

Your resource for living well. Cancer Care

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



By Shawn Hu, MD

The most recent cancer statistics have revealed an alarming trend. The colon cancer incidence among younger adults, especially in the age group of 40 to 50, has increased significantly over the last decade. One

of the suspected causes is that current cancer screening guidelines do not recommend routine screening colonoscopy for this group. Now, the American Cancer Society has just revised its guideline and recommends individuals to start having their screening colonoscopy at age of 45 rather than 50. This change likely will have a positive impact on preventing and early detecting of colorectal

cancers for younger patients. However, Medicare and many insurance companies have not yet approved screening at earlier ages, so you should check with your insurance company to be sure your colonoscopy is covered. At Mercy, we have long been focusing on cancer screening and prevention effort and are well equipped to offer our patients a wide range of cancer screening tests including colonoscopy. Please call **314.387.2321**

to schedule your screening colonoscopy.

In this issue of our Cancer Care newsletter, we would like to introduce you to Mercy's outreach service which is one of the longest running breast cancer screening programs in the region. Dr. Cara Hahs will also discuss the world class breast surgery expertise at Mercy.



Mercy Clinic Breast Surgery

By Cara Hahs, MD
Board Certified Breast Surgeon

Mercy Clinic Breast Surgery is a team of breast fellowship-trained surgeons dedicated to the treatment of benign and malignant diseases of the breast. Our goal is to provide a personalized approach to breast care, and to have our patients involved in all of their treatment decisions.

Patients come to see us for a variety of reasons. One reason is for evaluation of a lump in the breast. There are many reasons to have a lump in the breast, most of which are benign. We will go through the work-up process with you and explain how to get you an answer.

We also provide recommendations regarding abnormal mammograms and biopsy techniques. We are happy to review films with you as well as explain the detail in a breast imaging report. More explanation can be provided about when to proceed with a biopsy and when it is okay to follow an area carefully.

Breast cancer is generally a very treatable cancer, with a range of treatment options available. We realize that this is an emotional, stressful time, and we are here to help you. We want to be sure you understand

your diagnosis and available treatment options. Our doctors work together with a team of cancer specialists to ensure that we are developing a treatment plan that is best for you.

For treatment of breast cancer, our surgeons offer cosmetic incisions and skin-sparing or nipple-sparing mastectomies when appropriate. We offer axillary lymph node procedures that can help minimize the risk of lymphedema. The plastic
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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**

Cancer Programs at Mercy

July, August and September 2018

Register online for all programs at mercy.net/CancerClassesSTL

Special Programs

Preventative Nutrition of Colon Cancer

Thursday, August 16
6 - 7:30 p.m.

David C. Pratt Cancer Center
First Floor Conference Room

David C. Pratt Cancer Center Dietitian, Katie Winzenburger, RD, will be discussing a high fiber diet and other preventative nutrition tips for colon cancer. Dinner will be served with some examples of the food Katie will be discussing.

Registration online is required.

Caregiver Support

Thursday, July 12 | 1 - 2 p.m.
& Wednesday July 25,
11 a.m. - Noon

David C. Pratt Cancer Center
First Floor Conference Room

If you find yourself overwhelmed as you care for your loved one, then you may find yourself in need of "me-time" to replenish your strength, to renew your hope, and to understand how to best navigate the struggles and demands that come with caring for a loved one with cancer.

Mercy is now offering a **Caregivers Support Group** where you can join other caregivers, share common experiences, learn coping strategies, and find support and understanding.

Facilitated by
Chaplain Susan Stucco

For more information,
please call **314.251.6947**.

Registration online is required.

The Power of Mindfulness: A Deeper Look

*In Partnership with
Cancer Support Community*



Three consecutive Thursdays,
August 23, August 30 and
September 6 | **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.**

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, July 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.

Participate in a vibrant and tasty summer menu with small bites and learn new nutrition information with special guests Chef Don Grace and Katie Winzenburger, RD, LD.

Registration online is required.

Yoga Basics

Wednesday, July 25,
August 22 and September 26
6:30 - 8:30 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*



July 11, August 8, September 12
(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

Super Soul Thursday

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

David C. Pratt Cancer Center
Cancer Information Center
Suite 1440

Previously known as "Open Sharing." Spend a relaxed evening sharing with the group members and find inspiration in other people's journeys.

Registration online is required.

Dental Care for those with Head and Neck Cancers

Thursday, August 23
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.

Head and Neck Cancer Support Group Retreat

Saturday, September 29
8 a.m. – Noon

David C. Pratt Cancer Center
First Floor Conference Room

Come and enjoy a relaxing Saturday morning! Our Chaplain, Susan Stucco, MPH, MAC will open the morning with a message of empowerment. We will then have Art Therapist, Rachel Lozano, ATR, LPC, and Music Therapist, Bernadette Baer, RMT, BS, offer relaxing activities!

This Retreat is made possible by funds donated in memory of Joanne Haynes.

Registration online is required.

Thyroid Cancer Support Group

August 18, September 15
No meeting July 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 5, August 2, September 6
(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.

Register online.
For more information, call 314.238.2000.

Lymphedema Support Group

Wednesday, July 11
12 - 1:15 p.m.

"Cool tips for a hot summer"

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

July 23, August 27, Sept. 24
(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

August 7 (First Tuesday every other month) | 10 a.m. - Noon

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.

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/echaplain.

Mercy Integrative Therapies

Services:

Therapeutic Massage:

\$48 - \$78 - based on length of massage

Acupuncture:

- For cancer-related side effects **\$30 per session**
- For non cancer-related issues **\$52 - \$70 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.

departments ready to make your experience as easy as possible. We are looking forward to helping you. Appointments are normally available in 1-2 days.

