

# SurvivorTimes

A NEWSLETTER FOR CANCER SURVIVORS

VOLUME 13 | ISSUE 1 | 2021

Sponsored by the Dr. Diane Barton Complementary Medicine Program

## My Story Is My Strength

Shakur Parker, Cancer Survivor

**M**y name is Shakur Parker, I am 44 and a 13-year Stage 3 breast cancer survivor. My journey began with cancer at the young age of 32.

I had just had my daughter and had been breast feeding for 11 months. After doing a breast exam, I felt a small lump in my right breast. The last thing that came to my mind was breast cancer; however, after having my first and last mammogram, I was diagnosed with this disease. When I first received my diagnosis, I was in complete denial. There was no history of breast cancer in my family, and I had just had a healthy baby just 11 months ago so, how could this happen to me? My diet was healthy, and I was in the best physical shape of my life. Not only did I have an infant but my oldest child was only 5 years old, and my husband and I were the caretakers for his mother, who was unable to care for herself.

After a few days of feeling depressed and feeling like I was just given a death sentence, I began to become my own best advocate. The most important thing to me was to get this cancer out of my body. A coworker recommended an oncologist at MD Anderson Cancer Center at Cooper, and I called and scheduled an appointment to have surgery. I decided to have a double mastectomy without reconstructive surgery. At this time my concern wasn't losing my breast; it was about saving my life to be a mother and wife. About one month later, before having my surgery, I can remember that I felt as healthy as a horse. My diet consisted of three meals of plant-based food, lean poultry, and fish as well as about a gallon of water a day. I also had a daily routine of physical activity and meditation.

**My story is my strength. I want to inspire and encourage other cancer patients — helping them through their cancer journey with strength, peace, and self-love.**

*(continued on page 8)*





## Dear Friends,

*"Resilience is all about being able to overcome the unexpected.*

*Sustainability is about survival.*

*The goal of resilience is to thrive."*

Things looked very different this time last year! We were facing a global pandemic that changed our lives in so many ways. Today, things are looking brighter. COVID-19 vaccines are now reaching many people, and health experts anticipate better days ahead — perhaps even a summer that feels almost "normal."

Over the past year, we all faced unique challenges and learned new ways of living, coping, and connecting. For those living with, through, and beyond a cancer diagnosis, the challenges were even more complex. The resiliency skills you developed as a cancer survivor probably helped you to face those challenges each day with strength and determination.

During this time, the team at MD Anderson Cancer Center at Cooper traveled that new road with you — by your side every step of the way. Our physicians, nurses, and staff were committed to providing the same quality

cancer care and supportive services you have come to expect and rely on. As soon as in-person programs and events became difficult because of COVID-19, the team at MD Anderson at Cooper immediately transitioned our education, support, and complementary medicine programs to a call-in format. A full calendar of webinars, support groups, and education sessions allowed patients to participate in programs created to help patients and their families to manage their cancer diagnosis, treatment, recovery, and survivorship.

While we all continue to navigate our changing world, I can assure you that one of our goals at MD Anderson at Cooper is that, as a cancer survivor, you thrive! Let's bask in the spring sunshine, throw open our windows, and catch a breeze! We all want to start enjoying life's simple pleasures, look forward to hugs from grandchildren, cheering on our favorite teams, and attending BBQs, and get-togethers with friends and extended families. Whatever lies ahead, you can count on us.

If you would like to make a donation to The Dr. Diane Barton Complementary Medicine Program or to suggest a topic for an upcoming issue of *Survivor Times*, please contact me at [mehr-bonnie@cooperhealth.edu](mailto:mehr-bonnie@cooperhealth.edu).

Be well,

**Bonnie Mehr**

Editor, *Survivor Times*  
 Director, Integrative Oncology Services  
 Director, The Dr. Diane Barton Complementary Medicine Program  
 MD Anderson Cancer Center at Cooper

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MDAnderson  Cooper  
 Cancer Center

Making Cancer History™

# What Is Bone Health?



Christina Hunter, RN, BSN, OCN, Director, Oncology Services, MD Anderson Cancer Center at Cooper

**D**o you know that there are certain risk factors that can cause your bones to weaken? Maintaining strong bones is important for your overall well-being. Bone loss occurs with certain types of surgeries, cancer treatments, some medications, and inactivity. Bone loss is a concern for some cancer patients and cancer survivors. So let's talk about bone health and what you can do to keep your bones strong.

**What is osteopenia?** Osteopenia is the thinning of bone mass. This is a risk factor for osteoporosis.

**What is osteoporosis?** Osteoporosis is a condition in which bones become weak and fragile due to bone mineral loss. This bone loss can lead to fractures.

