



FOCUS FORWARD

For Cancer Patients, Caregivers and Survivors

2014 Volume 1

A Healthier Way to Fight Cancer

Fight the Tumor, Nourish the Patient



Chasse Bailey-Dorton, MD, MSPH, never thought she'd leave her family practice after 15 years, but breast cancer gave her a new perspective. Now a survivor, she's sharing with others what she calls her "light-bulb moment."

"I saw an opportunity and discovered there were better ways to treat me, not just the cancer," said Dr. Bailey-Dorton, co-medical director of the survivorship and integrative oncology program at Carolinas HealthCare System's Levine Cancer Institute. "I was so uplifted by the findings – I wanted to do something with it."

Dr. Bailey-Dorton

Wendy Gram Brick, MD, vice-chair of solid tumor oncology and co-medical director of the survivorship and integrative oncology program at Levine Cancer Institute, agrees. Instead of focusing solely on treating the cancer, she's taking it a step further.

"We're not just trying to save lives, but change lives too," said Dr. Brick.

Together, Drs. Bailey-Dorton and Brick oversee a growing program that offers patients a proactive approach to their cancer journey – one that promotes wellness, reduces cancer's impact and maximizes quality of life.

Living Beyond Cancer

Integrated oncology focuses on dietary and lifestyle changes that optimize health and well-being for patients living with, living through and living beyond cancer. Dr. Bailey-Dorton said she found the benefit of lifestyle change by transforming herself from "bald to buff."

"I delved into nutrition, massage, stress management and exercise and found they fulfilled what I wasn't getting – a way to cope, feel better and confidently fight the risk of recurrence."

Dr. Brick said treating the whole patient – body, mind and spirit – through evidence-based complementary therapies,

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How One Patient is Using Facebook as a Survivorship Tool

Yvonne McKee was diagnosed with cervical cancer in 2012 and has



Yvonne McKee

been receiving treatment at Levine Cancer Institute ever since. She has followed the course of treatment recommended

by her care team, but she's also had a secret weapon in her fight: Facebook.

While most people use social media as a fun way to connect with friends, McKee uses Facebook as a tool to help her deal with her diagnosis and the effects of treatment.

"Facebook provides me with a network of people who are going through similar situations," she said. "I can't imagine going through this without social media – I would feel separated without it."

According to Pew Research, only 8 percent of United States internet users

over the age of 18 used social media in 2005. Today, 73 percent are engaged with some form of social media, including Facebook, Twitter, YouTube and Pinterest.

Ben Brown, manager of social media for Carolinas HealthCare System, said the same social media tools people use on a daily basis can be put to good use by cancer survivors.

"People are naturally social creatures," he said. "We tend to congregate in spaces where we can share similar interests, beliefs and experiences. Patients who once had limited access to information and support can now connect with a world of people sharing a common experience. It's an incredibly powerful tool right at a patient's fingertips."

McKee, and other survivors who connect on social media, can benefit from:

- The opportunity to post a single status update to share progress with family and friends

- Comments on posts, which allow patients to receive encouragement from a large number of people
- Survivorship networks, which allow patients to exchange valuable insight and encouragement from others in similar situations
- A platform for some people to raise funds to help pay for treatment

McKee's high school graduating class from Boston set up a Facebook page so friends 1,000 miles away could provide moral support. She has also participated in discussions on cervical cancer survivor pages that have allowed her to connect to people who know exactly what she is going through.

"That's the biggest thing," McKee said. "People who have gone through cervical cancer can give a lot of additional information about what you are going through. Facebook has heightened my spirit and allowed me to know what I am going against. I made it beyond what doctors expected and I attribute that to social media." ••

Tasty Tips for Appetite Loss

Changes in appetite are common with cancer and cancer treatment. If appetite loss takes a bite out of your quality of life, Lead Dietitian Michele Szafranski, MS, RD, CSO, LDN, at Carolinas HealthCare System's Levine Cancer Institute, has food for thought to help ease the frustration.

