



SURVIVOR

A NEWSLETTER FOR CANCER SURVIVORS **TIMES**
Sponsored by the Dr. Diane Barton Complementary Medicine Program

“Personalized” Breast Cancer Care

by **Kristin L. Brill, MD**, Director, Janet Knowles Breast Cancer Program / Head, Breast Surgery

In the last 20 years we have made incredible leaps in breast cancer treatment – and new research revealed every day helps us develop more effective, targeted treatments; the most exciting of these advances is in the field of “personalized medicine.”

Today, through highly sophisticated tumor testing, we at MD Anderson Cancer Center at Cooper are better able to understand the genetic make-up of breast cancer tumors and develop treatment plans specifically for each woman based on her tumor type. Because certain chemotherapy drugs are either more or less effective than others against tumors with certain mutations, molecular analysis of a patient’s tumor can help to determine which therapies work best. Personalized care is the future of cancer treatment – and for many types of cancer (lung, breast, colon, leukemia, lymphoma) we’re already seeing its impact.

At the Janet Knowles Breast Cancer



Kristin L. Brill, MD

Program, and across all disease-site programs at MD Anderson Cooper, personalized medicine means more than just targeted, effective treatment of a person’s tumor – it means paying attention not just to the disease, but to the whole patient – mind, body and spirit.

Each of our patients is under the care of an entire team of

specialists. This team meets regularly to establish an accurate diagnosis and then determines and implements a personalized treatment regimen for each patient. Our specialized team includes:

- Dedicated breast imagers
- Breast surgeons
- Medical oncologists
- Radiation oncologists
- Pathologists
- Nurse practitioners
- Clinical nurses
- Research coordinators
- Other medical professionals and supportive staff

Through our comprehensive program, women with breast cancer have access to a full array of advanced diagnostic and treatment technologies, including:

- Sophisticated screening and diagnostic imaging technologies such as digital mammography, contrast enhanced spectral mammography, breast ultrasound and MRI and image-guided breast biopsy procedures
- Advanced radiation treatment therapies including SAVI (a partial breast radiation treatment option for some women with early stage breast cancer following lumpectomy)
- Innovative mastectomy and breast reconstructive surgical techniques
- Targeted chemotherapy and other pharmacologic treatments
- Access to cutting edge-clinical research trials

In addition to the advanced cancer treatment options available at MD Anderson Cooper, we also provide patients with comprehensive supportive care services including:

- Nurse navigation
- Complementary medicine therapies
- Social work
- Nutrition counseling
- Genetic testing and counseling
- Palliative care (to manage the side effects of cancer and its treatments)
- Physical rehabilitation and lymphedema prevention and treatment.

Our team is dedicated to providing each patient with comprehensive care and addressing all of their needs – emotional, spiritual, physical and psychological. It is this unique combination of attributes that sets the Janet Knowles Breast Cancer Program apart from other breast cancer programs in South Jersey and beyond. ■

For more information or to make an appointment with one of the Janet Knowles Breast Cancer Program physicians, call 1.855.MDA.COOPER (1.855.632.2667).



Sunny Lee, MD

Sunny Lee, MD, Breast Cancer Surgeon

Please join us in welcoming Dr. Sunny Lee, the newest member of the Janet Knowles Breast Cancer Program at MD Anderson Cooper.

Dr. Lee will work closely with MD Anderson Cooper’s multidisciplinary team of breast cancer specialists and joins the breast cancer surgical team, which also includes Umur Atabek, MD, FACS, Frank Koniges, MD, FACS and Kristin L. Brill, MD, FACS, Director of the Janet Knowles Breast Cancer Program.

Regarded as one of the leading breast surgeons in the region, Dr. Lee comes to MD Anderson Cooper from Aria Health in Philadelphia where she served as Director of the Breast Health Program. Prior to her time at Aria, Dr. Lee served as an Assistant Director at Jefferson Breast Care Center and as an Assistant

Professor in the Department of Surgery at Jefferson Medical College of Thomas Jefferson University, Philadelphia. Dr. Lee also practiced as a breast care specialist at Hartford Hospital in Hartford, Connecticut and was a member of the faculty at the University Of Connecticut School Of Medicine.

Dr. Lee received her undergraduate degree from Harvard University in Cambridge, MA and her medical degree from Cornell University Medical College, New York, NY. She underwent internship and residency training at Pennsylvania Hospital, Philadelphia and completed her fellowship training in breast surgery at Thomas Jefferson University Hospital, Philadelphia.

Letter from the Editor:



Bonnie Mehr

As you go through your own unique and individual cancer journey, you will learn and grow. Many people are surprised to find a new inner strength and courage. Healing can happen on physical, emotional and spiritual levels. This can even bring a renewed outlook on life.

If you or a loved one are living with cancer, you are not alone.

If you are coming to MD Anderson Cooper for your cancer treatment you are already changing the course of your life for the better.

“Cancer didn’t bring me to my knees; it brought me to my feet.” – MICHAEL DOUGLAS

As an MD Anderson Cooper patient, you have a wealth of support services at your fingertips. We know that cancer care is far more than just treatment.

Cancer survivorship begins at the time of diagnosis and continues during and long after treatment. MD Anderson Cooper provides care and guidance to help you have the best possible quality of life, no matter where you are on the cancer journey.

“It’s about focusing on the fight and not the fright.” – ROBIN ROBERTS

Our focus is to educate and support cancer survivors before, during and after treatment.

The *Survivor Times* newsletter is entering its seventh year! Please make sure you check out our back page that celebrates all the past covers of all of our issues over the years. Each cover represents the many cancer survivors who used their voices to inspire and encourage others on their journey.

In each issue going forward our esteemed physicians and professionals from MD Anderson Cooper will write

articles and share with you important information that they believe will offer great insight and knowledge regarding your health well-being, and survivorship.

Whether you are living with cancer, living through cancer or living beyond cancer the common denominator is quality of life.

It is with that focus in mind that my goal as manager of the Dr. Diane Barton Complementary Medicine Program is to bring together, empower and engage cancer survivors and to incorporate complementary medicine options into their lives.

Our programs are designed to help cancer survivors discover ways to cope with the stress and anxiety of their diagnosis, and to alleviate some of the side effects of their treatment by focusing on the mind, body and spirit.