### What are risk factors for osteoporosis?

- Gender (women are 4 times more likely than men)
- Aging
- Lack of exercise (sedentary lifestyle)
- Use of tobacco products
- Excessive alcohol use
- Certain medications
  - Steroids
  - Hormones
  - Blood thinners
  - Anticonvulsants
  - Some chemotherapy medications
- Menopause
- Low testosterone levels in men
- Calcium or vitamin D deficiency
- Abnormal absorption of nutrients in the digestive tract
- History of fracture
- Certain medical conditions
  - Hyperthyroidism
  - Hyperparathyroidism
  - Multiple myeloma
  - Cushing's syndrome

**How do you know if you have osteoporosis?** Most people don't know they have osteoporosis until they break a bone. Hip, spine, and wrist bone breaks are most commonly associated with bone loss.

**How do you diagnosis osteoporosis?** The diagnosis of osteoporosis is made with a diagnostic test for measuring



Advanced practice nurses with expertise in bone health evaluation and management, lead the Bone Health Clinic at MD Anderson at Cooper. Pictured (from L to R) are: Evelyn Robles-Rodriguez, DNP, APN-C, AOCN, Kathryn Marino, MSN, APN-C and Deborah E. Aguruso, MSN, APN-C, AOCN

bone mass. This type of X-ray is called bone densitometry, or a bone mineral density test. Usually, a baseline bone mineral density test is done when a woman reaches menopause. This test may also be done before and during cancer treatments.

### Can osteoporosis be prevented?

Keeping your bones healthy can help in the prevention of osteoporosis. Taking the recommended amount of calcium and vitamin D each day, exercising regularly, not smoking, and limiting caffeine and alcohol are things you can do to help prevent bone loss.

**Why should I be concerned about calcium and vitamin D?** Calcium is needed for bone formation. Vitamin D helps your body to absorb calcium from foods and supplements.

**What foods are rich in calcium?** Foods that are rich in calcium include a variety of milk products, milk substitutes, cheeses, cereal, dark leafy greens, canned fish with bones (salmon or sardines), yogurt, ice cream, tofu, and fortified juices.

**What foods provide vitamin D?** Foods high in vitamin D include fatty fish (salmon, tuna, and mackerel), cod liver oil, and foods fortified with vitamin D (milk, juice, and cereal products).

**What if I am not getting enough calcium or vitamin D in my diet?** Supplements are available over the counter. Talk to your provider for recommendations. You should consume no more than 1,500 mg calcium each day and no more than 4,000 IU vitamin D each day, unless recommended by your provider.

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# 3 Colorful RECIPES

From the staff of MD Anderson Cancer Center at Cooper



## Catherine E. Loveland-Jones, MD, MS

Co-Director, Janet Knowles Breast Cancer Center  
 Head, Section of Breast Surgery  
 Program Director, Breast Surgical Oncology Fellowship  
 MD Anderson Cancer Center at Cooper  
 Assistant Professor of Surgery  
 Cooper Medical School of Rowan University

This roasted butternut squash, kale and cranberry Couscous is one of my favorite recipes. It's quick, easy to make, and delicious hot or cold. Enjoy!

## ROASTED BUTTERNUT SQUASH, KALE, AND CRANBERRY COUSCOUS SALAD

### Couscous salad:

- 1 small butternut squash, peeled, seeded, and diced into 1/2-inch cubes
- 2 tablespoons olive oil
- salt and freshly cracked black pepper
- 1 cup dry couscous, cooked in water according to package instructions
- 2 cups chopped kale leaves

- 1/3 cup dried cranberries
- 1/3 cup chopped walnuts
- 2 ounces goat cheese, crumbled

1. Heat oven to 425°F.
2. In a large mixing bowl, toss cubed butternut squash with olive oil. Sprinkle with a few generous pinches of salt and pepper, and toss until combined.
3. Spread the butternut squash evenly on a parchment-covered baking sheet. Bake for 15 minutes, and then remove from the oven and flip the squash for even cooking. Bake for an additional 10 to 15 minutes, or until the squash is tender and slightly browned around the edges. Remove from oven and transfer back to the large mixing bowl.
4. Add couscous, kale, cranberries, walnuts, goat cheese, and vinaigrette, and toss to combine.
5. Serve warm or refrigerate in a sealed container for up to 3 days.

### Vinaigrette ingredients and instructions:

- 2 tablespoons apple cider vinegar
- 2 tablespoons extra virgin olive oil
- 2 tablespoons freshly squeezed orange juice
- pinch of salt and black pepper, to taste

1. Whisk all ingredients together until combined. Taste and season with additional salt and pepper if needed.





**Evelyn Robles-Rodriguez, DNP, APN, AOCN**  
 Director, Outreach, Prevention and Survivorship  
 MD Anderson Cancer Center at Cooper

Here is my recipe for “Pastelillos” – also known as empanadas. You can fill these with chicken, beef, pork, seafood, cheese, etc. They are native to my Dominican as well as my Puerto Rican culture.

