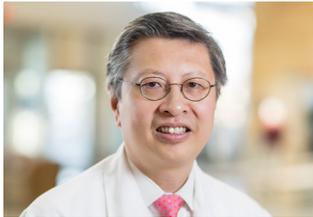


Your resource for living well. Cancer Care

A quarterly newsletter from Mercy's David C. Pratt Cancer Center | Fall 2018



By Shawn Hu, MD

We are excited to welcome three new physicians to join Mercy cancer services. Dr. Srinevas Reddy is joining

Mercy Clinic Surgical Specialists as a surgical oncologist specializing in liver cancer this month, while Drs. Gurdarshan (Garry) Sandhu and Christina Min have recently begun their practices at Mercy Clinic Urology and Mercy Clinic Oncology and Hematology. All of them are well trained and experienced specialists

who bring their expertise to our expanding cancer program. You can find more information about them on mercy.net.

In this issue of the Newsletter, Dr. Gautum Agarwal discusses a wide range of surgical treatment options offered at Mercy for patients with urological cancers including cancer

of prostate, bladder, kidney as well as testicular cancer. Angie Ruppel provides an update on the expansion of patient navigation program at David C. Pratt Cancer Center, which guides our patients throughout their entire treatment process after cancer diagnoses.



Robotic Surgery

By Gautum Agarwal, MD | Mercy Clinic Urology
David C. Pratt Cancer Center

At Mercy Hospital St. Louis, we are lucky to have fellowship-trained surgeons who perform surgery for a variety of disease processes which include cancer. Many patients will have surgery as their first and only treatment, while others will require chemotherapy or radiation or a combination of both prior to surgery. Depending on your past medical history,

prior surgeries, and size and location of tumor, we will help decide what surgical approach would be the safest and most effective way to treat you.

Surgery can be performed with a traditional open procedure where a larger incision is made, or a laparoscopic procedure where multiple smaller incisions are made. The robotic surgical platform was developed to allow for

a more ergonomic approach to laparoscopic surgery. We perform a high volume of robotic surgeries at Mercy St. Louis. The robotic surgery platform allows the surgeon to have a high magnification during surgery, better ergonomics and in many cases can lead to less blood loss at the time of surgery, less pain, as well as a shorter hospitalization. The surgery being performed is the same as if you had a traditional open surgery but it is done with smaller incisions. Not everyone is a candidate for robotic surgery and your surgeon will help decide this at the time of your visit.

Most patients who elect to have surgery for prostate cancer will have it performed with the robotic surgery platform. Many kidney cancer operations are performed with robotic surgery as well. Colon cancer, lung cancer and gynecologic cancers are also treated with robotic surgery. Mercy Hospital was the first hospital in St. Louis to adopt the robotic surgery platform and continues to be a leader in the St. Louis area.



David C. Pratt Cancer Center

607 S. New Ballas Rd. | St. Louis, MO 63141 | **314.251.6400**

Mercy Clinic Oncology and Hematology

- **Clayton-Clarkson:**
15945 Clayton Rd. | Ballwin, MO 63011 | **636.256.5000**
- **Chippewa:**
6435 Chippewa St. | St. Louis, MO 63139 | **314.353.1979**

Cancer Programs at Mercy October, November and December 2018

Register online for all programs at mercy.net/CancerClassesSTL

Special Programs

Estate Planning and Wills

Thursday Nov. 15
6 - 7:30 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Estate Planning Attorney
John Fischer from Tucker Allen
will discuss the essentials for
planning your will and trust.
Light refreshments provided.

Registration online is
required by November 10.

"Stories of Hope"

Wednesday, Oct. 24
6 - 8 p.m.

David C. Pratt Cancer Center
Atrium

At Mercy, we celebrate all
cancer survivors every day!
Join us for a free dinner, live
music and compelling patient
stories. Several survivors will
share what they have learned
on their journey and invite
you to share how you live life
to the fullest every day.

You and one guest may attend.

Registration online
is required by Oct. 22.

Relax And Rejuvenate: A Day Of Renewal For Women Cancer Survivors

In Partnership with
Cancer Support Community



Saturday, Nov. 3
8 a.m. - 3:15 p.m.

Mercy Hospital
Von Gontard Conference
Center | McAuley South
621 S. New Ballas Rd.
St. Louis, MO 63141

Join us for a full day retreat
to relax, refresh and renew
your body and spirit with other
women cancer survivors. We

will have a variety of speakers
and interactive sessions in
exercise, self-expression and
self-care. This FREE program
is a collaborative program
offered by Mercy Oncology
Services and Cancer Support
Community. Continental
breakfast, lunch and snacks
provided. (Previous attendees
may not register.)

Please register online by
Oct. 26. If you have any
questions, call 314.251.6400.

