

# Your resource for living well. Cancer Care

A quarterly newsletter from Mercy's David C. Pratt Cancer Center | Spring 2018



By Shawn Hu, MD

As cancer treatment continues to evolve, there have been more and more oral medications that offer targeted therapies and better tolerated alternatives to traditional intravenous chemotherapy. Many of them, however, require a complicated pre-authorization process and are extremely costly. Because of that, Mercy has established a specialty pharmacy to help our patients navigate the process to get their medications in a timely fashion. It also helps patients find charitable organizations and resources to offset their high deductibles to make those drugs affordable. You can find more information about Mercy Specialty Pharmacy in this issue of the newsletter along with several other Cancer Support Services offered at the David C. Pratt Cancer Center.



## Mercy Specialty Pharmacy: Providing Oral Oncology and Support Medications

By Darlene Baldridge, RPh, Pharmacy Manager

Oral therapies for the treatment of various types of cancers are entering the market place at record speed. Over 40 percent of all new treatments are oral medications. Many targets and new options are available to treat diagnoses once only treated with IV chemotherapy. New options bring new challenges, such as insurance coverage, affordability and side effect management.

Mercy Specialty Pharmacy, located on the first floor of the David C. Pratt Cancer Center, is staffed by licensed pharmacists, as well as certified pharmacy technicians and specialty account coordinators. Our mission is to navigate the entire process of obtaining oral therapies and to eliminate any and all worries for the patient. We offer insurance benefit investigation and authorization, financial assistance and delivery options.

We work closely with other Mercy team members including physicians, nurses, social workers and financial advisors to ensure that our patients are receiving all resources

available and to provide continuity of care. We have the advantage of sharing the same medical record to assist in care coordination. Mercy Specialty Pharmacy provides a one-stop care environment. We carry almost every oral therapy unless the manufacturer limits the distribution of the medication. We dispense support medications to manage side effects as well as pain control. We also carry physician-recommended products to manage issues unique to cancer patients.

Our pharmacy team takes great pride in providing these services to our patients. This process is overwhelming to our patients as well as their caregivers, and we strive to take away the burden and worry, and to make sure nothing is overlooked. We have found that cost is the #1 worry for our patients. Our team goes to great lengths to reduce or eliminate any financial burden to our patients through co-pay assistance, financial grants and charity.

Mercy Specialty Pharmacy offers prescription counseling and resources

to manage disease state and medication therapy management, including written materials and patient care kits. Education is essential to improving outcomes through better compliance and side effect management. Oral therapies provide convenience to our patients, but adherence is harder to monitor. We regularly call patients to set up refills and contact physicians with any problems or concerns with compliance.

At Mercy Specialty Pharmacy, we are dedicated to providing quality cancer care. Please stop by the Pharmacy, which is located on the ground floor of the Cancer Center across from the café, so that we may answer any questions or address any concerns you may have. We are open Monday through Friday from 8 a.m. - 4:30 p.m. Please let us know how we can help!

**Mercy Specialty Pharmacy**  
David C. Pratt Cancer Ctr.  
607 S. New Ballas Rd.  
Suite 1415  
St. Louis, MO 63141  
**314.251.5478**  
**Toll-Free 1.844.568.3903**



Your life is our life's work.

# Cancer Programs at Mercy

April, May and June 2018

Register online for all programs at [mercy.net/CancerClassesSTL](http://mercy.net/CancerClassesSTL)

Registration online is required for all classes, support groups and special programs at [mercy.net/CancerClassesSTL](http://mercy.net/CancerClassesSTL)

## Special Programs

### Skin Cancer Screening

Saturday, May 19  
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

### The Power of Mindfulness: A Deeper Look

In Partnership with Cancer Support Community



Three consecutive Thursdays:  
May 24, 31 and June 7  
11 a.m. - 1 p.m.

(Please commit to all 3 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-week 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. For more information, call 314.238.3000

### Young Adult Night

In Partnership with Cancer Support Community



Wednesday, June 6  
6:30 - 8 p.m.

Cancer Support Community  
1058 Old Des Peres Square Rd.  
St. Louis, MO 63131

Are you a young adult between the ages of 18 and 40ish, in-treatment or out-of-treatment, looking to connect with others? Join Cancer Support Community and Mercy's Young Adult Cancer Survivor (YACS) Program for an evening of food, socializing, and relaxation!

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

### Survivorship Series 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 way of looking at the world.

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

### Fun, Friends and Food

Wednesday, April 18  
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.

### Acupuncture - To The Point

Thursday, April 12 | 6 - 7 p.m.

David C. Pratt Cancer Center  
First Floor Conference Room

Interested in learning how acupuncture can be used to improve health, control pain, and overall well-being? Join us for an evening dedicated to this healing practice. Learn about the history, conditions it has been proven to treat, clinical experiences and a question and answer session. Light refreshments will be served.

Facilitated by  
Pilar Williamsen, DC

Registration online is required.

### Yoga Basics

Monday, May 7 | 7 - 9 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 if you have one and make sure you have doctor's clearance if needed.

Facilitated by Certified Yoga Instructor, Kathy Kessler.

Registration online is required.

## Support Groups

### Breast Cancer Support/ Networking Group

In Partnership with Cancer Support Community



April 11, May 9, June 13  
(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

#### Secondary Lymphedema Following Head And Neck Cancer Treatment

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

David C. Pratt Cancer Center  
Cancer Information Center  
Suite 1440

Join Shelly Ryan PT, CLT-LANA as she discusses secondary lymphedema. Learn what can be done to keep from getting it or keep it from getting worse.

Registration online is required.

**NO MEETING**  
Thursday, May 24

No meeting due to Memorial Day Holiday weekend

### Ask the Doctor

Thursday, June 28 | 5:30 - 7 p.m.

