

Your resource for living well. Cancer Care

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



CyberKnife is Coming to Pratt Cancer Center!

By Robert Frazier, MD | Radiation Oncologist and Division Chief, Radiation Oncology

In November, Mercy will have CyberKnife as a new radiation oncology treatment at David C. Pratt Cancer Center. You may notice construction this summer as we accommodate the placement of this new radiation system in the cancer center.

CyberKnife is a non-invasive treatment for cancerous and non-cancerous tumors and other conditions where radiation therapy is

indicated. Radiation oncologists use this linear accelerator to treat conditions throughout the body, including tumors of the prostate, lung, brain, spine, head and neck, liver, pancreas, kidney, and certain gynecologic tumors. It provides an alternative to surgery or can be an option for some patients who have inoperable or surgically complex tumors.

CyberKnife is a fully robotic radiation delivery system. The robotic design, coupled with real-time imaging, enables the CyberKnife to deliver a maximum dose of radiation directly to the

tumor from many different angles with precision. The CyberKnife System does this by tracking and adjusting for tumor or patient movement during treatment with imaging to minimize radiation exposure to healthy organs and tissues. The imaging part of the system is constantly taking pictures of the tumor and sending those images back to the robot, which can adjust the beam to accurately target the tumor, sparing healthy tissue and critical organs from damage.

Depending on the type of tumor, patients can

complete their treatment in one to five days compared to the weeks usually needed for conventional radiation therapy. This treatment is an outpatient procedure that is pain-free and doesn't require any anesthesia. Patients have no recovery time and usually can return to normal activities right away.

Ask your radiation oncologist more about this treatment that Mercy will offer later this fall.



Unexpected Blessings: A Spiritual Perspective of the Cancer Experience

By Susan Stucco, MAPHC, MAC | Mercy Chaplain

"You have cancer..." are turn-life-upside-down words that no one ever wants to hear. The shock, disbelief, fear, sadness and anger that often come in the moments and days following the news of a cancer diagnosis are devastating. Many patients and their families describe that moment in their life as "the B.C. and A.D. moment" in their life delineating life before cancer (B.C.) and life after diagnosis (A.D.).

In other words, their life has forever changed.

One important conversation the chaplain has with patients and families early in their cancer journey offers an invitation to explore and to keep yourself aware of the spiritual experience of your cancer journey. When the cancer diagnosis comes, everyone reacts differently, and often, it is your spirituality that becomes an important player in trying to make

sense of it all. Strangely, unexpected blessings appear and become life-lines of hope, strength and peace necessary to face the challenges that cancer brings. It is the experience of having cancer that can open the soul and the mind to look at your life differently. The following are some those unexpected blessings:

Perspective and Priorities:

"My perspective on what is important in life has changed!" When faced with

your own vulnerability and mortality, you often begin to think about what is most important in life. Many realize that what was once thought of as important in their life becomes not as important. Individuals and families experiencing cancer realize the necessity of rearranging priorities which may encourage them to spend time more time with family, to better manage life/work balance, to follow a passion or a dream, to not sweat the

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Cancer Programs at Mercy

July, August and September 2019

Register online for all programs at mercy.net/CancerClassesSTL

Special Programs

The Power of Mindfulness: A Deeper Look

Three consecutive Tuesdays:
September 10, 17, 24
10 a.m. - 12 noon
(Please commit to all three sessions)

David C. Pratt Cancer Center
First Floor Conference Room

Curious about mindfulness and meditation, but unsure how to get started in developing your own practice? Join Kathy Bearman, LCSW, to explore the realms of mindfulness and meditation. This three-session series will provide information on the benefits of mindfulness and meditation for the body and brain, allow you to experience and participate in mindfulness exercises, breathing meditations and guided imageries, and will offer tips to help you establish your personal practice and skills to reduce stress and increase the experience of peace and well-being in your life.

Registration online is required.

Estate Planning and Wills

Tuesday, September 10
6 - 7:30 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Sarah K. Horan, estate planning attorney from Tucker Allen, will discuss the essentials for planning your will and trust. Light refreshments provided.

Registration online is required by Friday, September 6.

Nutrition Program with Chef Don

Tuesday, September 24
6 - 7:15 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Pratt's registered dietitian, Emma Kidd, will team up with Mercy's executive chef, Don Grace, to give a healthy eating and cooking presentation. They will be on-hand to answer questions about cooking lighter and eating healthier.

Registration online is required by September 15.

Yoga Basics

July 16, August 20,
September 17
(3rd Tuesday each month)
6 - 8 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, blocks and straps if you have them. They will be provided if you don't 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



July 10, August 14,
September 11
(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

Exploring Nutritional Challenges

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

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Join our dietitian as she discusses the nutritional challenges brought on from head and neck cancers.

Registration online is required.

Dental Care for those with Head and Neck Cancers

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

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Dr. Scott McClain will discuss dental hygiene.

Registration online is required.

Spiritual Self-Care

Thursday, September 26
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Join Chaplain Susan Stucco in discussion about our spiritual journeys.

Registration online is required.

