

Your resource for living well. Cancer Care

A quarterly newsletter from Mercy's David C. Pratt Cancer Center | Summer 2022

Proton Therapy is Coming to Mercy This July

Learn more about this exciting technology that will soon benefit patients in St. Louis and across the region opening July 2022 at the David C. Pratt Cancer Center at Mercy Hospital St. Louis.

What is Proton Therapy?

This method of treating cancer uses a powerful cyclotron to produce proton particles that target cancer tumors. The charged particles damage the DNA of cancer cells, stopping their reproduction and ultimately destroying them.

How does Proton Therapy differ from Radiation Therapy?

In standard radiation therapy, the x-ray beam continues beyond the tumor, releasing energy and harming surrounding

healthy tissue. This can lead to health problems after treatment.

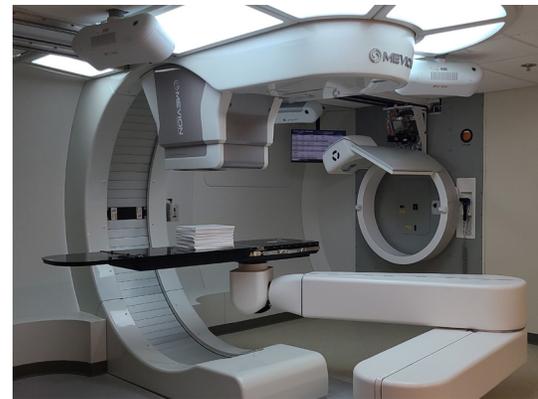
Where will Proton Therapy be utilized?

Our outreach goes deep into rural and underserved communities. Patients can be evaluated for treatment at their nearest oncology facility but will have the opportunity to receive this therapy at the David C. Pratt Cancer Center in St. Louis. Mercy patients from Rolla, Lebanon, Springfield, Joplin and other communities

along the I-44 corridor will also have access.

Proton Therapy Advantages

- Charged proton particles damage the DNA of cancer cells, ultimately destroying them and halting the cancer in its tracks
- Pinpoint accuracy spares healthy surrounding tissues
- Allows for a higher dose of radiation
- Few side effects when compared to standard radiation
- Painless and non-invasive treatment option



Support Services Summer Highlight: Integrative Medicine

Cancer care at Mercy means more than treating the disease. We empower you with information, resources and support throughout your cancer journey.

Integrative medicine focuses on spiritual wellness, emotional health and physical well-being. A variety of therapies are available to help with pain, nausea, neuropathy, headaches, fatigue, weakness, restricted range of motion, swelling, difficulty with daily

activities, and issues with sleep, anxiety or stress. We also offer holistic healing and wellness services, including:

- Massage therapy
- Acupuncture
- Healing touch
- Chiropractic medicine
- Guided imagery
- Reflexology

Contact the office today to make an appointment for an above service you are interested in **314.251.6571**.

Breast Outreach Dates



Breast imaging services are also available throughout the year for women who qualify. The outreach dates are listed below. To find out if you qualify or to schedule an appointment for a breast cancer screening, please call our outreach nurse, Erica Bernat, RN, at **314.251.7428**.

July

7/7 Thurs **St. Louis**
7/12 Tues **Washington**
7/14 Thurs **St. Louis**
7/19 Tues **Hazelwood**
7/21 Thurs **St. Louis**

August

8/4 Thurs **St. Louis**
8/9 Tues **O' Fallon**
8/11 Thurs **St. Louis**
8/18 Thurs **St. Louis**

September

9/1 Thurs **St. Louis**
9/8 Thurs **St. Louis**
9/13 Tues **Washington**
9/15 Thurs **St. Louis**
9/22 Thurs **St. Louis**
9/25 Thurs **St. Louis**
9/27 Tues **Old Tesson**
9/29 Thurs **St. Louis**

Register for ZOOM at www.cancersupportstl.org and go to the calendar. Click on the program and register for a zoom link.

Support Groups & Events:

Prostate Cancer Monthly Group

First Thursday each month,
6:30 - 8 p.m.

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 will take place in-person at the David C. Pratt Cancer Center conference room located on the first floor next to the pharmacy.

Register at
www.cancersupportstl.org
and go to the calendar. Click on the program to register.

For questions about this event, please call **314.251.6400**.

Mercy Survivorship Series: Nutrition and Exercise

July 14 | **4-5 p.m.**

Join Dietitian Elizabeth Collins and Physical Therapist Megan Klote to discuss ways to increase wellness through diet and exercise. The presentation will include specifics on diet and exercise guidelines associated with maintaining a healthy lifestyle during survivorship.

** This event will be held in-person and virtually. Please be sure to use the link below to register for the one that best suits you!*

Register for:
IN-PERSON event at <https://www.onlineregistrationcenter.com/register/4256-36096>

VIRTUAL event at <https://www.onlineregistrationcenter.com/register/4256-36098>

For questions about this event, please call **314.251.6400**. Please sign up by **4 p.m., July 13th**.

Mercy Survivorship Series: Get in the Know With Social Security

August 8 | **4 - 5:30 p.m.**

Please join Social Security Administration's Senior Public Affairs Specialist, David Seymour, to review Social Security programs, eligibility guidelines and application processes. Question and answer session will be included.