When I think of pastelillos, I recall a women’s fun day making these, especially around Christmas. My aunts and my mom would get up early to start seasoning the meat, which would fill the house with an amazing aroma. Everyone would try to pick at the meat and get their hands swatted. We would add olives, raisins, and/or almonds to the meat and would chop these up in very small pieces. My oldest aunt would make the dough, and the kids were allowed to help with rolling the dough, adding the filling, or making indentations with the fork to seal the pastelillos. My daughter, Genni, has now taken up the tradition of making these for the holidays. Adults and children love them, and because they are a special treat, they bring up special memories.

## PASTELILLOS

**INGREDIENTS:** 2 lb grass-fed lean ground beef; 1 onion; ½ red pepper; ½ green pepper; 4 Tbs tomato paste; 1 Tbs olives; 1 Tbs cilantro chopped; 3 garlic cloves; 1 Tbs chicken bouillon cube; ¼ tsp cumin; 1 tsp Dominican orégano; ½ Tbs Sazón; 1 lime; Empanada Dough: 1 cup all-purpose flour; oil for frying



### Filling:

- Juice the lime.
- Chop the onion, and red and green pepper into small pieces.
- Mince the garlic.
- Chop the cilantro.
- Sauté the beef on medium heat. Add the onions, peppers, and garlic, and sauté until tender.
- Add the tomato paste and chicken bouillon with a tablespoon or two of water.
- Season with cilantro, oregano, Sazon, and lime juice.
- Cook until the juices are reduced and the mixture is moist, but not wet.
- Set aside. Allow the filling to cool completely before filling the pastry (or the pastry will get soggy).



### How to make the dough:

- 2 cups of all-purpose flour, plus extra for working the dough
- ½ tsp baking soda
- ½ tsp baking powder
- 3 Tbs cold water
- 3 Tbs vegetable oil (canola, corn or soy) for adding to the dough
- 1 tsp of salt
- 1 egg white (to seal edges)
- 2 cups vegetable oil (canola, corn, or soy) for frying

1. Mix baking soda, baking powder, salt and flour, add water and oil, and mix well.
2. Mix everything with your hands on a lightly floured surface until everything is well mixed. Don’t knead the dough (add some flour to the dough if it is too sticky, or a bit of water if it is too dry).
3. Let dough rest for 10 minutes covered in plastic film.
4. On a lightly floured surface roll out the dough.

### How to make make pastelitos:

5. Cut out circles of about 2.5 inches [6.5 cm] in diameter. Paint the inside with egg white, place a tablespoon of the beef filling in the center of each circle, cover with another circle, and seal the border by pressing it with a fork.
6. Heat oil over medium heat in a 1 qt pot. Deep fry the pastelillos heat until they are golden brown on each side. Rest on a paper towel to drain excess oil before serving.





**Kahyun Yoon-Flannery, DO, MPH, FACS**

*Co-Director and Breast Surgeon  
Janet Knowles Breast Cancer Center  
MD Anderson Cancer Center at Cooper  
Assistant Professor of Surgery  
Department of Surgery  
Cooper Medical School of Rowan University*

I wanted to share this favorite recipe with everyone. "Japchae" is a very flavorful, glass noodle-based dish that is well liked and enjoyed during many Korean holidays.

My mom makes this dish on any big holiday and birthdays. This dish is not only a reminder of my childhood memories, but of all good memories of family gatherings!

**JAPCHAE**

**INGREDIENTS:** Glass noodle 1 package, 1/2 pound ground beef (could be ground pork or thinly sliced beef), 5-6 dried shitake mushrooms, 1 package spinach salad, 1/2 package shredded carrots, 1 onion, soy sauce, minced garlic, sesame oil, toasted sesame seeds, sugar, ground pepper, salt and olive oil

1. Place dried shitake mushrooms in water for 10 to 15 minutes, then slice them and squeeze out water using paper towel. Marinate in 1/3 Tbs minced garlic, 2/3 Tbs sesame oil, 1 Tbs soy sauce, 2/3 Tbs sugar.
2. Saute ground beef in 2/3 Tbs sesame oil and 2 Tbs soy sauce.
3. Slice onion.



4. Blanch a package of spinach salad in hot water for 10 to 15 seconds. Squeeze out water and mix in 1/2 T minced garlic, 1 Tbs sesame oil and 1/2 Tbs salt.
5. Saute shredded carrots and sliced onion in olive oil. Saute marinated shitake mushrooms as well.
6. Place glass noodles in a pot of boiling water mixed with 1/2 cup of soy sauce + 1 Tbs olive oil for 6 minutes. Place in colander (do not rinse in cold water!).
7. Mix all ingredients in a large mixing bowl with 2/3 cup soy sauce, 3 Tbs toasted sesame seeds, 4 Tbs sesame oil, 3 Tbs sugar, and ground pepper to taste.



My two oldest children in the traditional Korean outfit called "Hanbok."



