

# SurvivorTimes

A NEWSLETTER FOR CANCER SURVIVORS

VOLUME 10 | ISSUE 2 | 2018

Sponsored by the Dr. Diane Barton Complementary Medicine Program



## Reflections on the 5th Anniversary of MD Anderson Cancer Center at Cooper

by Generosa Grana, MD, Director,  
MD Anderson Cancer Center at Cooper

It's hard to believe five years have passed since we officially launched MD Anderson Cancer Center at Cooper, bringing together two visionary healthcare organizations committed to delivering the most comprehensive and advanced cancer care, close to home.

This partnership, built on the combined strength and shared mission of the former Cooper Cancer Institute and one of the nation's leading cancer centers, MD Anderson Cancer Center, has truly exceeded our expectations. We are now the largest cancer center in South Jersey devoted exclusively to patient care, research, education, and prevention. We are fast becoming recognized as one of the region's premier cancer providers as thousands of individuals are choosing MD Anderson at Cooper in order to have unprecedented access to MD Anderson's proven treatment protocols, leading-edge technologies, groundbreaking clinical trials, and leading cancer experts. We are continuing to recruit an outstanding clinical care team, invest in our physical growth to expand our exceptional scope of services to more people, and distinguish our cancer program as a market leader in the South Jersey region and beyond.

The list of accomplishments achieved over the past five years is astounding. Topping the list is the hope and promise this collaboration has brought—and will continue to bring—to the patients and families affected by cancer who entrust us

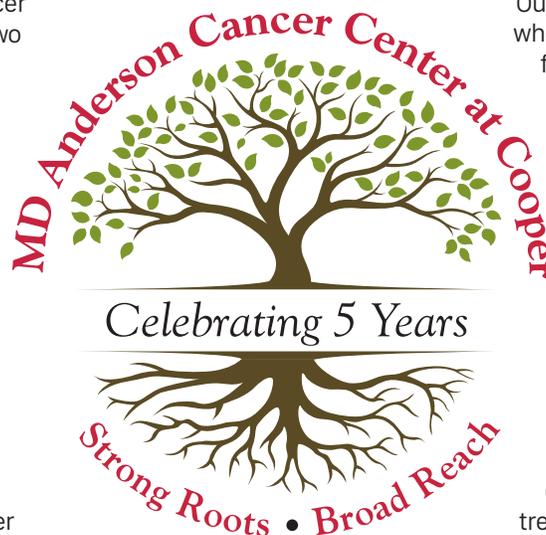
with their care.

Our patients are why we do what we do, and when it comes to cancer they don't have to fight alone, and neither do we. In choosing a partner, we decided to affiliate with the best. By partnering with MD Anderson, we have essentially been able to give our patients the "dream-team" of cancer fighters who utilize a combination of the resources we offer locally and the expertise and experience of one of the nation's top cancer care providers.

Five years after launching the relationship, we are stronger than ever before and more capable of offering extraordinary cancer care from education and prevention to diagnosis, treatment, and survivorship, all while focused on the patient's needs and preferences and our shared vision for the future: Making Cancer History.®

In the years ahead, we will continue to build upon the foundation set back in 2013 by improving and expanding our facilities and services to meet the needs of our region, especially as the population grows and ages.

Winning the fight against cancer will require dedication, innovation, and the collective force of an exceptional team of experts in medicine, research, technology, and leadership. I believe this kind of coordinated approach will ensure MD Anderson at Cooper continues to transform patient care while making the greatest progress toward our ultimate goal, which is to eradicate cancer in the shortest time possible. ■



**"Winning the fight against cancer will require dedication, innovation, and the collective force of an exceptional team of experts in medicine, research, technology, and leadership."**



## Dear Friends,

**Celebrating milestones can be life affirming and meaningful.**

**This October, we joyfully celebrate our five-year anniversary as MD Anderson Cancer Center at Cooper – a major milestone for our program.**

Many cancer survivors have mixed emotions about milestones and anniversaries of important dates. Milestones can trigger a range of emotions, from gratitude and relief to pain and sadness to fear of cancer recurrence, even after years have passed. One of the best ways to recognize milestones and the emotions they evoke is to take ownership of them. Choose how you want to reflect on the changes in your life, both difficult and positive.

**Donate or volunteer.** Many cancer survivors find that sharing their time, skills, or resources helps give positive meaning to their experience. You might consider supporting the Dr. Diane Barton Complementary Medicine Program – it's a great way to make a difference in the lives of other cancer survivors. Our program operates on philanthropic support, and all programs and activities are offered free to cancer survivors.

**Reflect.** Take time to think about your cancer experience and reflect on the changes in your life and the changes you want to make in your life. Both the Integrative Oncology and Complementary Medicine Programs use evidence-based therapies that focus on the three pillars of a healthy lifestyle and the interconnection between the mind, body, and spirit. Taking part in our programs gives survivors the opportunity to focus on a return to wellness.

**Celebrate.** There are many opportunities in life to celebrate – birthdays, weddings, bar mitzvahs, the birth of a grandchild. But life and survivorship can be celebrated in small, everyday moments as well – an inspiring worship service, a perfect day on the beach, an early morning walk. The Dr. Diane Barton Complementary Medicine Program offers many opportunities to celebrate and share in the camaraderie of cancer survivorship. I invite you to explore our calendar of programs scheduled for this fall. I'm sure you'll find something intriguing and inspiring. Please join us!

Remember that everyone experiences cancer and its milestones differently. How you choose to own your milestones is unique and valuable.

**Celebrate your way, each and every day!**

**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](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

I would like to dedicate this special issue of *Survivor Times* to the extraordinary, dedicated employees at MD Anderson at Cooper. On this, our 5th Anniversary, our team has rededicated itself to our Mission, Core Values, and Service Standards.

**Each and every day**, no matter what their role, our team members put their hearts and souls into providing each patient with an excellent experience.

**Each and every day**, our team focuses on our Mission: To Serve, To Heal, To Educate.

**Each and every day**, our staff strives to reach the highest level of our Service Standards of Communication, Courtesy, Respect, and Professionalism.

**Each and every day**, our employees embrace our Core Values of Innovation, Teamwork, and Respect.

Milestones give us all the opportunity to reflect, celebrate, and affirm. As we continue with our work, you can rest assured, knowing that we will be leading the way in cancer care and will be by your side every step of your journey - **each and every day**.



# MD Anderson Cooper Cancer Center

Making Cancer History®

## The Dr. Diane Barton Complementary Medicine Program

Becoming a cancer survivor starts the moment a patient is diagnosed, and at MD Anderson Cooper, we realize that physical healing is only part of our mission.

The Dr. Diane Barton Complementary Medicine Program enhances traditional cancer treatment by focusing on mind, body, and spirit. The program offers a variety of mind-body therapies performed by certified therapists and practitioners.

Our complementary therapies are designed to lessen the pain, stress, and anxiety associated with a cancer diagnosis. They also provide assistance in managing the side effects of traditional treatments, such as radiation and chemotherapy.



