

LEVINE CANCER INSTITUTE RESEARCH & ADMINISTRATIVE HEADQUARTERS

2012 VOLUME 4



Headquarter's Entrance at Night



Cancer Resource Room



Rooftop Garden

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

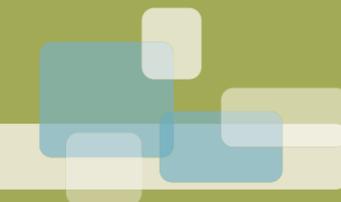
Levine Cancer Institute strives to be recognized by cancer patients, their families, referring physicians and the communities served by Carolinas HealthCare System as the first choice provider for cancer care.

For more information on Levine Cancer Institute, visit www.levinecancerinstitute.org or call 980-442-2000.



Levine Cancer Institute

1021 Morehead Medical Drive • Charlotte, NC 28204
www.levinecancerinstitute.org



FOCUS FORWARD

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www.levinecancerinstitute.org/focusforwardsignup

SURVIVOR SPOTLIGHT

Meet Cancer Warrior Latonia

In 2011, after a series of symptoms indicated there might be an underlying problem, Latonia sought medical attention and received shocking news. She was diagnosed with breast and uterine cancer. Throughout treatment, Latonia has remained upbeat and determined to help others along the way by sharing her story.

What were some challenges you faced?

"The challenges included the need for transportation after having my car repossessed, the ability to pay rent, and income for food and medical necessities. In one word ... RESOURCES."

What helped you face those challenges?

"Levine Cancer Institute's four-inch binder for new patients offered resource information that helped with a lot of my financial challenges."

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Chasse Bailey-Dorton, MD pictured on far right.



POLE, POLE!: CLIMBING MOUNT KILIMANJARO AND CANCER SURVIVORSHIP

Chasse Bailey-Dorton, MD, Co-Medical Director, Survivorship

Hearing the word "cancer" upon diagnosis, one can become scared and fearful, as thoughts of "I can't do this" race through the mind. These same feelings can occur during different stages of the route to climb Kilimanjaro. Even the thought of death sneaks into your mind as you assess perilous portions of the Kilimanjaro climb—and the cancer journey. From a personal experience, the similarities between climbing Mount Kilimanjaro and that of cancer survivorship are overwhelming.

The first phase of the Kilimanjaro climb includes preparing your required gear list. The initial phase of cancer diagnosis is similar: gathering results from CT/MRI scans, labs, physical exams and biopsy/pathology. Once you have your information and equipment, you are ready to plan your route and proceed with the journey.

On the Kilimanjaro climb you take one short, slow step at a time, with attention focused on where you will place your foot next. Your attention cannot waiver to enjoy the surrounding scenery, for fear of a misstep. If you look ahead, or worry about what comes next, the path may seem daunting and unachievable but, with your head down and focused on each moment, you make the day's journey one small step after another. Our African guides

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Levine Cancer Institute

WELLNESS

WHAT IS HEALING TOUCH?



Jean S. Pruett, DMin, HTCP/I, LPC, NCFBPPC - Healing Touch is a “hands-on”, hands-off energy therapy discipline founded by a nurse in the 1980s that addresses the health and balance of the whole person—physically, emotionally, mentally and spiritually. Practitioners of Healing Touch consciously use their hands in a heart-centered and intentional way to support and facilitate health and wholeness.

Noninvasive and cost-effective, it is based on the caring relationship between practitioner and client/patient.

The goal of Healing Touch is to restore balance and harmony in the human energy system, placing the client/patient in an optimal position to self heal. It is based on Jean Watson’s Theory of Caring rooted in compassion, positive intention, self-empowerment, the mind-body-spirit triad relationship and our own innate tendency toward healing.

One of the most noted responses to Healing Touch treatment is a greatly improved sense of relaxation. Any medical professional knows that when there is a heightened sense of relaxation, all the processes in the body that support health become more functional so that healing can occur on a much quicker basis. Just as importantly, the immune system is strengthened to maintain and better prevent further instances of disease, and maintain an overall sense of well-being. Healing Touch offers:

- Reduced level of anxiety
- Relief from stress and depression
- Decrease in chronic pain symptoms
- Increased endocrine and immune functioning
- Deepened spiritual connection
- Cancer treatment support

For information about Healing Touch at Levine Cancer Institute, visit www.levinecancerinstitute.org or call 980-442-2000.



