

Letter from the Editor:



Bonnie Mehr

Dear Friends,

Welcome to the 10th anniversary issue of the *Survivor Times*!

Your love, actions, and anecdotes over your lifetime are the greatest legacy that you will leave to your friends, family, and community.

Part of my legacy, and my joy, is to fearlessly carry on the brilliant, altruistic legacy of Dr. Diane Barton, who was a visionary regarding cancer survivorship.

She knew, as a cancer survivor and physician, the importance of using her voice and knowledge to make a positive difference in the cancer community.

It is with that spirit in mind that ten years ago I began to notice through the Dr. Diane Barton Complementary Medicine Program that the cancer survivors that attended the programs, and the cancer patients undergoing treatment, were often eager to tell me about their cancer journey. I was constantly listening to stories filled with inspiration, overcoming adversity, sadness, joy, dignity, hope, grace, and courage. I remember one day feeling particularly humbled that I had the sacred privilege to hear these stories, and meet the indefatigable cancer survivors who lived them. I had a vision that we needed a place where cancer survivors could use their voices to share their stories and inspire and connect with others. Hence, the "Survivor Times" was born! As you can see by all the covers on this tenth anniversary edition, it's been a labor of love and a testament to the depth of beauty and strength of the human spirit. Consider this: something you write may resonate with another cancer survivor and bring them peace and ease on their journey. **We are a community... and it is alive and thriving with purpose!**

Words have energy and power with the ability to help, to heal, and to humble... Each and every person that has contributed to the *Survivor Times* in some way over the past ten years has done so with a sense of great determination and immeasurable integrity and compassion. This anniversary issue pays homage to the resilience and strength of the human spirit. The contributors to our issues these past ten years have courageously demonstrated that a cancer diagnosis does not have to define the way you choose to live your life.

The *Survivor Times* has "evolved" over the years to add the astute voices, knowledge, and insight with articles from our MD Anderson Cancer Center at Cooper physicians, dietitians, genetics team, president of the Cooper Foundation, Dr. Diane Barton Complementary Medicine

Program practitioners, nurse navigators, and so many others. It serves as a resource to patients for all of the diverse supportive care services offered throughout the year, including the Dr. Diane Barton Complementary Medicine Program schedule of classes. This publication is put in each new patient information packet and can be found in every MD Anderson Cooper location in the waiting areas and lobbies, and on the MD Anderson Cooper website.

One thing you can count on...the quality of your cancer journey is important to us... If you or a loved one is living with cancer, you are not alone. If you are coming to MD Anderson Cooper for your cancer treatment and incredible supportive care services, you are already changing the course of your life for the better. 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 quality of life, no matter where you are on the cancer journey. Our focus is to educate and support cancer survivors before, during, and after treatment. **We believe that every patient deserves nothing less than excellent care.**

No matter where you are in your cancer journey, the common denominator is quality of life... It is with this focus in mind that both Integrative and Complementary Medicine utilize evidence-based therapies that focus on the three pillars of a healthy lifestyle – nutrition, physical activity, and emotional health – incorporating complementary therapies focusing on mind, body, and spirit while supporting mainstream medical care. 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. All programs are free for cancer survivors. These programs, lectures, and activities offer patients access to social, educational, and support opportunities and allow survivors to connect, share their experiences, and draw encouragement from each other. Reaching out and interacting, not only with your care team but also with other cancer survivors, can help make a positive difference in the quality of your cancer journey.

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

Be Well...

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



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 Cancer Center at 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 message 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.



Kathy and Generosa Grana, MD



Kathy and Helen Nichter, APN



Kathy celebrating with friends and family.

Kathy in Real Life

by Kathleen Daly

The title is an inside joke, and to those who know me dearly, “Put it on my Tab.” My family is no stranger to cancer. In fact we’ve suffered a bit of an overload where cancer is concerned. We have all become stronger and more bonded as a family because of this. We have always been very tight-knit, loving, and a little crazy. It is not easy for the patient or the caregivers. It can be very stressful for all involved. We allow ourselves to cry when we are weary, but we also allow ourselves to laugh when things are funny. God blessed me with a sense of humor so I laugh a lot. I am the mother of two boys. I am one of seven children. I have four brothers, two sisters, and I am a triplet.

My journey started in February 2017. I saw a lump in my left armpit. I went to the doctor right away (very important). It turned out the lump was a fatty benign tumor, however after scans and an ultrasound I was diagnosed with stage IIIa breast cancer. I had a rather large tumor in my left breast and two lymph nodes that showed to be cancerous. This, to say the least, was not an easy pill to swallow. There were tears and there was fear. The one thing I did not have to fear or question was where to go for treatment. I knew right away I was going to MD Anderson Cooper, and that I would be treated by Dr. Kristin Brill and her wonderful team. Dr. Brill treated my mother five years earlier for stage I breast cancer. Her treatment was successful, and she remains cancer-free today. I also went to school with Dr. Brill. My sister also knew Angela Frantz, one of the breast cancer Nurse Navigators, as their kids went to school together. I knew I was in good hands and was blessed with an extra layer of comfort due to personally

knowing Dr. Brill and her team.

My journey so far has been tough. This is not an easy process. I went through five months of chemo and just had a double mastectomy. I guess you can say I am halfway there. I still have radiation and reconstruction to go through. I know I will go through the second half of treatment the same as the first.

