

The Shepard Lantern

Cancer Center News

Fall 2007

Inside this issue:

Pink Smoothie Day	1
Closings and patient reminders ...	1
Food for thought.....	2-3
Patient Perspective	3
Ask the Oncology Nurse	4
Why Massage Therapy?	4-5
Doctors Corner	5
A Good Read	6
Shaggin' for a Cause	7
Schedule of events & programs ...	7

Want to receive reminders, new program announcements and updates in between quarterly issues of Shepard newsletter? Send your email address to

abrittle@bchosp.org

with subject line "e-mail in between"



Pink Smoothie day



Dr. Inzerillo and Bob Seif making the pink smoothies

To increase awareness about breast cancer while honoring cancer survivors, the Marion L. Shepard Cancer Center and Sanofi Aventis representative Bob Seif hosted a Pink Smoothie Day. The morning event was held for patients, their caregivers, and staff members. Patients enjoyed pink



smoothies and light refreshments, as well as educational information about breast cancer.

Also, in collaboration with Pungo District Hospital and Aurora Medical center, the Marion L. Shepard Cancer Center provided screening services during the month of October. Information about the risks associated with breast cancer, ways to reduce these risks, and recommended screening guidelines were provided. The screenings have proven to be a success in educating the community and providing information about funding for mammography screenings to patients without insurance.

Closings:

Christmas - Monday, December 24th & Tuesday, December 25th
New Years Day - Tuesday, January 1, 2008.

If you need assistance during the holiday please call the answering service at 975-4308.

Food For Thought

Vegetation Team's Line-up

Written by: Laurel McKenzie, RD, LDN



Autumn is finally here. And with it is a new 'vegetation team' line-up that is chock-full of nutrition for those who will join the fan club. The key recommendation of a recently released global report on diet and cancer prevention is that people should choose a predominately plant-based diet that includes a variety of vegetables, fruits and whole grains. The report concludes that 30-40 percent of cancers are directly linked to dietary choices.

So what makes plant foods so miraculous? One of the factors is that plant foods contain nutrients called phytochemicals. These plant nutrients help prevent the development of tumors and slow down the cancer process. These phytochemicals are also associated with plant pigments or colors. So going for the deep colors and mixing them up helps assure that we are getting the most benefits. Besides an array of phytochemicals, vitamins and minerals, another plant benefit is the fiber they provide.

While many vegetables are available year around, most are at their peak in flavor during a specific season. So what's the line-up for fall? Here are a few examples: acorn and butternut squash, apples, parsnips, pears, pomegranate, pumpkins, sweet potatoes, carrots, red, yellow and orange peppers, Belgian endive, cauliflower, broccoli, cabbage, figs, garlic, mushrooms, grapes, blackberries, plums and swiss chard.

Butternut and acorn squash are high in beta-carotene and potassium. They can be cut up into cubes and steamed or baked with a brush of oil. They are also great

in soups, mashed, blended with regular mashed potatoes or added to muffins and casseroles for added nutrition. An easy fix is cutting them in half and baking them with cinnamon, nutmeg (if you can tolerate the spice

PUMPKIN SOUP

½ cup finely chopped onion
 ½ tsp minced garlic
 1 (15 ounce) can solid pack pumpkin
 3 ½ cups canned fat-free chicken broth
 ½ cup skim milk
 salt and pepper to taste
 Non-fat plain yogurt

In a pot coated with nonstick cooking spray (or olive oil), saute the onion and garlic over medium heat until tender, about 5 minutes. Add the pumpkin. Gradually add the chicken broth and milk. Season with salt and pepper. Cook until heated through, about 5 minutes. Serve with a dollop of yogurt (or sour cream). Makes 6 (1-cup) servings.

Recipe as written per one cup serving: 45 calories, 4 g protein, 8 g carbohydrate, 0g fat, 3 g dietary fiber, 391 mg sodium.

or aroma) and brown sugar. For people managing their blood sugar ½ cup of acorn squash provides 15 grams of carbohydrate. ½ cup of butternut squash provides 10 grams of carbohydrates.

Pumpkins deserve to make more than their annual appearance on doorsteps and porches. The big ones are fine for carving, but the smaller ones (less than six pounds) are sometimes called ‘sugar pumpkins’ and are good for eating. They can be baked, roasted, sautéed or blended for soups, breads, muffins and pies. Look for the small ones, without blemishes, that can’t be scratched with your nail. Or, simply find the ‘canned’ variety which will do fine for any recipe. For people managing their blood sugar ½c of plain pumpkin provides 6 grams of carbohydrates.