David C. Pratt Cancer Center  
Cancer Information Center  
Suite 1440

Meet James Martin, MD, ENT, to ask questions about head and neck cancers, diagnosis and surgical options.

Registration online is required.

## Thyroid Cancer Support Group

May 19, June 16  
(3rd Saturday of each month)  
**10 - 11:30 a.m.**

David C. Pratt Cancer Center  
First Floor Conference Room

## Special Event

### Free Midwest Thyroid Cancer Survivors' Workshop

April 21 | **8 a.m. - 4 p.m.**

David C. Pratt Cancer Center  
First Floor Conference Room

### Post Traumatic Growth - Is that Possible?

Kurt D. Soell

Psychotherapist  
Mercy Hospital St. Louis

### Treatment Protocol for Long Term (from a physician viewpoint)

Irini Veronikis, MD

Endocrinologist  
Mercy Hospital St. Louis

### From Cancer to Health-Managing Stress

Kelly O'Neal, MSW, LMSW

Social Worker  
Cancer Support Community

### The Power of Touch and Our Sense

Tom Tessereau, LMT, NCTMB, CBC

Healing Arts Center

For more information, go to [StLouis-MO@thyca.org](mailto:StLouis-MO@thyca.org)

Registration online is required at [www.mercy.net/CancerClassesSTL](http://www.mercy.net/CancerClassesSTL)

## Prostate Cancer Support/Networking Group

In Partnership with Cancer Support Community



April 5, May 3, June 7  
(1st Thursday of each month)  
**6:30 - 8 p.m.**

David C. Pratt Cancer Center  
First Floor Conference Room

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

### Open Discussion with guest speaker from Ninja's Fighting Lymphedema Foundation

Wednesday, April 11  
**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.



## Look Good Feel Better

April 23, May 21, June 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.

Participants may register by calling 800.227.2345.



## Look Good Feel Better

April 3, June 5 (First Tuesday 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.

Participants may register by calling 800.227.2345.

## Mercy Integrative Therapies

### Services:

#### Therapeutic Massage:

\$48 - \$78/hr

#### 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.*

## Pastoral Services

Chaplain Susan Stucco is now available in Suite 3170 at the David C. Pratt Cancer Center

\* Monday, Wednesday & Friday: **8:30 a.m. - 12:30 p.m.**

\* Tuesday & Thursday: **12:30 - 4:30 p.m.**

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](http://www.mercy.net)/echaplain.

# Mercy Oncology Rehabilitation and Survivorship

By Pilar Williamsen, DC, and Megan Klote, PT, CLT



The **Mercy Oncology Rehabilitation and Survivorship (MORS) Program** is a multi-disciplinary approach to helping cancer survivors return to their normal lives following cancer treatments. The program not only serves patients' physical needs, but also their emotional, mental and spiritual needs.

MORS has a network of providers who have

additional training in cancer care and survivorship. These providers include medical oncologists, radiation oncologists, surgeons, specialist physicians, physical therapists, occupational therapists, chiropractic physicians, dietitians, nurses, massage therapists, social workers, psychologists, pastoral providers and others.

Side effects of cancer treatments vary among patients. Mercy's Oncology Rehabilitation and Survivorship Program can help patients address these side effects and

find effective ways to deal with them in their daily lives. These side effects could include chemotherapy-induced neuropathy, cognitive issues such as memory loss, balance problems and falls, decreased appetite and weight loss, constipation or diarrhea, decreased range of motion of joints, depression and anxiety, radiation fibrosis, sleep problems, sexual dysfunction, muscle weakness, fatigue, swallowing or speech problems, and pain.

Holistic health services offered through MORS,

such as acupuncture, Healing Touch®, guided imagery and reflexology, may also help alleviate some of these side effects. Patients can find specialists and services to assist them in maximizing their quality of life. For help with these issues, ask your doctor to refer you to MORS or call Mercy Integrative Medicine and Therapy Services at Clayton-Clarkson at **636.256.5200** or at David C. Pratt Cancer Center at **314.251.6571 option 1**, for assistance with any of these services.

## Physio Touch – A New Technology for Lymphedema Patients

By Shelly Ryan, PT, CLT

Mercy Integrative Medicine has acquired a new technology with the **Physio Touch** device, which helps lymphedema-certified physical and occupational therapists provide enhanced treatment for their patients. Physio Touch is a negative pressure therapy device that expands and stretches the skin and tissue to help break up fibrotic tissues and scar tissue adhesions. This improves both blood flow and lymphatic flow in the area that is being treated.

Scar tissue adhesions can limit lymphatic drainage and set patients up for life-threatening infections. The new Physio Touch device is used in connection with manual lymphatic drainage massage to improve the outcome for patients with lymphedema.

Previously, patients have received the standard care of lymphatic massage. Lymphedema therapists used their hands to stretch the skin horizontally in any direction. However, they couldn't do a manual

vertical stretch of the tissue, so they had to use a cupping device to provide vertical stretch. The new Physio Touch device provides that vertical stretch and controls the exact pressure exerted, thus saving patients from bruising and preventing stress on therapists' hands. The Physio Touch also has vibrations that help reduce adhesions and fibrosis.

Therapists incorporate the Physio Touch device into the existing therapy services that patients

are receiving. There is no additional charge to the patients. The device should reduce the number of visits that are needed to obtain the best results for our lymphedema patients. It is currently available at Mercy Integrative Medicine and Therapy Services at the David C. Pratt Cancer Center at 607 S. New Ballas Road, Suite 2210, in St. Louis (63141). For more information or to make an appointment, please call **314.251.6571 option 1**.



### 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
- **Chippewa:** 6435 Chippewa St. | St. Louis, MO 63139