1. ***Pray every day and be thankful for all of God’s blessings.*** They are all around you if you look. When it is tough I pray, “God, help me to be still and know that you are God.”
2. ***Take it one day at a time.*** Forget about yesterday and tomorrow and center only on today or it will be too overwhelming.
3. ***Keep a great support team around you that will cry but most importantly laugh with you.***
4. ***Make time to do something you enjoy with people you love.***
5. ***Encourage and pray for people you meet along the way going through the same thing.***
6. ***Pray for your doctors and their team.*** They work so hard and are so dedicated to your recovery. You truly have the best of the best on your side.

I would like to send a special thank you to my team: Dr. Kristin Brill, Angela, Helen, Bonnie, Dr. Grana, Dr. Newman, Dr. Dragun, and all the infusion nurses.

Thank you for allowing me to tell my story. I hope it will give you some comfort in your own journey. ■



The Decade's Top Five Advances in Cancer Treatment (According to Dr. Somer)

By Robert A. Somer, MD, Head, Division of Hematology/Medical Oncology, and Director, Clinical Trials Program



Robert A. Somer, MD

As the Survivor Times Newsletter enters its 10th year anniversary, I began to reflect on the top five advances in the field of oncology during that time. It was very difficult to choose, as the last decade in my specialty has been unprecedented. There has to be at least 100 advances that are getting us closer to our ultimate goal of making cancer either a chronic disease or achieving an ultimate cure! I tried to narrow it

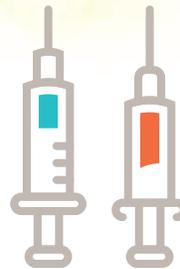
to broad categories that spanned various diseases and specialties. They say everybody has an opinion, so here's mine (not in any particular order):

1. Genetic Panel Testing: Rather than a genetic test simply looking for BRCA1/2 mutations, which most are familiar with for breast and ovarian cancers, we now have panel testing that can look for almost 100 genes that can cause various cancers! If one gets a genetic test, it does not just affect that individual whom had testing, but all of their family members and generations to come. Identifying people who carry a very high risk of cancer because of these genes allows us to prevent cancer from even happening! Furthermore, it has become very affordable, which allows equal access for all.



2. Immunotherapy: This treatment takes advantage of our own immune system to fight off cancer and is no longer a topic only seen in oncology journals. This is the future of oncology. Cancer has figured out a way to hide from our immune system. Either removing the cloak from the cancer cell or activating our immune cells for better cancer kill has allowed us to potentially cure certain cancers such as metastatic melanoma.

These drugs treat other types of cancer, including Merkel skin cancers, non-small cell lung cancer, kidney, bladder, and head and neck cancers, and Hodgkin lymphoma. Extensive research is underway for many other cancers with the hopes of giving those patients similar benefits.

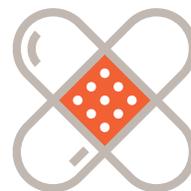


3. Cervical Cancer Vaccine: Prior to the early 1950s, I am certain that people never thought they could eradicate polio, a horrible disease which caused paralysis, or smallpox, another horrendous disease causing illness and death. In 1980, the same year Rubik's Cube was invented, the World Health Assembly declared that smallpox was eliminated! We CAN do the same for cervical cancer globally. Every TWO minutes a woman dies from cervical cancer.

4. Targeted Therapy: Imagine being able to deliver treatment directly to a cancer cell, increasing the chances of benefit to a patient while averting risks. In breast cancer, we have trastuzumab, pertuzumab, TDM-1, neratinib, lapatinib; in ovarian cancer we have olaparib, rucaparib, niraparib; in hematologic cancers we have obinutuzumab, ofatumumab, ixazomib, panobinostat; in lung cancer there is erlotinib, afatinib, gefitinib, osimertinib, necitumumab, ramucirumab, crizotinib, ceritinib, and others. If I went on, it would just be showing off, and yes, I will beat you in Scrabble.



5. Minimally Invasive Surgeries: I'm not a surgeon, and neither are you (unless Drs. Brill, Spitz, and others are actually reading this), but I do know that if I could have LESS surgery with the same outcome, I'd take that option. 'Nuff said.



So there is it! I had a limit to my word count, which already went over, so I made some MAJOR omissions such as synthetic cells, CAR(T) cell therapy, the cure for Hepatitis C (thus preventing liver cancer), gene therapy, and much more. I look forward to the next ten years! ■

There has to be at least 100 advances that are getting us closer to our ultimate goal of making cancer either a chronic disease or achieving an ultimate cure!

Team Superhero



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



Julie Fischer

SUPERHERO noun [soo-per-heer-oh-heroes] **1.** A character who has special powers, such as the ability to fly, that are used for fighting evil or helping people **2.** A superhero is also a person whose actions or achievements are far greater than what people expect.

Here, the Cambridge dictionary aptly defines superheroes and also, the infusion Camden nursing team at MD Anderson Cooper. I didn't

actually know they could fly, although I should have guessed by the speed of Maria Metzler. Do you need something? Boom! There she is. Actually, this is true across the board. And I should know. For 3 ½ years, I have been observing and marveling over this incredible bunch of nurses every day as I massage the hands and feet of patients they care for in the Camden infusion center. For 3 ½ years, not one day has gone by where I failed to see an extraordinary act by at least one of them, but usually it's most or all of them. If you have spent time up here, you are probably nodding your head already; but for those who have not, you may ask how a daily occurrence can be extraordinary. Well, it turns out that superheroes are impressive on a daily basis. I'll try to scratch the surface here.