Healing Touch Treatment

To learn more about this program, call 980-442-2000.

CHANGE

Support Groups, Programs and Activities

CMC

For information about groups at CMC, contact: Cheryl Whitley at 980-442-2000 or email cheryl.whitley@carolinashealthcare.org

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.

BREAST RECONSTRUCTION FORUM

A place for education and support
Location: CMC Cosmetic & Plastic Surgery
1025 Morehead Medical Plaza
Suite 300
Charlotte, NC 28204

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

CAROLINAS CANCER WELLNESS PROGRAM

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

GROCERY STORE TOURS

Join us for a free grocery store tour guided by a dietitian.
Location: Area Grocery Stores

HISPANIC CANCER SUPPORT GROUP— ¡EN ESPAÑOL!

Targeted to meet the needs of Hispanic women
Location: Morehead Medical Plaza
Levine Cancer Institute

KIDNEY CANCER SUPPORT GROUP

Location: Morehead Medical Plaza
Levine Cancer Institute

LARYNGECTOMY SUPPORT GROUP

Greater Charlotte Chatterboxes Laryngectomy Support Group
Location: Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28207

LIVING WITH CANCER

A support group for anyone with cancer. Friends and family are also invited.
Location: Morehead Medical Plaza
Levine Cancer Institute

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
Levine Cancer Institute

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
Levine Cancer Institute

OVARIAN CANCER SUPPORT GROUP

Location: Morehead Medical Plaza
Levine Cancer Institute

THERAPY WRITING CLASS

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

Location: Levine Cancer Institute

CMC-NORTHEAST

BREAST CANCER SUPPORT GROUP

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

Location: Batte Cancer Center
Contact: Cindy Wise, 704-403-1370

CAREGIVERS CONNECTION

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

Location: Batte Cancer Center
Contact: April M. Carroll, 704-403-1370

CHANGING THE FACE OF CANCER

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

Location: Batte Cancer Center
Contact: Cora Davis, 704-403-1370

CHEMO 101

A class for newly diagnosed patients designed to educate about cancer, chemotherapy and improving the overall experience.

Location: Batte Cancer Center
Contact: April M. Carroll, 704-403-1370

“2-YOUNG” SUPPORT GROUP

A group for young cancer patients.

Location: Call for Location
Contact: April M. Carroll or Cora Davis
704-403-1370

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
dlittle@carolinashealthcare.org

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FINDING RESOURCES



Catherine Hall, MSW, LCSW, Oncology Social Worker

Many people with cancer face financial struggles and are unable to continue working due to their diagnosis and/or the side effects of treatment. If your medical condition results in long-term disability, assistance may be available. The Social Security Administration provides long-term

disability benefits to U.S. workers who are unable to work for more than 12 months due to a physical or mental condition.

You may have heard that people are frequently denied disability benefits and wonder if it's worth your time and effort to apply. The Social Security Administration has a Compassionate Allowances (CAL) Program that fast-tracks applications for people with certain diagnoses, including some cancers. Established in 2008, the goal of the program is to expedite the application benefit for people with serious conditions. In April 2012, the Social Security Administration announced 52 new CAL conditions, primarily involving neurological disorders, cancers and rare diseases. Effective Aug. 11, 2012, the new additions bring the total number of conditions to 165. If your condition is not included on the list, you can still apply for long-term disability.

A list of CAL conditions is available on the Social Security Administration Web page. The application process for program is the same as that for general disability benefits. You can apply online or in person at your local Social Security Administration office.

To apply for long-term disability through the Compassionate Allowances Program, you will need to provide:

- Name
- Date of birth
- Social security number*
- Name, addresses and telephone numbers of healthcare provider(s), including doctors, hospitals and clinics where you receive treatment
- Medical history
- List of current medications
- Signed consent that allows your healthcare provider(s) to release your medical records to Social Security for review

The Social Security Administration website has detailed information on the Compassionate Allowances Program for long-term disability at www.ssa.gov. If you do not have access to a computer, please visit the Levine Cancer Institute Patient Resource Center.

