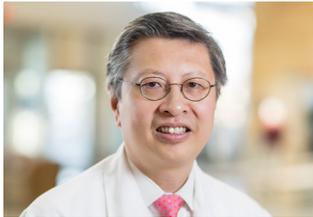


Your resource for living well. Cancer Care

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



By Shawn Hu, MD

Mercy recently announced the affiliation with St. Anthony's Medical Center. We are very excited about the opportunity for Mercy Cancer Services to expand its geographic reach and further enhance our clinical expertise and care for our patients. We look forward to the close collaboration and care coordination between two major cancer care providers in metro St. Louis.

In this issue, we would like to highlight our robust interventional radiology services at Mercy Hospital St. Louis, which has become an integral part of our cancer program. With the addition of new physicians, Mercy is now able to provide a wide range of oncological procedures that offer patients more treatment options for their cancer diagnosis.

Interventional Radiology Procedures

By Guillermo Gonzalez-Araiza, MD

When Mrs. B's breast cancer came back in her liver she was running out of treatment options. The spot, about the size of an orange, had continued to grow despite chemotherapy and prior radiation treatments.

Her oncologist referred her to the Interventional Radiology team at West County Radiology at Mercy Hospital St. Louis. Interventional radiology or IR as it is commonly referred to, is a specialty that uses imaging guidance (such as x-ray and ultrasound) to perform minimally invasive treatments.

Interventional radiologists perform a broad range of procedures, many of them are performed through the patient's blood vessels. Most patients leave interventional radiology with a tiny incision, about the size of a shaving knick, covered with a small band aid.

Among the procedures that IR performs include: port placement, bone marrow biopsies, inferior vena cava filter placement, clot dissolving in the veins, placing tubes in the kidneys or liver to relieve blockages among many others.

The fastest growing area of Interventional Radiology is Interventional Oncology. These procedures range from routine care to delivering radiation loaded micro beads directly through the blood vessels to tumor in the liver. Using imaging guidance, these radiologists can place a needle almost anywhere in the body to perform a biopsy or burn tumor spots.

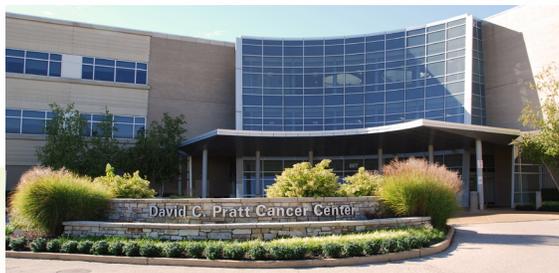
When Mrs. B was referred to IR, she met with an IR specialist who reviewed her imaging with her and explained the details of the procedure. After discussing the risks and benefits of different options, they decided to proceed with Yttrium-90

radioembolization of the liver. This procedure involves going through the radial artery in the wrist, advancing a tiny tube or catheter in the blood vessels feeding the tumor in the liver, and delivering microscopic beads directly into the tumor.

Three months after her treatment, Mrs. B received a phone call from her IR to inform her that the tumor in the liver had responded to the treatment and disappeared on her most recent scan.

If you'd like to schedule an appointment with one of our interventional radiologists, call **314.682.XRAY**.

The Interventional Radiology Team at West County Radiological Group
Mercy Hospital St. Louis



David C. Pratt Cancer Center

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



Your life is our life's work.

Cancer Programs at Mercy

July, August and September 2017

Register online for all programs at mercy.net/CancerClassesSTL

Special Programs

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.
For more information, call 314.238.2000.

Essential Estate Planning for Everyone

Wednesday, September 13
6 - 7:30 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Paul Gantner of Amen, Gantner & Capriano will discuss the five "must have" documents for estate planning as well as planning for the costs of long term care. Light refreshments provided.

Registration online is required by September 8.

Frankly Speaking about Cancer: Treatment and Side-Effects



Monday, September 18
6 - 8 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Come learn about the management of the side-effects of treatment as David C. Pratt Cancer Center health care professionals discuss strategies to manage issues such as fatigue, hair loss, anemia, infection and pain. A CSC Facilitator will address ways to cope with emotional distress and optimize quality of life during and after treatment. Meal provided.

Frankly Speaking about Cancer: Treatments & Side-Effects is made possible through an unrestricted educational grant from Amgen.

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

Living with Uncertainty



Tuesdays, August 29,
September 5 and 12
6 - 8 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

This three-week group is an opportunity to explore the experience of living with uncertainty after treatment finishes. Discussion will include managing anxiety, preparing for follow-up appointment and strategies for planning for the future. We will have guest speakers, gentle exercise and dinner.

The August 29 Session will be at Cancer Support Community.

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

Fun, Friends and Food

Wednesday, July 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



July 26, August 23, September 27
(4th Wed. 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

An Introduction to Healing Touch

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

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Please join Jeanne Whalen, Healing Nurse Coordinator as she shares the benefits of Healing Touch for relaxation and stress reduction.

Registration online is required.

Exploring Nutritional Challenges

Thursday, August 24
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Dietitian Katie Winzenberger and her Intern will discuss nutritional challenges. They will be joined by a representative from Hormel who will bring samples of ready-to-eat pureed meals.

Registration online is required.

Post-Traumatic Growth

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

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Kurt Soell, PhD, will discuss emotional healing following a cancer diagnosis and treatment.

Registration online is required.

Thyroid Cancer Support Group

No July Meeting

August 19, September 16
(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



July 6, August 3, September 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.

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

Lymphedema Support Group

Exercise by Ann

Wednesday, July 12
12 - 1:15 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Meetings are run by a certified lymphedema therapist with Mercy Hospital

Registration online is required. For more information, call 314.251.6571, option 1.