Every day, a long stream of patients in various stages of cancer journey come to receive treatment — all with their individual diagnosis, needs, questions and concerns, families, and friends. The nurses are all over it. Bloodwork, doctors' orders, vital signs, patient assessments are studied, understood, and communicated to all the right people. Flurries of different pre-meds and meds are choreographed, dripping precisely at multiple speeds, and administered wearing the

Superman said, "There is a superhero in all of us; we just need the courage to put on the cape." I agree completely and thank the infusion Superhero Team for jumping into their capes every day, inspiring so many to wear theirs and carry that courage, joy, and light with them everywhere they go.

attractive blue (hot, crunchy) gown and double gloves. Details are vitally important - much gets considered and double-checked. Questions are investigated. Breathing, complexion, and actions are closely observed. Huge amounts of information are carefully and patiently explained.

The teamwork that happens without a second thought rivals that of an Olympic relay team. There's much at stake, and the responsibility is huge. While many of us mere mortals may justifiably run away, cowering at the pressure, or at the very least become overwhelmed and testy, our Team of Superheroes rises to each patient (every day, all day) with incredible kindness, caring, and light-heartedness. Humor, snacks, blankets, and encouragement flow right along through it all.

Patients and their families notice it right away. They come in for the first treatment, not knowing anyone or what to expect, and leave with a feeling of confidence and know that they are being truly cared for in every sense.

Superhero traits:

- **Unfailingly good natured.** Genuine smiles abound. I've literally never seen them argue with each other or patients.
- **Seamless and enthusiastic teamwork.** Extreme helpfulness is commonplace. As busy as they are, an opportunity to assist will not get passed up.
- **ENSP: Extraordinary Nurses Sensory Perception.** Mary Ann, a patient and fellow fan, observed this and gave it the acronym. Without looking up, these nurses somehow know what's going on around them, and speak to whoever just went by, while completing the calculation they were doing without missing a beat.
- **More ENSP:** The uncanny ability to detect and address their patient's unspoken need to be soothed, calmed, boosted or reassured.

How do they do it? I finally asked. What was shared made them even more heroic.

I asked "why oncology?" Passion poured out as they described their desire to help people; to make a difference in the lives of as many cancer patients and their families as possible. In addition, most had experiences with a close family member going through cancer as they were growing up.

When asked how they stay so consistently positive day after day, the resounding twofold answer was unanimous. They all said the same things in different words – I'll summarize: First, the patients – "they inspire us with their energy and incredible attitudes." "These are the true superheroes." Secondly, was, "our co-workers are some of the best people you ever want to know and work with. The truth of it all makes my eyes tear and knees wobble. Bottom line is that it's a superhero village around here: The patients inspire the nurses who inspire the patients, who inspire the nurses, and so on. ■



MD Anderson Cooper Infusion nursing team in Camden with Julie Fischer.



Cancer Genetics Program Q&A

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



Most people develop cancer as a result of multiple risk factors that occur over the course of a lifetime. However, some families have a hereditary cancer syndrome, meaning that the cancers in the family are mainly caused by an inherited change (mutation) in a gene. Patients whose personal and/or family histories of cancer are suggestive of a hereditary cancer syndrome are referred to the William G. Rohrer Cancer Genetics Program at MD Anderson Cooper for genetic evaluation and testing.

I have already been diagnosed with cancer, why would I need genetic testing?

Patients may choose to do genetic testing because they want more information about their cancer risks or to possibly understand why they developed their cancer. They may want the results of genetic testing for their own information or they may also wish to share it with their children, brothers, sisters, parents, nieces, nephews, and other family members.

The results of genetic testing for hereditary cancer syndromes may:

- help your health care provider treat your cancer;
- show if you have a higher than usual chance of developing other types of cancer and/or
- help family members to know if they have a higher than usual chance of developing certain types of cancer.

If genetic testing shows that you or your family members have an increased chance of developing cancer due to a hereditary cancer syndrome, healthcare providers may recommend increased screening, early detection, and/or risk-reduction measures.

Can my relative who has not had cancer do genetic testing?

People with a family history of cancer suggestive of a hereditary cancer syndrome or who have a relative who had prior genetic testing with positive results can consider genetic testing. The results of this testing can help inform cancer screening, early detection, and potential risk-reduction measures. However, the people in a family who

have a personal history of cancer suggestive of a hereditary cancer syndrome should have genetic testing done first, rather than the people in a family who have never had cancer. This is because gene mutations are not necessarily passed on to all family members. If a gene mutation is present in the family, the people who have had cancer are the most likely to have the gene mutation. Therefore, even a person who has completed his or her cancer treatment may still be the best candidate in the family to have (more) genetic testing done.

What will happen during my appointment with the Cancer Genetics Program?

A medical assistant will record your height, weight, and blood pressure and update your medical history, cancer screening results, and medications list. You will then meet with a genetic counselor who will review your personal and family history with regard to cancer and draw out your family tree. You and the genetic counselor will then talk about your family history of cancer, the possibility of a hereditary cancer syndrome in the family, and any genetic testing options. You may also meet with a medical oncologist or an advanced practice nurse who also specializes in cancer genetics. If you decide to go ahead with genetic testing, you will have a blood or saliva sample collected and fill out the necessary paperwork at the end of the visit. If genetic testing is not recommended or if you decide not to go ahead with genetic testing at that time, the physician may make cancer screening and risk-reduction recommendations for you.

How much will my genetic testing cost?

Health insurance carriers may cover part or all of the cost of this testing. The out-of-pocket expense for genetic testing varies depending on the health insurance plan and whether you meet your insurance plan's genetic testing medical necessity criteria. At the genetic counseling appointment, the genetic counselor will determine if your health insurance carrier has relevant medical necessity criteria for genetic testing and if your personal and family history

meets those criteria. Many commercial genetic testing laboratories will contact patients by telephone to discuss their out-of-pocket expense if it is expected to be over a certain dollar amount. This telephone call typically occurs before the genetic testing begins, so you would have the option of cancelling the test. In addition, some of these laboratories offer discounts to lower out-of-pocket expense or offer the option to self-pay for genetic testing up-front (no insurance billing).