More familiar to us all is the sweet potato. Packed with vitamins A, C, beta-carotene, folic acid and potassium, it is a root vegetable. It’s great baked, mashed, or pureed for pie or a casserole. They may be helpful for those with a sore mouth from treatment. Being a starchy vegetable they are higher in calories making them good for people with a poor appetite. They can be quickly prepared by placing them into the microwave. First, wash it, prick with a knife, and place on a paper towel. You can use the ‘potato’ button if you have one or cook on high for 5 minutes or so, depending on the wattage of your microwave oven. After it is cooked, cut it in half, top with a little tub margarine, cinnamon, cloves, or ginger (unless the spices offend you). Add a sprinkle of brown sugar if it helps you enjoy it more. Sweet potatoes are also great cut into strips, brushed with oil, sprinkled with salt and cumin (optional), and baked for 30 minutes in a 400-degree oven. For people managing their blood sugar, ½ cup of plain baked sweet potato provides 20 grams of carbohydrates.

With so many colorful and flavorful fall vegetables available, it is a good opportunity to try new things if your tastes have changed during treatment. Try some new tricks this fall, you might get a treat you’ll love for life!

Here is a quick soup recipe that is perfect for the fall. The onions provide vitamin C and folacin while the pumpkin provides beta-carotene and vitamin C. For people with difficulty eating enough calories, the low-fat items can be substituted with regular fat items in this recipe or try reduced fat evaporated milk in place of the skim milk.

Patient Perspective: *From the Crabby Corner*

There’s nothing like realizing you really are getting older to make you crabby, but add cancer to it, and crabby takes on a new meaning. Cancer is the Greek word for crab. And by the time you’ve reorganized your life around the diagnosis and treatment for cancer, crabby may not even come close to describing how you feel.

Patients and caretakers often find themselves worried about treatments and side effects, paying the bills and wondering how this entire journey will end. Becoming a “full time” patient removes the old familiar schedules and routines that can be very comforting. You may not have the help of your favorite stress reducers or foods because of your cancer treatments. Your poor brain has changed from living a comfortable routine, to being at war.

It is now waiting for more bad news: ever watchful it never seems to rest.

It worries about everything and is ready to help you fight or run at a moment’s notice.

Have you found that you worry far more than usual? Is your sleep no longer restful? Are you down to your last nerves with everybody stepping on them? Do irritating thoughts seem to play in your head like a bad song from the radio? Consider these to be warning signs that your brain is in need of some R&R - just like soldiers in a war zone need a break. These can all be signs of depression and anxiety caused by your brain working so hard to help you. Tell your doctor right away so that your brain can get the support it needs to help you through this trying time. Then when your family thinks crabby - they’ll be thinking- go good food!

Linda Cartner Miller, MD
Cancer Survivor
Psychiatrist
Beaufort Mental Health

Ask the Oncology Nurse

Rash from Targeted Therapies

Written by: Marilyn Ramsey, RN, OCN

During the past decade, scientists have been developing a number of new drugs that appear to be effective treatments for many different kinds of cancer. Known as targeted therapies, these drugs are designed to block different mechanisms by which cancer cells are nourished, grow, divide, and possibly spread.

As targeted treatments do their job, they focus on preventing the growth of cancer cells and killing them. That is how they are different from chemotherapy, which can harm healthy cells as it kills cancer cells.

Although targeted treatments generally cause fewer side effects than chemotherapy, some of the new drugs lead to skin problems. In particular, a type of targeted treatment that blocks epidermal growth factor receptors (EGFRs) often causes rashes and other bothersome skin conditions.

These EGFR inhibitors commonly cause four side effects that affect the skin: follicular eruption (rash), nail toxicity, dry skin and hair changes. In most cases, the rash appears on the face, scalp, chest, back, and areas

behind and in front of the ears. Very rarely, it occurs on the buttocks, arms, or legs. Because a follicular eruption looks very similar to acne, some doctors call it an acne-like rash.

Follicular eruptions tend to occur in many people who take EGFR-inhibitor drugs. Although the rash usually appears about 7-10 days after starting treatment, it can occur as late as 6 weeks after the first dose of medicine. Over time, the rash can come and go; and a mild eruption can sometimes go away with treatment.

Only in rare cases does a follicular eruption become so severe that a person has to stop taking the medicine that caused it. In mild cases, the rash can be treated with creams applied directly to the skin. More severe cases may require topical antibiotics.