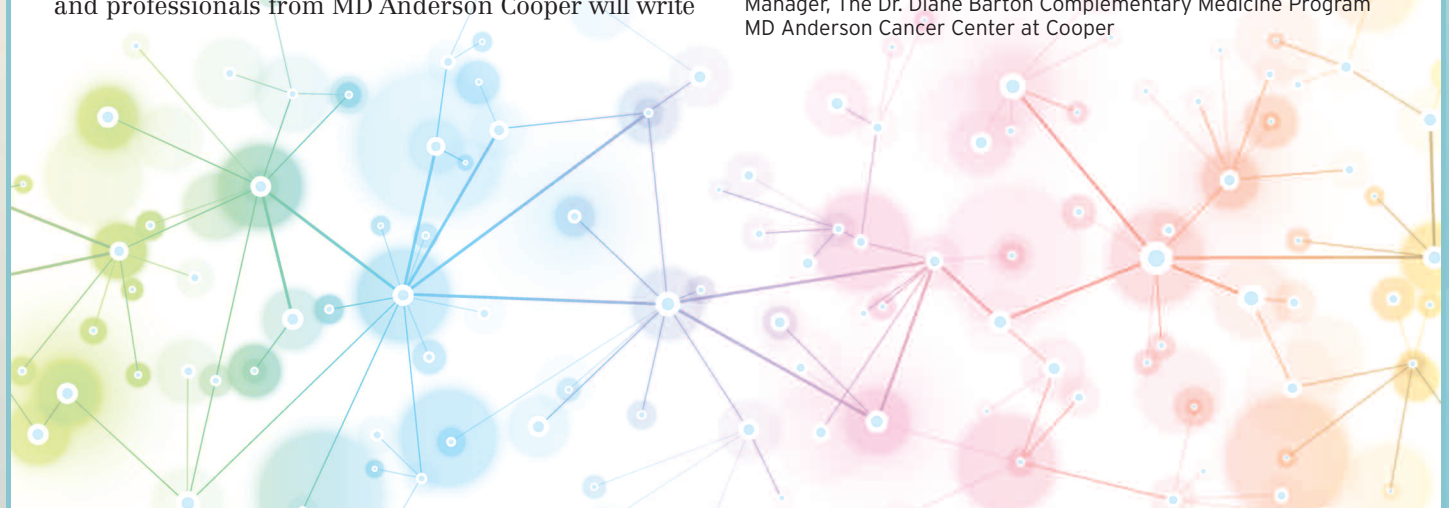
These programs, lectures and activities offer patients access to social, educational and support opportunities. We have several great new program options for 2015.

All programs are free for cancer survivors, regardless of where you received your cancer treatment – all are welcome. I encourage you to check out the program options listed in this edition. We have unique and diverse classes in our Voorhees and Camden locations throughout the year.

If you would like to submit an article or make a donation to the Dr. Diane Barton Complementary Medicine Program, please contact me at: mehr-bonnie@cooperhealth.edu.

The quality of your cancer journey and survivorship is important to us.

Bonnie Mehr
Editor, Survivor Times
Manager, The Dr. Diane Barton Complementary Medicine Program
MD Anderson Cancer Center at Cooper



JANUARY – JUNE 2015

Signature Class SERIES

A FREE series of classes for cancer survivors.

Gentle Chair Yoga *For Cancer Survivors*

Chair yoga is a unique yoga style that creatively adapts traditional yoga poses to be done while seated. The chair replaces the yoga mat and becomes an extension of the body. We will warm up the body safely, engage in meditative breathing, and flow into gentle yoga poses mindfully with support and stability. This class is open to all levels of flexibility and experience.

FACILITATOR: *Julie Fischer*

DATES: March 31; May 12

Qi Gong & Meditation *For Cancer Survivors*

This class combines two very valuable, centuries-old modalities. Qi Gong uses movement and breath as a way to increase, harness, and move the vital energy that is within and around us. It can increase circulation and relax you. Enjoy incorporating the deeply relaxing practice of meditation for the purpose of nurturing and supporting yourself through life's stresses and joys.

FACILITATOR: *Joanna Carey*

DATES: March 24; April 7 & 21; May 5, 7 & 19

Gentle Body Movement *For Cancer Survivors*

Reconnect with your body in this fun and inspirational class! Experience very gentle, flowing movements inspired by yoga, dance, tai chi and nature that are designed to boost your system, release stress, restore balance and most of all reveal your inner joy. This class can be done from a chair for those with restricted movements.

FACILITATOR: *Julie Fischer*

DATES: April 14; May 26

Laughter Play Shop *For Cancer Survivors*

Join certified laughter facilitator Julie Fischer and receive the many benefits of laughter in this fun and energizing "play shop." Together we will engage in gentle exercises of playing, clapping, breathing, stretching and lots of laughing! Extended periods of joy and laughter have many proven health benefits, such as reduced stress, increased immune system and energy levels.

FACILITATOR: *Julie Fischer*

DATE: April 28

Live & Learn

A New Perspective for the Cancer Patient

- **Tuesday, March 17, 2015:**

ALL THINGS GREEN: Vitamix Demo and Tasting

PRESENTED BY: *Alicia Michaux, MS, RD, CSO, Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper*

- **Thursday, April 23, 2015:**

CANCER TRANSITIONS: Moving Beyond Treatment

PRESENTED BY: *MD Anderson Cancer Center at Cooper Behavioral Health Team*

- **Thursday, May 21, 2015:**

EXPRESS YOURSELF: A Conversation About Being a Cancer Survivor

PRESENTED BY: *MD Anderson Cancer Center at Cooper Behavioral Health Team*

ALL CLASSES MEET: 10:30 – 11:30 a.m.

LOCATION:

Cooper Clock Tower, 931 Centennial Boulevard
Voorhees, NJ 08043

Pre-registration is required for all workshops.

Please call: 1.800.8.COOPER (1.800.826.6737).

Or register online at **events.CooperHealth.org**

Workshops may be cancelled due to inclement weather.

MD Anderson  **Cooper**
Cancer Center

Making Cancer History®



JANUARY – JUNE 2015

Signature Class SERIES

A FREE series of classes for cancer survivors.

Gentle Chair Yoga *For Cancer Survivors*

Chair yoga is a unique yoga style that creatively adapts traditional yoga poses to be done while seated. The chair replaces the yoga mat and becomes an extension of the body. We will warm up the body safely, engage in meditative breathing, and flow into gentle yoga poses mindfully with support and stability. This class is open to all levels of flexibility and experience.