A Holiday Twist: Fun, Friends And Food

Wednesday, Dec. 19
11:30 a.m. - 1 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Join us for a free "white elephant
party!" Bring one wrapped
"white elephant gift." It might
be a humorous item, or from
the dollar store or used item
from home. The term white
elephant refers to a gift whose
maintenance costs exceed its
usefulness (think re-gifting).

Come lift your spirits, find
humor and enjoy a bite to
eat in the company of others
who share the cancer journey.

Registration online is required
by December 14.

Palliative Care for the Cancer Patient

Thursday, Nov. 8 | 1-2 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Do you have questions like
"What is palliative care?" or
"What problems can palliative
care address?" Join Dr. Michelle
Schultz and Gail Hurt, NP for
an informational program to
answer all your palliative care
questions.

Registration online is
required by November 2.

Yoga Basics

Wednesday, Nov. 28
All sessions offered
6:30 - 8:30 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Open to individuals 18 years
of age and older. Join us for an
evening of rhythmic breathing,
gentle stretching and mental
focus. You and a guest can learn
to ease physical and emotional
tension. Light refreshments will
be served. Wear comfortable
clothing, bring a yoga mat if
you have one and make sure
you have doctor's clearance
if needed.

Facilitated by Certified Yoga
Instructor, Kathy Kessler.

NOTE: NO SESSIONS IN
OCTOBER OR DECEMBER

Registration online
is required.

Survivorship Series Monthly Group

In Partnership with
Cancer Support Community



Third Monday each month
6:30 - 8 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Many cancer survivors say that
they felt they had lots of support
during their treatment, but once
treatment ended, it was hard to
make a transition to a new way
of life. This monthly group helps
work through new feelings, new
problems and a different way
of looking at the world.

Registration online is required.
For more information, call
314.238.2000.

Support Groups

Breast Cancer Support/ Networking Group

In Partnership with
Cancer Support Community



Nov. 14, Dec. 12
(2nd Wednesday each month)
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

An educational and emotionally
safe group, in collaboration
with Mercy, for women newly
diagnosed and survivors,
female family and friends.

Registration online
is required.

Head and Neck Support Group

Empowerment: Continuing
the Conversation

Thursday, Oct. 25
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Please join Dr. Kurt Soell
as he continues the message
of Empowerment during the
cancer journey.

Registration online
is required.

HOLIDAY BREAK: No meeting
in November or December.
See you in 2019!!!

Thyroid Cancer Support Group

Nov. 17, Dec. 15

The group doesn't meet in October - The International Conference is being held in Chicago that weekend.

(3rd Saturday of each month)
10- 11:30 a.m.

David C. Pratt Cancer Center
First Floor Conference Room

For more information, go to StLouis-MO@thyca.org

Registration online is required at www.mercy.net/CancerClassesSTL

Prostate Cancer Support/Networking Group

In Partnership with
Cancer Support Community



Nov. 1, Dec. 6 | **6:30 - 8 p.m.**
(1st Thursday of each month)

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

This group features speakers and follow-up discussions on important topics such as treatment options, quality of life, incontinence, intimacy concerns and fear of recurrence.

Register online. For more information, call **314.238.2000**.

Lymphedema Support Group

"New Tools in the Toolbox"

Wednesday, Dec. 12

Meetings are run by a certified lymphedema therapist with Mercy Hospital

Register online. For more information, call **636.256.5200**.



Look Good Feel Better

Oct. 22, Nov. 26

No meeting in December
(4th Monday of each month)
2 - 4 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Join us for an ACS sponsored free program that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.

Participants may register by calling **800.227.2345**.



Look Good Feel Better

Dec. 4 (First Tuesday every other month) | **10 a.m. - 12 p.m.**

Mercy Clayton-Clarkson Bldg.

15945 Clayton Rd. | Suite 120
Ballwin, MO 63011

Join us for an ACS sponsored free program that teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.

Participants may register by calling **800.227.2345**.

Mercy Integrative Therapies

Services:

Therapeutic Massage:

\$48 - \$78 - based on length of massage

Acupuncture:

- For cancer-related side effects **\$30 per session**
- For non cancer-related issues **\$52 - \$70 per session**

Healing Touch: **\$50/hr**

Call for additional services and appointments:

David C. Pratt Cancer Center
314.251.6571 | Option 1

Clayton and Clarkson Road
636.256.5200

Mason and Olive: 314.251.8911

Tesson Ferry and I-270
314.467.3860 | Option 2

Not all services are offered at all locations. Please call location for services offered.

Pastoral Services

Chaplain Susan Stucco is now available in **Suite 3170** at the David C. Pratt Cancer Center
* Monday, Wednesday & Friday: **8:30 a.m. - 12:30 p.m.**
* Tuesday & Thursday: **12:30 - 4:30 p.m.**

You may also reach the chaplain by phone Monday - Friday from **8:30 a.m - 4:30 p.m.** at **314.251.6947** or **314.251.6470**.

Appointments may be scheduled for times not listed above by calling the chaplain.