The following are available throughout the year in our Camden and Voorhees locations:

- Therapeutic Chair Massage
- Workshops and Reflexology
- Guided Imagery and Meditation
- Horticultural Healing
- Gentle Chair Yoga
- Seeds of Hope Project
- Creative Arts for Healing Classes
- Gentle Body Movement
- Mindfulness
- Nutrition Education
- Behavioral Medicine Workshops
- Educational Seminars
- *Survivor Times* Newsletter
- Tea Cart Program



Tea Cart Program

## Program Highlights

- The Dr. Diane Barton Complementary Medicine Program has provided services to thousands of cancer survivors, at no cost, regardless of where they receive care, since its inception in 2004.
- The program has recently expanded to include chair-side reflexology and hand massage services by The Chairside in our Camden and Voorhees infusion units.
- Surveys are conducted annually to measure the program's effectiveness in reducing stress and anxiety and in patient satisfaction. The most recent survey conducted on Chair-Side Reflexology and Creative Arts for Healing classes demonstrated a 100 percent satisfaction rating in all areas.

For any questions, please contact Program Director Bonnie Mehr at mehr-bonnie@CooperHealth.edu or 856.325.6646



**Participants bask in a sense of community, nurturing friendships, and the mutual support they have experienced through The Dr. Diane Barton Complementary Medicine Program.**



# Every Precious Day

by Richard D. Lackman, MD, Former Director, Orthopaedic Oncology Center, MD Anderson Cancer Center at Cooper

Having worked for 35 years as an orthopaedic cancer surgeon, I have certainly experienced life in an unusual way. This has been a wonderful experience for me, though trying at times. Yet these experiences have provided me with insight that I would not otherwise have attained. I was asked to write a short discourse on what it means to be a cancer survivor, and I have attempted to relate my viewpoint in the following paragraphs.

What does it mean to be a cancer survivor? Truth be told, every day each one of us is a life survivor. I have not yet figured out why it is that our Creator took so much effort to put us here and yet made it temporary. I suspect, however, that the answer to this question may exist in the larger view of the universe around us. Not only are our lives temporary but also our planet, our solar system, our galaxy, and indeed, the entire universe as we know it.

As scientists now look far out into the stars, it is apparent that our small, blue planet and the life it supports is indeed a rare, if not singular, situation. How fortunate, then, are we to occupy even this tiny bit of space during this tiny bit of time that we are here. In my own mind, this helps me to understand how precious every day is for each of us. However, whether by destiny or circumstance, we each lead our individual lives and experience this life for varying amounts of time.

I truly believe that the dignity and inherent value of our lives is determined not by our quantity of time, but rather our quality of thought and action. As such, what better legacy could each of us have than to leave the earth a better place than we found it? Few will ever win a Nobel Prize, and yet true nobility remains within the reach of each of us. All it takes to ensure this nobility is kindness, patience, and optimism.

Obviously any serious illness, such as cancer, reminds us in a harsh and scary way of our own mortality, which we tend to forget in the course of our day-to-day lives. While these diseases and their treatment can detract from the physical quality of our lives, they do

not change the fact that every day is precious. This is why it is so important for those undergoing cancer treatments, as well as for those whose treatments are behind them; and for that matter, for all of us, to experience love on a daily basis. While this love can certainly come to us, it must also come from us. This love can be directed toward another person, an activity that we cherish, or simply

an appreciation of the beauty around us. And I believe that it is this love that makes each day precious.

So in truth, by understanding the blessing each day represents, each of us is doing much more than simply surviving. ■

**"I truly believe that the dignity and inherent value of our lives is determined not by our quantity of time but rather our quality of thought and action."**

## Eight Years Later: Sister Will You Help Me? Yes, My Sister, I Will!

by Vanessa Smith, Cancer Survivor

In the spring of 2010, I wrote an article that was published in the *Survivor Times*. Well, it's now 2018, and I am still alive and well and cancer-free! I do have a number of diseases, but nothing as bad as cancer and nothing that I can't survive. I have found the best support group from MD Anderson Cancer Center at Cooper which is called "Sister Will You Help Me."

It is run by three phenomenal women, Dianne Hyman, RN, and social worker Leslie Tarr, both from MD Anderson at Cooper, and Dorothy Collins. They have been there for me and every woman in our group. They have also taught me how to help women with their survivorship.

I know that is why I was left on the planet after surviving breast cancer three times. MD Anderson at Cooper also provides us with free cancer events during the year, which keeps us informed about different treatments and about what is really going on in the world of cancer. The events are very interesting and entertaining, and we always have a great time.

Our mantra when someone joins the group is, "Sister Will You Help Me?" And we say, "Yes, my sister, I will." ■



## WALK, TALK, AND THRIVE



Are you interested in joining a walking program to improve your stamina and help with your weight goals? Consider joining other survivors, support persons, and the community in Walk, Talk, and Thrive.

Every Tuesday and Thursday at 5:30 p.m. (weather permitting) through September 2018, our Walk, Talk, and Thrive group walks from MD Anderson Cancer Center at Cooper, Two Cooper Plaza, Camden, NJ, to the Camden waterfront and back. This two mile, one-hour walk is accompanied by great conversation with cancer center personnel, other survivors, and community members.

**Come join us, walk...talk...and thrive!**

**Dates: Tuesdays and Thursdays through September 27 (weather permitting) September 4, 6, 11, 13, 18, 20, 25, 27**

**For more information, please contact Cynthia Cruz at 856.968.7825.**

Walk, Talk, and Thrive is held in collaboration with the American Cancer Society's Team HEALE (Healthy Eating and Active Living Environments) Camden, a partnership of Camden-based health institutions dedicated to increasing awareness of the impact of healthy eating on cancer risk. By mobilizing communities, we want to make the healthy choice the easy choice in Camden.

# Clinical Trials Are Essential to Better Cancer Care

For Kathleen Bransky of Mantua, NJ, participating in a clinical trial at MD Anderson Cancer Center at Cooper for a treatment that could potentially prevent the reoccurrence of her breast cancer was a “no-brainer.”

Kathleen was diagnosed in 2014 with advanced Stage 3 breast cancer. After undergoing surgery and an intensive regimen of chemotherapy and radiation therapy at MD Anderson at Cooper, she was thrilled to be cancer-free. Yet, due to the nature of this type of cancer, she was still concerned about its high risk of recurrence.

“When the doctor told me about a clinical trial investigating a new medication that could lessen or even eliminate the risk of my cancer returning, I enrolled immediately. I never gave it a second thought,” she exclaimed. “I don’t know why anyone would. I wanted to do whatever it took to live a longer, healthy life.”

Extraordinary advances in cancer therapies have been made through clinical trials. Clinical trials are studies that involve a select group of individuals who volunteer to test a new type of treatment or technique while being closely monitored and cared for by a team of research professionals. At MD Anderson at Cooper, this team includes physicians, nurses, and other cancer specialists.

According to Robin Turton, LPN, Clinical Research Coordinator III, MD Anderson at Cooper, clinical trials play a crucial role in the effort to find new and better ways to provide care that could ultimately improve or extend the quality of life for cancer patients today and for future generations. However, the amount of progress that can be made depends largely on patients’ willingness to participate.

“It’s a very personal decision to enroll in a clinical trial,” said Robin, who works closely with prospective patients and their families to make sure they understand the nature of the study and the level of commitment required.

Those who choose to participate, like Kathleen, often do so for several reasons, including the chance to play a more active role in their own health, to gain access to promising treatments outside of what is currently available, and to advance cancer care.

