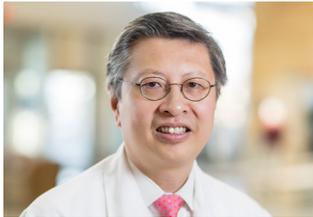


Your resource for living well. Cancer Care

A quarterly newsletter from Mercy's David C. Pratt Cancer Center | Winter 2019



By Shawn Hu, MD

As we enter 2019, let's take a moment to reflect on many significant developments at cancer services across Mercy

in 2018. In October, Mercy South, formerly the St. Anthony's Medical Center, began construction of a brand new cancer center which will bring medical oncology, radiation oncology and many supportive services under one roof. Mercy has also announced the plan to bring proton

radiation therapy to the David C. Pratt Cancer Center over the next few years. In addition, we are in the process of replacing and upgrading our radiation equipment throughout Mercy system to better serve our patients. We are very excited to welcome many new physicians to our cancer program, such

as Dr. Srinevas Reddy who is spearheading our liver cancer program. He will outline his vision and surgical expertise in this issue of the Cancer Care Newsletter. We are looking forward to an exciting year at Mercy Cancer Services and will keep you updated on our progress.



Mercy's Comprehensive Liver Program

By Srinevas K. Reddy, MD | Liver Cancer and Disease (Hepatobiliary) Specialist
Mercy Clinic Surgical Specialists - Suite 7011B

At Mercy Hospital St. Louis, a full team of specialists evaluates **every** patient with primary or metastatic tumors to the liver, gallbladder or bile duct. Cancers treated by liver specialists include primary liver cancer, bile duct cancer and gallbladder cancer. The liver specialists also treat cancers which spread to the liver from other organs, such as colon/rectal cancer and neuroendocrine tumors.

To maximize survival and quality of life, modern treatments for hepatobiliary cancers often require multi-modal care given by different physicians. These treatments may include surgery, ablation, chemotherapy, radiation and/or immunotherapy.

At Mercy, patients are **always** evaluated by specialists from all areas so that a comprehensive treatment strategy tailored to each patient is created. The team is led by surgeons, interventional oncologists, gastroenterologists and hepatologists, medical and radiation oncologists, diagnostic radiologists, and pathologists. Each patient's case is presented at a multi-disciplinary conference where every specialty plays a role in forming the ultimate treatment plan. Nurse navigators, nutritionists, social workers and patient case managers provide essential education materials and guide patients through every step in the treatment plan.

Mercy's Liver Team specialists employ the

most up-to-date advances including:

- Minimally invasive (laparoscopic) liver surgery. Benefits of laparoscopic surgery include smaller incisions, less pain and scarring, shorter hospital stay, and faster recovery time after surgery. Close to 20 percent of liver surgeries fall into this category.
- Interventional radiologic treatments. Microwave ablation treatments and trans-arterial therapies, including both chemotherapy and radiation, effectively treat liver tumors. These therapies selectively target only the part of the liver harboring the tumor and nothing else. Hence, these treatments are

very well tolerated (patients usually go home on the same day) and effective.

- The latest in chemotherapy and immunotherapy clinical trials.
- Endoscopic approaches to ultrasound guided biopsies and biliary stent placement.
- External beam radiotherapy which effectively targets liver tumors and spares normal surrounding tissue.

Patients are seen by providers within two business days of the appointment request. Prior medical records and x-rays are reviewed before the appointment

(continued on page 3)

Cancer Programs at Mercy

January, February and March 2019

Register online for all programs at mercy.net/CancerClassesSTL

Special Programs

Young Adult Night with GYMGUYZ - RSVP



Wednesday, January 23
6:30-8 pm.

Cancer Support Community
1058 Old Des Peres Rd.
St. Louis, MO 63131

Between the ages of 18 and 40ish? Come join GYMGUYZ for an evening of education and exercise! Experience the benefits of exercise such as improved fitness, greater muscular strength, improved cardiovascular capacity and leaner body mass. In this class you will learn what level and amount of exercise is right for you and proper exercise selection. It will all be put together into an exercise class that will be appropriate for ALL fitness levels and abilities!

Registration is required.
Please call 314.238.2000

Estate Planning and Wills

Wednesday, January 23
6 - 7:30 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Estate Planning Attorney, Jessica Jax, from Tucker Allen will discuss the essentials for planning your will and trust. Light refreshments provided.

Registration online is required by Jan. 18.

Yoga Basics

January 15, February 19,
March 19 | 6 - 8:30 p.m.
(3rd Tuesday each month)

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, blocks and straps if you have them. These will be provided if you do not have them. Make sure you have doctor's clearance if needed.

Facilitated by Certified Yoga Instructor, Melissa Scaccia.

Registration online is required.

Next Steps 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 perspective.

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

Support Groups

Breast Cancer Support/Networking Group

*In partnership with Cancer
Support Community*



January 9, February 13, March 13
(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

No January meeting.
See you in February!

Super Soul Thursday
Thursday, February 28
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Spend a relaxed evening sharing with the group members and find inspiration in other people's journeys.

Registration online is required.

Lymphedema Care

Thursday, March 28
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Gina Taylor, PTA, CNMT, CLT, will present options in caring for lymphedema.

Registration online is required.