Feel free to stop by her office before or after your appointments if you need spiritual care or support.

Also, try our mercy.net/echaplain.



Mercy Can Assist You with Your Advance Directive

By Susan Stucco, Mercy Chaplain

The Patient Self-Determination Act of 1990 requires health care providers to inform you of your rights under state law to make decisions concerning your medical care. This includes your right to accept or refuse medical or surgical treatment and your right to write an advance directive.

Advance Directives are written instructions about

how you want medical decisions made if you can no longer communicate your wishes. The two most common types of advance directives are a Durable Power of Attorney for Health Care and a Health Care Declaration/Living Will.

Advance Directives allow you to plan ahead in the event you are injured and/or become very sick. The documents can state what medical treatments you would want, and enable

you to appoint another person you trust to make decisions for you if you are unable to speak for yourself.

Having conversations with your family and health care providers will provide a clear plan for how you want to be treated. This way, in the event of a crisis, there is a plan in advance that reflects and follows your goals and values.

If you would like further information or would like to complete your Advance Directive, please

contact **Chaplain Susan Stucco at 314.251.6947** or the **Pastoral Services Department at 314.251.6470**, or visit the **Cancer Resource Center at the David C. Pratt Cancer Center**.

You will also find an English and Spanish form at mercy.net. Once your Advance Directive is complete, please provide a copy to your health care provider.

Welcome to our New Physicians



Christina Min, MD

Christina Min, MD has joined Mercy Clinic Oncology and Hematology – David C. Pratt Cancer Center. Dr. Min is board certified in medical oncology and hematology. She received her medical degree from the University of Medicine and Dentistry of New Jersey and the Robert Wood Johnson Medical School.

She completed her residency at Mount Sinai

Medical Center and School of Medicine and her fellowship in oncology and hematology at New York University Medical Center. You can reach Dr. Min at **314.251.4440**.



Garry Sandhu, MD

Garry Sandhu, MD has joined Mercy Clinic Urology - David C. Pratt Cancer Center. Dr. Sandhu is board certified in urology. He earned his medical

degree from University of Manitoba in Winnipeg, Manitoba, Canada. He completed a residency in urology at University of Manitoba and a urologic oncology fellowship at Washington University School of Medicine in St. Louis. You can reach Dr. Sandhu at **314.251.8850**.

Srinevas Reddy, MD has joined Mercy Clinic Surgical Specialists - Suite 7011B. He is board certified in general surgery. Dr. Reddy earned his medical degree from University of Wisconsin Medical School in Madison. He completed a surgery residency at Duke University Medical



Srinevas K. Reddy, MD

Center in Durham, North Carolina, and a surgical oncology fellowship with a specialty in Hepatobiliary (liver cancer and disease) at University of Pittsburgh Medical Center in Pittsburgh, Pennsylvania. You can reach Dr. Reddy at **314.251.6840**.

Oncology Patient Navigation: Patient-Centered Care



By Angela Ruppel, MSW, LCSW

Discovering that you or a loved one has cancer can be overwhelming. Not only is there emotional and physical stress, there are appointments, treatments and paperwork to juggle. Managing life with cancer can leave you feeling lost and unsure. Our Oncology Patient Navigation Program is here to support cancer patients and their families every step of the way. This service, available at no cost to cancer patients, provides personalized support.

Our Navigation Team is comprised of health care professionals focused on each patient's well-being and quality of life. They are prepared to walk

with patients and families throughout their journey.

Our nurse navigators work with patients and their families to assist in coordinating cancer care and support resources. They advocate for patients by helping translate complex medical information into language they can understand and apply. They also make the overwhelming more manageable. For those with cancer, the nurse navigator becomes a dedicated member of their care team helping facilitate personalized, patient-centered care. The nurse navigator is a trained oncology nurse specialist who will advocate for their patient from diagnosis to survivorship.

Each nurse navigator will serve as:

- **Patient Advocates** — We work collaboratively with your health care team as your advocate to ensure that barriers to timely treatment and any other barriers to care are minimized.
- **Resource and Information Specialists** — After assessing each patient's individual needs, our team will provide customized resource information, educational materials, and links to both internal resources, such as social workers, dietitians, chaplains, and Integrative Medicine services such as acupuncture, massage, healing touch, Mercy Oncology Rehab as well as many of the local community resources.

Mercy recognizes the ever-growing need for patient navigation services and is currently in the

process of expanding the program. We have made a commitment to ongoing process improvement with the goals of minimizing gaps in patient care and streamlining inefficient procedures. Each cancer type is unique and we believe by offering an expert point person for patients following diagnosis, prior to their initial oncology related appointment allows the navigator to establish patient trust sooner in the patient's journey. Because patients are not charged for these services, philanthropic support from the community is needed to sustain this important program. If you are interested in helping support this program, please contact Mercy Health Foundation, **314.251.1800** or **katie.nunn@mercy.net**.