**“Clinical trials play a crucial role in the effort to find new and better ways to provide care that could ultimately improve or extend the quality of life for cancer patients today and for future generations to come.”**

The decision to take part in a clinical trial is a personal one. Some people have questions about side effects, costs, and logistics. Clinical research coordinators can answer these questions and provide information to help you make an informed decision about whether or not participating in a clinical trial is right for you.

“At MD Anderson at Cooper, we are all focused on a common goal – providing a positive and safe experience for each individual,” explained Robin. With that in mind, the research team provides ongoing education and assistance to each individual so that they are fully informed and better equipped to make a decision. “We also encourage each individual to discuss any questions and concerns throughout the process directly with the research staff.”

To take part in a clinical trial, a person must meet specific requirements, which vary from study to study. They may include current health status, type and stage of cancer, treatment history, gender, and age.

“It’s important to note that patients have the right to stop participation in a clinical trial at any time, even after signing up or once treatment has started,” added Robin. Their doctors then resume the standard course of treatment or routine of follow-up care that was originally planned for that patient.

Although Kathleen’s clinical trial ended in 2016, she will continue to be monitored for up to three years. Overall, she said her participation was a positive experience. “I took comfort in knowing that I was taking an active role in my own health and future,” she said. “I would encourage others to keep an open mind when considering the possibilities.” ■

**To learn more about clinical research in general and/or studies taking place at MD Anderson at Cooper, contact Robin Turton, LPN, at 856.735.6234.**



Clinical Research

# Genetic Testing for Hereditary Ovarian Cancer and Hereditary Prostate Cancer

by Brooke Levin, MS; Vanessa Manso, MS; Kristin DePrince Mattie, MS; Matthew Share, MS; and Jennifer Stone, MS; Licensed Genetic Counselors, MD Anderson Cancer Center at Cooper

**D**id you know that September is not only Ovarian Cancer Awareness Month, but also Prostate Cancer Awareness Month? In the spirit of awareness, the William G. Rohrer Cancer Genetics Program would like to highlight both hereditary ovarian cancer and hereditary prostate cancer.

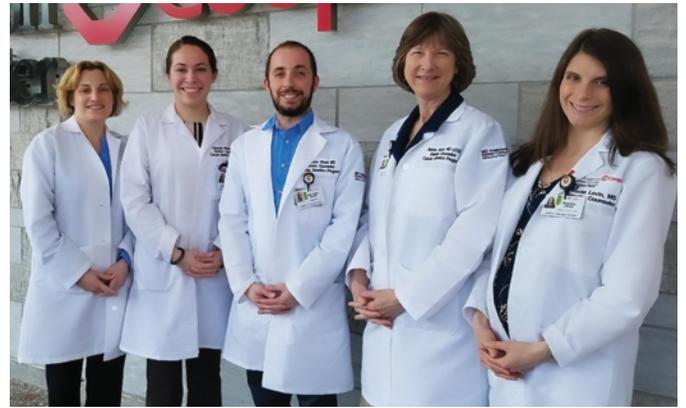
Most people develop cancer by chance or due to risk factors that accumulate over a lifetime. A hereditary cancer syndrome is an inherited increased chance (higher than the general population) to develop certain types of cancer due to a change (mutation) in a gene that normally keeps cells healthy. Inherited conditions are passed from generation to generation and can come from the mother's or father's side of the family. Approximately 15 percent to 25 percent of people who are diagnosed with ovarian cancer and 10 percent of people who are diagnosed with prostate cancer develop their cancers due to a hereditary cancer syndrome.

Genetic counseling and testing is available to help identify families with a hereditary cancer syndrome. Cancer survivors may choose to do genetic testing because they want more information about their future cancer risks or to possibly understand why they developed their cancer. A "positive" result (finding a mutation in a hereditary cancer syndrome gene) may also impact cancer treatment options. Cancer survivors may also wish to share their genetic test results with their family members, as healthcare providers may recommend increased cancer screening, early cancer detection, and/or cancer risk-reduction measures for people with a hereditary cancer syndrome.

Genetic testing can be used to identify people and families at increased risk for many different types of cancer, such as breast, ovarian, colon, uterine, prostate, and pancreatic cancers. Health insurance companies may cover most, if not all, of the cost of genetic testing on a case-by-case basis. Thankfully, the overall cost of genetic testing has decreased in recent years.

The majority of people who have hereditary ovarian or prostate cancer have an inherited mutation in either the BRCA1 or the BRCA2 gene. However, as genetic testing technology and our understanding of hereditary cancer have improved over the past few years, we know that there are other genes besides BRCA1 and BRCA2 that can cause hereditary ovarian and prostate cancers in families. As such, anyone who previously had genetic testing limited to the BRCA1 and BRCA2 genes can consider additional genetic testing to include other hereditary cancer genes. A "multi-gene panel" allows for testing a larger number of genes together at one time instead of just two genes, such as BRCA1 and BRCA2.

**Hereditary ovarian cancer:** Regardless of the age at cancer diagnosis or other personal or family history of cancer, all ovarian (or fallopian tube or primary peritoneal) cancer survivors should



The Cancer Genetics Team (L-R): Kristin DePrince Mattie, Vanessa Manso, Matthew Share, Jennifer Stone, and Brooke Levin.

consider genetic evaluation and testing to determine if they have hereditary ovarian cancer.

**Hereditary prostate cancer:** Genetic evaluation and testing is not currently recommended for all prostate cancer survivors, as prostate cancer is the most common cancer type diagnosed in men and is less likely to be hereditary compared to ovarian cancer. Prostate cancer survivors who should consider evaluation and testing include the following:

- Those who were diagnosed with their cancer at age 65 years or earlier.
- Those whose cancer is metastatic (has spread beyond the prostate to another part of the body).
- Those with a Gleason score of greater than seven along with a family history of cancers, including breast, ovarian, pancreatic, and prostate. The Gleason score is a grade that describes how the cancer cells look compared to normal prostate tissue under the microscope.
- Those who have a family history of a known hereditary cancer syndrome that includes or may include increased risk for prostate cancer.
- Those who have several close blood relatives with breast (female and/or male), prostate, ovarian, colon, uterine or other related cancers on the same side of the family.

If you are concerned about the possibility of a hereditary cancer syndrome in you or your family, please discuss your personal and/or family history with your healthcare providers. Your healthcare provider may decide to refer you for a genetic evaluation and discussion of your current genetic testing options. If genetic testing is recommended and you choose to proceed, a blood or saliva sample will be taken during your visit. ■

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

## Driving Concetta

by: Concetta Valenza, Cancer Survivor

Nineteen years ago, when I heard the words, “You have cancer,” I was in utter shock. I just couldn’t believe it happened to me. But even more than my diagnosis of Non-Hodgkin lymphoma, I was worried about what this would do to my family.

I want people to know when they hear the word “cancer,” it’s not associated with death anymore. When the doctor told me I had cancer, I thought about death. Then I found a way to beat it. I want to share my story and the glimmer of hope—I want to let people know that this isn’t a death sentence.

We refused to give up hope, and together we were going to defy the prognosis. With the help of MD Anderson Cancer Center at Cooper and the American Cancer Society, I could do just that—I went into remission for three years. Yes, I still have cancer, and I am currently in the middle of treatment—but I am alive.

At age 88, I no longer drive more than a few miles away from home. Although I have

a close and supportive family, none of them can take the time off from work to get me to my appointments.