## The Dirty Dozen and the Clean Fifteen

**Pallav K. Mehta, MD**, Director of Integrative Oncology; Director of Practice Development, MD Anderson Cancer Center at Cooper; Co-Author of *After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer*

Every year, the nonprofit advocacy organization Environmental Working Group (EWG) releases a list of the 12 most pesticide-laden fruits and vegetables on the market. Unfortunately, the mythic apple turns up again and again because of the heavy use of pesticides in its agriculture.

Every year since 2000, EWG researchers have studied nearly four dozen popular fruits and vegetables chosen on the basis of pesticide-load reports from the USDA and Food and Drug Administration. The database includes 60,700 samples taken over a 10-year period. It's important to note that all of the testing was conducted on fruits and vegetables that had been washed and/or peeled – the typical precautions taken by American consumers.

Some information is not included on the basic list. For example, while apples were ranked as the most contaminated overall, imported nectarines had a shocking 100 percent rate of positive pesticide test results, more than any other product. Bell peppers and grapes were contaminated with 15 different pesticides in a single sample – the highest overall diversity of contamination.

The EWG labels the 12 most contaminated products the Dirty Dozen. These fruits and vegetables are so contaminated with pesticides that you should not eat them when they are grown conventionally. On the positive side, on the opposite end of the spectrum is what the EWG calls the Clean Fifteen. These are the 15 least contaminated fruits and vegetables that can be safely eaten even when conventionally grown, and are good options when organically grown produce is not available.

The Dirty Dozen includes some of the most healthful fruits and vegetables available, with beneficial nutrients, so you shouldn't eliminate them from your diet! The solution is generally to eat organically grown vegetables and fruits and to limit those with exposure to pesticides overall. It is more important to buy the Dirty Dozen in

organic form than to buy the Clean 15 in organic form. All 15 of these products are relatively free of pesticides, even when conventionally grown.

In general, I advise that you buy and consume organic produce whenever you can. If you cannot obtain organically grown versions of these fruits and vegetables, you still have some options to include them in your diet.

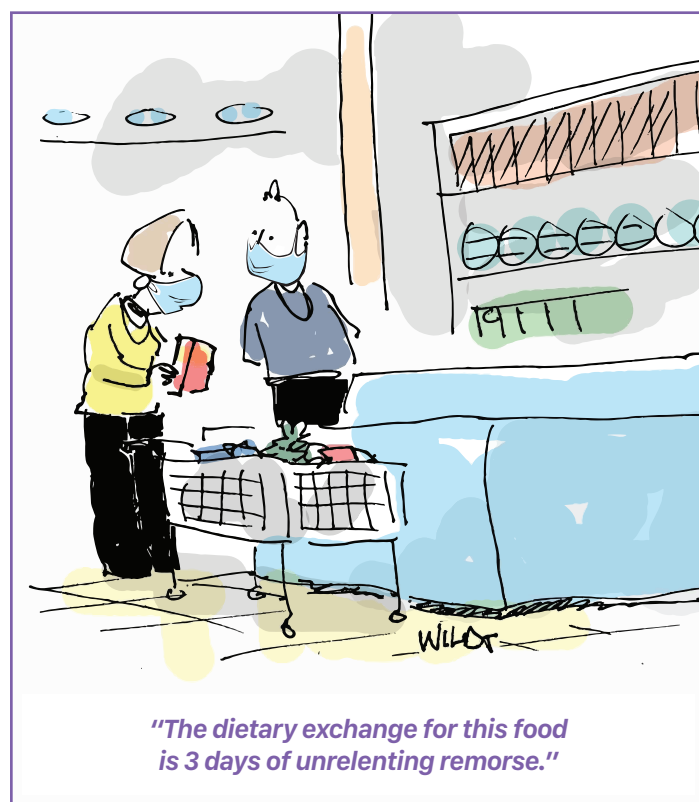
Peppers, squash, and cucumbers are sold covered with pesticide-impregnated wax. To eliminate pesticides from these vegetables, scrub or peel off this wax.

**The Clean Fifteen:** avocado, sweet corn, pineapple, onion, papaya, frozen sweet peas, eggplant, asparagus, broccoli, cabbage, kiwi, cauliflower, mushrooms, honeydew melon, cantaloupe.

### **The Dirty Dozen:**

strawberries, spinach, kale, nectarines, apples, grapes, cherries, peaches, pears, tomatoes, celery, and potatoes. ■

*The Dirty Dozen include some of the most healthful fruits and vegetables available, with beneficial nutrients, so you shouldn't eliminate them from your diet! The solution is generally to eat organically grown vegetables and fruits, and limit those with exposure to pesticides overall.*



# Embracing a Culture of Diversity, Equity, and Inclusion at MD Anderson at Cooper



Evelyn Robles-Rodriguez, DNP, APN, AOCN, Director, Outreach, Prevention and Survivorship, MD Anderson Cancer Center at Cooper

**A**t MD Anderson at Cooper, having a culture of diversity and inclusion is important not only for our staff but also for our patients and the community we serve. Our workforce is composed of ethnically and racially diverse individuals of

varied gender identification and ages, LGBTQ+ members, people of varied socioeconomic backgrounds and religious beliefs, and those with disabilities. This diverse workforce gives us the opportunity to collaborate on creative and innovative diversity programs and solutions to simple and complex issues to better serve our staff, patients, and community.

