



HOPE

**OPENING
OCTOBER 2012**

Levine Cancer Institute is changing the course of cancer care by removing barriers that separate patients from access to world-class 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, visit www.levinecancerinstitute.org or call 980-442-2000.



Levine Cancer Institute

www.levinecancerinstitute.org

FOCUS FORWARD

SUPPORT NOTES



Adrian Thornburg
Cancer Support Counselor

With children in the family, there are very few secrets. They feel the anxiety adults try to keep under control, hear the phone conversations about cancer between family members, and begin to see physical changes in their loved one's body. As routines and responsibilities shift among adults, children are expected to move with the flow while given limited information.

As loving adults, we have the opportunity to teach children about cancer. They will take their cues from us. Don't assume they know what cancer is and don't discount understanding based on age.

Consider this list when talking to children about a cancer diagnosis:

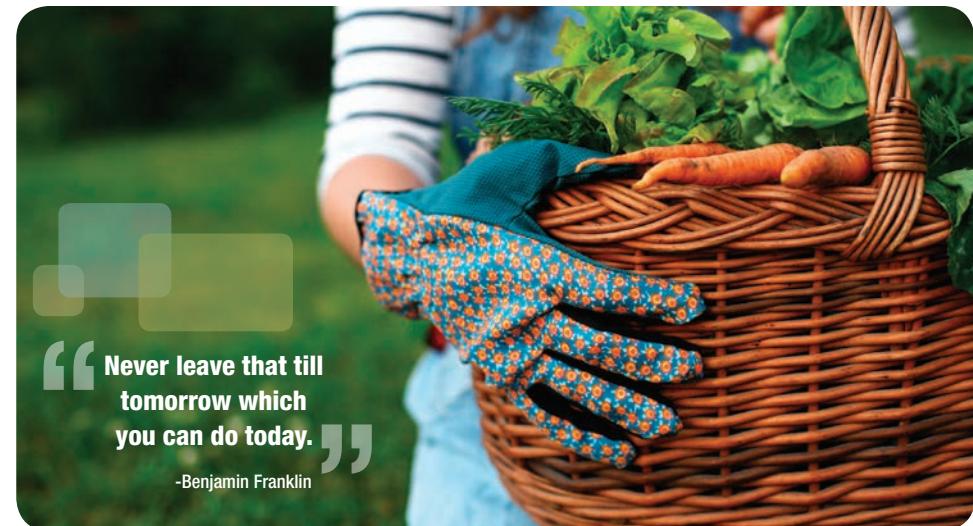
- Give them accurate, age-appropriate information.

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Levine Cancer Institute

1021 Morehead Medical Drive
Charlotte, NC 28204



“Never leave that till tomorrow which you can do today.”

-Benjamin Franklin

FEATURED PHYSICIAN



FERTILITY PRESERVATION FOR MEN

Michelle Matthews, Director of Fertility Preservation - Approximately one in 69 men are diagnosed with cancer by 45 years of age. While survival rates are higher than ever, many men have significantly compromised fertility after their life-saving treatments. Fortunately, options are available to preserve future fertility for these men, and cryopreservation (freezing) of sperm is the most reliable method.

With cryopreservation, three or more semen samples produced at least 48 hours apart is ideal. Several samples are recommended since many men with cancer have low sperm counts even before their cancer treatment is initiated. Approximately 50 percent of men with testicular, hematologic and other cancer malignancies have low sperm counts, and 15 percent present with no sperm before the start of cancer care.

For men with no ejaculated sperm, a surgical testicular sperm extraction may be performed. Approximately 35 percent of men have sperm recovered from this procedure even after chemotherapy or radiation. The sperm is utilized for in vitro fertilization and healthy pregnancies have been reported.

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HORIZONS

WELLNESS STAY FIT TO FIGHT CANCER



Kimberly M. Sbardella, RN, Carolinas Cancer Wellness Coordinator

According to the Centers for Disease Control and Prevention, there are almost 12 million cancer survivors in the United States today. Many of the treatments to fight cancer may cause side effects such as anxiety, depression, difficulty sleeping, nausea and extreme fatigue. Survivors can combat side effects by continuing to exercise during treatment and maintaining activity through all phases of recovery.

Aerobic activity has been proven to significantly increase stamina and energy levels of survivors during cancer treatment. Exercise produces endorphins that offer a mental "pick me up" while fighting the disease. This helps to decrease symptoms of depression and anxiety. Studies have shown that physical activity may decrease the risk of cancer recurrence and is associated with a prolonged survival rate after diagnosis. Just 10 minutes of exercise each day will produce health benefits for cancer survivors. To begin, we recommend you choose a fun activity, recruit an exercise buddy and get started. Always consult your oncologist before beginning an exercise program.