I really didn’t know what I was going to do. The MD Anderson at Cooper staff suggested I call the American Cancer Society. They were wonderful. They connected me right away with the Road To Recovery® program, which I feel now played a major part in my recovery.

Through the free program, volunteers donate their spare time and use of their

personal vehicle to drive cancer patients in their community to treatment appointments.

All my drivers have been so compassionate, dedicated, and absolutely wonderful. They made a huge difference. The Road To Recovery program is great, and the volunteers who drive me continue to give me hope. They take all the worries off my mind because I am so pleased with the treatment, with the volunteers, and with the whole American Cancer Society program. ■



Concetta Valenza being dropped off for treatment by a Road to Recovery volunteer at the MD Anderson Cancer Center at Cooper Voorhees office.

### Road To Recovery with the American Cancer Society

*Every driver has what it takes to help save lives.*

**What do we do?** Transportation can be one of the biggest roadblocks to treatment. That’s why the American Cancer Society helps provide the rides that can help save lives. The American Cancer Society Road To Recovery program offers cancer patients free transportation to and from their cancer-related treatment.

For those who cannot drive themselves or have no other means of getting to treatment, volunteers donate their spare time to give cancer patients in their community a much-needed ride.

Because MD Anderson Cancer Center at Cooper understands the need for this service in the communities they serve, they are joining with the American Cancer Society to recruit more drivers.

**Why is this important?** Right now, one of the biggest barriers to cancer care is transportation. Because even the best treatment can’t work if a patient can’t get there.

Family and friends may have limited ability to help over the course of several months. In addition, the financial burden of transportation needs may impact a patient’s ability to get to their next appointment. That’s why a successful transportation assistance program can be a tremendous asset to the community, and why it’s critical for MD Anderson at Cooper to play a role in helping to save lives.

**Why does MD Anderson Cancer Center at Cooper support this program?** By working closely with the American Cancer Society, MD Anderson at Cooper is helping patients they serve in the community get to the potentially lifesaving treatments they so desperately need. MD Anderson at Cooper is inspiring colleagues at work and around the community to become volunteers for the Road To Recovery program.

**How does it work?** To ensure quality drivers, the American Cancer Society screens every volunteer. They must also complete a training course to prepare them for their new role.

**Requirements:**

- A good driving record
- A current, valid driver’s license
- Access to a safe and reliable vehicle
- Proof of adequate automobile insurance
- Complete an American Cancer Society training course
- Availability Monday through Saturday during the hours of 7 a.m. and 7 p.m.

The American Cancer Society is so appreciative of the support of MD Anderson at Cooper. With the support of new volunteer drivers and MD Anderson at Cooper, we can provide patients with the rides they need and help save more lives from cancer.



**Road To Recovery®**

To learn more about the Road To Recovery program, visit [www.cancer.org/roadtorecovery](http://www.cancer.org/roadtorecovery), contact your local American Cancer Society office, or call 1-800-227-2345.



## Happy Anniversary MD Anderson Cancer Center at Cooper!

by Susan Bass Levin, President and CEO,  
The Cooper Foundation

Anniversaries are a time of reflection and celebration, a time to look back and give thanks for all we achieved, and a time to set our sights on the future ahead.

This year, we mark the five-year anniversary of the opening of MD Anderson at Cooper. Since then, our cancer center has grown to become the largest in South Jersey, with more than 100,000 patient visits a year.

In celebration of this milestone, I would like to share with you five things about MD Anderson at Cooper for which I am grateful. Feel free to make your own list and send to me at [basslevin-susan@cooperhealth.edu](mailto:basslevin-susan@cooperhealth.edu) or post on our Facebook page @CooperFDN.

- The amazing team of doctors, nurses, and other medical and administrative staff who dedicate each and every day to caring for our patients – a personal shout-out to my mother’s gynecologic oncologist, and mine too, Dr. David Warshal.
- The Forman Family Tranquility Garden, a rooftop garden that brings joy, comfort, and peace to patients and their families.
- Beautiful original art, which is carefully selected to help patients heal – physically, emotionally, and spiritually – all created by New Jersey artists.
- The Janet Knowles Breast Cancer Center, a state-of-the-art space dedicated to comprehensive breast cancer care.
- The William G. Rohrer Cancer Genetics Program, which helps patients and families identify their risks for hereditary cancer.

Yet perhaps what I am most grateful for is the generous support of our community, especially the thousands of women – and men – who contribute to our Pink Roses Teal Magnolias initiative each year.

**For questions or more information, please call 856.342.2222 or e-mail [basslevin-susan@CooperHealth.edu](mailto:basslevin-susan@CooperHealth.edu).**

## Dense Breast Clinic

by Pauline Germaine, DO, Department of Diagnostic Radiology

Mammograms are the best way to find breast cancer early, but if your mammogram report says that you have dense breast tissue, you may be wondering what that means.

Breast density compares the amount of fat to the amount of glandular tissue on a mammogram. Dense breast contains more glandular and fibrous tissue than fatty tissue. In general, younger women tend to have dense breasts, and breast density typically decreases as a woman gets older.

Although breast density is stated in every mammography report, currently only 34 states, including New Jersey, require some level of breast density notification to the patient after a mammogram.

Increased breast density is very common and is not abnormal. Breast density is seen only on mammograms. Women who have dense breast tissue have a slightly higher risk of breast cancer compared to women with less dense breast tissue. We do know that dense breast tissue makes it harder for radiologists to see cancer.

If your mammogram report says that you have dense breast tissue, talk with your provider about what this means for you. Studies have shown that breast ultrasound, contrast-enhanced spectral

mammography, and magnetic resonance imaging (MRI) can help find some breast cancers that cannot be seen on mammograms, but not all women with dense breasts require further screening.

If you have been told you have dense breasts and have questions about how this may impact your risk of breast cancer and what screening studies might be best for you, the MD Anderson Cancer Center at Cooper Dense Breast Clinic team can provide you with answers and recommendations you need.

With one phone call to MD Anderson at Cooper, our team will make an appointment for you and put you in touch with our Breast Imaging Navigator, who will provide you with guidance and support throughout the evaluation process.

Our team will work with you to gather all appropriate breast imaging studies (reports and actual image files) so that our breast imaging specialist can review the studies before your appointment. Breast density, together with family history and other factors, will determine a woman’s risk of breast cancer and will affect management. After this thorough evaluation, our team will be able to determine if you should:

- Have other breast imaging studies to supplement your regular breast cancer screening mammogram.
- Schedule an appointment with our high-risk breast program and/or cancer genetics program. ■

**For more information, or to schedule an appointment with the MD Anderson Cancer Center at Cooper Dense Breast Clinic, call 1.855.MDA.COOPER (1.855.632.2667)**

## CENTER FOR INTEGRATIVE ONCOLOGY

The Dr. Diane Barton Complementary Medicine Programs

# Calendar of Events

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*Enhancing Traditional Cancer Treatment by Focusing on Mind,  
Body, and Spirit*

August – November 2018



# September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5  9 - 10 am Seeds of Hope Project (Garden)	6  12:30 - 1:30 pm Mindfulness	7
10  10 - 11 am Get Moving	11  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Qi Gong and Meditation	12  9 - 10 am Seeds of Hope Project (Garden)	13  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	14
17	18  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Guided Imagery and Meditation	19  9 - 10 am Seeds of Hope Project (Garden)	20  12:30 - 1:30 pm Mindfulness	21
24  10 - 11 am Gentle Chair Yoga	25  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	26  9 - 10 am Seeds of Hope Project (Garden)	27  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	28

## Locations

Program locations are color coded for quick reference. Programs in **Camden will appear in red**. Programs in **Voorhees will appear in purple**.