A key to inclusion at MD Anderson at Cooper is ensuring that all who come to us for care feel welcomed. It is important that no matter the uniqueness of each individual, they feel empowered to participate in the decision making about their care and treatment. Our patients' distinctive needs are addressed through patient navigators, who assess barriers to care

and link patients to needed resources. We also encourage our patients to voice their opinions on opportunities for growth and development to enhance the patient experience for themselves and others.

MD Anderson at Cooper's community programs have embraced our diverse community, and we strive to bring equality to cancer care. Since 1993, our cancer outreach, screening, and education initiatives have focused on underserved communities and secured funding to address barriers that prevent our community members from receiving quality, timely care. Our team members also actively seek opportunities to give back to our surrounding communities.

As MD Anderson at Cooper continues to flourish, it is our goal to make diversity, equity, and inclusion key elements of staff development, patient care, and community growth. Our differences are our strength; our unique patients guide our growth, and our diverse community empowers our development. We are thankful for each and every individual and the value each person brings to our cancer center. ■



**"Our ability to reach unity in diversity will be the beauty and the test of our civilization."**

— MAHATMA GANDHI

## My Story Is my Strength *(continued from page 1)*

After my surgery the doctor was happy with the procedure and said I was now cancer free. However, I still needed to complete chemotherapy followed by radiation. By this point I wasn't able to hold my daughter or play with my very active 5-year-old son. This is when it really hit me that I had a long road ahead of me and this was just the beginning. I really had to focus on what was important and needed to take my recovery and treatments one day at a time. It was very overwhelming with the follow-up appointments and weekly chemo treatments, but I was determined to stay strong and not give up when it became difficult.

That is exactly what I did. I continued to eat a healthy diet, exercise when I had the energy, and

meditate when I felt depressed. After I completed 12 rounds of chemotherapy and 14 rounds of radiation, I decided it was time for my reconstructive surgery. When my skin became damaged from radiation, I realized I would not be a good candidate for expanders and needed to have a trans flap with skin taken from my stomach to create my breast. This surgery was a success and I began to feel like a woman again.

I am now 13 years cancer free. I am a yoga teacher as well as certified health coach. My story is my strength, and I want to support other cancer patients to encourage and inspire them to get through a cancer diagnosis with the power to fight and eat well while calming the spirit to promote peace and self-love. ■



**What Is Bone Health?** *(continued from page 3)*

**What activities and exercises can help strengthen bones?** Check with your provider before starting any new exercise routine. To build and maintain bones, weight-bearing aerobic exercises and muscle strengthening exercises are recommended and should be spread across 4 days a week. Some high-impact activities include aerobics, dancing, hiking, jogging, jumping rope, stair climbing, and tennis. Some lower-impact activities include elliptical training machines, using stair-step machines, power-walking on a treadmill or outdoors, and practicing yoga, or tai chi.

**What if diet and exercise are not enough?** Your provider may prescribe a medication that may help stop or slow bone loss. Your provider may also refer you to a specialist or to the Bone Health Clinic at MD Anderson at Cooper.

**What is the Bone Health Clinic?** The Bone Health Clinic helps people who have bone loss or are at risk for bone loss manage their diagnosis and make

lifestyle changes that slow the progression of the disease.

During an initial appointment with the Bone Health Clinic, patients meet with our multidisciplinary team of providers, which includes an advanced practice nurse, a dietitian, and a physical therapist. The team evaluates each patient's bone health status and develops a customized treatment plan. At the end of the appointment, patients have a clear understanding of their bone health, risk factors, and treatment plan. The treatment plan may include nutrition counseling, a referral to the Bone Fit physical therapy program, or a referral to a specialist who will follow and manage the patient's bone health more closely.

**Where can I get more information on the Bone Health Clinic?** If you are interested in learning more about the Bone Health Program, speak with your medical oncologist. To make an appointment, simply call us at 855.MDA.COOPER (855.632.2667)! ■

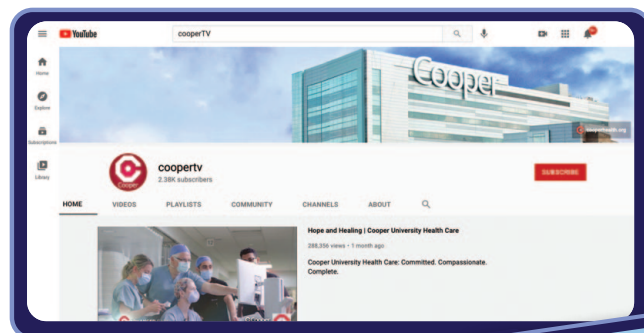
## Did you know that Cooper University Health Care has a channel on YouTube?