No taste? Try foods with either kick – think raw garlic, onions, barbecue sauce – or soothing textures like pudding, canned peaches or ice cream.

Metal taste annoying? Avoid metal flatware, cooking in metal pots or eating food from metal cans.

Favorite foods seem off? If favorite foods lose their luster, exploit what shines. If it's salt and vinegar chips, focus on vinaigrettes, marinades and variations around that theme.

"Adequate calories and protein are essential for the body to repair itself," Szafranski said. "We help patients treat their body with good and tasty nutrition, something that can make a difference in their appetite, recovery, and level of energy, and the body's ability to fight." • •





Healing Arts



Jean Cauthen,
Artist-in-Residence

Q. Why did you want to get involved with the artist-in-residence program at Levine Cancer Institute?

A. Not unlike many employees and volunteers at Levine Cancer Institute, cancer has had a direct effect on my family – both parents battled the disease. Since then, I had been actively seeking an avenue to help others in their own journey. When the artist-in-residence opportunity, which used my abilities as an artist and art teacher, while fulfilling my desire to contribute to others, arose, I was thrilled.

Q. How does creating art help a cancer patient during the healing process?

A. Gosh, you'd be amazed at the effects. Along with Carol Tait, the other artist-in-residence, I work one-on-one with patients as they receive their treatment. Sometimes patients are in chemo for up to eight hours. What the artist provides, at minimum, is a distraction. It means a couple of hours of painting, creating and chatting that has absolutely nothing to do with cancer. Consider the process a small "vacation" from their treatment and worries. The other aspect is the relationship that is built while the artist is present, both physically and mentally. I think most artists, like writers, seek other's stories. And through talking and creating, a person gets to tell that story. These visual and verbal stories are the most significant part for me. Then there is the physiological. Nurses sometimes call us over if blood pressure is high, etc. I'm told that in the history of the program, while an artist is working in a patient's hospital room, they've never had a patient hit the morphine button.

Q. Do people discover talents they thought they never had?

A. Yes! One gentleman, while in treatment, began with a simple project of pulling string that had been dipped in ink across paper. He found such joy in that process, that he returns weekly (outside of his treatment) to paint in the craft room.

Q. Do you see a difference in the art of a cancer patient versus another person you are teaching?

A. I imagine you expect a difference in colors, subject matter, etc. But honestly, what I've found – and I've taught art for more than 30 years – is that cancer survivors are less harshly judgmental of their work than most students. They love their creations! It reminds me of the first Cancer Survivor Day celebration I attended when I was surprised that almost every person there was exuberantly, without inhibition, dancing to the DJ's music. I commented on this to the woman next to me. She said, "Of course. They are cancer survivors." ••

Music Meets Medicine: A Happy Tune for Cancer Patients

As quality of life issues and patient choices are pushed to the forefront of the national healthcare discussion, music therapy is being increasingly recognized for its unique outcomes for cancer patients, their families and their caregivers.

According to the American Music Therapy Association, music therapists provide opportunities to reduce anxiety and stress, and increase comfort in a positive, creative way.

“Although cancer can sometimes deplete the human spirit, music therapy can transform – bringing the mind, body and soul into harmony,” said Susan Yaguda, RN, MSN, nurse coordinator for integrated oncology services at Levine Cancer Institute. “We believe in treating the whole person, not just physically, but mentally and emotionally.”

Through a partnership with Queens University of Charlotte, music therapy students design individualized music interventions for adult patients and their families to help reduce pain, stress, nausea and depression. Yaguda says therapists are available on site weekly at the Morehead location and set up in various spaces, including classrooms or designated treatment areas, like the infusion room.