If I come for an appointment, do I HAVE to have genetic testing?

You do not have to have testing just because you come in for an appointment. Before a genetic counselor has the chance to meet with you and fully assess your personal and family history with regard to cancer, it is unknown if genetic testing will be recommended. In addition, as you learn more about the testing during your appointment and have the opportunity to ask questions, you may ultimately decide that genetic testing is not right for you, and the testing will not be done. Testing is not mandatory and is only done when patients decide they want to proceed.

What happens after my initial appointment?

If genetic testing is ordered, the process typically takes four to five weeks, which can include sample shipping and processing, insurance authorization, the laboratory testing, and results review by the Cancer Genetics Program staff prior to providing the result directly to you. The genetic counselor will discuss the expected time frame for your particular test with you. In some situations, the turn-around time can be two weeks or less if a surgery or medical decision is pending. Results may be returned either in person at a follow-up visit with the genetic counselor and a doctor, or by telephone on a case-by-case basis. ■

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.



Finding Your Balance

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

When we speak with cancer survivors through our practices, we often hear the word “balance”...



Pallav K. Mehta, MD

Depending on the patient, this word may mean different things in particular, but in a general sense it means that the person has achieved, or is working to achieve, equilibrium in life.

Physically, it may mean that patients eat healthfully and happily – that they get the lion’s share of their nutrition through locally grown, whole, mostly plant-based foods, and still treat

themselves on occasion to an ice cream cone or a glass of their favorite red wine. It may mean that they exercise three days a week by running on a treadmill to get their heart rate up, but that two days a week they exercise by an activity that also gives them pleasure and a deep spiritual satisfaction.

For patients to have balance, it also means that they

For patients to have balance, it also means that they have equilibrium among the mind, body and spirit; that they are in good emotional, physical, and spiritual health.

have equilibrium among the mind, body, and spirit; that they are in good emotional, physical, and spiritual health. Whatever “balance” means to a particular person, we have seen time and time again that having gone through cancer treatments and coming out the other end can help people move toward a better sense of balance in their lives. And the better balanced they are, the better they are able to move forward and engage in happy and satisfying lives.

You have gone through something life threatening and life altering. After treatment is over, there is truly a new normal, and your perspective and motivations in life tend to change. Trying to figure out where that leaves you is difficult. Things in your life won’t necessarily go back to the way they were before you had cancer. Following cancer, you have an opportunity to both accept and create the new you. This is a process and not a product! A cancer diagnosis is a chance for a person to think deeply about what he/she has done with their life and what they want to do in the future.

The New Normal... To find balance, it is important for cancer patients to realize that what they think is normal before treatment will not necessarily be their normal after treatment. Changes can include physical appearance, short and long term goals, and their view of the world.

Suggestions for finding your new normal include but are not limited to; reducing the negatives, finding the positives, doing for others, embracing social support,

developing spirituality and finding your rhythm. We all have only one life. ***This is your chance to make the best of it.*** ■

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.



THE THREE PILLARS OF A HEALTHY LIFESTYLE

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



CENTER FOR INTEGRATIVE ONCOLOGY

The Dr. Diane Barton Complementary Medicine Programs

Calendar of Events

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

January – August 2018



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.

March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6  9:30 - 10:30 am Gentle Chair Yoga  11 am - Noon Qi Gong and Meditation	7	8  12:30 - 1:30 pm Mindfulness	9
12  10 - 11 am Gentle Chair Yoga	13  9:30 - 10:30 am Laughter for Health  11 am - Noon Guided Imagery and Meditation	14  9 - 10 am Seeds of Hope Planning Meeting	15  11 am - Noon Creative Arts for Healing  12:30 - 1:30 pm Mindfulness	16
19	20  9:30 - 10:30 am Get Moving  11 am - Noon Qi Gong and Meditation	21  9 - 10 am Seeds of Hope Planning Meeting	22  12:30 - 1:30 pm Mindfulness	23
26  10 - 11 am Get Moving	27  9:30 - 10:30 am Gentle Chair Yoga  11 am - Noon Guided Imagery and Meditation	28  9:30 am - 1 pm Therapeutic Massage and Reflexology	29  11 am - Noon Horticultural Healing  12:30 - 1:30 pm Mindfulness	30

April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Qi Gong and Meditation	4	5  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	6
9  10 - 11 am Refresh, Recharge, Renew	10  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Guided Imagery and Meditation	11  9 - 10 am Seeds of Hope Planning Meeting	12  11 am - Noon Horticultural Healing <hr/>  12:30 - 1:30 pm Mindfulness	13
16	17  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	18  9:30 am - 1 pm Therapeutic Massage and Reflexology	19  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	20
23  10 - 11 am Gentle Chair Yoga	24  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Guided Imagery and Meditation	25  9 - 10 am Seeds of Hope Project (Garden)	26  11 am - Noon Horticultural Healing <hr/>  12:30 - 1:30 pm Mindfulness	27

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.