** This event will be held in-person and virtually. Please be sure to use the link below to register for the one that best suits you!*

Register for:
IN-PERSON event at <https://www.onlineregistrationcenter.com/register/4256-36100>

VIRTUAL event at <https://www.onlineregistrationcenter.com/register/4256-36101>

For questions about this event, please call **314.251.6400**. Please sign up by **4 p.m., August 5th**.

September Survivorship Week!

Mental Health & Mindfulness

September 19 | **6 - 7 p.m.**

Join Mental Health Professional, Kurt Soell, PhD and Susan Stucco, Chaplain, Pastoral Services for a presentation and discussion on "The Importance of Assessing your Mental Health and Spiritual Health Needs Through Cancer Treatment".

** This event will be held in-person and virtually. Please be sure to use the link below to register for the one that best suits you!*

Register for:

IN-PERSON event at <https://www.onlineregistrationcenter.com/register/4256-36102>

VIRTUAL event at <https://www.onlineregistrationcenter.com/register/4256-36103>

For questions about this event, please call **314.251.6400**. Please sign up by **4 p.m., September 16th**.

Managing Treatment Side Effects

September 21 | **6 - 7 p.m.**

Mercy's Laura Hooper and Pilar Williamson provide education about common physical and emotional side effects of cancer treatment. Learn to prevent, recognize, and manage these side effects with medicine, mind, and body. Participants will gain the knowledge to advocate for themselves and make the right decisions for their care. This is an interactive session, so bring your questions.
** This event will be held in-person and virtually. Please be sure to use the link below to register for the one that best suits you!*

Register for:
IN-PERSON event at <https://www.onlineregistrationcenter.com/register/4256-36104>

VIRTUAL event at <https://www.onlineregistrationcenter.com/register/4256-36108>

For questions about this event, please call **314.251.6400**. Please sign up by **4 p.m., September 20th**.

Food And Movement: A Cancer Survivor's Guide to Eating and Exercise After Treatment

September 22 | **7:30 - 8:30 a.m.**

Please join us for a live cooking demo in which you will learn how to prepare healthy breakfast options. As you sample, our Registered Dietitian and Physical Therapist will discuss ways to increase wellness through diet and exercise.

** This event will be held in-person and virtually. Please be sure to use the link below to register for the one that best suits you!*

Register for:
IN-PERSON event at <https://www.onlineregistrationcenter.com/register/4256-36109>

VIRTUAL event at <https://www.onlineregistrationcenter.com/register/4256-36110>

For questions about this event, please call **314.251.6400**. Please sign up by **3 p.m., September 21st**.

Living Your Best Life: Celebrating Survivorship

September 24 | **10 a.m. - 1 p.m.**

Here at Mercy, we are proud of all the patients and families who have come through our doors. We would like to celebrate all that you have overcome. **Be on the lookout for more details to come!**

September is Prostate and GYN Cancer Awareness Month

The Facts on Prostate Cancer



Rachel Bednar, PA-C

Prostate cancer is the second most prevalent cancer among males in the United States, second only to non-melanoma skin cancer, according to the CDC. There are several risk factors that can influence a person's risk of developing prostate cancer. Some risk factors cannot be changed - such as having a family history of prostate cancer - however others associated with diet and lifestyle can be influenced to reduce an individual's risk.

A person may be at increased risk of developing prostate cancer if they smoke or have a history of smoking, are overweight or obese, or consume a diet high in unhealthy fats. Regular exercise, maintaining a healthy weight, and eating fruits and vegetables frequently while limiting bad fats, such as those in red meat, can improve overall health and help prevent prostate cancer. Specifically, research has shown some protective benefits from consuming pomegranates and tomatoes. In general, any food that is healthy for a person's heart also supports a healthy prostate.

In addition to preventative lifestyle changes, it is important for males to have regular screening for prostate cancer. Screening is typically done for men starting

in their fifties, however males with risk factors or family history may need screening at a younger age. Recommended screening includes a yearly PSA blood test and a digital rectal exam to assess for any nodules that can be felt on the prostate. Males with abnormal screening may need a biopsy to sample the prostate tissue and send it for pathology. This may be preceded by additional blood work, urine tests, or imaging of the prostate with MRI as well.

Due to high prevalence, many men will be diagnosed with prostate cancer. Fortunately, there are multiple modalities available for treatment of the disease. Selection of treatment depends on several factors including the extent of disease, whether the cancer has metastasized or travelled to other areas of the body, coexisting medical problems, and patient preference. Common treatment options include surgery to remove the prostate, treatment with radiation therapy to the prostate, anti-androgen hormone therapy, or a combination of these.

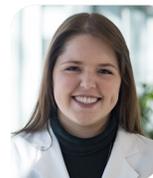
Prostate cancer prevention, diagnosis, and treatment is constantly evolving due to new advances in medical technology. One breakthrough in prostate cancer diagnosis is the PSMA PET scan. The PSMA PET scan uses a special radioactive marker that binds specifically to prostate cancer cells allowing for more precise detection of prostate cancer than traditional

PET scans. It is indicated for patients with suspected metastatic prostate cancer or recurrence after treatment, as seen by rising PSA levels.