Young Adult Cancer Survivors (YACS) Program

Yoga Basics

Monday, July 31
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 be sure you have your doctor's clearance if needed.

Facilitated by certified yoga instructor, Kathy Kessler.

Registration is required by July 27.

There is NO YACS Scheduled Event in September.



Look Good Feel Better

July 24, August 28,
September 25
(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

August 1 | (1st Tues. of 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.

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! Whether you are looking for support and information during treatment, or transitioning into a new normal after treatment, this program 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.

Managing Fatigue: Why Do I Still Feel So Tired?

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

David C. Pratt Cancer Center
First Floor Conference Room

Connect with expert, Jennifer Showalter, OTR/L, who will share the #1 barrier in treating fatigue and recommendations for management of fatigue.

Move for Health!

Tuesday, August 15
5:30 - 7 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Participate with Megan Klote, PT and learn new ideas for incorporating exercise in your

life in this session and a list of community resources to keep moving.

Managing Pain and Neuropathy

Tuesday, September 19
5:30 - 7 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Learn more about the new Calmare device, acupuncture, and other treatments for pain and neuropathy, presented by Michelle Smith, DC,

Registration online is required.

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.



New Classes offered for Cancer Patients

By Angela Ruppel, MSW, LCSW

Estate Planning and Medicare can be very confusing topics. Mercy understands how difficult these processes can be. When our loved ones have a cancer diagnosis, this can be even more overwhelming. Mercy is offering two new programs to address some basic questions on both estate planning and Medicare.

Estate Planning

People often make decisions about their estate plan (or lack thereof) on things they have heard from other people, who typically have no knowledge of the

Mercy Integrative Therapies

Services:

Therapeutic Massage:

\$48 - \$78/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 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.

law. Usually, these can be untrue or inaccurate statements, and can lead to unfortunate consequences. Probate, long-term care and tax laws are constantly changing. At this free class, attorney Jacquelynn Capriano of Amen, Gantner & Capriano will discuss how to create a proper estate plan, and the five "must have" documents which can help prevent your assets from going through probate, protect unnecessary taxation, help you retain control of your affairs and protect you against the costs of long-term care.

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Do You Have Neuropathy Pain from Chemotherapy?

By Michelle Smith, DC

Mercy Integrative Medicine has a new treatment that may be helpful to cancer patients who are experiencing pain as a result of their chemotherapy treatments. Calmare, which is also called scrambler therapy, is a non-invasive, drug-free solution for pain control for many chronic pain conditions, with no side effects.

Calmare is an FDA-cleared device that uses small surface electrodes to deliver a very low current of electrical stimulation through the skin and nerve fibers. The electrodes are placed near the pain area, and carry a "non-pain" signal to the brain, which essentially overrides a previous pain signal. This treatment has shown to be effective in successfully reducing pain in 80% of patients treated during clinical trials.

Calmare therapy can benefit patients to help better manage their condition and have an improved quality of life. These include its non-invasive, painless treatment approach, ongoing pain control, immediate pain relief and no adverse side effects of opioids and other drugs commonly prescribed for various pain conditions.

Treatments

Most sessions are about 45-60 minutes long. Many patients get immediate pain relief. Based on clinical trials, the average number

of visits required is 10-12 visits. Patients may need a booster treatment 2-6 months later. While being treated, patients relax comfortably in a quiet room once the electrodes are positioned correctly.

Conditions that can be treated by Calmare:

- Chemotherapy-related neuropathy
- Post shingles pain
- Sciatica
- Phantom limb pain
- Failed back surgery syndrome
- Reflex sympathetic dystrophy
- Complex regional pain syndrome
- Trigeminal neuralgia
- Other neuropathic pain, such as diabetic, post-surgical, brachial plexus

Preparing for your Treatments

- Don't wear lotions, creams, powders or ointments in areas being treated.
- Wear comfortable clothing or a gown can be provided.
- If you are on nerve medications like Gabapentin or Lyrica, you will need to work with your prescribing physician to stop taking these 48-72 hours prior your first Calmare treatment. We suggest that you don't take your pain medications prior to your appointment times.

If you have any of the following, we don't recommend the Calmare treatments:

- Pacemaker or defibrillator
- Metal implants and some orthopedic repairs
- Pregnancy
- History of epilepsy or the use of anti-convulsant medications
- Blocks within the four weeks prior to initial treatment
- Wounds or skin irritation in the area to be treated
- History of heart attack in the last six months or severe arrhythmias
- Active withdrawal from drugs and/or alcohol
- Implanted drug delivery system or spinal cord stimulator

To schedule an appointment, please call Mercy Integrative Medicine at **636.256.5200**. The office is located at 15945 Clayton Rd., Suite 230C, Ballwin, MO 63011.

New Classes offered for Cancer Patients

(Continued from page 3)

Medicare

Are you turning 65? Retiring? Losing insurance coverage soon? Disabled for two years and Medicare eligible? Wondering about your choices for open enrollment?

This is your opportunity to get free, unbiased information about the Medicare system and your responsibilities. At this free class, Licensed Insurance Broker Stacy Haberstroh, will provide to you unbiased information about the Medicare system. Medicare has strict enrollment periods, and this session will help participants make timely decisions about drug plans and supplemental plans as well as many other issues. This class is appropriate for anyone who will be signing up for Medicare in the near future or want to understand their or a loved one's current Medicare coverage.

Sign up online for these upcoming classes:

Essential Estate Planning Documents for Everyone

Wednesday, September 13
6 - 7:30 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Medicare 101

Monday, October 2
10 - 11 a.m.

OR

Tuesday, October 3
2 - 3 p.m.

David C. Pratt Cancer Center
First Floor Conference Room