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Qi Gong and Meditation	2	3  12:30 - 1:30 pm Mindfulness	4
7  10 - 11 am Get Moving	8  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Guided Imagery and Meditation	9  9 - 10 am Seeds of Hope Project (Garden)	10  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	11
14	15  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Qi Gong and Meditation	16  9 - 10 am Seeds of Hope Project (Garden)	17  11 am - Noon Horticultural Healing <hr/>  12:30 - 1:30 pm Mindfulness	18
21  10 - 11 am Refresh, Recharge, Renew	22  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Guided Imagery and Meditation	23  9 - 10 am Seeds of Hope Project (Garden) <hr/>  9:30 am - 1 pm Therapeutic Massage and Reflexology	24  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	25
28	29  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Qi Gong and Meditation	30  9 - 10 am Seeds of Hope Project (Garden)	31	

June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4  10 - 11 am Gentle Chair Yoga	5  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Guided Imagery and Meditation	6	7  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	8
11	12  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Qi Gong and Meditation	13  9 - 10 am Seeds of Hope Project (Garden)	14  12:30 - 1:30 pm Mindfulness	15
18	19	20  9 - 10 am Seeds of Hope Project (Garden)	21  12:30 - 1:30 pm Mindfulness	22
25	26	27  9 - 10 am Seeds of Hope Project (Garden)	28  12:30 - 1:30 pm Mindfulness	29

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.

July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9	10	11  9 - 10 am Seeds of Hope Project (Garden)	12  12:30 - 1:30 pm Mindfulness	13
16	17	18  9 - 10 am Seeds of Hope Project (Garden)	19  12:30 - 1:30 pm Mindfulness	20
23	24	25  9 - 10 am Seeds of Hope Project (Garden)	26  12:30 - 1:30 pm Mindfulness	27

August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2  12:30 - 1:30 pm Mindfulness	3
6	7	8  9 - 10 am Seeds of Hope Project (Garden)	9  12:30 - 1:30 pm Mindfulness	10
13	14	15	16  12:30 - 1:30 pm Mindfulness	17
20	21	22  9 - 10 am Seeds of Hope Project (Garden)	23  12:30 - 1:30 pm Mindfulness	24
27	28	29  9 - 10 am Seeds of Hope Project (Garden)	30	

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.

Horticultural Healing

Join us as we work on projects designed to bring the beauty of nature into your life.

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.



Conquering Cancer on the Yoga Mat

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



Susan Bass Levin

When I was going through chemo after being diagnosed with ovarian cancer 14 years ago, my younger daughter, Amy, thought I should try yoga.

“We can do it together,” she said.

Why not? I thought. What did I have to lose? (My hair was already gone.)

So one afternoon, she popped in a DVD, and we sat cross-legged in front of the TV as the man on the screen

instructed us to focus on our breathing.

Inhale. Exhale. Inhale. Exhale. Inhale. Ex...

On the third exhale, I opened my eyes, turned to Amy and asked: “Why is he talking so slowly?”

“Mom,” she said. “You’re missing the point.”

That was the end of yoga during my chemo, but I do wish I had stuck with it. (Now, I enjoy gentle yoga whenever I go on vacation.) Many people I know have turned to yoga to help ease their mind and nourish their body during their cancer journey.

In fact, yoga is an important part of the Dr. Diane Barton Complementary Medicine Program, which receives support from your generous donations to The Cooper Foundation.

The program uses therapies that focus on mind, body, and spirit while supporting mainstream medical care, and is designed to enhance the quality of life and wellness of people living with, through, and beyond a cancer diagnosis.

Your gifts to The Cooper Foundation help fund grants that enable the program to offer chair-side hand massage and reflexology services to patients as they receive chemotherapy in our infusion suites.

Your contributions also support meditation and guided imagery programs, music and creative arts therapies, body movement classes, and the tea cart program, in which employees volunteer to serve snacks to patients and families during chemotherapy.

All programs are free of charge and available throughout the year in our Camden and Voorhees locations.

While complementary therapies cannot cure cancer, many patients have found them to be helpful in managing and coping with the disease.

Though the pace of yoga may not have been a good fit for me all those years ago, I valued the power of art to take my mind to another place away from cancer for a few moments.

I appreciated getting lost in music during my chemo sessions, wandering around art museums, and, to keep up my strength, I went for a walk every night, even in the winter.

At first I was so slow that it seemed like I was walking backward.

My audiobooks kept me going and so did my friends, who walked with me night after night throughout my cancer journey.

We knew then – like we know now – that when it comes to conquering cancer, we are all in it together.

To make a donation to The Cooper Foundation in support of MD Anderson Cooper and the Dr. Diane Barton Complementary Medicine Program, visit The Cooper Foundation website at foundation.cooperhealth.org and click the *Donate Now* button or send a check to:

**The Cooper Foundation
Ferry Terminal Building
2 Aquarium Drive, Suite 305
Camden, NJ 08103**

Make sure to note that your gift is for MD Anderson Cooper. More information on ways to give and a full list of funds you can support is also available online. **For questions or more information, please call 856.342.2222 or e-mail basslevin-susan@Cooper-Health.edu.** ■

Your gifts to The Cooper Foundation help fund grants that enable the program to offer chair-side hand massage and reflexology services to patients as they receive chemotherapy in our infusion suites.



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 Cooper location in Voorhees, adjacent to the Dr. Diane Barton Healing Garden, is a sustainable organic vegetable garden where our proud cancer survivors plan out what we will grow at the beginning of spring, plant, tend, grow, and harvest a bounty of organic vegetables. They then wash, bag and tag with love the vegetables, and we give them out to patients while they are receiving their chemotherapy in our infusion sites.
- *Please check out the new meeting and gardening dates for 2018!*
- For more information or to make a donation, contact Director, Bonnie Mehr at mehr-bonnie@cooperhealth.edu or 856.325.6646.





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.