**CooperTV** has video programming that includes interviews with physicians, useful information on a variety of health and wellness topics, and recordings of our popular webinars, including our Survivorship series:

- Survivorship 101
- Chemobrain
- Lymphedema
- Intro to the Sexuality and the Cancer Survivor Support Group (English and Spanish)



So, when you need a break from Netflix and you just can't watch another breadmaking video, why not check out **CooperTV** on YouTube.



Dr. Diane Barton Complementary Medicine Program  
and Patient Education and Support Services Schedule

# Call-In Class Schedule

July – December 2021



# WELCOME

MD Anderson Cancer Center at Cooper offers a variety of classes to support your cancer journey. Our complementary medicine classes enhance traditional cancer treatments with therapies that reinforce the healing power of the mind, body, and spirit, and provide you with tools to help you navigate a cancer diagnosis and treatment. Cancer education courses with our experienced oncology nurses help you understand a variety of cancer treatments such as chemotherapy, radiation therapy, and immunotherapy. Support groups and survivorship courses help guide you through your treatment and beyond. All call-in programs are free and open to cancer survivors and their families and caregivers.

For more information about the Dr. Diane Barton Complementary Medicine Program, please contact:

**Bonnie Mehr**

*Director, Integrative Oncology Services  
Director, the Dr. Diane Barton  
Complementary Medicine Program  
MD Anderson Cancer Center at Cooper*

**mehr-bonnie@cooperhealth.edu**

**856.325.6646**

## CALL-IN CLASSES

### The Dr. Diane Barton Complementary Medicine Program

*Presented by:*

- **Bonnie Mehr**, Director, The Dr. Diane Barton Complementary Medicine Program, and Director, Integrative Oncology Services
- **Julie Fischer**, Practitioner
- **Corinne Corcoran**, EdD, Practitioner

### Guided Imagery for Stress Relief

Participants will learn how to use guided imagery and meditation to cultivate well-being, reduce stress and anxiety, promote healing, and develop inner peace.

### Mindfulness

Mindfulness-Based Stress Reduction is a consciousness discipline that focuses on awareness of the present moment. It aims to teach people to deal more effectively with experience through awareness of feelings, thoughts, and bodily sensations, and can help people cope with stress, anxiety, pain, and illness.

### Deep Relaxation and Breath Work

Join us for a series of classes that enrich the mind, body and soul through deep relaxation and breath work.

### Survivorship

*Presented by:*

- **Evelyn Robles-Rodriguez**, DNP, APN, AOCN, Director, Outreach, Prevention and Survivorship
- **Roxanne Berger**, LPN

### WHAT Next: Wellness and Health After Treatment

What happens once your active cancer treatment is completed? In this series, we will talk about the transitional stage of living through cancer and what to expect during this period of close observation.

### Patient Education

*Presented by:*

- **Joan Molnar**, RN, BSN, OCN, Patient Educator
- **Sue Maltman**, MSN, RN, Patient Educator

### Introduction to Chemotherapy

This one hour class will help you and your significant others understand your chemotherapy treatment and the management of potential side effects.

### Introduction to Radiation Treatment

This one hour class will help you and your significant others understand the process, treatment, and management of potential side effects of radiation therapy.

### Introduction to Immunotherapy

This one hour class will help you and your significant others understand your immunotherapy treatment and the management of potential side effects.

### William G. Rohrer Cancer Genetics Program

*Presented by:*

- **Alexandra Barbarese**, MS
- **Molly Kalasinski**, MS, LCGC
- **Brooke Levin**, MS, LCGC
- **Kristin Mattie**, MS, LCGC
- **Kathryn Zarnawski**, MGC, LCGC

### Introduction to Hereditary Cancer and Genetic Testing

This introductory class, presented by a genetic counselor, will help you understand the basics of inherited risk for cancer and the option of genetic testing. This class is also open to your family.

TUESDAY	WEDNESDAY	THURSDAY
<p><b>6</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p>	<p><b>7</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p>	<p><b>8</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p> <p><b>Mindfulness</b> 12:25-1 p.m. Access Code: 160 545 0353</p>
<p><b>13</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p> <p><b>Deep Relaxation and Breath Work</b> 12:25-1 p.m. Access Code: 160 433 4660</p>	<p><b>14</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p> <p><b>Guided Imagery for Stress Relief</b> 12:25-1 p.m. Access Code: 160 106 1785</p> <p><b>WHAT Next: Wellness and Health After Treatment</b> 1 to 1:40 p.m. Access Code: 160 851 2065</p> <p><b>Introduction to Hereditary Cancer and Genetic Testing</b> 3 p.m. Access Code: 180 616 7201</p>	<p><b>15</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p>
<p><b>20</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p>	<p><b>21</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p>	<p><b>22</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p> <p><b>Mindfulness</b> 12:25-1 p.m. Access Code: 160 545 0353</p>
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These are virtual classes only. To call in, simply dial 1-646-992-2010 from your cellphone or landline and enter the access code for the specific session followed by the # sign when prompted.