### Camden

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

### Voorhees

Cooper Clock Tower Building  
931 Centennial Boulevard  
Voorhees, NJ 08043

All Seeds of Hope programs are held behind the 900 Centennial Boulevard Healing Garden unless otherwise noted.

# October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<p><b>2</b></p> <p> <b>9:30 - 10:30 am</b> Laughter for Health</p> <hr/> <p> <b>11 am - Noon</b> Qi Gong and Meditation</p>	<p><b>3</b></p> <p> <b>9 - 10 am</b> Seeds of Hope Project (Garden)</p>	<p><b>4</b></p> <p> <b>12:30 - 1:30 pm</b> Mindfulness</p>	5
<p><b>8</b></p> <p> <b>10 - 11 am</b> Get Moving</p>	<p><b>9</b></p> <p> <b>9:30 - 10:30 am</b> Get Moving</p> <hr/> <p> <b>11 am - Noon</b> Guided Imagery and Meditation</p>	<p><b>10</b></p> <p> <b>9 - 10 am</b> Seeds of Hope Project (Garden)</p>	<p><b>11</b></p> <p> <b>11 am - Noon</b> Creative Arts for Healing</p> <hr/> <p> <b>12:30 - 1:30 pm</b> Mindfulness</p>	12
15	<p><b>16</b></p> <p> <b>9:30 - 10:30 am</b> Gentle Chair Yoga</p> <hr/> <p> <b>11 am - Noon</b> Qi Gong and Meditation</p>	<p><b>17</b></p> <p> <b>9:30 am - 1 pm</b> Therapeutic Massage and Reflexology</p>	<p><b>18</b></p> <p> <b>12:30 - 1:30 pm</b> Mindfulness</p>	19
<p><b>22</b></p> <p> <b>10 - 11 am</b> Refresh, Recharge, Renew</p>	<p><b>23</b></p> <p> <b>9:30 - 10:30 am</b> Laughter for Health</p> <hr/> <p> <b>11 am - Noon</b> Guided Imagery and Meditation</p>	24	<p><b>25</b></p> <p> <b>11 am - Noon</b> Creative Arts for Healing</p> <hr/> <p> <b>12:30 - 1:30 pm</b> Mindfulness</p>	26
29	<p><b>30</b></p> <p> <b>9:30 - 10:30 am</b> Get Moving</p> <hr/> <p> <b>11 am - Noon</b> Qi Gong and Meditation</p>	31		

# November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5</b>  10 - 11 am Gentle Chair Yoga	<b>6</b>  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	<b>7</b>	<b>8</b>  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	<b>9</b>
<b>12</b>	<b>13</b>  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Guided Imagery and Meditation	<b>14</b>	<b>15</b>  12:30 - 1:30 pm Mindfulness	<b>16</b>
<b>19</b>  10 - 11 am Get Moving	<b>20</b>  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Qi Gong and Meditation	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

# Welcome

Becoming a cancer survivor starts the minute a person is diagnosed, and at MD Anderson Cancer Center at Cooper we realize that physical healing is only part of our mission. Our program aims to enhance traditional cancer treatment by focusing on supporting the mind, body, and spirit. Therapies are designed to lessen the pain, stress, and anxiety associated with a cancer diagnosis and to assist in managing the side effects of treatments such as radiation and chemotherapy. All programs are free and open to **CANCER SURVIVORS ONLY**.

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**

## How to use this guide

Look for these symbols to help you navigate the many program options we offer:



**Creative Arts  
for Healing**



**Horticultural  
Programs**



**Physical Activity**



**Emotional  
Health**



**Physical/Emotional  
Wellness**

## Locations

Program locations are color coded for quick reference. Programs in **Camden will appear in red**. Programs in **Voorhees will appear in purple**.

### **Camden**

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

### **Voorhees**

Cooper Clock Tower Building  
931 Centennial Boulevard  
Voorhees, NJ 08043

All Seeds of Hope programs are held behind the 900 Centennial Boulevard Healing Garden unless otherwise noted.

## Registration

All programs are free  
and open to **CANCER  
SURVIVORS ONLY**.

Registration is required.

To register call  
**1.800.8.COOPER**  
(1.800.826.6737) or visit  
**events.cooperhealth.org**  
to register online.

# Program Descriptions

## Creative Arts for Healing

*Practitioner: Andrea Meehan*

Engaging with the creative arts can be a powerful healing experience. We believe that making art frees the body's healing powers — uniting body, mind, and spirit. Join us for a variety of fun projects.

## Qi Gong and Meditation

*Practitioner: Corinne Corcoran, EdD, NCBTMB, ARCB*

This class combines two-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. Meditation can help nurture and support you through life's stresses and joys.

## Guided Imagery and Meditation

*Practitioner: Corinne Corcoran, EdD, NCBTMB, ARCB*

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

## Gentle Chair Yoga, Get Moving, Laughter for Health

*Practitioner: Julie Fischer*

Join us for a series of classes that enriches the mind, body, and spirit. All classes are open to all levels of flexibility and experience.

## Seeds of Hope Project

Join us as we plan and grow our organic vegetable garden. Our bounty will be shared through the Tea Cart Program with patients receiving chemotherapy. All classes will be held in the Healing Garden in Voorhees, except for the Planning Meetings, which will be held in the Cooper Clock Tower.

## Therapeutic Massage and Reflexology

Come enjoy the mind-body-spirit benefits of therapeutic chair massage and reflexology. Our sessions run from 9:30 a.m. to 1 p.m. in Voorhees — register for the session but arrive when it works best for you.

## Mindfulness

*Practitioner: Corinne Corcoran, EdD, NCBTMB, ARCB*

Mindfulness, or Mindfulness-Based Stress Reduction, is a consciousness discipline that is grounded in Eastern practices and focuses on awareness of the present moment. Using techniques developed by founder Jon Kabat-Zinn, PhD, it aims to teach people to deal more effectively with experience through awareness of feelings, thoughts, and bodily sensations. Participants learn to engage in mindfulness practices, such as body scan, simple yoga exercises, and meditation. Substantial research has demonstrated how mindfulness-based practice improves mental and physical health and can help people cope with stress, anxiety, pain, and illness.

## Refresh, Recharge, Renew

*Practitioner: Julie Fischer*

Relax, calm and nurture your body, mind, and spirit using a variety of simple and effective practices such as journaling, self-care, breath work, visualization, laughter, movement, meditation, and contemplation.

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**The Dr. Diane Barton Complementary Medicine Program, which is part of our Center for Integrative Oncology, utilizes evidence-based therapies that focus on the three pillars of a healthy lifestyle: nutrition, physical activity, and emotional health.**



# My Cancer Journey

by Michelle Blattis, Cancer Survivor

**B**reast cancer was certainly not at the forefront of my list of things to worry about. I have always been very physically active. I have been vegetarian since 1987, gluten free since 2005, and vegan since 2010. No one in my family has had any related cancers, save for one grandfather who had colon cancer in his late 80s. When my finances have allowed, I have been careful to buy organic foods. I made sure I was eating a good amount of fiber and protein. My blood pressure has always been low. I mostly avoided artificial sweeteners and food coloring. Cancer was nowhere near my radar.