FACILITATOR: *Julie Fischer*

DATES: **March 18; April 29; May 20; June 2**

Gentle Body Movement *For Cancer Survivors*

Reconnect with your body in this fun and inspirational class! Experience very gentle, flowing movements inspired by yoga, dance, tai chi and nature that are designed to boost your system, release stress, restore balance and most of all reveal your inner joy. This class can be done from a chair for those with restricted movements.

FACILITATOR: *Julie Fischer*

DATES: **March 25; April 15; May 6; June 4**

Laughter Play Shop *For Cancer Survivors*

Join certified laughter facilitator Julie Fischer and receive the many benefits of laughter in this fun and energizing "play shop." Together we will engage in gentle exercises of playing, clapping, breathing, stretching and lots of laughing! Extended periods of joy and laughter have many proven health benefits, such as reduced stress, increased immune system and energy levels.

FACILITATOR: *Julie Fischer*

DATES: **April 22; June 3**

Live & Learn

A New Perspective for the Cancer Patient

• **Wednesday, January 21, 2015:**

**HEALTHY EATING FOR CANCER SURVIVORS:
A Fresh Start to 2015**

PRESENTED BY: *Alicia Michaux, MS, RD, CSO, Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper*

• **Tuesday, February 17, 2015**

**WINTER WARMERS: Savory Soups and
Slump-Busting Smoothies**

PRESENTED BY: *Alicia Michaux, MS, RD, CSO, Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper*

• **Thursday, March 12, 2015:**

ALL THINGS GREEN: Vitamix Demo and Tasting

PRESENTED BY: *Alicia Michaux, MS, RD, CSO, Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper*

• **Tuesday, April 14, 2015:**

Coping with a Cancer Diagnosis

PRESENTED BY: *MD Anderson Cancer Center at Cooper Behavioral Health Team*

• **Tuesday, May 12, 2015:**

HEALTHY SUMMER SMOOTHIES: Vitamix Demo

PRESENTED BY: *Alicia Michaux, MS, RD, CSO, Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper*

ALL CLASSES MEET: 10:30 – 11:30 a.m.
LOCATION: MD Anderson Cancer Center at Cooper
Two Cooper Plaza, 400 Haddon Avenue
Room C1111, Camden, NJ 08103
FREE VALET PARKING

Pre-registration is required for all workshops.
Please call: 1.800.8.COOPER (1.800.826.6737).
Or register online at events.CooperHealth.org
Workshops may be cancelled due to inclement weather.



The Dr. Diane Barton Complementary Medicine Program Presents:



VOORHEES

| 2015 DATES | PROJECTS |
|---------------|--|
| March 25: | Spring Centerpieces |
| April 15: | Suncatchers |
| April 29: | Painting on Canvas |
| May 13: | Part 1—Decorate a Flower Pot |
| May 27: | Part 2—Plant Flowers in Decorated Pot |
| September 16: | Affirmation Bracelets |
| September 30: | Make Your Own Stationary |
| October 14: | Jeweled Box Project |
| October 28: | Candle Project |
| November 18: | Winter Mobile |

TIME: WEDNESDAYS 10:30 a.m. – 11:30 a.m.

LOCATION:

Cooper Clock Tower
931 Centennial Boulevard
Voorhees, NJ 08043

CAMDEN



| 2015 DATES | PROJECTS |
|------------|--|
| March 3: | Affirmation Jewelry (<i>Bracelets & Earrings</i>) |
| March 17: | Dream catchers |
| March 31: | Decoupage |
| April 7: | Affirmation Jewelry (<i>Bracelets & Earrings</i>) |
| April 21: | Mosaic Madness |
| May 19: | Affirmation Jewelry (<i>Bracelets & Earrings</i>) |
| May 26: | Seashell Frames |
| June 16: | Affirmation Jewelry (<i>Bracelets & Earrings</i>) |
| June 30: | Decorate a Summer Canvas Tote Bag |

PLEASE NOTE: Affirmation jewelry classes are for cancer survivors and staff of MD Anderson Cancer Center at Cooper to make a piece for themselves and for other cancer survivors who cannot attend the classes but will feel inspired by receiving a bracelet!

TIME: TUESDAYS 1 p.m. – 2 p.m.

LOCATION:

MD Anderson Cancer Center at Cooper
Two Cooper Plaza, 400 Haddon Avenue
Room C1111, Camden, NJ 08103

This class is free for cancer survivors and there is no cost for materials.

Please register for each class so the appropriate number of supplies can be provided.
Please call: **1.800.8.COOPER** (1.800.826.6737). You can also register online at events.cooperhealth.org.



The Dr. Diane Barton Complementary Medicine Program Presents:

**NEW
CLASS!**

HORTICULTURAL THERAPY

FOR CANCER SURVIVORS



| 2015 DATES | PROJECTS |
|---------------------|--|
| Thursday, April 30: | Design and Plant a Dish Garden |
| Thursday, May 14: | Clay Pot Bird Feeders |
| Thursday, May 28: | Spring Fresh Flower Arranging: Learn How to Duplicate at Home |
| Thursday, June 11: | Strawberry Baskets Using Silk Flowers: Discover the History of Strawberries in NJ |
| Thursday, June 25: | Seashore Plants: Create Your Own Mini Beach Scene |

TIME:
10:30 a.m. – 11:30 a.m.

LOCATION:
Voorhees Clock Tower
931 Centennial Boulevard
Voorhees, NJ 08043

Each class is limited to 25 cancer survivors, so please register online at: events.cooperhealth.org.

FACILITATOR:
Rachelle Hasenberg, BS, HTM,
Senior Therapist of Inspirational
Horticultural Therapy

This class is free for cancer survivors and there is no cost for materials.

MD Anderson  Cooper
~~Cancer Center~~

Making Cancer History®



The Dr. Diane Barton Complementary Medicine Program Presents:



2015 Therapeutic Massage & Reflexology Days

Attention all cancer survivors: Come enjoy the mind body spirit benefits of Therapeutic Chair Massage and Reflexology.

2015 DATES:

March 24 / April 7 & 21 / May 5 & 19 / June 9 & 23

TIME: 9:30 a.m. –1:00 p.m.

LOCATION: Cooper Clock Tower, 931 Centennial Boulevard, Voorhees, NJ 08043

This class is **FREE** for cancer survivors. Please register by calling **1.800.8.COOPER** (1.800.826.6737)
You can also register online at **events.cooperhealth.org**.

