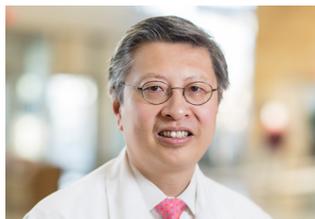


Your resource for living well. Cancer Care

A quarterly newsletter from Mercy's David C. Pratt Cancer Center | Spring 2017



By Shawn Hu, MD

Many new physicians have joined Mercy last year. We are excited to introduce to you Drs. Sekhar Dharmarajan, Sarah Edwards Colwick, and Farzin Fotouhi who have recently joined our colorectal surgery, breast surgery, and cardiothoracic

surgery group respectively. Adding these key physicians to our surgical specialties has further strengthened Mercy cancer care expertise in those critically important areas. In this issue of the newsletter, we will also highlight two important supportive programs offered to our cancer patients: psychosocial intervention services and acupuncture therapy. I hope you will find these services helpful to you and your family members in fighting against cancer.

at any given time during their survivorship. Being diagnosed with cancer is automatically a life-changing experience. What that means is that once a person hears the word "cancer," there is going to be a dramatic change, albeit the desire is that these dramatic changes will only be temporary, in the daily goings-on for that individual and their family. Cancer survivors commonly experience increased levels of emotional distress that can affect depression, fear and anxiety. Please know that feelings of depression, fear and anxiety are normal during cancer diagnosis, treatment and even with aftercare. Let's face it, sometimes we're depressed because what's going on around us can be depressing, right? The same goes for anxiety. For example, it is supposed to be anxiety-inducing going into one's first round of chemotherapy or radiation treatment.

Sometimes normal emotional distress can intensify and lead to increased physical distress: pain, fatigue, decreased sleep and overall decreased quality of life. Fear not, there is good news! Research indicates that when cancer survivors implement ways to decrease their overall emotional distress, not

only do they experience a decrease in pain, an increase in energy, better sleep and an increase in overall quality of life, but they are also likely to experience up to a 25 percent decrease in overall medical expenditures over a two-year period compared to patients who don't implement healthy and effective coping skills to combat their emotional distress. Those are amazing and encouraging statistics!

There are many physical ways to combat our emotional distress: exercise, healthy diets, and yoga are just a few examples. There are also many psychological ways to combat our emotional distress as well: Openly discuss your emotional concerns with your family. Sometimes starting there helps normalize what you are going through without minimizing what you are going through. Also, discuss your emotional concerns with your physicians. They are your "medical directors" during this time of trepidation. If needed, they will help direct you to appropriate levels of services. Support groups and counseling are also phenomenal options to help cancer survivors get better perspective of what they are going through, validation of their feelings and emotions, and to help



The Importance of Mental Health for Cancer Survivorship

By Kurt Soell, PhD

I'd like to think we have come a long way since Lucy's stoic, and sometimes impractical, advice regarding mental health in the old Peanuts comic strip. The moment cancer is diagnosed is the moment that cancer survivorship starts. Mental health is absolutely a vital part of the survivorship process.

Let's clarify one very important variable here.

Mental health is completely different than mental illness. We all have mental health. Mental health is an individual's state of mind with regard to their psychological and emotional well-being. This is something we all have, just like our physical health. Sometimes people hear the word mental health, and they think we're talking about mental illness. These are two completely different variables.

Cancer survivors often experience normal mental health concerns



Your life is our life's work.

(Continued on inside)

Cancer Programs at Mercy

April, May and June 2017

Register online for all programs at mercy.net/CancerClassesSTL

Special Programs

Skin Cancer Screening

Saturday, May 13, 2017
9 a.m. - 12 p.m.

David C. Pratt Cancer Center
Suite 1275

Free skin cancer screening to individuals over age 18 who have not had a skin cancer screening in the past year or history of skin cancer.

For more information or to make an appointment call 314.251.6400 or toll-free 877.569.6400.

Cancer Center Orientation

Classes held monthly
1st Thursday | 10-11 a.m.
2nd Tuesday | 8-9 a.m.
3rd Friday | 1-2 p.m.
4th Thursday | 5-6 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Are you getting ready to start cancer treatment? If so, please come to an orientation session where you can learn what to expect from treatment. Side effects and ways to deal with the side effects will also be discussed. The program will be presented by an Oncology Certified Nurse. A complimentary Cancer Patient Education booklet will be provided. A tour of the cancer center is included.

Registration online is required.

Managing the Late Effects of Treatment



Tuesdays, May 23 and 30
and June 13
6-8 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

This three-week group is an opportunity to explore the known and unknown of the long-term effects of cancer treatment. Discussion will include managing fatigue, using integrative medicine to manage effects and long-term medical concerns to monitor. We will have guest speakers, gentle exercise and dinner.