In 2013, I was feeling wiped out and my doctor ran an ANA, which tests for antibodies that indicate an inflammatory process in the body. Mine came out quite high. The doctor ran more labs to see if she could pinpoint a specific autoimmune process that was active. Nothing came out positive. I asked about a high ANA level with respect to cancer. I was told that there was no relationship. Incidentally, it was not until I wound up at MD Anderson Cancer Center at Cooper that I was told that they were seeing high ANA levels in people with cancer. The mammogram results showed the usual increase in density, but the lab wanted to perform a stereotactic biopsy on my right breast.

I researched my choices and got an appointment with the late Dr. Sunny Lee at MD Anderson at Cooper. After the results were in from the lumpectomy/biopsy, Dr. Lee and I agreed that a bilateral mastectomy would be the right thing for me to do. I chose to see Dr. Steven Bonawitz for a plastic surgery consultation. I had heard so many stories about women not being warned of the risks and going into the surgery with inaccurate expectations of what the results might be. I was extremely impressed with the way Dr. Bonawitz spoke to me. He let me know my choices and was clear about what I could expect.



**"Many of us want to give back in any way we can, and I found the Seeds of Hope garden to be a great way for me to contribute."**

I did not need chemo or radiation and have been on a hormone-blocker for ten years. I am now over two and a half years cancer-free. I have a few continuing issues to deal with, but I know that the team at MD Anderson at Cooper saved my life, and they are helping me deal with any issue that comes up.

Dr. Pallav Mehta, the Medical Director of the Integrative Oncology Program at MD Anderson at Cooper, is an incredible wealth of knowledge and is dedicated to helping people care for themselves and find balance after dealing with a cancer diagnosis.

Someone who has been an integral part of my overall care during the aftermath of my breast cancer diagnosis is Jerrold Friedman, MD, one of Cooper University Health Care's Physical Medicine and Rehabilitation specialists. I was having a lot of tightness around my scars and symptoms due to nerve damage from the surgeries. He was able to use acupuncture, injections, and other modalities to treat

those and many other physical symptoms I was experiencing due to the stress on my muscles and body in general. His treatments were effective in minimizing my pain and maximizing my movement and function.

As soon as I received my initial cancer diagnosis, I was told about the Dr. Diane Barton Complementary Medicine Program at MD Anderson at Cooper. I immediately began going to some of the programming, which I found to be very informative and helpful in managing the stress of this diagnosis. It was great to meet other women in similar circumstances. The practitioners really care about us, and they do a great job teaching us how to manage our own stress and how to create balance in our lives, whether it be in the area of nutrition, exercise, stress relief, or acquiring knowledge.

Many of us want to give back in any way we can, and I found the Seeds of Hope garden to be a great way for me to contribute. We planted an organic herb and vegetable garden outside MD Anderson at Cooper in Voorhees. When it is time to harvest, the herbs and veggies are distributed to the patients in the Voorhees infusion unit. Almost three years later, I am still committed to attending program classes and have formed a close group of friends with whom I can share this journey. They have become very important

to me, and I am thankful to Director Bonnie Mehr and the entire Dr. Diane Barton Complementary Medicine Program for bringing us together. They had started their journeys before me, and I had the confidence to face what I had to deal with, knowing that they were there for me. I hope I can be a source of support for someone else just starting on this journey, as my friends have been for me. ■



Cancer survivors Linda Youst and Michelle Blattis.



Cancer survivors Nancy Marzell, Jerry DiPersia, and Michelle Blattis.

# Are Carbs and Gluten Really the Enemy?

by Linda Goldsmith, RD, Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper

With the recent influx of gluten-free foods and the push to vilify carbohydrates, you may be wondering: "Should I stop eating these foods?" Gluten is a protein that is found naturally in several types of grains. In actuality, there is a small percentage of the population for which gluten is a serious problem. These individuals may exhibit a gluten intolerance (about 10 percent of the population) or Celiac disease (about 1 percent). Consequently, nearly 90 percent of the population tolerates gluten without any difficulty. You should talk to your physician or a registered dietitian to help you decide if you should eliminate gluten from your diet.

Carbohydrates (aka "carbs") cover an extensive range of foods. Everything from gummy bears, broccoli, and bulgur wheat to doughnuts and pasta are classified as carbs. So if carbs are the enemy, you would have a potential problem with beans, lentils, fruits, vegetables, nuts, seeds, and whole grains. That just doesn't sound right, and it's not based on any evidence.



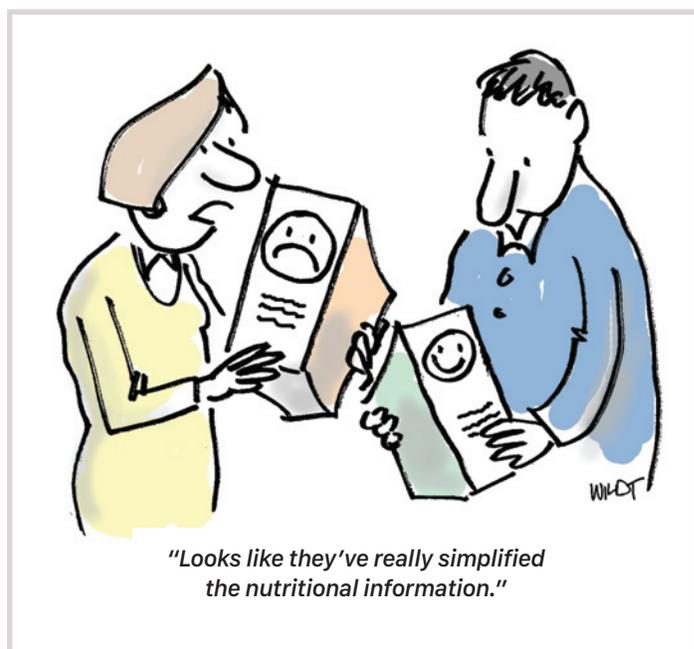
**"Gluten is a protein that is found naturally in several types of grains."**

So how did carbs get a bad food reputation? The reason is that highly processed grains and sugars are also in the carbohydrate family. These types of foods offer you nothing but "empty calories" because they have been stripped of important nutrients by the manufacturing process. Additionally, these foods are often high in fat, sodium, and chemicals that aren't real food. If these foods comprise a major portion of your daily intake, then your choice in carbs needs to shift. Products such as soda, candy, cakes, and cookies should be rare treats while beans, whole grains, fruits, and vegetables should be a priority.

Fad diets frequently come and go. Regardless of the lack of solid evidence, one often hears statements such as: "Fat is bad!", "No, it's carbs!", or, "We all need to stop eating gluten!" The truth is that the typical American diet consists of too much of certain foods and not enough of others. The American Institute for Cancer Research (AICR) is an organization devoted to looking at the relationship between diet, physical activity, and cancer. Their recommendations promote a whole food, plant-based diet that mirrors the consensus opinions of most experts in the field. ■



**"The truth is that the typical American diet consists of too much of certain foods and not enough of others."**



## Heart Healthy Turkey Chili

Chili is such a perfect winter meal, so how about making this heart-healthy, yet super-hearty turkey chili tonight? You won't believe how great it tastes!