Prostate cancer can be very slow growing. In fact, some prostate cancers may not require treatment at all but rather can be managed with active surveillance, looking for changes and progression over months to years. Patients can work together with a multidisciplinary team of healthcare providers to make sure that the plan created for them is a good fit for their situation and goals.

Written by Rachel Bednar, PA-C

The Facts on Gynecological Cancers



Rebecca Schneider, PA-C

September 1st marks the start of Gynecologic cancer awareness month. During this month we focus on the cancers that impact the female reproductive system, including the vulva, vagina, cervix, uterus, and ovaries. The CDC reports every year in the United States, nearly 26,500 women die from one of these five main types of gynecologic cancers. Unfortunately, there aren't many simple or reliable ways to screen for these types of cancers in asymptomatic populations.

Pap smears and well woman exams provide good detection for cervical

cancer, but as for the other 4 major cancer types, detection often falls on the woman recognizing cancer symptoms and seeking medical attention. Symptoms of gynecologic cancers include, but are not limited to: early satiety, bloating, back pain, abnormal vaginal bleeding or discharge, pelvic pain or pressure, urinary frequency, constipation, skin changes of the vulva, or vulvar itching. Since these symptoms are often vague, it's important to seek medical attention for any abnormal symptom lasting longer than two weeks.

It is also important for women to know about risk factors that may increase their likelihood of getting a gynecologic cancer. Some of those risk factors include having a history of endometriosis, having a close relative who has had a gynecologic cancer, genetic mutations like BRCA1, BRCA2, or Lynch syndrome, having a personal history of breast or colon cancer, obesity, estrogen only hormone replacement, nulliparity, or history of HPV.

Early detection is the key to good outcomes. Close follow up with a PCP and yearly well woman exams are incredibly important, and women should feel empowered to bring up any symptoms or risk factors they are concerned about.

Written by Rebecca Schneider, PA-C in collaboration with Dr. Dan-Arin Silasi and Dr. Madhavi Manyam

A Dietitian's Tricks For Supplements

Cancer and its treatment may lessen an individual's appetite and interest in food. When you don't have much of an appetite, a nutrition supplement may be beneficial. Quite often, drinking some meals can be easier than the chore of eating depending on side effects. Nutrition supplements such as Ensure or Boost provide many important nutrition components to aid with building up strength, treatment tolerance, involuntary weight loss and overall better outcomes.

Unfortunately, many patients report they do not like the taste of supplements such as Ensure or Boost. There are many other supplements our dietitians can recommend for you to try. The David C. Pratt dietitians have a variety of tips and recipes to increase the palatability of these drinks as well. Some of our favorite tips include:

- Add vanilla shakes to root beer for a "root beer float"
- Use V8 Tropical Splash or Low Sugar OJ to make a creamsicle
- Add your favorite flavor to coffee as coffee creamer
- Make French toast and use vanilla Ensure/Boost as you would milk
- Stir into oatmeal or cream of wheat. Try vanilla supplements instead of milk in cereal
- Soak in rice to make a rice pudding, mix with cinnamon and honey
- Blend with peanut butter, Greek yogurt and banana to create a high protein smoothie
- Mix with ice cream and berries for a milkshake
- Mash sweet potatoes and mix with vanilla supplements

Jami Kaltenbronn is our new part-time dietitian at David C. Pratt Center. Jami offers over 10 years of experience in the nutrition and dietetics. In her free time, Jami enjoys reading, yoga, trying out new restaurants, travel and walking her dogs.



Something Yummy in the Kitchen

Spinach and Tomato Quiche



Courtesy of Ensure Nutrition Recipe Book

Ingredients:

- 1 bottle (8 fl oz) Ensure or Boost Vanilla
- 1 commercial or homemade 25-cm (10-inch) pie crust, pre-cooked
- 1 Tbsp canola oil
- 1 onion, chopped
- 1 garlic clove, minced
- 1 tsp dried basil
- 4 cups baby spinach
- ¼ cup 1% milk
- 3 large eggs
- 1 cup cheddar cheese, grated
- 1 tomato, sliced
- ¼ tsp each, salt and pepper

Directions:

1. Preheat oven to 375°F.
2. In a large non-stick pan, heat oil over medium heat. Add onion, garlic, spinach, dried basil, salt, and pepper and cook for 3 to 5 minutes, until spinach has wilted. Remove from heat and let cool.
3. In a medium bowl, whisk eggs, milk, and Ensure® together. Mix grated cheese into egg mixture.
4. Place spinach in pie mold and spread evenly. Pour egg mixture over spinach and place sliced tomatoes on the top.
5. Cook for 45 minutes. Makes 6 servings.

Calories 350 Fat 21 g
 Sodium 450 mg Carbohydrate 26 g
 Dietary Fiber 3 g Protein 14 g

Catherine McCauley once noted, "A good beginning is of great importance." Excited for the good beginnings happening here at the David C. Pratt Cancer Center as we expand treatment options available to our patients with Proton Therapy opening this July!



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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