Sunscreen is advised for anyone taking a targeted therapy because sun can aggravate sensitive skin, particularly if a rash has developed. Please ask your health care professional for additional information on targeted therapy side effects.

Why Massage Therapy:

Massage is not just for the rich and famous this day and time. More and more people are turning to massage for health and healing. Recent studies have shown that human touch is beneficial for physical, mental, and emotional well being.

Physically, massage reduces pain and tension throughout the body. Whether it be from an illness or everyday stress, manipulation of the tissues can leave you less tense and more flexible. When fighting a disease, a strong immune system is crucial. With the therapeutic

touch, red and white blood cells are increased. The body receives massage as a mild stressor, producing more cells in the body.

Massage therapy also does wonders for the mind. In a quiet, restful environment, the mind is able to redirect and imagine a greater sense of peace. Daily issues stay outside the door, and the focus is now on you.

Life can bring a great deal of anxiety to many individuals. When relaxing during a massage, anxiety

Doctors Corner

CMS Changes Medicare Payment for Procrit

Written by: Jennie Crews, MD

Some of our patients may have noticed a change in how we are giving Procrit shots. On July 30, 2007, the Centers for Medicare and Medicaid Services (CMS) changed its guidelines for reimbursement for Procrit and similar medications. Procrit is a medication that stimulates red blood cell formation. We use it in our patients who have anemia from certain diseases or due to chemotherapy. Before the new ruling from CMS, we followed the recommended guidelines for Procrit administration. Procrit was started when a patient's hemoglobin fell below 10 and was continued weekly or every 2 weeks until the hemoglobin rose above 12. Medicare paid for the Procrit when it was given according to these approved guidelines.

Now CMS has changed how Medicare will cover Procrit in some of our patients. For chemotherapy-induced anemia, Medicare will pay for Procrit only when the hemoglobin is less than 10. The new rules do not apply to our patients who get Procrit for anemia from other causes (eg kidney disease).

Most of the oncology professional societies disagree with CMS's ruling because it goes against all the evidence that shows that Procrit should be given until the hemoglobin goes above 12. However, until we can

change the mindset at CMS, we must abide by its ruling to insure that Medicare will pay for the Procrit injections.

The American Society of Clinical Oncology and other professional groups have protested against CMS's new rules regarding Procrit payments. We hope that the US Senate and House of Representatives will pass legislation forcing CMS to reimburse for Procrit based on the FDA guidelines. If you would like to help, please write or call your Senator or Representative and ask them to take action to change the Procrit reimbursement ruling by CMS. Thank you.



levels are reduced, and you have an overall improved sense of well being. This causes the mind to be at ease, improving sleep patterns and leaving you feeling rested.

Having a strong mental attitude carries over into the physical and emotional aspects of your life. Therapeutic massage causes a chain reaction...the relaxed mind transfers to a tuned body, which transfers to a strong emotional state.

I want to encourage cancer patients, and caretakers to take a little extra time out for yourselves. Massage therapy is available at the Marion L. Shepard Cancer Center at no cost. Hand and foot massage are provided in the chemo bay and chair massages by appointments. Please call 975-4308 ext. 109 to schedule an appointment.

Massage Therapy
Pitt Community College Student
Maggie Potter

Shaggin' for a Cause

Food, Fun, Dancing and Dollars marked the 1st annual Shaggin' for a Cause event

Written by: Pam Shadle

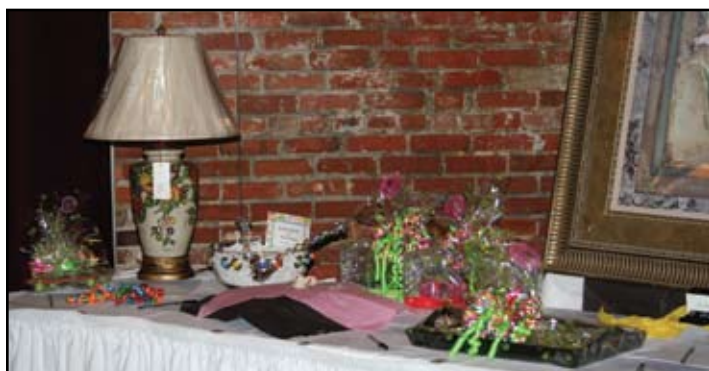
The staff of the Marion L. Shepard Cancer Center is inspired daily by their patients' strength and positive attitude in their fight against cancer. This motivated the staff to create a fundraiser to raise money that would directly impact the lives of their patients. They hoped that they had designed an event that would appeal to the entire community and raise money for their patients. Well did they ever!! A big congratulation goes out to the staff of the Cancer Center for their creativity, hard work and dedication in making their 1st annual Shaggin' for a Cause event a huge success.