Thyroid Cancer Support Group

January 19, February 16,
March 16 | 10 - 11:30 a.m.
(3rd Saturday of each month)

David C. Pratt Cancer Center
First Floor Conference Room

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

Registration online is required
at mercy.net/CancerClassesSTL

Prostate Cancer Support/Networking Group

*In partnership with Cancer
Support Community*



January 3, February 7, March 7
(1st Thursday of each month)
6:30 - 8 p.m.

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.

*This group is part of the UsTOO
Prostate Cancer Education &
Support Network.*

Register online. For more information, call 314.238.2000.

Lymphedema Support Group

"Advancements in Care"

Wednesday, January 9
12 - 1 p.m.

Meetings are run by a certified lymphedema therapist with Mercy Hospital.

Register online. For more information, call 636.256.5200.

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's Comprehensive Liver Program (continued from page 1)

and any additional labs and radiologic imaging are often obtained on the same day as clinic appointments to minimize treatment delays and enhance patient convenience. Physicians at Mercy St. Louis also

specialize in seeing patients for second opinions. Because each of the physicians on the Liver Team are dedicated specialists who constantly communicate with each other regarding patient care, they are able to recommend and offer more aggressive

and safer therapies compared to most other physicians outside of Mercy. Moreover, Mercy physicians are committed to working with local physicians, when possible, to provide care that is more convenient and accessible for patients.

A good winter recipe, from our Cancer Center Dietitian, Katie Winzenburger

Turkey and Veggie Meatloaf

- 2 Tbsp canola or olive oil (not extra-virgin)
- 2 cups cauliflower rice
- ½ cup chopped onion
- 1 cup chopped bell pepper
- 3 cloves garlic, minced
- ½ cup milk or beef broth
- 2 eggs
- ¾ cup whole grain breadcrumbs
- ½ cup minced fresh parsley (reserve 1 Tbsp for the top of meatloaf for garnish, once cooked)
- 3 Tbsp Worcestershire sauce
- 1 Tbsp Italian seasoning
- 2 lb. lean ground turkey
- ½ cup ketchup



1. Preheat oven to 350°F.
2. Rub the inside of a loaf pan with some canola or olive oil (not extra virgin).
3. Heat oil in large skillet over medium heat. Add all of the vegetables and cook for about 8 minutes, or until they start to soften. Turn off heat and remove pan.
4. In a large bowl, whisk together broth or milk, eggs, breadcrumbs, parsley, Worcestershire and Italian seasoning. Add vegetables once room temperature. Add turkey and combine well.
5. Evenly pour mix into loaf pan and spread ½ of ketchup onto the top.
6. Bake for 40 mins or until cooked to 160°F. Let rest for a few minutes before slicing.

Katie Winzenburger, MA, RD, LD | 214.251.4945



Chemotherapy Education and Survivorship

By Lisa Schoemehl, RN, BSN | Survivorship and Chemotherapy Education Nurse
Mercy Infusion Center | David C. Pratt Cancer Center

Chemo Education

If you are a new patient who will require chemotherapy to treat your cancer, you will need chemotherapy education prior to starting your treatment. Your oncologist will request this chemotherapy education by the nurse either during an office visit or over the phone a few days prior to starting your treatment. During this education discussion, the nurse will describe what to expect on each treatment day. When you arrive to Pratt/Clarkson/Chippewa, you will register: Pratt is on the first floor, Clarkson at the West or East Entrance and Chippewa at the main desk. Please inform Registration if you have a port as that will be used for lab work. Usually, after registration, you will get your labs done before you see your oncologist for your office visit. Then you will receive treatment in the Infusion Center.

The nurse will discuss how long the infusions will take and how long your course of treatment will be. The nurse will also teach you about the side effects of the chemotherapy drugs and discuss how to manage any side effects at home. She will provide prescriptions needed to help you manage side effects, such as anti-nausea medication, and discuss any other supportive medications needed for your treatment.

On the first day of your chemotherapy treatment, the nurse will meet with you in person in the treatment room to answer any follow-up questions you may have. She will also provide you a packet of educational handouts about the chemotherapy drugs and how to manage potential side effects. She will be sure you know how to contact the doctor's office to reach the nurse as well when to contact the exchange. The nurse will also follow up with

you a few days after the first infusion to see how you are feeling and discuss any questions or concerns you may have.

Survivorship Planning

After your primary treatment is completed – which can include surgery, chemotherapy, radiation or a combination of treatments, you will have a cancer survivorship discussion with your nurse. If you are diagnosed with a stage 1, 2 or 3 cancer, you will receive a survivorship treatment summary and discussion with the nurse. The treatment summary and discussion will review your diagnosis and treatment as well as include a list of all of the doctors involved in your cancer care. It will include how often to follow up with each doctor as well as the main physician you should contact with any concerns you may have following treatment.

Survivorship also includes a discussion of side effects.

If you are having ongoing side effects from treatment, the nurse will discuss management of your side effects, when to call your doctor and any resources that may be helpful to treat your symptoms. The nurse will also discuss what symptoms to look for and when to call the doctor.

One of the most important parts of your survivorship discussion is how to maintain an overall healthy lifestyle. A healthy lifestyle can help lower your chances of cancer reoccurrence, and she will make recommendations to help you. After this discussion the nurse will complete the survivorship treatment summary and print it out for you. This treatment summary is just for you to review and keep for your records. This summary is also given to your physicians so they are aware that it was reviewed.



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**