TUESDAY	WEDNESDAY	THURSDAY
<p><b>3</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p>	<p><b>4</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p>	<p><b>5</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p> <p><b>Mindfulness</b> 12:25-1 p.m. Access Code: 160 545 0353</p>
<p><b>10</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p> <p><b>Deep Relaxation and Breath Work</b> 12:25-1 p.m. Access Code: 160 433 4660</p>	<p><b>11</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p> <p><b>Guided Imagery for Stress Relief</b> 12:25-1 p.m. Access Code: 160 106 1785</p> <p><b>WHAT Next: Wellness and Health After Treatment</b> 1 to 1:40 p.m. Access Code: 160 851 2065</p> <p><b>Introduction to Hereditary Cancer and Genetic Testing</b> 3 p.m. Access Code: 180 616 7201</p>	<p><b>12</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p>
<p><b>17</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p>	<p><b>18</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p>	<p><b>19</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p> <p><b>Mindfulness</b> 12:25-1 p.m. Access Code: 160 545 0353</p>
<p><b>24</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p> <p><b>Deep Relaxation and Breath Work</b> 12:25-1:00 p.m. Access Code: 180 774 5007</p>	<p><b>25</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p> <p><b>Guided Imagery for Stress Relief</b> 12:25-1 p.m. Access Code: 160 106 1785</p> <p><b>WHAT Next: Wellness and Health After Treatment</b> 4 to 4:40 p.m. Access Code: 157 602 8470</p>	<p><b>26</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p>
<p><b>31</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p>		

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<p><b>7</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p>	<p><b>8</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p> <p><b>WHAT Next: Wellness and Health After Treatment</b> 1 to 1:40 p.m. Access Code: 160 851 2065</p> <p><b>Introduction to Hereditary Cancer and Genetic Testing</b> 3 p.m. Access Code: 180 616 7201</p>	<p><b>9</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p>
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<p><b>21</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p>	<p><b>22</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p> <p><b>WHAT Next: Wellness and Health After Treatment</b> 4 to 4:40 p.m. Access Code: 157 602 8470</p>	<p><b>23</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p>
<p><b>28</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p> <p><b>Deep Relaxation and Breath Work</b> 12:25-1 p.m. Access Code: 160 433 4660</p>	<p><b>29</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p> <p><b>Guided Imagery for Stress Relief</b> 12:25-1 p.m. Access Code: 160 106 1785</p>	<p><b>30</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p> <p><b>Mindfulness</b> 12:25-1 p.m. Access Code: 160 545 0353</p>



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<p><b>5</b> <b>Introduction to Chemotherapy</b> 9:30-10:20 a.m. Access Code: 157 140 3197</p>	<p><b>6</b> <b>Introduction to Radiation Treatment</b> 9:30-10:20 a.m. Access Code: 160 048 9430</p>	<p><b>7</b> <b>Introduction to Immunotherapy</b> 9:30-10:20 a.m. Access Code: 160 562 8605</p> <p><b>Mindfulness</b> 12:25-1 p.m. Access Code: 160 545 0353</p>
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# OTHER RESOURCES

## Nutrition Series: Healthy Cooking at Home with Linda *(VIDEOS on YouTube)*

Tune in as Linda Goldsmith, MA, RD, CSO, Oncology Dietitian, shares some of her favorite healthy recipes and demonstrates how to cook them from her home kitchen. We will continue to add video presentations throughout the year featuring seasonal menus.

Visit the **CooperTV** YouTube channel for these and other informative videos.

## Survivorship Video Series *(WEBINARS that will be turned into VIDEOS on YouTube)*

*Presented by*

Evelyn Robles Rodriguez DNP, APN, AOCN  
Director, Outreach, Prevention and Survivorship  
Roxanne Berger

Visit the **CooperTV** YouTube channel for these and other informative videos.

Our Survivorship team hosts monthly webinars designed to help cancer survivors manage long-term side effects of their cancer and cancer treatment. The webinars are held as live events led by experts from MD Anderson at Cooper and are recorded and shared on the CooperTV YouTube channel. Look for email invitations to the live events, and check out the CooperTV channel on YouTube to view our library of videos at any time.