MD Anderson  Cooper
~~Cancer~~ Center

Making Cancer History®





SUPPORT GROUP SERIES

US TOO Prostate Lecture Series (Voorhees)

Presentations led by medical professionals on the diagnosis, treatment options and management of prostate diseases. There will be ample time to ask questions and share experiences. Significant others are invited to attend.

DATE: May 5

TIME: 6 – 7:30 p.m.

LOCATION:

MD Anderson Cancer Center at Cooper in Voorhees
900 Centennial Boulevard, Building #1
Suite L Conference Room
Voorhees, NJ 08043

Brain Tumor Support Group (Camden & Voorhees)

A support group for people with brain tumors and those who care about them.

CAMDEN:

DATES: March 18, April 15, May 20, June 17

TIME: 1 – 3:00 p.m.

LOCATION:

MD Anderson Cancer Center at Cooper
Two Cooper Plaza, Room C1111
Camden, NJ 08103

VOORHEES:

DATES: March 4, April 1, May 6, June 3

TIME: 6 – 7:30 p.m.

LOCATION: Clock Tower Building

931 Centennial Boulevard
Voorhees, NJ 08043

Latino Cancer Survivors (Camden)

Cancer information and support for you and your family. Free refreshments and parking. For more info and to register please call: Virgenmina Lopez 856.968.7092.

DATES: March 12, April 9, May 14, June 10

TIME: 11:30 a.m. – 1 p.m.

LOCATION: One Cooper Plaza

Roberts Pavilion, 10th Floor, Room 1005
Camden, NJ 08103

LLS Multiple Myeloma Group (Voorhees)

For myeloma patients and their loved ones.

DATES: March 23, April 27, May 18, June 22

TIME: 10 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at

Cooper in Voorhees
900 Centennial Boulevard, Building #1
Suite L Conference Room
Voorhees, NJ 08043

Sister Will You Help Me (Camden & Willingboro)

A breast 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.

CAMDEN:

DATES: March 12, April 9, May 14, June 11

TIME: 6 – 7:30 p.m.

LOCATION: Cooper University Hospital,

Roberts Pavilion, 10th Floor, Room 1014
Camden, NJ 08103

WILLINGBORO:

DATES: March 5, April 2, May 7, June 4

TIME: 6 – 7:30 p.m.

LOCATION:

Willingboro Public Library
220 Willingboro Parkway
Willingboro, NJ 08046

Breast Cancer Support Group (Camden)

A support group for women with breast cancer and those who care about them. We offer information about breast cancer, treatments, and an opportunity to meet with other survivors. The group sessions will provide emotional support as well as strategies for coping.

DATES: March 11, April 8, May 13, June 10

TIME: 10 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at

Cooper in Camden, Two Cooper Plaza
400 Haddon Ave., Room C1111, Camden, NJ 08103

Young Women with Breast Cancer (Voorhees)

For newly diagnosed, or long-term survivors. For more information and to register contact: Carla Doorman: cdoorman_ysc@outlook.com or 856.630.6659.

<http://www.youngsurvival.org/ysc-f2f>

DATES: March 18, April 15, May 20, June 17

TIME: 7 – 8:30 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness, 901 Centennial Boulevard 6100 Main St. Complex, Voorhees, NJ 08043

Gynecologic Cancer Patient and Family Support Group (Voorhees)

Women facing ovarian, cervical, vulvar and uterine cancers and the people who love them meet to share their personal experiences, exchange information, offer emotional support and express feelings and concerns.

DATES: March 9, April 13, May 11, June 8

TIME: 2 – 3:30 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness, 901 Centennial Boulevard 6100 Main St. Complex, Voorhees, NJ 08043

Look Good, Feel Better (Camden & Voorhees)

Program offered by the American Cancer Society (ACS) to help women undergoing cancer treatment learn to cope with appearance-related side effects of treatment and regain a sense of self confidence and control over their lives. Registration required. Call ACS at 1.800.ACS.2345. FREE.

VOORHEES:

DATE: April 13 **TIME:** 4:30 – 6 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness, 901 Centennial Boulevard 6100 Main St. Complex, Voorhees, NJ 08043

CAMDEN:

DATE: May 18 **TIME:** 3:30 – 5 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden, Two Cooper Plaza 400 Haddon Ave., Suite C1111, Camden, NJ 08103

To register for these support groups, please call **1.800.8.COOPER (1.800.826.6737)**
or register online at events.cooperhealth.org (unless otherwise noted).

Call for cancellation information due to inclement weather.



Working During and After Cancer Treatment

By: **Lisa McLaughlin, MSW**
Social Worker, MD Anderson
Cancer Center at Cooper



Lisa McLaughlin, MSW

Social workers are continually being asked about how to balance work and treatment. It is rarely an easy question as each situation is different. The following article provides general information and links to valuable resources.

Working during treatment – what you should know

When deciding whether or not to work during cancer treatments like chemotherapy and radiation, there are many factors to consider. Your doctor may tell you that you cannot work during chemotherapy. Some kinds of chemotherapy are known to have more side effects than others, so your doctor may advise that trying to juggle work and chemotherapy would be too much. People who are getting chemotherapy and radiation at the same time are generally unable to work during treatment. Sometimes, it is the job that dictates that you must be out – many law enforcement officers have to be at their physical peak to be as safe as possible on the job. People who work with very young children are generally advised not to work during chemotherapy – many chemotherapy regimens decrease the body's ability to fight infections. The decision whether or not to work is sometimes

out of the patient's hands. If your chemotherapy has very few side effects (some hormonal treatments are given by IV but do not have the same side effects as traditional chemotherapy) then you may not be entitled to be out of work at all except for treatment days.

If your doctor hasn't advised you to stop working, then there are choices:

If you want to keep working, then do so. You can sign up for Family Medical Leave (FMLA) on an intermittent basis (if the company has over 50 employees and you have worked at least 1250 hours in the last year) so that you have the ability to take some days off for treatment and recovery as needed without endangering your job. Some people who work from home or have the ability to have flexible hours don't have to miss any days. Some people choose to go through treatment without telling anyone at work if they can arrange it. You are not required to tell your job about your illness, but you are required to disclose if you are unable to do any of the job functions for any reason. Do not operate heavy machinery or drive for work if you are taking pain medications – this can put both you and your employer at risk.