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

Frankly Speaking about Metastatic Breast Cancer



Tuesday, June 27
6-8 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

This workshop will provide information about treatment and ideas to help manage the physical and psychological effects of metastatic breast cancer. Join us for education, connection and a light dinner.

Registration online is required.

For more information, call 314.238.2000.

Practical Relaxation



Tuesdays, May 16, 23, and 30
10:30 -11:30 a.m.

David C. Pratt Cancer Center
First Floor Conference Room

Drop-in to learn practical applications for relaxation to help manage worry and stress in the waiting room or treatment area. Each session will include information, strategies for integrating relaxation into your day and a relaxation experience. Open to anyone affected by cancer (patients, family and friends, bereaved).

Registration online is required.

For more information, call 314.238.2000.

Fun, Friends and Food

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

David C. Pratt Cancer Center
First Floor Conference Room

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

Registration online is required.

Support Groups

Breast Cancer Support/Networking Group

In Partnership with Cancer Support Community



April 26, May 24, June 28
(4th Wednesday of each month)
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Salad provided.

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

Creative Cooking

Thursday, April 27
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Chef Don Grace will be present to provide cooking tips!

Registration online is required.

Thursday, May 25

No group due to Memorial Day Holiday

Come Get Your Spiritual Groove On!

Thursday, June 22
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Join Chaplain Susan Stucco as she reminds us of the joy of spirituality!

Registration online is required.

Thyroid Cancer Support Group

May 20, June 17
(No April Meeting)

(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.

Prostate Cancer Support/Networking Group

In Partnership with Cancer Support Community



April 6, May 4, June 1
(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.

Register online. For more information, call 314.238.2000.

Lymphedema Support Group

Topic: Inflammatory verses anti-inflammatory foods

Guest Speaker:
Laura McAteer, DC

Wednesday, April 12
6 – 7:15 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Meetings are run by a certified lymphedema therapist with Mercy Hospital

Register online. For more information, call 314.251.6571, option 1.

Young Adult Cancer Survivors (YACS) Program

There is NO YACS Scheduled Event in April.

Yoga Basics

Monday, May 15 | 7 - 9 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Join us for the first evening of rhythmic breathing, gentle stretching and mental focus. You and a guest can learn to ease physical and emotional tension. A light dinner 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.

Registration online required by May 11.

River City Rascals vs. Southern Illinois Miners

Thursday, June 22
6:15 p.m. (First pitch at 6:35 p.m.)

CarShield Field
900 TR Hughes Blvd.
O'Fallon, MO 63366

Let us take you out to the ballgame! Join us in an open air suite to cheer the River City Rascals onto victory. Dinner is included. Bring a guest. Children are invited as well. Limited tickets so reserve yours early!

Registration online required by June 15.



Look Good Feel Better

April 24, May 22, June 26
(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.

Registration online is required.

Look Good Feel Better

April 4 | (1st Tuesday of every other month)
10 a.m. - 12 p.m.

Mercy Clayton-Clarkson Bldg.
15945 Clayton Road, 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.

Registration online is required. For more information, please call 636.256.5029.

Survivorship Series

You are a cancer survivor from the moment of diagnosis and there are millions of people like you in the United States! Many say that they felt they had lots of support during their treatment, but once it ended, it was hard to make a transition to a new way of life. It was like entering a whole new world where they had to adjust to new feelings, new problems and different ways of looking at the world.

This new monthly program for survivors who have completed treatment will focus on topics related to physical and emotional changes, and creating a wellness plan for a healthy lifestyle.

A light dinner will be provided.

Yoga Class

Tuesday, April 18
5:30 - 7 p.m.

Presented by Kate Walsh

New to yoga or with some experience, join fellow survivors in this opportunity!

David C. Pratt Cancer Center
First Floor Conference Room

Q and A with the Cancer Dietitian

Tuesday, May 16
5:30 - 7 p.m.

Presented by Katie Winzenburger, MA, RD, LD

Here is your chance to ask about those hot topics you have heard about and learn the real facts. Ask about how small changes can make a difference.

David C. Pratt Cancer Center
First Floor Conference Room

Chemo Brain

Tuesday, June 20
5:30 - 7 p.m.

Presented by
Laura Hooper, RN, NP

David C. Pratt Cancer Center
First Floor Conference Room

Registration online is required.

The Importance of Mental Health for Cancer Survivorship

(Continued from front)

gain insight through their survivorship journey.