### Topics planned include:

- Introduction to Cancer Survivorship
- Chemo Brain Update and Management Strategies
- Lymphedema
- Fatigue
- Anxiety
- Insomnia
- Navigating Community Resources
- Cancer and Self-Image
- Coping with Family and Cancer
- Aging Perspectives
- Integrative Oncology
- Body Image (including hair and wigs)
- Let's Talk Nutrition
- Healthy Cooking Demonstrations

# SUPPORT GROUPS

Support groups are conducted as online meetings. Participants can take part through a smart phone, a tablet or computer with internet access, or even just a landline phone.

To access the support groups, you will need to contact the group facilitator to register. He or she will then provide you with the information you need to join the meeting.

## Breast Cancer Support Group

This **ONLINE** support group is for those living with breast cancer.

**To register** and receive information about how to join the meeting, please contact Lisa McLaughlin, MSW, Social Worker, MD Anderson Cancer Center at Cooper at: [McLaughlin-Lisa@cooperhealth.edu](mailto:McLaughlin-Lisa@cooperhealth.edu)

### Time

7 to 8:30 p.m.

### Dates

July 21	October 20
August 18	November 17
September 15	December 15

## Young Survivors Group

This **ONLINE** support group is open to all young cancer survivors (40 and under) regardless of specific diagnosis, stage of cancer, or gender. Topics may include self-image, societal and family expectations, intimate relationships, fertility and raising children.

**To register** and receive information about how to join the meeting, please contact Jeff Jin, Social Worker, MD Anderson Cancer Center at Cooper, at **856.673.4669** or email at [jin-jeffrey@cooperhealth.edu](mailto:jin-jeffrey@cooperhealth.edu)

### Time

7 to 8 p.m.

### Dates

July 8	October 7
August 12	November 11
September 9	December 9

## Caregivers Support Group

This **ONLINE** support group is open to all adult caregivers of a loved one with cancer. Topics include self-care, time management, handling stress, and overall support.

**To register** and receive information about how to join the meeting, please contact Jeff Jin, Social Worker, MD Anderson Cancer Center at Cooper, at **856.673.4669** or email at [jin-jeffrey@cooperhealth.edu](mailto:jin-jeffrey@cooperhealth.edu)

### Time

7 to 8 p.m.

### Dates

July 20	October 19
August 17	November 16
September 21	December 21

## Brain Tumor Support Group

This **ONLINE** support group welcomes adults who are all dealing with the issues surrounding brain tumors. We offer a safe place to talk openly and honestly, share information and experiences, and meet other survivors and caregivers in a relaxed and inviting environment.

**To register** and receive information about how to join the meeting, please contact Frank Del Rossi, Social Worker, MD Anderson Cancer Center at Cooper at [delrossi-francis@cooperhealth.edu](mailto:delrossi-francis@cooperhealth.edu)

### Time

6 to 7:30 p.m.

### Dates

July 7	October 6
August 4	November 3
September 1	December 1

## Multiple Myeloma Virtual Support Group

Hosted by the Leukemia and Lymphoma Society, This **ONLINE** support group is for those living with multiple myeloma and their loved ones and is hosted by the Leukemia and Lymphoma Society.

**To register** and receive information about how to join the meeting, please contact Stacy Kreizman, at the Leukemia and Lymphoma Society at [Stacy.Kreizman@lls.org](mailto:Stacy.Kreizman@lls.org) to register and for a link to the online meeting.

### Time

6 to 7:30 p.m.

### Dates

July 22	October 28
August 26	November 18*
September 23	December 23

## Grupo de Apoyo Latino

Para sobrevivientes de cancer y sus personas de apoyo.

**Para registrarse** llame a Virgenmina Lopez al **856.968.7092**.

### Time

10 to 11 a.m.

### Dates

8 de Julio	14 de octubre
12 de agosto	11 de noviembre
9 se septiembre	9 de diciembre

## Surviving and Thriving: Cancer and Sexuality Support Group

This **ONLINE** support group, facilitated by Dr. Alishia Kalos, PsyD, offers a series of virtual group meetings designed to support survivors in overcoming sexual and relationship concerns that they may face during and after cancer treatment.

**To register** and receive information about how to join group sessions, please contact Roxanne Berger, LPN, Clinical Coordinator, Survivorship Program, at **856.968.7091** or or email at [berger-roxanne@cooperhealth.edub](mailto:berger-roxanne@cooperhealth.edub)

### Time

11:30 a.m. to 1 p.m.

### Dates

Program dates will be provided when you register.

## Sister Will You Help Me

This is a cancer support group for women of color and faith. The group's mission is to empower through knowledge, encourage through sisterhood, enlighten through faith, and bond through love.

**To register** and receive information about how to join the meeting, please contact Dianne Hyman, MSN, RN, OCN, CN-BN, Transition Care Manager, at **856.735.6258** or [hyman-dianne@cooperhealth.edu](mailto:hyman-dianne@cooperhealth.edu).

### Time

7 to 8 p.m.

### Dates

NO Classes July and August

September 9	November 11
October 14	December 9