If you want to work but would need modifications in your job duties/schedule to make it work, you may ask your employer for a "reasonable accommodation" as is your right under the Americans with

Disabilities Act (ADA). Just because you ask for it does not necessarily mean that you will get it – the employer determines what is "reasonable" for the most part. If you ask for an accommodation you will be required to disclose the nature of your disability. Some people have successfully negotiated working from home several days a week, been allowed to wear sneakers because of neuropathy, or have been able to negotiate a "desk job" instead of working on the factory floor, but many others have not.

Many people are simply unable to work during treatment. If this is the case with you, be sure to talk to someone in human resources at work about how you will be paid while you are out, how your insurance gets paid if you are not getting a check, and what you need to do when it is time to return to work.

Transitioning to work after treatment

While it would be nice to think that you will be back up to speed and feeling 100% the day after your last chemotherapy or radiation treatment, that may not be the case. When planning your return to work, remember that your body needs some recovery time. You should ask your doctor ahead of time about when you can safely return to work, as the answer will vary depending on what kind of work you do and what kind of treatment you've had.

Many people look forward to returning to work, feeling as though they can put things behind them and get back to "normal." It is important to realize that things may not be exactly the same as they were. Sometimes, fatigue and "chemo brain" make jumping back into work mode difficult. See if you can ease your way in – go back on a Wednesday instead of a Monday, perhaps, or work half days for a while if you can. Remember, people at work will likely assume that if you are back, you are 100% ready to jump back in there. If there are limitations, discuss them with your supervisor and remember that you can ask for those reasonable accommodations under the ADA. ■

For More Information

Cancer and Careers offers seminars for those dealing with cancer in the workplace:
www.cancerandcareers.org.

The National Coalition for Cancer Survivorship has a section about legal rights of employees with cancer: www.nccs.org or 1-877-NCCS-YES.



About The Dr. Diane Barton Complementary Medicine Program

The Dr. Diane Barton Complementary Medicine Program enhances the quality of life and wellness of individuals touched by cancer — including patients, their caregivers and families.

It utilizes therapies that focus on mind, body and spirit while supporting mainstream medical care. The complementary therapies offered through MD Anderson Cooper are designed to lessen the pain, stress and anxiety associated with cancer. Therapies also assist in managing the side effects of traditional treatments such as radiation and chemotherapy. While complementary therapies cannot cure cancer, many patients have found them to be helpful in managing and coping with their cancer. While traditional medicine and healthcare treat the illness, complementary medicine therapies help promote wellness in the whole person.

In addition to the therapeutic benefits, taking part in complementary medicine therapies empowers participants — providing survivors with an opportunity to take a positive, active role in their care and treatment.

All therapies and programs offered through the Dr. Diane Barton Complementary Medicine Program are available at no cost and are open to all cancer patients and their caregivers, regardless of where they receive their treatment. These programs, lectures and activities offer patients access to social, educational and support opportunities. Programs are offered weekly throughout the year in our Voorhees and Camden locations. Our outpatient complementary medicine programs include:

- Gentle Chair Yoga
- Therapeutic Chair Massage
- Reflexology
- Qi Gong & Meditation
- Body Movement Classes
- Behavioral Health Workshops
- Creative Arts for Healing
- The Tea Cart (brought to outpatients while receiving chemotherapy)
- Educational Seminars
- Horticultural Therapy

As the reputation and demand for our programs and services grow, so does our need for funding. If you are interested in learning more about The Dr. Diane Barton Complementary Medicine Program or would like to make a donation, please contact Bonnie Mehr, Program Manager, at 856.325.6646.

Legacy Work

by Cori McMahon, PsyD Director, Behavioral Medicine, MD Anderson Cancer Center at Cooper

Receiving a cancer diagnosis can feel like one is being handed a death sentence. Regardless of age or stage of disease, hearing the “C” word can move one to think about their own mortality, maybe even to be overwhelmed by the thought. For some, this experience will result in a new perspective on life; a shift in priorities, relationships, roles, and self-concept. Others may find themselves at a seemingly impossible crossroads between concern for quality of life and the need to make difficult medical decisions. I imagine standing at an intersection in the middle of farm country where there are no street signs, open fields surrounding, all roads seem long, and the light is blinking yellow — which way do I go and where is a map or even a tour guide to give me some



Cori McMahon, PsyD

direction? Those who are coping with cancer share some common thoughts, regardless of severity of disease, prognosis, or experience in treatment. What is my legacy? How many bucket list items am I able to check off? Have I even really considered a bucket list? What would I want to leave to those I love? What is most important to me and how do I convey that to others in a meaningful way? How do I want to be remembered? And, compounding these difficult questions — is it morbid for me to think about this? Does it mean I've accepted defeat and am giving up? Will my loved ones be able to handle this?

Death certainly isn't an easy dinner table topic: “I'm thinking about what I've meant to all of you and how you'll remember me if I die... would you please pass the mashed potatoes?” It's a normal human response to avoid things that are uncomfortable. Talking about one's own mortality ranks right up there

“Everything can be taken from a man but one thing: the last of human freedoms — to choose one's attitude in any given set of circumstances, to choose one's own way.”

— VIKTOR E. FRANKL

“Life is never made unbearable by circumstances, but only by lack of meaning and purpose.”

— VIKTOR E. FRANKL

with wearing a wool bathing suit, so it is often left unaddressed. Unfortunately, like that wool bathing suit, thoughts about mortality will weigh on a person and become unbearably itchy unless acknowledged.

Behavioral Medicine clinicians have some ideas for how to process these thoughts and make them into something meaningful through what is called “legacy work.” Whether or not one is at end-of-life, yet certainly if one is, we find it valuable for patients to engage in this type of work to make sense of the seemingly senseless, to focus on values and what is most important,

and to consider the thoughts, messages and ideas we'd like to pass on to our loved ones. Some choose to write, type or record messages for children or grandchildren. Others create videos during which they either offer a general message or speak to specific topics, especially for patients who have young children and would like to offer them guidance in the future when they may no longer be physically present to do so. For example, some choose to discuss dating, marriage/wedding day, health behaviors like drinking, smoking, sex, future careers, etc. Children will then have the benefit of a parent's opinion or guidance for future crucial moments in life. Legacy work can take many forms and is best done if it is meaningful to the patient. Some other ideas include: life review; scrap booking; recording autobiographical stories; creative arts such as painting, mosaic tiles, or jewelry; signing cards for future birthdays or events; purchasing small gifts for future events; or making special time with loved ones to create memories. Not only will legacy work afford someone the ability to share something meaningful with loved ones, it also tends to increase social engagement and has been shown to decrease depression and to improve quality of life and experience both for the patient and for loved ones or caregivers. ■



How to Choose a Quality Vitamin Supplement

by **Lesley Ann Hughes, MD**
*Department of Radiation Oncology,
MD Anderson Cancer Center at
Cooper; Assistant Professor of
Radiation Oncology, Cooper Medical
School of Rowan University*



Lesley Ann Hughes, MD

There is an abundance of choices for vitamin supplements available, and it can be overwhelming to choose the right supplement for your needs.