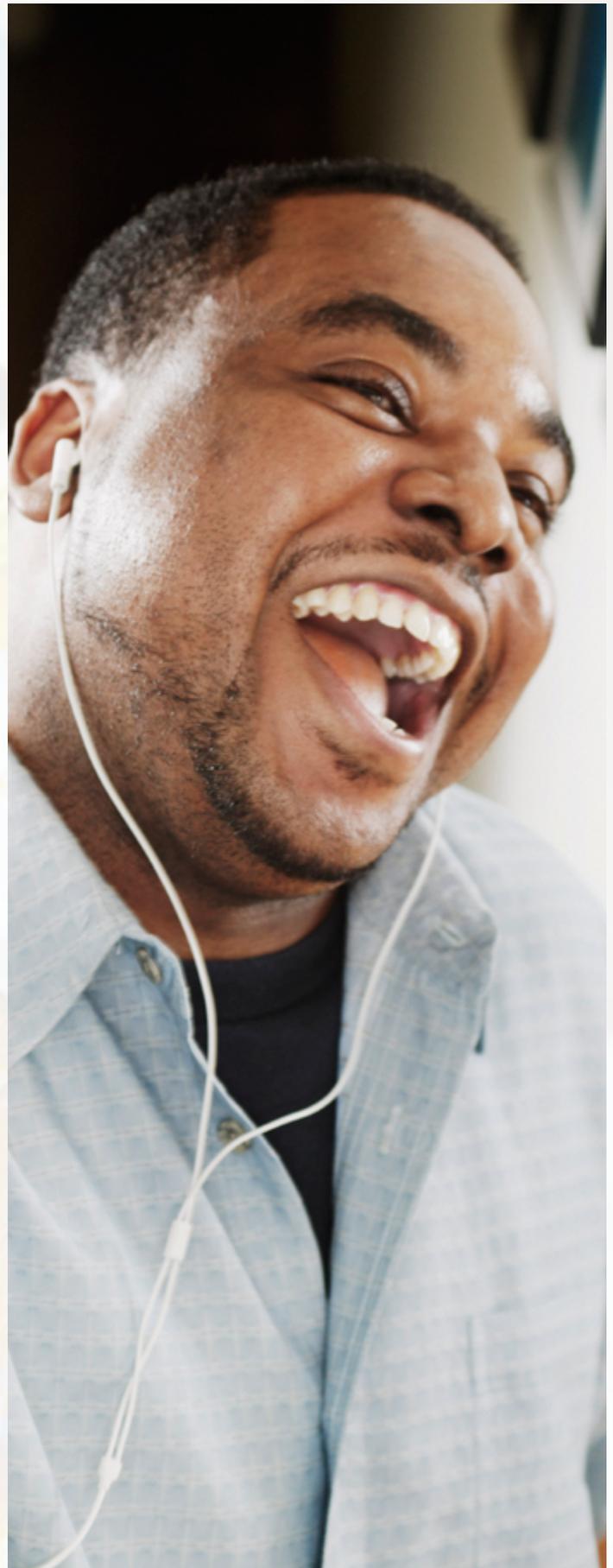
From drums and voice to piano and guitar, a wide variety of instruments and music activities are offered to encourage participation and raise spirits.

“We’re uplifted by the results,” Yaguda said. “We watch stresses melt away and see patients communicating better, feeling better and breathing better because of the program.” Yaguda says music therapy affects physiological changes, including:

- Improved respiration
- Reduced blood pressure
- Improved cardiac output
- Reduced heart rate
- Relaxed muscle tension

Yaguda likes to use different approaches for different patients. “I want to see as many patients and their families participate in our music therapy program as possible,” she said. “I’m fascinated by the positive impacts it can have.”

The program is available at no cost to patients and their families. Yaguda says the future vision is to expand the program to other Levine Cancer Institute locations. For more information on the music therapy program, call [980-442-1006](tel:980-442-1006). To support the program’s expansion and help benefit more patients and their families, consider a gift by visiting givecarolinas.org. For future cancer patients and their families, that would be music to their ears. ••





How Will the ACA Affect Your Cancer Care?

Navigating the new changes to health insurance is complex, and there are still questions swirling about the Affordable Care Act (ACA) and what it means for individuals and families, including cancer patients and survivors. Having peace of mind about the financial aspect of cancer treatment is an important part of a care plan. At Carolinas Health Care System's Levine Cancer Institute, we can help you get the information you need.