*This information is also required for spouses and children under the age of 18.

NEW HOPE THROUGH CLINICAL TRIALS

Allison Risha, RN, BSN, OCN

At Levine Cancer Institute, our mission is to change the course of cancer care in the Carolinas. Our clinical trials group has been doing this in Charlotte and the surrounding area for years—offering patients access to novel therapies and alternative treatment options that provide the hope they need to continue their fight against this complex disease. The program has been very successful and changed countless lives across the Carolinas.

What is a clinical trial? Clinical trials are carefully controlled studies that investigate the safety and efficacy of particular medications or the methods in which they are administered. These studies help doctors find answers to such questions as what doses of new drugs are effective, which patients can benefit from them and what diseases they should be used for. In order for a drug to gain FDA approval and become widely available as a standard treatment, it must show both safety and efficacy through multiple phases of clinical trials. Early phase trials make sure the treatment is safe, while later phase trials ensure it works better than the existing standard.

At Carolinas HealthCare System, patients across the network of cancer care facilities have access to novel therapies and leading-edge

cancer research without having to leave the Carolinas or traveling hours for care. Our Levine Cancer Institute clinical trials team has expanded operations to include Cleveland Regional Medical Center, Edwards Cancer Center at Carolinas Medical Center-Union, Batte Cancer Center at Carolinas Medical Center-NorthEast and Roy M. Hinson Cancer Center at Stanly Regional Medical Center, as well as numerous radiation therapy centers and private practice locations. We also collaborate with other CHS facilities to share best practices, creating a novel approach to cancer research.

Thousands of cancer survivors have participated in clinical trials at the cancer centers that comprise Levine Cancer Institute. This research has aided in the development of new treatments and improvements in symptom management. While today's standard treatment regimens are based on past clinical trials, our researchers are continually exploring the next generation of cancer care and potential cures.

"Better together" truly is the hallmark of the Levine Cancer Institute's clinical trials team—a team where every patient at every LCI location plays a frontline role in changing the course of cancer care in the Carolinas—because where you live shouldn't determine how you fight cancer.

SURVIVOR SPOTLIGHT

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At the back of the book I found my patient navigator with the American Cancer Society. Her passion to help and listen to my needs allows me to not stress, but rather to have confidence and heal. It has been an uphill climb, but the light shined bright and I am forever grateful."

What would you share with others who are newly diagnosed?

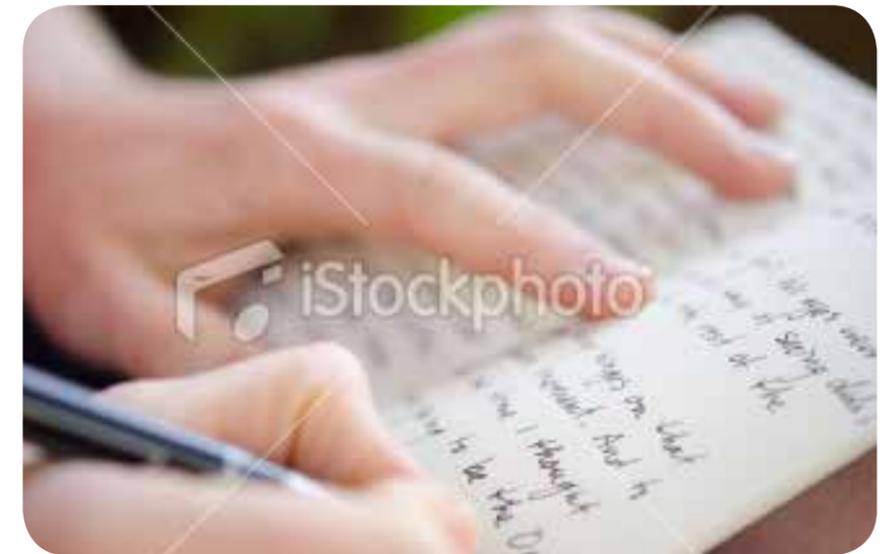
"I share my story with any newly diagnosed patient. I share how important it is to listen to your body and strive to have 100 positive thoughts per day, and to meditate and exercise to stay healthy - mind, body and soul. Most importantly, talk to your doctor and share your family history. To make the process of healing a joy, continue to smile even when it hurts. Become a warrior in the process to be a successful survivor."