Thyroid Cancer Support Group

July 20, August 17,
September 21
(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 mercy.net/CancerClassesSTL

Prostate Cancer Support/Networking Group

In partnership with Cancer Support Community



July - meeting canceled due to holiday, August 1, September 5 (First 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

Wednesday, July 10
12 - 1 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Topic: Exercise and Lymphedema

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

Register online. For more information, call 636.256.5200.

Pastoral Services

Chaplain Susan Stucco is now available in **Suite 3170** at the David C. Pratt Cancer Center
* Monday, Wednesday & Friday: **9 a.m. - 12:30 p.m.**

Hours may vary due to scheduling needs.

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 Integrative Therapies

Therapeutic Massage:
\$50 - \$85 - based on length of massage

Acupuncture:

- For cancer-related side effects **\$30 per session**
- For non cancer-related issues **\$45 - \$60 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.



Mercy Specialty Pharmacy: Dedicated to serving patients and physicians across the Mercy Care Continuum

By Darlene Baldrige, RPh | Pharmacy Manager

Mercy Specialty Pharmacy is located on the first floor of the David C. Pratt Cancer Center. Our mission is to provide a seamless process for patients who require specialized oral cancer treatment options. We strive to provide quality care throughout your entire care plan. Mercy providers and care managers recognize that our Specialty Pharmacy is the critical link for integrating care and supporting the care team. Our goals as an oncology pharmacy provider include improving how quickly our patients will receive their oral cancer therapy and promoting adherence by our patients

to take their prescribed medications. We also provide additional services such as consultation, side effect management and financial assistance.

Because we are here on site with Mercy Clinic Oncology and Hematology and Mercy Clinic GYN Oncology and have an integrated EPIC system, we have immediate access to medical records. This helps us provide faster insurance authorization and can document timely clinical updates. We can fill prescriptions faster to avoid delays in treatment, whether it is a specialty cancer drug or support medications.

Mercy Specialty Pharmacy collaborates with other key departments to ensure patients receive all the necessary care they need. Additional referral services include social workers, financial benefit managers, dietitians and home infusion services. Mercy's home infusion nurses are available by phone and e-mail to assist with any questions or complications associated with IV chemotherapy medications or infusion pumps, as well as providing timely and comprehensive home infusion services in the comfort of your home.

Mercy Specialty Pharmacy

David C. Pratt Cancer Center
607 S. New Ballas Rd.
Suite 1415
St. Louis, MO 63141
314.251.5478
Toll-Free 1.844.568.3903

Mercy Home Infusion Services

13185 Lakefront Dr.
Earth City, MO 63045
314.506.6050, option 2
rachel.sauer@mercy.net

Unexpected Blessings: A Spiritual Perspective of the Cancer Experience

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small stuff, to make self-care a priority, or to say “no” as needed. A cancer diagnosis strangely gives permission to embrace these life-giving, life-strengthening, and life-celebrating experiences.

Rediscovery or Deepening of Faith and Spirituality:

For many, their spirituality becomes an important piece of the healing puzzle that is being put together to help cope with the reality of cancer. Spirituality is unique to everyone, but for many, their faith in God is deepened as they seek to understand the whys and to find ways to be strengthened as they face the journey. Whether God has been a part of someone’s life experience or not, many often find themselves returning to a more intentional search for God in their lives which often brings them a peace that surpassing understanding. Prayer, meditation, ritual, Sacraments and worship become integral coping tools. The prayerful support of others also brings incredible strength and comfort.

For some, there is an initial “wrestling with God” as

to how cancer can be happening to them. It is even in the wrestling, in the crying out, in the doubt, or in the anger, that individuals find that as they search to understand, they often experience their relationship with God to be more personal and authentic.

For those who may not have a belief in God, they, too, find there can be a spiritual reawakening to deeper beliefs and life experiences through a heightened appreciation and awe for the beauty in living, in loving and in being authentic and true to yourself.

Building Community:

Experiencing the Love and Care of Others: “I never fully realized or appreciated how much love and support I have in my life until now.” Sometimes it is difficult to accept help from others; however, the blessing of community is probably the most obvious as individuals with cancer and their families find overwhelming support and care. Your health care team, family members, friends and community groups who show up with expertise,

support, assistance and encouragement become rich sources of love and of hope.

One community that forms is with other patients and families you meet along the way in waiting rooms, treatment rooms or in support groups. A strong bond can develop as co-journeers meet and share their familiar stories and experiences with one another. Many find that these new friendships which develop along the way are some of the greatest blessings of all.

Testimony of Hope to Others:

Being able to share about your experience with cancer provides opportunities to give hope to others who may need encouragement or understanding. You may find a sense of purpose during the cancer journey that motivates you to become an inspiration to others who may be starting their own cancer experience. No matter where the journey leads, many realize the importance of sharing their story to proclaim that their cancer experience has not negated the meaning and

the purpose of their life as they give testimony to all that has carried them.

While cancer is never a welcomed guest, surprisingly, unexpected blessings of strength, hope, faith, love and healing can come to the one whose life has been forever changed in that “B.C./A.D. moment.”



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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