If you have any questions regarding support groups or counseling, please don't hesitate to contact one of our amazing oncology nurse navigators or oncology social workers through the

Mercy Integrative Therapies

Services:

Therapeutic Massage:
\$56/hr

Acupuncture:

- For cancer-related side effects \$25 per session
- For non cancer related issues \$45 - \$60 per session

Healing Touch: \$42/hr

Call for additional services and appointments:

David C. Pratt Cancer Center
314.251.6571 | Option 1

Clayton- Clarkson Building:
636.256.5200

Mason and Olive: 314.251.8911

Tesson Ferry and I-270
314-467-3860 | Option 2

Pastoral Services

Pastoral Services are available at **314.251.6470** or Chaplain Susan Stucco at **314.330.3664**.

Try our mercy.net/echaplain.

Chaplain Susan Stucco is available at the David C. Pratt Cancer Center

Tuesday afternoons: **1 - 4 p.m.**
Wednesday mornings:
8:30 a.m. - 12:30 p.m.

Cancer Information Center in the David C. Pratt cancer building (314.251.6400).

Dr. Kurt Soell is a Licensed Psychotherapist who has been working with individuals, couples, and families at Mercy Hospital for over 20 years.



Acupuncture and Cancer

By Pilar Williamsen, DC

Acupuncture is a very ancient form of healing that predates recorded history. Although acupuncture has become modernized, it will never lose its connection to a philosophy established thousands of years ago. Used in modern western medicine, acupuncture integrates well with modern western practice, helping to restore and maintain health through the stimulation of specific points on the body by inserting thin disposable needles.

Research has shown acupuncture helps with many symptoms cancer patients experience. At Mercy Integrative Medicine and numerous other leading institutions in the United States, acupuncture proves beneficial in helping relieve and alleviate symptoms which can otherwise be debilitating both during cancer treatment and after. Fatigue, nausea, pain, hot flashes, sleep disturbances, arthralgia (joint pain), neuropathy, and xerostomia (dry mouth) are the most common cancer-related symptoms successfully treated with acupuncture (Oxana Palesh, 2016) (. Choi TY, 2012) (Bokmand S, 2013) (Garcia MK1, 2014).

In my practice, I find people to be particularly responsive to acupuncture following cancer treatment. Acupuncture is widely believed to support the individual's healing mechanism and can play a key role in full recovery. Acupuncture can help clear the effects of surgeries with

protocols for healing scar tissue and assisting range of motion and improving lymphatic flow. Other benefits include: faster recovery, improved blood flow, muscle relaxation, better sleep and improved energy. Additionally, patients don't have to worry about side effects or having drugs in their system from this treatment.

A patient wrote, "Acupuncture made a significant difference in my pain, anxiety, emotions and side effects of chemotherapy." -SL

As well, the time following diagnosis and treatment is an enormous transition. It can be very emotional and deserves a great deal of compassion and support. Mood changes are commonly reported by patients, including anxiety, depression and insomnia. These emotional issues respond very well to acupuncture treatments and the therapeutic relationship. On a spirit level, I see people who have experienced loss and trauma, but also possess an emerging sense of connection and a realization of strength. I love to watch patients travel through the process of seeing themselves as being

strong and resilient, after having been very sick.

One patient noted, "I remember the first time I came to you. I was having pain...I had run out of options and was feeling quite hopeless...I left every one of my appointments feeling better, relaxed and most importantly, optimistic about my healing process." ~JC

Another aspect of care I appreciate at Mercy is the inpatient and outpatient availability of acupuncture. Additionally, we truly integrate with your oncology and primary care treatment team. Few other hospitals in the country offer what we have in St. Louis at Mercy.

When our bodies weather assault like cancer, it takes healing each aspect of ourselves: body, mind and spirit. I truly love what our program at Mercy Integrative Medicine offers - a holistic weave of therapies to help body, mind and spirit find balance. And I think of acupuncture as one of the secret weapons to get our patients back to their very best.

Call our office if you have any questions about acupuncture and achieving your potential.

Mercy Integrative Medicine
636.256.5200

Pilar Williamsen, DC is board-certified in acupuncture.

New Surgeons



Sekhar Dharmarajan, MD
Colon and Rectal Surgery

**Mercy Clinic
Surgical Specialists
Medical Tower B**
621 S. New Ballas Rd.
Suite 7011 B
St. Louis, MO 63141
314.251.6840



Sarah Edwards Colwick, MD
Breast Surgery

**Mercy Clinic Breast Surgery
Clayton-Clarkson**
15945 Clayton Rd. | Suite 120
Ballwin, MO 63011
636.256.5000



Farzin Fotouhi, MD
Cardiothoracic Surgery

**Mercy Clinic Cardiovascular
and Thoracic Surgery**
Mercy Heart Hospital
625 S. New Ballas Rd.
Suite R-7040
St. Louis, MO 63141
314.251.6970



David C. Pratt Cancer Center

607 S. New Ballas Road
St. Louis, MO 63141
314.251.6400