What gives you strength as a cancer survivor?

"The strength and passion to pay it forward and volunteer; to gain more knowledge about cancer and share with others so that we all may defeat it."

How has this experience changed your life?

"This experience has changed my life for the better because I'm not running through it, but rather living it. By telling my story to others, my hope is that everything I have been through may help another who is newly diagnosed or living with cancer. Spirituality has allowed me to balance life's challenges and pour my knowledge into another patient's cup. Because we cannot argue against the reality of life, it will make us suffer; facing the truth about our destiny gives us the opportunity for happiness and purpose. Remember you are beautiful ... laugh from your liver and love from your heart. Prayers go up and blessings shower down."



SURVIVOR ENCOURAGES OTHERS TO CREATE A LEGACY

Susan Olson Lawson feels she has a calling to teach writing. When she was diagnosed with ovarian cancer, she learned that survivorship was limited to five-year statistics. "I asked myself why I would need five years to accomplish what I really felt passionate about doing today." Lawson, an English instructor and academic advisor at Johnson C. Smith University, decided to intersect her passion for teaching writing with her experience as a cancer survivor to develop writing workshops for other survivors and their loved ones. She does this locally as facilitator of the Levine Cancer Institute Writing Community and at the Ovarian Cancer Retreat at Camp Mak-A-Dream in Gold Creek, Mont.

Lawson believes writing is therapeutic. "It's not only empowering to write a story, but to share it with others, especially those who know what it means to live with cancer." Lawson says survivors may or may not write about their cancer experiences. "We have other stories we want to capture, too, such as family memories and experiences, some comical, some endearing."

Lawson, who earned her MFA in creative writing from Queens University, encourages free writing, a spontaneous, stream-of-consciousness form of communication. Participants also use graphic organizers, make lists or outlines and use any writing device that works for them. Workshop members can write poetry or stories that stand on their own, or they may choose to link their work into a collection. "Either way, we are creating a legacy," says Lawson.

The Levine Cancer Institute Writing Community meets once a month and is open to survivors and their loved ones. The group typically discusses a topic before writing begins. Lawson uses the topic as a springboard for a variety of prompts. "I toss out questions for us to ponder and, after a short discussion, we write and then read our work to one another."

In June, the Writing Community wrote about wanderlust. "We talked about how we anticipate a vacation and then look forward to getting home to sleep in our own bed." In July, just as the world turned its attention to the Summer Olympics, the Writing Community

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HEALTHY EATING ON A BUDGET



Rachel Burnes, RD, CSO, LDN, Would you like to fill your plate with healthy food while on a budget? Environmental Working Group's (EWG) "Good Food on a Tight Budget" will help. This is a healthy shopping guide that list foods that are good for you and the planet. They look at health concerns like mercury in fish and pesticides on produce.

According to EWG, the following are just a few examples of healthy and affordable foods:

- Fruit: banana, orange, pear
- Vegetables: collard greens, kale, carrots, pumpkin
- Grains: oatmeal, barley
- Seafood: tuna, cod
- Beans and more: black beans, chickpeas, walnuts, eggs, turkey
- Dairy: non-fat dry milk, cottage cheese, non-fat yogurt
- Oils: canola oil

To view the guide, visit www.ewg.org/goodfood.



Nutrition Corner



Fall is here! I like to recommend kale and collard greens. According to the EWG, both are healthy and affordable vegetables. Not only are they in season, but they are a good source of fiber. Most importantly they have cancer fighting phytochemicals (chemicals found naturally in plants that help our bodies fight disease and keep our immune system strong).

Here is a recipe I enjoy preparing. Trust me, it's EASY! It's also great because you can cook it ahead of time, reheat in the microwave and tastes great!