Through the support of 24 Hours of Booty, Levine Cancer Institute provides a comprehensive wellness program to assist in the fight against disease and to promote a healthy lifestyle. Carolinas Cancer Wellness Program is designed to provide cardiovascular and flexibility exercises, as well as strength training to enhance your overall approach to health. This free eight-week program is open to all survivors including those currently in treatment, and is available at locations throughout the region.

To register or learn more about Carolinas Cancer Wellness Program, call 704-716-6150 or email kimberly.sbardella@carolinashealthcare.org.

Carolinas Cancer Wellness Program
An eight-week program designed to assist in managing the physical side effects of cancer for survivors during treatment or recovery.

To learn more about this program, call **704-716-6150**.

Support Groups, Programs and Activities

CMC

ARTIST-IN-RESIDENCE PROGRAM

A program designed to create a link between illness and wellness by bringing art making to cancer patients in active treatment.

Contact: Mellisa Wheeler, 704-355-1393

BREAST RECONSTRUCTION FORUM

A place for education and support

Location: CMC Cosmetic & Plastic Surgery
1025 Morehead Medical Plaza
Suite 300
Charlotte, NC 28204

Contact: Christin Harrison, 704-446-6810

CAROLINA BREAST FRIENDS

A positive environment for women with breast cancer through education, encouragement and friendship.

Location: 1607 E. Morehead St.
Charlotte, NC 28207
Call 704-942-8202

Contact: Meg Turner, 704-355-7283
meg.turner@carolinashealthcare.org

CAROLINAS CANCER WELLNESS PROGRAM

A free eight-week exercise program designed to assist in managing the physical side effects of cancer for survivors during treatment or recovery.

Contact: 704-716-6150
kimberly.sbardella@carolinashealthcare.org

HISPANIC CANCER SUPPORT GROUP- ¡EN ESPAÑOL!

Targeted to meet the needs of Hispanic women

Location: Morehead Medical Plaza
Blumenthal Cancer Center
Contact: Magbis Love, 704-446-1548

GROCERY STORE TOURS

Join us for a free grocery store tour guided by a dietitian.

Location: Area Grocery Stores
Contact: Meredith Byrne, 704-355-8237

KIDNEY CANCER SUPPORT GROUP

Location: Morehead Medical Plaza
Blumenthal Cancer Center

Contact: Adrian Thornburg, 704-446-1345

LIVING WITH CANCER

A support group for anyone with cancer. Friends and family are also invited.

Location: Morehead Medical Plaza
Blumenthal Cancer Center
Contact: Meg Turner, 704-355-7283
meg.turner@carolinashealthcare.org

CHEMO 101

LOOK GOOD... FEEL BETTER

Is free and open to any women undergoing treatment for cancer. Trained cosmetologists use makeup, wigs and scarves to help women cope and adjust to the side effects of treatment.

Location: Morehead Medical Plaza
Blumenthal Cancer Center
Contact: Meg Turner, 704-355-7283
meg.turner@carolinashealthcare.org

LARYNGECTOMY SUPPORT GROUP

Greater Charlotte Chatterboxes Laryngectomy Support Group

Location: Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28207

Contact: Samantha Jones, 704-355-4347

NUTRITION FOR WOMEN WITH BREAST CANCER

A nutrition class designed specifically for women with breast cancer. Learn more about what you should be eating and clear up common misconceptions.

Location: Morehead Medical Plaza
Blumenthal Cancer Center
Contact: Dana Ingoglia, 704-446-5171

OVARIAN CANCER SUPPORT GROUP

Location: Morehead Medical Plaza
Blumenthal Cancer Center
Contact: Meg Turner, 704-355-7283
meg.turner@carolinashealthcare.org

THERAPY WRITING CLASS

A writing group created to honor the experiences of living with cancer.

Location: Blumenthal Cancer Center
Contact: Meg Turner, 704-355-7283
meg.turner@carolinashealthcare.org

CMC-NORTHEAST (cont.)

CHANGING THE FACE OF CANCER

For cancer survivors and caregivers coping with an advanced cancer diagnosis.

Location: Batte Cancer Center
Contact: Cora Davis, 704-403-1055

CAREGIVERS CONNECTION

An opportunity for caregivers to connect informally, relax and take a break.

Location: Batte Cancer Center
Contact: Cora Davis, 704-403-1055

BREAST CANCER SUPPORT GROUP

For individuals and families coping with a new diagnosis of breast cancer.