### INGREDIENTS

- 1 yellow onion, diced
- 1/2 Tbsp. olive oil
- 3 cloves garlic, minced
- 1 lb. ground turkey
- 1 red bell pepper, seeded and diced
- 2 roma or plum tomatoes, diced
- 1 jalapeno pepper, seeded and diced
- 1–14 oz. can red kidney beans, thoroughly rinsed
- 1 1/2 cups chicken stock
- 1–14 oz. can tomato sauce
- 1 1/2 Tbsp. chili powder
- 1 Tbsp. paprika
- 2 Tbsp. apple cider vinegar
- 1/2–1 tsp. cayenne pepper, depending on desired heat level
- 1 oz. 100% cacao Baker's Chocolate
- Salt and Pepper to taste



### INSTRUCTIONS

1. Dice onion, red pepper, jalapeno, and mince garlic. Set aside.
2. In a large Dutch oven or soup pot, add oil and heat to medium low, add onions, and saute around 5 minutes or so, stirring often.
3. Add minced garlic and cook, stirring often for 2 minutes.
4. Increase heat to medium or medium high and add ground turkey, cook until browned, crumbling into small pieces (use a potato masher if desired).
5. Add diced jalapenos, red peppers, and tomatoes, and saute for 1 minute.
6. Add chicken stock, tomato sauce, and apple cider vinegar and stir.

7. Add in remaining ingredients and stir.
8. Simmer over medium-low heat for 40 minutes, stirring occasionally. Chili will thicken. If you notice it getting too thick for your tastes, add a splash of chicken stock as needed.
9. Turn heat off after the 40 minutes has passed and let rest on the stove for another 5 minutes before serving.
10. Top with optional green onion, cheese (monterey jack, cheddar, etc), sour cream, minced cilantro, diced avocado, and more diced tomatoes (or whatever toppings you prefer).

**4 SERVINGS** Calories: 300 per serving  
**prep time: 5 MINS | cook time: 40 MINS**  
**total time: 45 MINS**

## Cranberry Salsa

A tasty, healthy alternative for fall sports snacking.

Cranberries are second only to blueberries in disease-fighting compounds.

### INGREDIENTS

- 1 10-oz. pkg. cranberries
- 1 cup pure maple syrup
- 1/2 cup water
- 1/2 cup finely diced sweet onion
- 1/3 cup chopped cilantro
- 2 1/2 Tbsp. minced seeded jalapeño (from 1 large jalapeño)
- 1/2 tsp. lime zest
- 2 Tbsp. fresh lime juice
- 1/2 tsp. kosher salt
- 1/8 tsp. cayenne pepper

### INSTRUCTIONS

Bring cranberries, syrup, and water to a boil in a medium saucepan over medium-high heat. Reduce heat to medium and cook until cranberries just start to pop, about 5 minutes. Drain, reserving 1 tablespoon of the cooking liquid. Let cool completely, about 30 minutes. Stir together cranberries, onion, cilantro, jalapeño, lime zest, lime juice, salt, cayenne pepper, and reserved 1 tablespoon cooking liquid in a medium bowl. Serve at room temperature or chilled.

**6 SERVINGS** Calories: 47 per serving. **prep time: 15 MINS,**  
**total time: 45 MINS**



"This new grocery store is divided into two sections: organic and things I can afford."

# The Benefits of Exercise With a Cancer Diagnosis



by Pallav K. Mehta, MD, Hematologist/Medical Oncologist; Director of Integrative Oncology Program, 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*

**C**ardio, resistance training, and flexibility — they're all important to cancer patients for different reasons, just as they are to people without cancer. I am encouraged that the latest proven treatments for some cancers focus more on targeted therapeutic strategies

rather than chemotherapy alone.

## The psychology of exercise

For my patients on active cancer-fighting therapy, there is evidence that exercise improves fatigue and improves feelings of well-being, whether caused by the cancer or the chemotherapy. I recommend moderate intensity — 20 minutes a day, at least five

**"Patients with cancer who exercise tend to feel better and do better, and to undergo treatment with fewer side effects."**

days a week. *The Centers for Disease Control and Prevention* defines moderate intensity as walking briskly, water aerobics, bicycling slower than 10 mph, doubles tennis, ballroom dancing, and gardening. For the more serious athlete, a heart rate monitor is also a great way to gauge intensity. You can find these monitors at a variety of stores or online from approximately \$15 to upwards of \$200.

Many times patients ask me, "How did this happen? I do everything right for my body." I say that maybe if you weren't doing those things, your situation could be much worse. Patients with cancer who exercise tend to feel better and do better, and to undergo treatment

with fewer side effects.

I work closely with my patients to incorporate exercise. As a patient, you want to get back to your life as much as you can, so you continue to do the things, like exercise, that you used to do. Yes, tests and treatment can interfere, but you can still get on with your life. If a patient is receiving chemotherapy, they should consider several factors before undertaking exercise and check with their oncologist:

- **Blood chemistry:** Updated blood work is a priority; if white blood cells are too low on a certain day, maybe you don't work out as hard — do it at home instead of a public gym.
- **Bone abnormalities:** Bones with cancer are weaker and more prone to fractures. Even doing something as simple as lifting a child or another object, it's important to use correct lifting form to avoid spinal compression or a fracture. The American Academy of Family Physicians recommends using arms, legs, and core muscles to lift — not the back. Bend knees, use proper posture, and go slowly and smoothly. Runners with spinal bone loss should proceed with caution.
- **Port:** Exercise that's too vigorous can disturb its position. That includes push-ups, pull-ups, and flies. Those movements that extend the arm in certain positions may be risky.
- **Neurologic effects of chemotherapy and radiation:** Effects on the brain and spinal cord, as well as peripheral nerves, can cause neuropathy, balance issues, and loss of sensation, which also affects depth perception and even judgment. These factors can also increase your risk of falling. ■

## MD Anderson Cancer Center at Cooper INTEGRATIVE ONCOLOGY PROGRAM

**Integrative Oncology outpatient consultations are now available with**

### Pallav K. Mehta, MD

Director of Integrative Oncology,  
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*

**Consultations are made by appointment by calling 1.855.632.2667. For more information, please talk to a member of your cancer care team.**

An Integrative Oncology consultation with Dr. Mehta can guide you through cancer diagnosis, treatment, and long-term survivorship with strength and confidence.

Dr. Mehta is a staunch believer that traditional cancer treatment, combined with a focus on strengthening the body through exercise and nutrition and empowering the mind to manage stress and anxiety, can result in optimized cancer treatment and a return to wellness.

The Integrative Oncology Program focuses on incorporating the three pillars of a healthy lifestyle — nutrition, physical activity, and emotional health — into the patient's care plan no matter where they are in their cancer journey.



**An Integrative Oncology consultation can help you with:**

- Symptom management
- Nutrition
- Understanding the benefits and risks of supplements
- Exercise and physical activity
- Physical rehabilitation
- Emotional health and psychosocial needs
- Incorporating complementary medicine options into your care plan

# Words of the Wise!



by Julie Fischer, Practitioner, The Dr. Diane Barton Complementary Medicine Program

The classes of the Dr. Diane Barton Complementary Medicine Program are filled with all kinds of people who have had their lives turned upside down by cancer, and collectively, could write a book of inspiration and wisdom.

