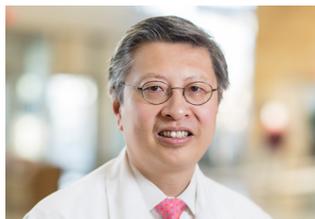


Your resource for living well. Cancer Care

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



By Shawn Hu, MD

As we reflect on the many accomplishments in 2016 at Mercy Cancer Services, one of the most important improvements we made was our strong emphasis on building a comprehensive cancer support and rehabilitation program that complements our clinical

expertise in treating cancer patients. In 2017, we plan to continue this effort to expand and strengthen those services including patient navigation, physical therapy, nutritional support and psycho-social counseling.

In this issue of our newsletter, we would like to highlight three very popular cancer support programs at Mercy. We hope these services will make a positive impact on your cancer treatment and recovery.

Long-term inflammation can lead to disease states. Finding good stress relief techniques and a healthy diet are both very important in avoiding too much inflammation. Remember that while diet is very important, if you are stressing yourself about having the perfect diet, or anything else for that matter, you're creating inflammation and defeating the purpose of a healthy diet. So, create a toolbox of relaxing activities that you can quickly access, such as calling a friend, walking or watching a funny television program.

To avoid inflammation through diet, it's important to minimize processed foods and increase whole foods. Decreasing processed foods decreases the amount of vegetable oils high in Omega-6, like sunflower, safflower and soybean oils. While Omega-6 and Omega-3 are both essential fatty acids which our body needs, Americans tend to consume way more Omega-6 fatty acids than Omega-3, due to all of the processed foods we eat. The good thing is, if you make a conscious effort to reduce processed food and increase foods with Omega-3 in them, you can start to close the gap. A serving, or ¼ cup, of walnuts or shelled pumpkin seeds have a large amount of Omega-3 in them, as

does a tablespoon of ground flaxseed. You can grab these for a morning or afternoon snack, or sprinkle on a salad. If you like fish, two servings a week of either salmon or tuna, or if you're adventurous, anchovies or herring, can very much increase the amount of Omega-3 in your diet. Oils such as olive and canola have less Omega-6, but just add a little for flavor.

Decreasing the amount of processed foods will also decrease the amount of added sugar in your diet. While our body needs sugar to function, you can get plenty of natural occurring sugar from fruit and milk. You're allowed some added sugar in the diet. Men are allowed 36 grams of added sugar, or nine teaspoons, and women are allowed 24 grams of added sugar daily, or six teaspoons. Added sugar can easily sneak into foods you would not expect and in amounts that would surprise you. Make sure you read the nutrition label on foods. Better yet, the more meals you make at home, the more control you have over the amount of sugar and types of oils that go into cooking.

To get more fruits and vegetables in your diet, divide your plate in half. Aim for one half of your plate to be low-starch

(Continued on inside)



Diet for Cancer Survivorship

By Katie Winzenburger, MA, RD, LD

As Hippocrates so wisely said, "Let Food be Thy Medicine and Medicine be Thy Food." Nutrition is one facet of cancer prevention that you have control over. Going forward, in a survivorship setting, it's important to regain control over diet. During treatment, it can be hard to follow the diet that is optimal for cancer prevention. Either due to side effects from chemotherapy or radiation,

or just the cancer itself, it can be quite difficult to eat a diet rich in whole foods, especially fruits and vegetables. Michele Nobs, a nurse practitioner at Pratt, encourages patients to eat less processed foods and red meat, and limit alcohol to one serving a day for women and two servings a day for men. This is the right path to be on. She and I also agree to include plenty of fiber through fruits and vegetables.

It's important to minimize the amount of inflammation, the body's response to damaged cells.



Your life is our life's work.

Cancer Programs at Mercy

January, February and March 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.

An Introduction to Life after Treatment



Tuesdays, February 28,
March 7 and March 14
6-8 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

This three-week group is an introduction into the "new normal" that accompanies finishing treatment. We will discuss the changing relationship with your care team, communicating with friends and family, and understanding your survivor care plan. Connect with others who are finished with treatment or on maintenance treatment and are getting back into life. We will have guest speakers, gentle exercise and dinner.

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

Frankly Speaking About Breast Reconstruction



Tuesday, March 28
6 - 8 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Come learn about breast reconstruction options, making a decision that is right for you, medical factors that may influence the decision, and how to prepare for and what to expect after surgery. Featured speakers include Michael Curtis, MD, and Julie Matkin, MSW, LCSW, group facilitator at Cancer Support Community.

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

Practical Relaxation



Mondays, January 30,
February 6 and 13
Noon - 1 p.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, please call 314.238.2000.

Fun, Friends and Food

Wednesday, January 25
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



Wednesdays, January 25,
February 22, March 22
(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 newly- diagnosed women and survivors, female family and friends.

Registration online is required.

Head and Neck Support Group

Clinical Trials: What Are They and What Do They Mean?

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

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Dr. Bethany Sleckman will join us from 5:30 - 6 p.m. to talk about clinical trials

Registration online is required.

Dental Care for those with Head and Neck Cancers

Thursday, February 23
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Drs. Stuart Waite and Scott McClain will discuss dental hygiene.

Registration online is required.

Open Sharing

Thursday, March 23
5:30 - 7 p.m.

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Spend a relaxed evening sharing with the group members.

Registration online is required.

Thyroid Cancer Support Group

January 21, February 18, March 18 (weather permitting)
(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



January 5, February 2, March 2
(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, please call 314.238.2000.