Here are a few tips on choosing the right supplement:

- Look for independently tested and certified products by a non-profit program such as the National Sanitation Foundation International or the United States Pharmacopeia. Supplements tested by these groups are more likely to be higher quality

products. These programs test for content, purity and freedom from contaminants. The products that are approved must meet good manufacturing practices and be produced in a certified facility.

- You should always check the label for hypoallergenic products if you have sensitivity problems or allergies.

An example would be gluten intolerance. The entire list of ingredients should be prominently displayed on each container.

- Supplements should be tested for toxic substances such as mercury or lead. These can be contaminants in the manufacturing process.

- Always check the expiration date for all supplements and over the counter medications. Expired supplements could be less potent or have degraded to harmful byproducts.
- Follow the storage recommendations on the container such as refrigeration recommendations or other temperature constraints. Not storing your supplements appropriately can lead to less potency or formation of harmful byproducts.
- The manufacturer's contact information should be easy to find on the package. If you cannot find the information then your trust in the product should decrease immediately.

There are good quality supplements out there but you need to be a careful consumer to avoid potentially harmful products. ■

Sole to Soul

by **Julie Fischer, Practitioner, The Dr. Diane Barton Complementary Medicine Program at MD Anderson Cancer Center at Cooper**

I love my job. I've heard that before, but I really never experienced it myself. Truth be told, I have secretly wondered if people who said that were being entirely truthful. But it's happened to me, and I now humbly take back each of the invisible eye rolls I have made through the years. In fact, I don't actually view it as work as much as something I'm privileged to know how to do, and have a place to do it.

What is this magical job you ask... feet and hands. Yup! I'm the smiley one walking around the 3rd floor infusion unit in Camden, who cannot wait to get my hands on your feet and tell you about all of the other wonderful things that come out of the Dr. Diane Barton Complementary Medicine Program.

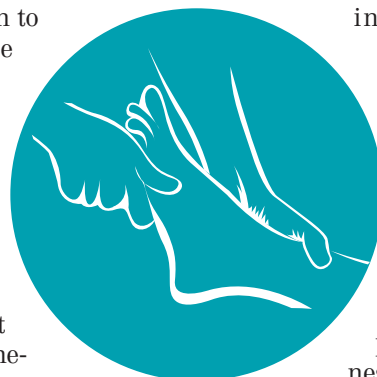
Why, you ask again? I go up there and I see the superhero nurses hooking up all types of chemotherapy and medicines with flawless compassion and expertise. They recognize the incredible people who have come to receive treatment, and give them the care they are so deserving of. The whole floor is filled with strength, determination, humor, camaraderie, teamwork, love, depth, compassion, courage and miracles unfolding.

And then it's my turn to spring into action. In the face of all of this greatness, I ask if you would like a complementary foot or hand massage. It's a tiny thing in the big scheme of all that is happening, and yet it's helpful, and this is what I love. With all that happens in the life of someone receiving chemo treatments, I cannot think of anyone more deserving of a few minutes of massage; of relaxing mind and body, and feeling better.

The proven benefits of hand and foot massage using reflexology points that relate to the whole rest of the body are many. They include relaxation, reduced physical tension and pain, normalized blood pressure, relief of stress and anxiety, as well as increased mobility, immune system function and level of happiness, to name a few.

There have been many reports that neuropathy (a numbness of fingers and toes that some experience with chemo treatments), is reduced in patients who have been receiving hand or foot massage.

Everyone has a different story. Many feel grateful for having their feet massaged by warm hands. One person answered "I haven't gotten a massage



in 78 years," to which I replied "maybe that's long enough then!"

We quickly work through small immediate obstacles such as bunions, IV placement and being ticklish, and on to the serious business of relaxing. My mantra for people new to this whole business is "if it doesn't feel good, we will stop" (which never happens). You don't really know your benefits until you try it.

Your single story is worth telling, too. Definitely, the individual stories are as compelling as the group story here. Each story contributes something to our understanding of massage and symptom relief. My greatest intention is for you to simply feel better.

We have chair massage and reflexology massage days in Voorhees also! About twice a month on Tuesdays you can find many of us in the Clock Tower building. This is free and open to all cancer survivors, regardless of where they have received their treatments, another of the many wonderful program options of the Dr. Diane Barton Complementary Medicine Program. Check out the dates for 2015 on the flyer in this issue of *Survivor Times* and come see for yourself! ■



Genetic Evaluation And Testing For Hereditary Cancer Risk: *Is It Right For You?*

by Kristin Mattie, MS and Shirley Yao, MS
Licensed Genetic Counselors
MD Anderson Cancer Center at Cooper

Most people develop cancer as a result of multiple exposures that occur over the course of a lifetime. However, some families have a hereditary cancer syndrome, meaning that the cancers in the family are primarily caused by an inherited change (mutation) in a gene. People who have a hereditary cancer syndrome gene mutation are at increased risk to develop certain cancers compared to the general population.

The physicians and genetic counselors of the Cancer Genetics Program at MD Anderson Cooper are available to meet with people who want to discuss their personal and/or family histories of cancer and their genetic testing options. Someone with a personal history of cancer may be seen in the Cancer Genetics Program around the time of their diagnosis, as the results of genetic testing may impact their course of treatment, or at any time afterwards as results may impact their ongoing cancer screening and risk-reduction. A person with a family history but no personal history of cancer may also seek genetic evaluation and testing. However, genetic testing is often more helpful if a family member with a personal history of cancer is tested first to determine if their cancer was caused by a mutation in a hereditary cancer syndrome gene.