I'm delighted to be a facilitator of a few of these classes. I'm consistently impressed by the hearts, determination, and courage of these amazing people who show up to do something good for themselves and also support each other. Each class reveals little pearls of wisdom being passed back and forth, from one who has been through it to another. It's moving to see the caring friendships that develop.



Left to right: Julie Fischer, Kathy Banks, Fran Lunsford, Alice Carson, Lynne Keller

Never one to miss out on learning from wise people, I started asking my big question – what has worked well for you, that you would love pass on to others?

**"Attitude is everything,"** Louise says emphatically while getting her feet massaged at the massage and reflexology day.

"Do what the doctors and nurses tell you to do, keep a positive attitude, and be sure to find a friend who makes you laugh," Lynne adds. "Believe in yourself and your inner strength!"

**Staying positive and connected** were key answers from many, especially when they can't get out to classes or visit with their friends.

"I have kept ALL of the *Survivor Times* issues and sometimes read them for support," says Kathy, who, like many others, has employed all kinds of creative solutions in her recovery process.

**"Keep moving – gather no moss!"** Good advice from Mary, who knows. She has slowly but surely kept coming to classes while going through all kinds of different experiences throughout her recovery, and now there's a skip in her step when she walks in the door. We actually were in a class called "Get Moving," where we do fun, dance(ish) types of movements to safely assist the body and spirit to be vibrant and open without injury or strain.

**"Try new things,"** says Linda. "If it weren't for Complementary Medicine, I wouldn't have discovered reflexology, and I've benefitted so much from it through these years."

The Dr. Diane Barton Complementary Medicine program offers a wide variety of free classes for anyone with a cancer diagnosis, from creative arts for healing to laughter to meditation to organic gardening – very different offerings, but all of our classes hold and honor the spirit and wisdom of these participants.

Alice, who attends many of the classes regularly, reminds us that the classes are not just for the newly diagnosed. "Post-treatment is important, too. First they treat you, then YOU treat you! I go to classes now; it's my job to take care of me!"

Last, from my observation of what these great people have in common – give back, pay it forward. A warm smile, a gentle listening ear, sharing your experience to help another know they are not alone in this, can make a huge impact on both the lucky recipient and on you.

**"Giving back gives my experience a purpose,"** says Fran,

who, despite not loving the spotlight, was a keynote speaker at the Pink Roses Teal Magnolias brunch. "I want people to know that they are never alone in this battle." ■

**"Just keep swimming, just keep swimming, just keep swimming, swimming, and swimming."**

– Dory, in *Finding Nemo*



**YEAH, BABY!** Please say hello if you run into our wonderful practitioners through the Dr. Diane Barton Complementary Medicine Program. Jen Jennings (left) and Julie Fischer (right) do foot and hand massages by the chairside at the Voorhees and Camden infusion sites!

## The Dr. Diane Barton Complementary Medicine Program

# Seeds of Hope

## PROJECT

**The Seeds of Hope is a beloved initiative through the Dr. Diane Barton Complementary Medicine Program:**

- Located at the MD Anderson at Cooper location in Voorhees, adjacent to the Dr. Diane Barton Healing Garden, this is a sustainable organic vegetable garden where our proud cancer survivors plan out what we will grow at the beginning of spring, then plant, tend, grow, and harvest a bounty of organic vegetables. They then wash, bag, and tag the vegetables with love, and we give them out to patients while they are receiving their chemotherapy in our infusion sites.
- For more information or to make a donation, contact **Director, Bonnie Mehr** at [mehr-bonnie@cooperhealth.edu](mailto:mehr-bonnie@cooperhealth.edu) or **856.325.6646**.





## SUPPORT GROUP SERIES

### US T00 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.

**DATES:** September 4, November 6

**TIME:** 6 – 7:30 p.m.

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

### Latino Cancer Survivors

(Camden)

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

**DATES:** August 14, September 11, October 9, November 13, December 11

**TIME:** 2 – 3:30 p.m.

**LOCATION:** MD Anderson Cancer Center at Cooper, Two Cooper Plaza 400 Haddon Avenue, Room 4100 Camden, NJ 08103

### LLS Multiple Myeloma Group

(Camden)

For myeloma patients and their loved ones.

**DATES:** August 27, September 24, October 22, November 26, December 17

**TIME:** 10 – 11:30 a.m.

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

### 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:** September 13, October 11, November 8, December 13

**TIME:** 6 – 7:30 p.m.

**LOCATION:** One Cooper Plaza, Roberts Pavilion, 10th Floor, Room 1014, Camden, NJ 08103

**WILLINGBORO**

**DATES:** September 6, October 4, November 1, December 6

**TIME:** 6 – 7:30 p.m.

**LOCATION:** Willingboro Public Library 220 Willingboro Parkway Willingboro, NJ 08046

### Brain Tumor Support Group

(Voorhees)

A support group for people with brain tumors and those who care about them. We will offer information about brain tumors, treatment, and an opportunity to meet with other survivors.

**DATES:** September 5, October 3, November 7, December 5

**TIME:** 6 – 7:30 p.m.

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

### Laryngectomy Support Group

(Camden)

A support group for people with laryngectomies and their loved ones.

**DATES:** August 9, September 13, October 11, November 8, December 13

**TIME:** 2:30 – 4 p.m.

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

### Look Good, Feel Better

(Camden & Voorhees)

Program offered in partnership with the American Cancer Society to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence. Each participant receives a free kit of cosmetics to use during the program and at home. To register you are required to contact The American Cancer Society at **1.800.ACS.2345.**

**CAMDEN**

**DATES:** September 17

**TIME:** 1 – 3 p.m.

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

**VOORHEES**

**DATES:** August 20, October 15, December 17

**TIME:** 4:30 – 6:30 p.m.

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

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

Call for cancellation information due to inclement weather.

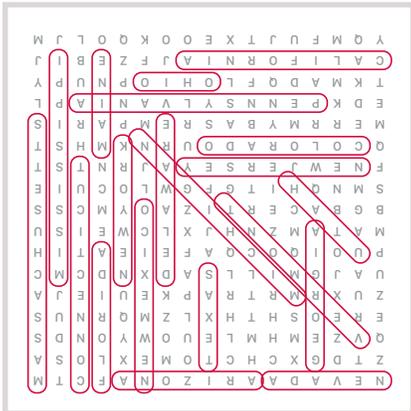
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N E V A D A A R I Z O N A F C T M  
 Z T D G X C H C T O M E X L O S A  
 Q V Z E M H M L E U O W Y O N D S  
 E R E O S H T H X L Z M Q R N U S  
 Z U X R M R T R A P K E U I E J A  
 U A J G M I L L S A D X N D C M C  
 P U O I Q O C Q A F E I E A T I H  
 M A T A M Z N H J X L C W E I S U  
 B G B A C E R T I Z A O Y M C S S  
 S M N Q H I T G F G W L O C U I E  
 F N E W J E R S E Y A J R N T S T  
 Q C O L O R A D O U R N K M H S T  
 M E R R M Y B A S R E M P A R I S  
 E D K P E N N S Y L V A N I A P L  
 T K M A D Q F L O H I O P N U P Y  
 C A L I F O R N I A J F Z E B I J  
 Y Q M F U J T X E O O K Q O L J M

Solution:



A. BACALL

"Put the cheesecake and cappuccino on one bill, and the health salad on another bill so I can show my wife that I'm watching my diet."

## SurvivorTimes

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