Lymphedema Support Group

Topic: Guest Speaker from Lymphatic Research Network

Wednesday, January 11
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, please call 636.256.5215.

Young Adult Cancer Survivors (YACS) Program

Yoga Basics

Monday, January 30 | 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. 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 is required by January 25.

Ask the Dietitian

Thursday, March 2 | 6 - 8 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Katie Winzenburger, registered dietitian, will be talking about the power of plants for optimal health. She will come equipped with recipes for incorporating more meatless mains into your diet, as well as answering any and all nutrition questions you may have related to your health.

Online registration is required by February 27.

There is NO YACS Scheduled Event in February.



Look Good Feel Better

January 23, February 27,
March 27
(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

Tuesday, February 7 | (1st Tues.
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.

YMCA LiveStrong program: What it is and how it can help

Presentation and discussion with Erin Murphy, Healthy Living Coordinator from YMCA

Tuesday, January 17
5:30 - 7 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Survivorship Care Plan: Why have one?

Discussion with Michele Nobs, APN, NP, RN

Tuesday, February 21
5:30 - 7 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

The Healing Power of Spirituality

Presented by Mercy Chaplain Susan Stucco

Tuesday, March 21
5:30 - 7 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

Registration online is required.

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.

Diet for Cancer Survivorship

(Continued from front)

vegetables, which are any vegetable except peas, potatoes or corn. So, you could load up with two cups of salad and one cup baby carrots, or ½ cup each of sautéed green beans and roasted squash, whatever appeals to you. If there is a vegetable that you think you don't like, you should give roasting it a try. Roasting adds a more complex flavor profile than steaming. The other half of your plate should be divided in half again, to create two corners. One should be lean protein such as fish, chicken/turkey,

or beans, nuts or cheese. The more plant-based proteins the better, but you don't necessarily have to go vegetarian. The last corner of your plate can be a starch, such as the above mentioned starchy vegetable or a whole grain like brown rice. Off to the side of the plate you may choose to have a serving of fruit and a serving of dairy. Setting up your plate like this and mindfully eating to notice when you're starting to get satisfied, can help to eat right without a lot of counting calories.



Lymphedema

by Megan Klote, DPT, CLT

The lymphatic system is a system of the body that no one talks about! Its functions are very important and include creating white blood cells, absorbing and transporting large molecules, such as proteins and cellular debris. Our lymphatic system is part of our immune defense. Its drainage system parallels our blood circulatory system.

Lymphedema is an abnormal amount of fluid underneath the skin that occurs when there is something wrong with the lymphatic system. Lymphedema most commonly shows up as arm or leg swelling but can also affect the face, neck, trunk, abdomen and genitals. It's important to note that not all swelling is lymphatic, and you should consult a physician regarding a new onset of swelling. Swelling could also be due to cardiac

failure, kidney disease or inflammation.

Lymphedema can be primary or secondary in cause and effect. Primary lymphedema is a hereditary condition in which the lymphatic vessels and/or nodes are impaired. Secondary lymphedema is directly caused by something, such as lymph node removal or biopsy, radiation therapy, surgery, obesity, infection, a blood clot, scarring or another trauma to the body. Symptoms of lymphedema might include a feeling of heaviness or aching of the affected body part.

Treatment for lymphedema involves complete decongestive therapy (CDT), a program that consists of manual lymphatic drainage (a type of massage), compression in the form of bandaging and/or garments, exercise and skin care techniques. CDT should be performed by a certified lymphedema therapist. This therapy program is offered through Mercy at the David C. Pratt Cancer Center and at the Clayton-Clarkson building.

Lymphedema is an under-reported and under-diagnosed condition due to lack of understanding and poor awareness. To learn more, visit lymphnet.org.



Getting Back to Normal - The Next Step

By Karen Schmidt, PT, CPT

"I just want to feel good and get back to normal." Does this sound familiar? Erma Bombeck said that "Normal is just a setting on the dryer." While this may be true, it is also true that anyone who is coping with cancer wants to be as normal as possible.

What can you do to get back to normal? What is your next step?

Maybe it's time to start moving around more and exercising again? But how do you begin?

- Are you afraid of hurting yourself?
- Are you already so tired and thinking that exercise will only make you feel worse?
- Is your balance so bad that you are afraid of falling, or maybe you have already taken a tumble?

Do you have any of these worries or concerns? Are they keeping you from getting back to normal? If so, at Mercy's Integrative Medicine Center, **we have the next step for you.**

Personal Training

We put the personal back into personal training.

The sole purpose of your personal 60-minute exercise sessions is to give you an exercise road map with step-by-step instructions and guidance; a customized and tailored-made exercise plan to

improve your strength, balance and vitality for where you are - right now, **one step at a time.**

Your personal trainer will have advanced certification in oncology rehabilitation and will be able to work alongside your medical team, lymphedema therapists and physical therapists. You will have a **partner** for your exercise journey who will come alongside you with the next steps to improve your strength, balance, flexibility, endurance and energy. This is the next step for you to feel better and get back to normal.

On day one, we will perform a comprehensive assessment and develop your personalized plan.

You will feel empowered as you take steps to safely pursue rebuilding your strength, balance and endurance.

As you persevere in getting back to normal, your trainer will help you pace yourself. Some days can be more strenuous, other days may need something simple. Your trainer will give you specific step-by-step instructions and tips for the good days and the not-so-good days. As your partner, she will help you stay accountable, be personally interested in you and in improving your life through movement, balance and exercise - one step at a time.



David C. Pratt Cancer Center

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