutrition During Treatment Part I: Nutrition Basics
- Nutrition During Treatment Part II: Managing Side Effects
- Relieving Cancer Pain
- Understanding Cancer Treatments



Contact Us for Services

You can add, delete, or update your preferences for receiving the Looking Ahead newsletter or request additional information about cancer or cancer support groups by calling Cancer Services at (937) 395-8115. Looking Ahead is available by regular mail, e-mail, and on the website at www.khnetwork.org/cancer/.