DATES: Feb. 6, May 1, Sept. 4, Nov. 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: Jan. 9, Feb. 13, March 13, April 10, May 8, June 12, July 10, Aug. 14, Sept. 11, Oct. 9, Nov. 13, Dec. 11

TIME: 2 p.m. – 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: Jan. 22, Feb. 26, March 26, April 23, May 21, June 25, July 23, Aug. 27, Sept. 24, Oct. 22, Nov. 26, Dec. 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: Jan. 11, Feb. 8, March 8, April 12, May 10, June 14, (No meetings in July & Aug.), Sept. 13, Oct. 11, Nov. 8, Dec. 13

TIME: 6 – 7:30 p.m.

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

WILLINGBORO DATES: Jan. 4, Feb. 1, March 1, April 5, May 3, June 7, (No meetings in July & Aug.), Sept. 6, Oct. 4, Nov. 1, Dec. 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: Jan. 3, Feb. 7, March 7, April 4, May 2, June 6, July 11, Aug. 1, Sept. 5, Oct. 3, Nov. 7, Dec. 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: Jan. 11, Feb. 8, March 8, April 12, May 10, June 14, July 12, Aug. 9, Sept. 13, Oct. 11, Nov. 8, Dec. 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: March 19, May 14, Sept. 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: Feb. 19, April 16, June 18, Aug. 20, Oct. 15, Dec. 17

TIME: 4:30 – 6:30 p.m.

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

Women's Cancer Support Group (Camden & Voorhees)

A support group for women diagnosed with any cancer type. The group will provide a space in which female cancer survivors can provide emotional support for one another, share experiences, and express feelings and thoughts. A facilitator will be on hand to help guide the discussion.

CAMDEN DATES: Jan. 12, March 9, May 11

TIME: 10:30 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at Cooper
Two Cooper Plaza, 400 Haddon Avenue
Room 4100/4101, Camden, NJ 08103

VOORHEES DATES: Feb. 9, April 13, June 8

TIME: 10:30 – 11:30 a.m.

LOCATION: The Ripa Center for Women's Health
and Wellness, 6100 Main Street
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 (unless otherwise noted).

Call for cancellation information due to inclement weather.



The New Food Label is coming...

by Erin Laverty, RDN
 Outpatient Oncology Dietitian,
 MD Anderson Cancer Center at Cooper



Erin Laverty, RDN

If you are looking to make healthier choices while doing your grocery shopping, the nutrition facts label is your roadmap to success. While you may be familiar with the key points on the current nutrition facts label, some of these are about to change to make understanding the food label even easier.

Here's your guide to some of the highlights:

CALORIES:

The calories per serving will now be bigger and bolder so that it stands out and is easier to read.

SERVING SIZE:

One of the most important things to look for on the food label is the serving size! It's the serving size that determines what the listed nutrition facts actually mean.

Let's use a quick math problem to illustrate this.

Let's say the serving size for a can of soda is 1/2 a can and there are 120 calories per serving. There are 2 servings per can. If you drink the whole can of soda, how many calories have you actually consumed?

If you said 240 calories (120 calories x 2 servings = 240 total calories) then you are correct!

So what's changing?

The new food label will feature serving sizes that are meant to be more reflective of what the average person actually eats or drinks. Because the average person would drink the whole can of soda, the serving size will change to

one serving per container. The calories will also change accordingly.

This change will allow consumers to make smarter decisions about the foods and drinks (and how much of those foods and drinks!) they are putting into their body.

SUGAR:

Now more than ever, consumers are being mindful of their sugar intake. While research is still ongoing surrounding the impact sugar has on our health, there is strong evidence to show that a diet high in added sugars may be linked to an increased risk for obesity, type 2 diabetes, and possibly some types of cancer in adults.

It has also been shown that it is difficult for people to meet their daily nutrient needs (while not going over their recommended daily caloric intake) if they are consuming a diet too high in added sugars.

An important differentiation needs to be made between added sugar versus natural sugar.

For example, an apple contains natural sugar. Yet this apple also contains important nutrients such as vitamins, minerals, and fiber.

A candy bar also contains sugar; however, this is what's referred to as added sugar. The candy bar doesn't have any fiber, vitamins or minerals — it's missing all of the good stuff! When it comes to possible risks for disease, it is added sugar that research shows the consumer needs to watch out for, not so much the natural sugars.

So how does this apply to the new food label? Take yogurt. Flavored yogurts can contain BOTH added and natural sugars. There can be added sugars from the fruit flavorings and always natural sugars from the milk lactose. Confusing right? The new food label *(continued on page 13)*

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type	Nutrition Facts	Serving sizes updated
	8 servings per container Serving size 2/3 cup (55g)	
New: added sugars	Amount per serving	Calories: larger type
	Calories 230	
Change in nutrients required	% Daily Value*	Updated daily values
	Total Fat 8g 10%	
	Saturated Fat 1g 5%	Actual amounts declared
	Trans Fat 0g	
	Cholesterol 0mg 0%	New footnote
	Sodium 160mg 7%	
	Total Carbohydrate 37g 13%	
	Dietary Fiber 4g 14%	
	Total Sugars 12g	
	Includes 10g Added Sugars 20%	
	Protein 3g	
	Vitamin D 2mcg 10%	
	Calcium 260mg 20%	
	Iron 8mg 45%	
	Potassium 235mg 6%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD SERVING SIZES GET A REALITY CHECK

Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example, both 12 and 20 ounce bottles will equal 1 serving, since people typically drink both sizes in one sitting.