Tasty Kale

Ingredients:

- 1 – 2 bunches of kale
- 1 medium onion
- Canola oil
- Water
- Salt

Instructions:

1. Rinse and dice onion.
2. Rinse kale and cut into strips (lengthwise across the leaf and stem). **
3. Place oil in a pan with onions and turn on medium high. (Use as much oil as you need to cook the onions.)
4. Cook onions in the oil until they begin to turn transparent.
5. Add kale to the pan; stirring until onions, oil and kale are mixed.
6. Cook for 1 minute.
7. Add enough water to coat the bottom of the pan.
8. Cover and let steam. Add water if it dries up.
9. Cook for 12 – 15 minutes or until kale is tender to eat.
10. Add salt to taste.
11. Eat immediately. Keep warm covered in oven, or refrigerate until reheated.

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pondered the nature of playing games, competition and team spirit. In August, the group tackled the contagious nature of good cheer, a frame of mind or attitude typically associated with the holidays. "Workshop participants can write about anything. It's all good," says Lawson.

Lawson also facilitated writing workshops for the Camp-Mak-A-Dream Ovarian Cancer Retreat in May 2012. The retreat theme—"Finding the Joy in Telling Our Stories"—culminated in poetry, dramatic readings and small group performances that evoked howls of laughter and tears of resonating emotion.

Like many in her writing workshops, Lawson is undergoing treatment. However, she finds inspiration in other survivors. "I'm always amazed at how hard cancer survivors and their loved ones work to raise awareness and advocate for research. It's an incredible privilege to hear their life stories." In addition to gaining strength from the writing workshops, Lawson says she feels tremendous support from her colleagues at Johnson C. Smith University. "I'm grateful I teach where service learning is not just for students. The University is dedicated to service in the community."

Johnson C. Smith University also supports Lawson's advocacy on campus. The Academic Center for Excellence, where Lawson advises, celebrates "Teal Tuesday" - a day her department set aside in the month of September dedicated to gynecological cancer awareness and representing the designated color for ovarian and other gynecological cancers. "In the past two years we have offered educational materials and activities, hosted a speaker and provided teal nail polish for our students' fingers and toes," says Lawson. Ovarian cancer is the deadliest of the gynecological cancers, with most women diagnosed only after the disease has advanced. The American Cancer Society estimates 22,000 women will be diagnosed with ovarian cancer this year, and that about 15,000 will die. "We want our students to be informed, and to listen to their bodies," says Lawson.

Lawson encourages all cancer survivors to join a community of writers. "Set aside any fears you may have about writing. It's not about perfection," she says. "It's about honoring whatever experience you want to capture. Writing provides witness to our lives, and we honor our experiences through it."

**Derived from Johnson C. Smith University Press Release*

“Don't judge each day by the harvest you reap but by the seeds that you plant.”

-Robert Louis Stevenson

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continuously urged us onward with the words "pole, pole" which, in Swahili, mean "slowly, gently, softly, quietly; be calm, take it quietly."

On the Kilimanjaro climb, guides advise and lead you on the correct path at the right pace. In survivorship, the guides are our physicians and patient navigators. Near the summit it was so cold that, at times, I needed my guide to help me with the basic task of putting on my gloves. Cancer, too, often requires you to ask for assistance with the simple tasks of life.

On the Kilimanjaro climb, you have porters whose job it is to carry your equipment, including tents, food and luggage. In survivorship, we have many resources to help us with the load - such as oncology nurses, support programs and advocacy organizations. On the Kilimanjaro climb, we have teammates who encourage, motivate and inspire us each day. In survivorship, our friends and other survivors play this role. We have our tent mates on the climb—and, in survivorship, our family, who are there with us day and night, minute by minute. Even when we are weak, tired and dirty—they are there to share our lives and experience.

Climbing Kilimanjaro, your body and mind must continually adjust to smaller amounts of oxygen as you reach higher altitude, which can lead to fatigue and shortness of breath. The journey through cancer survivorship often leaves you with the same feelings. While both "mountains" may seem insurmountable, by taking small, slow steps with the aid of guides, porters, teammates and tent mates, it makes it easier to attempt to reach the summit. Thank you to LIVESTRONG'S Survivor Summit for teaching me another valuable lesson about life and cancer survivorship. "Pole, Pole!"