Location: Batte Cancer Center
Contact: Cindy Wise, 704-403-2392

TOOLS FOR CANCER

A hands-on skills class for dealing with the changing circumstances of life.

Location: Batte Cancer Center
Contact: April M. Carroll, 704-403-2129

CMC-PINEVILLE

NUTRITION FOR WOMEN WITH BREAST CANCER

A nutrition class designed specifically for women with breast cancer. Learn more about what you should be eating and clear up common misconceptions.

Location: Levine Cancer Institute-Pineville
Contact: Meredith Byrne 704-355-8237

CMC-UNION

LOOK GOOD... FEEL BETTER

For more information about CMC-Union support groups, contact: Donna C. Little, Oncology Program Manager/Patient Navigator

704-283-3265 or dlittle@carolinashealthcare.org

To subscribe to this newsletter, visit:
www.levinecancerinstitute.org/focusforwardsignup

COMPLEMENTARY MEDICINE



CAM THERAPIES AND OPTIMAL SURVIVORSHIP

Russ Greenfield, MD, Director of Integrative Oncology

The acronym "CAM" stands for complementary and alternative medicine. The term is still used frequently in some circles, but has largely been replaced by integrative medicine, defined as

healing oriented medicine that takes account of the whole person – body, mind and spirit, family, community and environment, and all aspects of lifestyle. It emphasizes the therapeutic relationship between patient and caregiver, and makes use of all appropriate therapies, both conventional and complementary.

By definition, "alternative medicine" implies treatment that does not include conventional medical care. Conventional medicine may have its shortcomings, but when it comes to managing urgent and emergent medical conditions, continuing advances in modern medical care and the highly skilled practitioners who provide it offer the best chance for successful outcomes.

Complementary therapies can be useful, however, especially as a means of supporting overall health and healing. Integrative care promotes a personalized approach to wellbeing that includes a combination of the best conventional medical practices—dietary and lifestyle measures that can help you better take control of your health—and evidence-based complementary therapies.

How do you determine which, if any, complementary therapies might be of benefit to you? You could search the Internet, of course, or ask for advice from the clerk at your neighborhood health food store, but it would be far better to obtain guidance from providers who are also well versed in complementary therapies.

You can find that at Levine Cancer Institute. Integrative oncology combines the best conventional cancer treatment with safe, effective complementary therapies. These include:

- Acupuncture
- Massage therapy
- Therapeutic yoga
- Guided imagery
- Healing arts
- Physical fitness

At Levine Cancer Institute, you experience personalized care for your condition—healing your body, mind and spirit. Ask your doctor if the complementary therapies offered at the Institute might be right for you. *To learn more, call the Levine Cancer Institute Department of Survivorship & Integrative Oncology at 704-302-8022.*

FINDING RESOURCES



ARTIST-IN-RESIDENCE PROGRAM

MELLISA WHEELER LCSW, Patient Navigator

With a commitment to providing outstanding support services to our patients, Levine Cancer Institute proudly offers the Artist-In-Residence (AIR) program. Thanks in part to a generous grant from the LIVESTRONG Foundation in 2012, The Institute has welcomed two local artists, Jean Cauthen and Rachel Simpson, who are charged with bringing the program to life. The Artist-in-Residence program is designed to create a link between illness and wellness by bringing art to cancer patients in active treatment.

The artist-in-residence spends approximately eight hours per week at the cancer center working one-on-one with patients to create artistic

pieces that aid in relieving the stress, fear and pain associated with cancer diagnosis and treatment. For patients seeking peer interaction and sharing, they may choose to participate in "Art & Soul" creative expression group classes offered twice monthly at the Institute. Guided by the artist-in-residence, participants spend two hours exploring art mediums reflective of their own personal style.

The evidence-based Artist-in-Residence program provides an excellent opportunity for patients to focus on something other than illness, giving a renewed sense of control as they make choices about the art they want to create. By giving the patient something to look forward to, there is a decrease in anxiety and depression and an increase in overall sense of wellbeing. There are no fees associated with the program and all skill levels are encouraged. *For more information or to register for an upcoming class, call Mellisa Wheeler at 704-355-1393.*

SUPPORT NOTES

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- Reassure them that nothing they did or said caused the cancer.
- Remind them that cancer is not contagious.
- Be honest and realistic about treatment options and physical changes.
- Help them understand that routines may change. Encourage them to help with care.
- Don't be afraid to seek professional help if it is needed.
- Remember, it's OK for YOU to not have all of the answers.