For more information or to schedule an appointment with Mercy Clinic Breast Surgery, call **636.256.5000**.

Mercy Clinic Breast Surgery *(continued from front page)*

surgeons we work with offer a wide range of reconstruction options including pre-pectoral implants and DIEP flaps. Our radiation oncologists offer multiple types of radiation to ensure the safest treatment for you and our breast radiologists are fellowship-trained and knowledgeable about all types of image-guided procedures. Finally, our medical oncologists are well-versed on the most up-to-date recommendations for cancer treatment, both standard treatment

regimens and research protocols.

Additionally we counsel people who have a family history of breast cancer. We offer genetic testing when appropriate and discuss implications of having a gene that predisposes to breast cancer.

Our dedicated breast facility at Mercy Clarkson-Clayton was designed to provide personalized breast cancer treatment in a single location. At this site we have collaborating physicians, such as plastic surgeons

and oncologists, a mammography center, lab and radiology services, and outpatient surgery. We also have numerous support services, such as physical therapy, social work, and nurse navigators who all utilize a team approach to breast care. The building has ample parking and easy access.

We are committed to communication, education, and excellent care. As you go through your journey we hope that you will find the staff in all of our



Mercy Breast Outreach Program

By Angie Ruppel, MSW, LCSW, and Jennifer Stumpf, RN, BSN | Mercy Cancer Support Services

Through a generous grant from Susan G. Komen Missouri, in conjunction with state funding received from the Missouri Show Me Healthy Women program, Mercy offers a Breast Outreach Program that provides free breast screenings, education and diagnostic services to women ages 40-64 who are uninsured or underinsured. Mercy has been able to provide this service for more than 17 years.

The program is organized by our Outreach Coordinator, a registered

nurse, who effectively navigates women through the breast cancer continuum of care to reduce late stage diagnosis rates as well as provide ongoing support care. She works closely with other Mercy team members including physicians, nurses and social workers to ensure these patients are receiving all the resources available. She is also trained and certified to provide clinical breast exams to those women needing one, as well as help connect women with a primary care physician if they do not have one.

One goal of the Breast Outreach Program is

to eliminate some of the identified barriers women may experience that cause them to not consider the health care services essential to their breast health and well-being. Not only are we able to assist women in our densely populated cities and counties, but we are able to reach out to some more rural areas as well. We are able to provide this service via our mobile mammography van, plus collaborations with churches and organizations, such as The Breakfast Club, CHIPs, Crider and Comtre, and Mercy's Breast Center. We are also able to identify possible transportation

assistance for those who are eligible. The program was recently awarded the Breakfast Club's Shining Star award for Mercy's continued support and partnership in making this program available in their communities. In 2017, we added five new site locations for these women that resulted in helping more than 30 additional women. In total, Mercy was able to assist 657 women and provide over 913 breast services.

For information or to schedule an appointment, call **314.251.6300**, option "0."

Cold Capping



By Laura Hooper, NP

Mercy is with you every step of

the way during your cancer treatment. As side effects arise, we want you to still feel confident and comfortable. One of the most common side effects of chemotherapy is hair loss. We encourage you to learn more about wearing a cold cap, or scalp-cooling device, to prevent hair loss during treatment. Cold cap therapy means wearing a tightly fitted cap lined with a special coolant before, during and, for a short time, after each chemotherapy treatment.

The cap is kept at a very cold temperature, -15 to -40 degrees Fahrenheit to be effective. It works by cooling your hair follicles and narrowing the blood vessels under the scalp. This limits the amount

of chemotherapy delivered to the hair follicle, making it less likely for hair to fall out. Manual cold caps can be used at any location using dry ice. However, the Mercy Infusion Center - Clayton-Clarkson has new biomedical freezer available to any patients wishing to store their cold caps during their treatments. The 3rd Floor Mercy Infusion Center at David C. Pratt Cancer Center will soon have the freezer available as well.

The biomedical freezer provides convenient access for patients who chose to use a cold cap. This freezer can keep multiple caps cold at the same time. The freezer eliminates the additional cost of dry ice that would normally be needed to keep caps at the right temperature. It also saves you the time and effort of obtaining and handling dry ice. Your infusion nurses are supportive of cold capping, but patients and family members are responsible

for handling and applying cold caps during treatment. Each cap must be stored in its own box to ensure uniform temperature.

Success with cold capping depends on the chemotherapy regimen and number of cycles recommended by your oncologist. Research studies done on women with breast cancer using a computer-controlled scalp cooling system have shown that cold capping is effective in 50-70 percent of patients. However, studies done on women who've used traditional cold caps have conflicting results. Women who receive Taxane-based chemotherapy for breast cancer have higher rates of treatment success with cold caps compared to those who receive anthracycline based chemotherapy. Some research also suggested that people with thicker hair might not have as much success than those with thinner hair. This

might be because thick hair naturally insulates against temperature change. You will likely lose some of your hair during treatment, and you may still lose most of your hair despite cold capping.

The most common complaints from patients who use cold caps are headache and feeling cold during treatment. The infusion center provides warm blankets for comfort. Some doctors have expressed concern that cold caps may prevent chemotherapy from reaching cancer cells in the scalp. However, studies have found cancer in the scalp to be extremely rare. More studies are needed to answer questions about long-term safety. At this point, there's no evidence that cold caps increase your risk of cancer metastasizing to your scalp. Discuss your planned chemotherapy treatment with your oncologist and determine whether cold capping is right for you.