12 OUNCES 120 CALORIES

20 OUNCES 200 CALORIES

1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE

Roasted Asparagus Salad

Prep Time: 20 Mins Other Time: 23 Mins

Ingredients:

- 1 1/2 pounds fresh asparagus
- 1/4 cup olive oil, divided
- 1 1/2 Tablespoons chopped fresh basil, divided
- 1/2 teaspoon lemon pepper
- 1/2 teaspoon salt, divided
- 1/4 cup balsamic vinegar
- 1 garlic clove, minced
- 1 cup halved cherry tomatoes (about 1/2 pt.)
- 1/2 cup chopped red bell pepper
- 1/4 cup finely chopped red onion
- 1 head Bibb lettuce, torn into bite-size pieces
- 1 avocado, sliced

How to Make It:

- 1:** Preheat oven to 425°. Snap off and discard tough ends of asparagus; remove scales with a vegetable peeler, if desired.
- 2:** Stir together 1 Tbsp. olive oil, 1 1/2 tsp. chopped basil, 1/2 tsp. lemon pepper, and 1/4 tsp. salt in a large bowl.
- 3:** Add asparagus to olive oil mixture, and toss gently to coat. Place asparagus on a lightly greased baking sheet.
- 4:** Bake asparagus at 425° for 13 to 15 minutes or to desired degree of tenderness. Cool 10 minutes.

5: Whisk together balsamic vinegar, garlic, and remaining 7 Tbsp. olive oil, 1 Tbsp. basil, and 1/4 tsp. salt.

6: Toss together tomatoes, bell pepper, onion, and 1 Tbsp. balsamic vinegar mixture.

7: Arrange lettuce on individual serving plates. Top with tomato mixture and asparagus. Add avocado just before serving. Drizzle with remaining balsamic vinegar mixture.

8: Note: To make ahead, toss together toma-

toes, bell pepper, and onion without dressing. Store these ready-to-use ingredients in an airtight container in the refrigerator up to five hours. The dressing and asparagus can also be made up to eight hours before serving.

Makes 8 servings.

Nutrition Information (Per serving): Calories 193, Fat 17.1g, Saturated Fat 2.3g, Monounsaturated Fat 10.8g, Polyunsaturated Fat 1.4g, Protein 3.2g, Carbohydrate 8.8g, Fiber 2.9g, Cholesterol 0.0mg, Iron 1.4mg, Sodium 181mg, Calcium 33mg. **Source:** myrecipes.com/recipe/roasted-asparagus-salad



makes it a little easier by breaking it down separately.

Other Changes

More changes, including the micronutrients required to be featured on the bottom of the food label and % Daily Values reflecting updated guidelines, will also be present on the new panel. For more information, check out the FDA's website or ask your registered dietitian today!

When can I expect to see these changes?

As of right now, all food labels will have to reflect these changes by 2020/2021. Some of these changes are already starting to pop up on certain products. Keep your eyes peeled! ■

SOURCES:

U.S. Food and Drug Administration

<https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm>

Dietary Guidelines 2015-2020

<https://health.gov/dietaryguidelines/2015/guidelines/>



You've Got this... I've got this!

by Ana Glover, Cancer Survivor

We were supposed to finish out 2016 on a good note. We were looking forward to my oldest son's wedding on September 24th, followed by a week-long cruise to celebrate my 60th birthday after a long recovery from hip replacement surgery.

That all changed on August 30th when I was told I had stage II, HER2+ breast cancer. I remember sitting in Dr. Brill's office with my daughter and my husband and asking Dr. Brill, "Can I go to my son's wedding?" She said I could and that made me so happy, but instead of going on my cruise, I had my port put in the week after the wedding on Monday and my first chemo that Wednesday.

I was scared to death at my first chemo session. I had no idea what to expect. I didn't sleep the night before worrying about it. I was there for six hours the first treatment. At one point, a lady came up to me and handed me a bag. It had candy, a book, snacks, and a card. The envelope on the card had ladybug stickers all over it. I had a psychic tell me that when I see ladybugs, my mother, who passed in 2006, is with me. I knew she was with me and would watch over me throughout this whole process.

Ever since that first chemo, I would show up with my wheeling brief case, laptop, keyboard, and headset. I would connect at the cancer center and work the whole time I'm there. Everyone laughed, saying "here she comes." It kept me



Ana Glover at her table filled with "You've Got This" bags.

from thinking about what was happening to me. My treatments were Wednesday, and I felt good until Friday afternoon when the nausea would kick in with a vengeance. The weekend was spent on the sofa. I fought through it because I wasn't going to let it get me down. I was fighting this with every ounce of my being. Everyone told me, "you got this" and I had to prove them right.

Now that my treatments are completed, I wanted to give back in some way to the women and men who are just starting this experience. So I came up with the idea of packing a thermal bag that they can take to chemo treatments and filling it with

water, snacks, lotions, lip balm, socks, puzzle books, and most important, a journal for them to write down questions or thoughts. I call them "YOU'VE GOT THIS" bags. Thanks to family, friends, co-workers, and Facebook, we were able to create over 300 bags and still counting.

I'm very fortunate to be cancer free today, but the journey was far from easy. Encouragement from my family and friends kept me strong. There's always that thought in the back of your mind, "can it or will it come back?" Without an answer you live and love your life every day. The crying is over. You don't take anything for granted. "I'VE GOT THIS"!!!!!! ■



Ana Glover and her friends around the table after creating "You've Got This" bags.



Ana Glover with Dr. Brill.