Helpful websites:

www.cancer.org
www.cancercare.org
<http://parentingwithcancer.com>



GENETIC COUNSELING



Lindsay Langford, MS, Genetic Counselor - If someone in your family has had cancer, talking with a genetic counselor may help you learn more about your risks for the disease. One of the ways genetic counselors gauge a person's risk for cancer is through his or her family history. Before meeting with a genetic counselor, patients are asked to talk to family members about their health history, including cancer. The following questions are helpful in figuring out a person's risk for cancer:

Who in my family has had cancer?

What type(s) of cancer did they have?

How old were they when they had cancer?

If they are deceased, how old were they when they passed away?

Has anyone in my family had genetic testing related to cancer?

Based on your family history, a genetic counselor may be able to tell you more about your risk for getting cancer. If the genetic counselor sees a pattern of cancer in your family, you may be offered testing to help you and your doctor make choices about your care. Genetic test results may also help you know if other family members are at risk.

Talk with your doctor to see if genetic counseling is right for you.

TAKE CONTROL OF YOUR WEIGHT



Dana H. Ingoglia, RD, CSO, LDN

The American Cancer Society recommends that individuals achieve and maintain a healthy weight throughout life. Experts

estimate that excess body weight contributes to approximately 20 percent of all cancer-related deaths. For obese and overweight individuals, losing even small amounts of weight can bring health benefits. Try setting a realistic goal of 10 percent of your body weight. For a 250-pound individual, this would be 25 pounds. Once you meet that goal, start on the next 10 percent. Eat regular, balanced meals. Try filling your plate with two-thirds plant foods (fruits, vegetables, whole grains and beans) and one-third lean proteins. Regular physical activity must also be included. Adults should get at least 150 minutes of moderate intensity walking or 75 minutes of vigorous intensity running or biking activity each week.

Lemon Rosemary Zucchini

Featured in the revised edition of The New American Plate

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 medium yellow bell pepper, diced
- 2 teaspoons finely minced fresh rosemary
- 2 cups chopped zucchini (2 medium)
- 1-3 teaspoons freshly squeezed lemon juice, or to taste
- Salt and freshly ground pepper, to taste

Instructions:

In medium non-stick skillet, heat olive oil over medium heat. Add yellow pepper and rosemary and sauté 2 minutes. Add zucchini and salt/pepper, to taste. Continue to sauté for another 4 to 5 minutes or until zucchini is tender. Remove from heat and stir in lemon juice.

Makes 4 servings

Nutritional Information:

Per serving: 46 calories, 3g total fat (< 1g saturated fat), 1g dietary fiber



Nutrition Corner

PATIENT NAVIGATION

NOW WHAT?



Darcy Doege, RN, BSN - Day-to-day issues can become big issues when you or someone you love is diagnosed with cancer. Simple tasks become distracting and hard to manage. It is important to have resources and support available to ensure that you and your loved ones don't get lost in the mix of things.

Open communication between you and your healthcare team is an important way to keep anxiety and worry at a minimum, and is key to good outcomes. As providers we want to ensure that you don't feel "in the dark" about decisions involving your care.

Advocating for yourself is integral in your cancer journey. If you are concerned with your treatment plan – ask for an explanation. Your nurse navigator can help you know when and what questions to ask.

Nurse navigators provide resources, education and support to help you and your loved ones feel more control over an uncontrollable situation and to make informed decisions.

When a loved one is diagnosed with cancer, friends and family want to be involved and understand what is happening. However, it can become overwhelming for you to constantly answer questions concerning your diagnosis. Ask your nurse navigator for resources and support available to you and your family and friends.



FINDING RESOURCES



Terri Sexton, Social Worker, MSW, LCSW - A diagnosis of cancer can be emotionally and financially challenging and affect the basic functioning of your everyday life. It has the potential to affect relationships with family, friends and co-workers, and influence a person's self-image. CancerCare is a non-profit organization that aids people affected by cancer with challenges they may encounter. CancerCare offers modest financial assistance for cancer-related costs to eligible patients as well as educational materials such as booklets and workshops to help them and their loved ones better understand the diagnosis and treatment of the disease. CancerCare also provides online support groups as well as phone counseling to help patients and loved ones cope with a cancer diagnosis. All CancerCare services are provided by cancer professionals. *To inquire about CancerCare programs or services, call 800-813-HOPE (4673) or visit www.cancercare.org.*

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Research into in vitro generation of sperm from harvested stem cells is still investigational. For this reason, and to maximize chances for future fertility, it is critical to address preservation options and sperm cryopreservation prior to initiating cancer treatments to maximize chances for future fertility.