Over 250 supporters enjoyed the evening by dancing and singing to music by The Craig Woolard Band. The highlight of the evening came at intermission. First Dr. Jennie Crews spoke to the audience about how the money raised from this event would benefit the patients that the Cancer Center served. Well her words must have moved the hearts and pocketbooks of a few of the patrons. Dave Jordan from WITN hosted a live auction and in less than 15 minutes, we had raised nearly \$6,000. Thanks to generous donors like Dr. and Mrs. Barr Coleman who offered their beach home at Atlantic Beach; Dr. and Mrs. Pack Hindsley who offered their beach home on the Outer Banks; and

Lindsey Griffin who offered two dinner cruises on his yacht, Large Time, thousands of dollars were raised to help patients at our center.

As the evening came to close, it was obvious that the event had been a huge success. The silent and live auctions raised nearly \$9,000; and we are expecting the event to have raised nearly \$25,000. This money is greatly needed to help the Cancer Center support patients who may experience financial difficulty as the result of their treatment, as well as help patients and caregivers by offering complementary therapies to help them deal with the burden of having a cancer diagnosis.

Again, great big thanks to everyone who supported this event—we could not have done it without you. I must again salute the staff of the Cancer Center and the event volunteers for their vision and dedication to making this 1st annual Shaggin' for a Cause event a success.



Complementary Therapies

Therapeutic Massage

FREE therapeutic foot, hand, and chair massage are available. Please call Angelina Brittle to schedule an appointment.

*For cancer patients & care providers

Restorative Yoga & Meditation

Free yoga classes are being offered on Mondays at 7:00pm at Lifestyles Medical Fitness Center. Last session for 2007 will be December 3 and will re-start Jan 7th.

*Registration required due to limited space.

*For cancer patients & care providers

Crafts and Conversation

Bring your knitting needles, crocheting hooks or your favorite craft and reflect on personal experiences. Offered the 2nd and 4th Tuesday of every month from 10:30-11:30 in the education room of the Marion L. Shepard Cancer Center.

*For all cancer patients

MusiCart

FREE music is now available in the chemo bay.

Personal CD players and a variety of music selections are available for patients to enjoy during treatment. Ask your oncology nurse for more details.

*For all cancer patients

Healthy Living with Cancer

Free 6-week program designed to help cancer survivors regain their well-being. TBA Spring 2008.

*For all cancer patients

Knowledge is Power

Educational forums for patients and caregivers who want to learn more about issues relevant to cancer.

Programs are from 6:00-7:00pm. Dinner will be provided. Registration is required.

January 8th, Dr. John Inzerillo: *The Benefits of Complementary therapies during and after Cancer Treatment.* March 11th, Laurel Mckenzie, RD, LDN: *Nutrition Basics.* May 13th, Jennifer Weatherly: *The Benefits of Exercise for during and after a cancer diagnosis.* July 8th, Carol West: *American Cancer Society*

*For cancer patients & care providers

*Call Angelina Brittle at 975-4308 ext 109 to make an appointment or to register.

A Good Read

Report to the Nation on Prostate Cancer:
A Guide for Men and their Families

F

Report to the Nation on Prostate Cancer: A Guide for Men and their Families is designed to help you and your fellow prostate cancer survivors through this process, by teaching you what you need to know about the disease and the different treatments. The four authors of this guide – one urologist, one medical oncologist, one radiation oncologist and one oncology nurse - highlight what to consider at each step of the way, based on their collective experience treating and educating men with prostate cancer. This book is available FREE via the web at prostatecancerfoundation.org or by calling 1-200-757-CURE(2873)

The Comfort Bag

A comfort bag is useful in situations such as the long waits patients frequently face while undergoing treatment.

It may include favorite music, pictures, medications, a good book, --anything that provides comfort for the patient.



Marion L. Shepard Cancer Center
1209 Brown Street
Washington, NC 27889

PRST ST
THIRD CLASS MAIL
US Postage
PAID
Washington, NC
PERMIT #29

Fall 2007

The Shepard Lantern

Cancer Center News

“We live for today, everyday”

-Cancer Survivor