If your personal and/or family history includes one or more of the following red flags for hereditary cancer syndromes, you may want to schedule a genetic evaluation to discuss whether genetic testing could benefit you and your family:

- The same or related types of cancer present in multiple relatives on the same side of the family
- Cancer diagnosed at an earlier age than usual
- Separate primary cancers starting in more than one area of the body
- A relatively uncommon cancer (such as male breast cancer, medullary thyroid cancer, or paraganglioma / pheochromocytoma)

- Cancer with certain pathologic features (such as “triple negative” breast cancer diagnosed under age 60 or colon cancer with certain characteristics or “genetic instability”)
- Families with specific ancestry known to have a higher incidence of mutations in cancer susceptibility genes (such as Ashkenazi Jewish ancestry and mutations in the BRCA1 and BRCA2 genes)
- A family member with a mutation in a known hereditary cancer gene
If a hereditary cancer gene mutation is found in you, options for increased cancer screening and/or risk-reduction as well as testing of family members for the identified gene mutation may be considered. Even if a gene mutation is not found, or if genetic testing is simply not

warranted, recommendations for cancer screening and risk-reduction options can be made based on the personal and/or family history of cancer and the presence or absence of other risk factors.

Most medical insurance carriers cover part or all of the cost of genetic testing if medical necessity criteria are met. ■

If you are interested in learning more about the Cancer Genetics Program or would like to schedule an appointment, please call **1.855.MDA.COOPER** and ask to speak with Vicki Atkinson, Genetics Program Coordinator.





The commitment of two with a focus on one. You.

A Team Approach to Cancer Care

A collaborative approach to cancer care starts with teams of cancer professionals who work together to develop the ideal treatment plan for each patient through multi-disciplinary, disease-site specific cancer programs.

Advanced Technology

Advanced cancer diagnostic and treatment technologies are available to aid in diagnosis and treatment, including:

- CyberKnife® radiosurgery
- Gamma Knife Perfexion radiosurgery
- Intensity-Modulated Radiation Therapy
- Brachytherapy
- PET-CT
- Digital mammography
- MRI and MRI-guided biopsy
- Senobright contrast enhanced spectral mammography
- daVinci® Robotic surgery

Supportive Care Services

Support services assist patients from treatment to recovery and through survivorship, including complementary medicine, behavioral health, palliative care, nutrition, and social work services.

Cancer Education, Prevention and Screening

Community events and educational programs focus on cancer awareness, prevention, detection and treatment. Educating practicing physicians through continuing medical education events is a priority. MD Anderson Cancer Center at Cooper also offers competitive fellowship training programs in medical oncology and gynecologic oncology.

The Cancer Prevention Program provides cancer risk assessments, screening exams based on genetics, age and gender, and personalized risk-reduction strategies, including chemoprevention. Free screenings for breast, cervical, prostate and colorectal cancer are provided to thousands of South Jersey residents each year. Our screening programs ensure that no one goes without critical cancer screenings because of financial barriers.

Would you like to talk with someone who's "been there"?

We are excited to announce a new program now available to MD Anderson Cooper patients through our new partnership with MD Anderson Cancer Center, in Houston.

If you feel you might benefit from talking with someone who has "been there" the Anderson Network can match you with a cancer survivor who has the same or a similar diagnosis, treatment, or experience. They can also match caregivers!

If you are interested in exploring this unique one-on-one support program, simply call 713.792.2553 or 1.800.345.6324, or email andersonnetwork@mdanderson.org to get started.



WORDSEARCH

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer. Theme: MOVIE TYPES


- | | |
|------------|----------------|
| ADVENTURE | GANGSTER |
| ANIMATION | HEIST |
| CHILDREN | HISTORIC |
| COMEDY | MILITARY |
| CRIME | REAL LIFE |
| DETECTIVE | ROMANCE |
| DISASTER | SCI-FI |
| DRAMA | SONG AND DANCE |
| EPIC | TRAGEDY |
| FANTASY | WAR |
| FUTURISTIC | WESTERN |



SURVIVOR TIMES • Volume 7, Issue 1 • Editor: Bonnie Mehr

Survivor Times newsletter is created and published through the Dr. Diane Barton Complementary Medicine Program. Print versions of the newsletter are available at MD Anderson Cancer Center at Cooper outpatient offices. Digital versions of current and past issues can be found on the Cooper University Health Care website at CooperHealth.org.

For more information about *Survivor Times*, contact Bonnie Mehr at mehr-bonnie@cooperhealth.edu or 856.325.6646.

MD Anderson Cancer Center  **Cooper**

Making Cancer History™

1.855.MDA.COOPER (1.855.632.2667)
MDAndersonCooper.org

George E. Norcross, III
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 President and CEO, The Cooper Health System

Let Things Happen Organically

Recently the media has been highlighting the benefits of “Going Green” to help save the environment. To dietitians, “Going Green,” is twofold: **1.** Choose organic foods to decrease the amount of pesticides, but mainly **2.** Choose green vegetables for all of their cancer fighting powers!

Did you know that consuming fruits and vegetables gives you a powerful punch of antioxidants and phytochemicals, which are naturally occurring in food? Choosing the whole orange, instead of orange juice, gives you fiber, vitamins and minerals that your body needs which just cannot be duplicated in a pill. For cancer patients, safety and proper food handling is necessary when working with fruits and vegetables. Make sure they are cleaned and cooked. Avoid raw vegetables, salad bars and fruits with thin skin and berries. Steaming vegetables retains more moisture and vitamins and minerals which can help boost the immune system.

Some examples of antioxidant-rich green vegetables include asparagus, broccoli, brussels sprouts, green beans, peas, spinach, cucumbers, celery, lettuce, kale, collard greens, zucchini and green peppers. Green fruits such as, green apples,



FROM THE DESK OF:
Alicia Michaux, MS, RD, CSO
Registered Dietitian
Board Certified Specialist
in Oncology
MD Anderson Cancer
Center at Cooper

kiwi, and honeydew melon are great choices. Next time you pack your lunch, or prepare your dinner, try adding a green fruit or vegetable, by doing this one small task, you can very quickly meet your goal of 5-9 servings of fruits and vegetables per day.

Organic: To buy or not to buy?

Simply stated, organic products are grown without the use of pesticides, fertilizers, genetically modified organisms or radiation. Animals that produce meat, poultry, eggs and dairy products do not take antibiotics or growth hormones.

Does this mean foods that are not organic are not safe?