How the ACA Protects You

The ACA is intended to make health insurance more affordable and accessible in a number of ways. The federal health insurance marketplace is a hub for individuals and families in North and South Carolina to shop for health plans and access financial help to pay for plans. It also serves as a safety net for those who lose job-based health coverage for any reason. For those battling cancer, this means access to continuous coverage whether they're working or not.

The ACA also ensures:

- Emphasis on cancer prevention. Preventive care, such as screening mammograms and colonoscopies, are available at no cost in new plans that meet the ACA guidelines.
- Coverage for cancer care. Health plans sold in the new health insurance marketplace cover essential benefits, including cancer treatment and follow-up care.
- Guaranteed coverage. Insurance plans can no longer deny health coverage due to a pre-existing condition, such as cancer, or drop coverage if you get sick.
- Premiums not based on health status. Insurance rates are based on family size, geography, age and tobacco use, which means insurers can't charge higher premiums due to a cancer diagnosis or history of illness.
- No yearly or lifetime dollar limits on coverage. Insurance companies can no longer set dollar limits on the amount they will pay for your care.
- Coverage for clinical trials. The law requires most health plans to pay for routine patient care costs associated with participating in clinical trials.

Check Your Plan

Contact your insurance provider to learn more about what is covered and review your plan for changes that may affect your care. Whenever you change plans or enroll for the next plan year, check to make sure your physicians are included in the health plan network. If you don't have health insurance, visit [CarolinasHealthCare.org/Health-Insurance Marketplace](https://www.carolinashealthcare.org/Health-Insurance-Marketplace) and let Carolinas Healthcare System help you choose the right plan. The law requires that everyone (with few exceptions) have health insurance. ••

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such as natural health products, nutrition, acupuncture, meditation, yoga, massage and exercise, address individual patient needs.

“We’re conducting a clinical trial to evaluate whether acupuncture can be effective for chemotherapy-induced peripheral neuropathy,” said Dr. Brick. “Levine Cancer Institute is on the leading edge, helping patients feel empowered through education and evidence-based techniques to use in their cancer treatment and recovery.”

The survivorship and integrative oncology program helps by:

- Reducing the side effects of cancer treatment
- Reviewing the use of vitamins and supplements
- Developing a plan to reduce cancer risk factors
- Answering questions regarding alternative or complementary care
- Improving health and wellness

Both physicians are graduates of the Arizona Center for Integrative Medicine fellowship, a two-year internationally recognized medical education program.

If you would like to learn more about the survivorship and integrative oncology program at Levine Cancer Institute, call [980-442-2000](tel:980-442-2000) or visit CarolinasHealthCare.org/Levine-Cancer-Institute ••

Visit Levine Cancer Institute’s Focus Forward patient portal – an online resource for cancer patients, caregivers and survivors.

HOT TOPICS | UPCOMING EVENTS | NUTRITION & RECIPES | BODY, MIND & SPIRIT | LIFESTYLE

CarolinasHealthCare.org/Cancer-Focus-Forward





LEVINE CANCER INSTITUTE

Levine Cancer Institute is changing the course of cancer care by removing barriers that separate patients from access to advanced research and breakthrough treatments. The Institute's mission takes cancer care to a new level in the Carolinas, providing:

- Convenient access to quality cancer care
- Easier participation in clinical trials, evaluating the latest cancer care treatments and approaches
- New and advanced cancer programs, state-of-the-art equipment and treatment protocols
- Recruitment of nationally-recognized cancer care experts
- Patient navigators who provide support and guidance through every step of cancer detection, treatment and healing

Levine Cancer Institute strives to be recognized by cancer patients, their families, referring physicians and the communities served by Carolinas HealthCare System as the first choice provider for cancer care.

For more information on Levine Cancer Institute
CALL | 980-442-2000
VISIT | CarolinasHealthCare.org/Levine-Cancer-Institute.



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