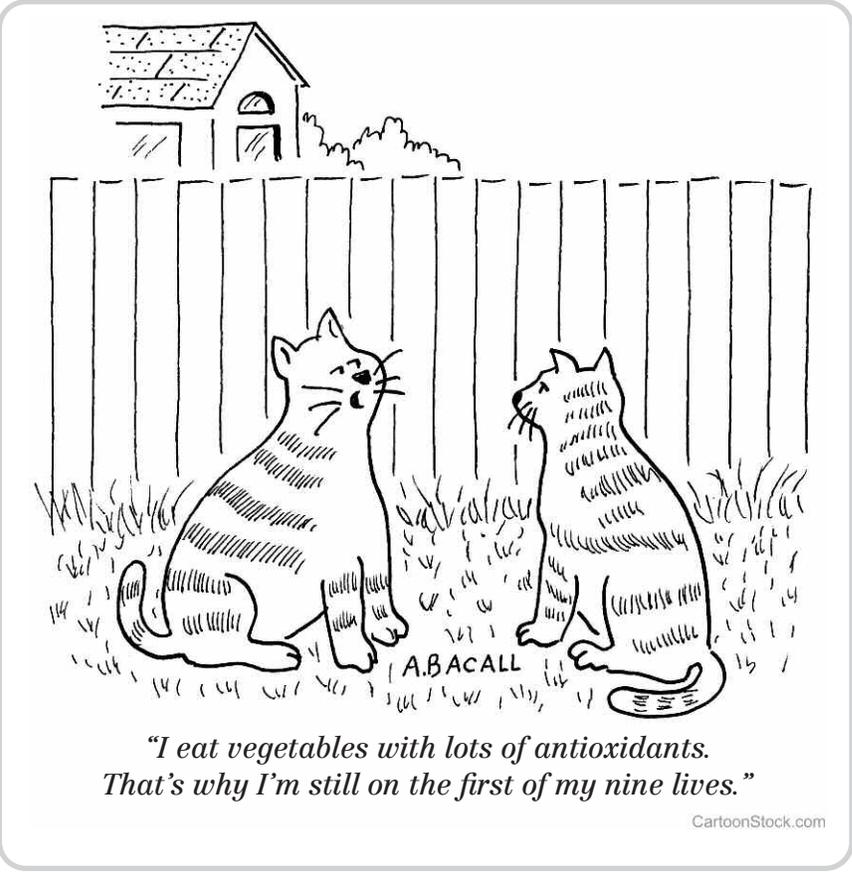


WordSearch

Theme: Comic Book Characters

To find all the words you will have to look in every direction, including backwards and diagonally.

- | | |
|-----------------|-----------------|
| Archie | Little Lulu |
| Batman | Mighty Mouse |
| Beetle Bailey | Powerpuff Girls |
| Betty | Spiderman |
| Black Widow | Spongebob |
| Captain America | Storm |
| Casper | Supergirl |
| Catwoman | Superman |
| Flash | Veronica |
| Green Lantern | Wolverine |
| Jughead | Wonder Woman |



*"I eat vegetables with lots of antioxidants.
That's why I'm still on the first of my nine lives."*

CartoonStock.com

SURVIVOR TIMES • Volume 10, 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**
Cancer Center

Making Cancer History™

1.855.MDA.COOPER (1.855.632.2667)
MDAndersonCooper.org

George E. Norcross, III
Chairman, Board of Trustees

Adrienne Kirby, PhD, FACHE
President and CEO, Cooper University Health Care

Cooper **Survivor** TIMES

What Cancer Cannot Do

**Cancer is so limited...
It cannot cripple love.
It cannot shatter hope.
It cannot corrode faith.
It cannot deny peace.
It cannot destroy confidence.
It cannot kill friendship.
It cannot shut out memories.
It cannot reduce courage.
It cannot silence eternal life.
It cannot quench the Spirit.**

in this issue

Cooper **Survivor** TIMES

Share Your Smile, Spread the Warmth

By Leah Powell

It's a little past 10:00 a.m. on a bright, sunny day in the heart of the city. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

Cooper **Survivor** TIMES

Supermodel for Hope

By Leah Powell

It's a beautiful scene, and it's exactly what we need right now. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

Cooper **Survivor** TIMES

A Steadfast Commitment

By Leah Powell

It's a beautiful scene, and it's exactly what we need right now. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

MDAnderson **Survivor** TIMES

Two Generations of Survivors: Mother and Daughter

By Leah Powell

It's a beautiful scene, and it's exactly what we need right now. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

MDAnderson **Survivor** TIMES

The Sisterhood

By Leah Powell

It's a beautiful scene, and it's exactly what we need right now. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

MDAnderson **Survivor** TIMES

"Personalized" Breast Cancer Care

By Leah Powell

It's a beautiful scene, and it's exactly what we need right now. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

MDAnderson **Survivor** TIMES

Surround Yourself With the Things You Love

By Leah Powell

It's a beautiful scene, and it's exactly what we need right now. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

MDAnderson **Survivor** TIMES

Integrative Oncology Program Focuses on Optimizing Cancer Treatment and a Return to Wellness

By Leah Powell

It's a beautiful scene, and it's exactly what we need right now. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

MDAnderson **Survivor** TIMES

Shooting for the Moon to Make Cancer History

By Leah Powell

It's a beautiful scene, and it's exactly what we need right now. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

MDAnderson **Survivor** TIMES

Attitude is GRATITUDE

By Leah Powell

It's a beautiful scene, and it's exactly what we need right now. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

MDAnderson **Survivor** TIMES

STRAIGHT OUTTA CHEMO

By Leah Powell

It's a beautiful scene, and it's exactly what we need right now. The sun is shining brightly, and the air is warm. The people are smiling and laughing. It's a beautiful scene, and it's exactly what we need right now.

in this issue

MDAnderson **Survivor** TIMES

10th Anniversary Issue

10 YEARS OF SURVIVOR TIMES

in this issue

MDAnderson Cooper Cancer Center

Making Cancer History®