There is no evidence that states organic foods are “safer” than non organic foods. Organic foods can cost up to 50% more than foods grown with traditional techniques. It really comes down to personal preference, cost and accessibility. Food labels can be confusing so this is what you could look for when purchasing your foods.

100% Organic: Made with 100% organic ingredients

Organic: Made with at least 95% organic ingredients

GMO: “Genetically Modified Organisms” are plants or animals created through the gene splicing techniques. This experimental technology merges DNA from different species, creating unstable combinations that normally do not occur in nature. These crops are being monitored:

- Alfalfa
- Canola
- Corn
- Cotton
- Papaya
- Soy
- Sugar Beets
- Zucchini and Yellow Summer Squash

Purchasing your produce locally is the latest trend in nutrition and taste. Asparagus grown right here in southern New Jersey is fresher and more nutritious than asparagus that has spent weeks in transit. Ask local farmers what chemicals, if any, they are using. Grocery stores will also advertise locally grown produce.

If buying produce at the grocery store or farmer’s market is expensive or difficult to get to, try planting fresh herbs, spices, fruits and vegetables right on your window sill or backyard. Now you can do your part, in choosing what you eat! Many towns have free programs at community centers, garden centers, and at the local farms to get you started. In conclusion, it doesn’t matter whether it is fresh or frozen, organic or not, canned or from your garden, you are what you eat... **so let’s eat GREEN!** ■

Cheesy Quinoa and Veggie Stuffed Bell Peppers

Prep time: 10 minutes
Cook time: 25 minutes
Total time: 35 minutes

Ingredients:

- 3 cups cooked quinoa
- 1 cup sweet corn
- 2/3 cup black beans
- 1/2 cup cherry tomatoes (cut in half)
- 1/4 cup chopped mushrooms
- 1/2 cup chopped onions
- 1/4 cup chopped cilantro
- 3/4 cup shredded 2% mexican blend cheese
- 1/2 tsp garlic salt (don't omit!)
- salt and pepper to taste
- 6 bell peppers, hollowed out and with tops cut off



Delicious, healthy, and so easy! This vegetarian recipe for cheesy quinoa and veggie stuffed bell peppers is the perfect way to lighten up your meal without sacrificing flavor!

Instructions:

1. Preheat oven to 350 degrees.
2. Combine all the ingredients together and season with salt and pepper to taste.
3. In a large baking dish, fill the hollowed-out bell peppers completely and sprinkle with extra cheese if desired. Make sure they're wedged together so they stand up straight.
4. Bake for 25 minutes and serve hot!

Nutrition Information:

Serving size: 1 pepper **Calories:** 302 **Fat:** 5.6g **Saturated fat:** 1.8g
Carbohydrates: 51.5g **Sugar:** 10.6g **Sodium:** 290mg **Fiber:** 11.2g
Protein: 13.8g **Cholesterol:** 7.5mg

Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 1

Live, Love, Laugh & Hope

by Sarah Lewis

After years of diagnosis and treatment, cancer survivors are living longer and healthier lives. Many survivors are able to live full, active lives, and many are able to share their experiences with others who have faced similar challenges.

What I Know for Sure

by Heidi Hulse

The meaning of having breast cancer is different for everyone. Some survivors see it as a life-altering event, while others see it as a challenge to overcome. Many survivors find meaning and purpose in their journey.

The Year of Self Renewal

by Heidi Hulse

For many survivors, 2010 was a year of self-renewal. It was a year of rediscovering oneself, finding new passions, and embracing life's opportunities.

Finding Your Voice

by Heidi Hulse

Many survivors find it difficult to find their voice. They may feel that their experiences are not being heard, or that they are not being taken seriously.

Who Am I?

by Heidi Hulse

After cancer, many survivors question their identity. They may wonder who they are without their cancer, and what their future holds.

525,600 Minutes

by Heidi Hulse

There are 525,600 minutes in a year. For many survivors, every minute counts. They cherish the time they have left and make the most of it.

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 2

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by Heidi Hulse

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 3

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by Heidi Hulse

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 4

The Art of Survivorship

by Heidi Hulse

Survivorship is not just a word; it's a journey. It's the art of living with cancer, of finding meaning and purpose in the face of adversity.

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 5

Stop and Smell the Roses

by Heidi Hulse

Life is short, and cancer makes it even shorter. Survivors are encouraged to take time to enjoy the simple pleasures of life, to smell the roses.

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 6

Survive, Thrive & Hope

by Heidi Hulse

Surviving cancer is a challenge, but thriving and hoping are the keys to a better life. Survivors are encouraged to embrace their future with hope.

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 7

Put Cancer in the Corner

by Heidi Hulse

Cancer is a foe, but it can be put in the corner. Survivors are encouraged to face their fears and take control of their lives.

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 8

Life After Cancer

by Heidi Hulse

Life after cancer is a new chapter. Survivors are encouraged to embrace the possibilities and live life to the fullest.

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 9

What Cancer Cannot Do

by Heidi Hulse

Cancer is a formidable foe, but it cannot do everything. Survivors are encouraged to stand strong and overcome their challenges.

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 10

Share Your Smile, Spread the Warmth

by Heidi Hulse

A smile is a powerful tool. Survivors are encouraged to share their smiles and spread warmth to others who are struggling.

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 11

Supermodel for Hope

by Heidi Hulse

Hope is a beautiful thing. Survivors are encouraged to be supermodels of hope and inspire others.

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 12

A Steadfast Commitment

by Heidi Hulse

Survivors are committed to their lives, their families, and their communities. They are a steadfast commitment to hope and healing.

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MD Anderson Cancer Center Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 13

Two Generations of Survivors: Mother and Daughter

by Heidi Hulse

Two generations of survivors, one mother and one daughter. They share their experiences and offer support to each other.

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MD Anderson Cancer Center Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 14

The Sisterhood

by Heidi Hulse

A sisterhood of survivors, united in their experiences and their love for life. They support each other through every challenge.

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MD Anderson Cancer Center Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 15

"Personalized" Breast Cancer Care

by Heidi Hulse

Personalized breast cancer care, tailored to each survivor's needs. It's about giving survivors the best possible care.

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Cooper Cancer Institute Survivor Times

A newsletter for cancer survivors, by cancer survivors.

Volume 7 • Issue 16

Celebrating 7 Years of SURVIVOR TIMES!

by Heidi Hulse

Celebrating 7 years of Survivor Times! A journey of hope, resilience, and triumph. Thank you to all our survivors and supporters.

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