

# SURVIVOR

A NEWSLETTER FOR CANCER SURVIVORS  
Sponsored by The Dr. Diane Barton Complementary Medicine Program

## TIMES

## AN *Attitude* OF GRATITUDE

by Mary Beth Curcic

During my yearly gynecological exam, it was discovered that I had a growth on my ovary. My gynecologist referred me to Dr. David P. Warshal at MD Anderson Cooper. After my consultation, surgery was scheduled, and my journey began on August 13, 2014. Following a complete radical hysterectomy came a diagnosis of ovarian cancer, stage IIIc. Six rounds of chemotherapy, both intraperitoneal and intravenous were prescribed. I truly appreciate Dr. Warshal's skill and compassionate manner.

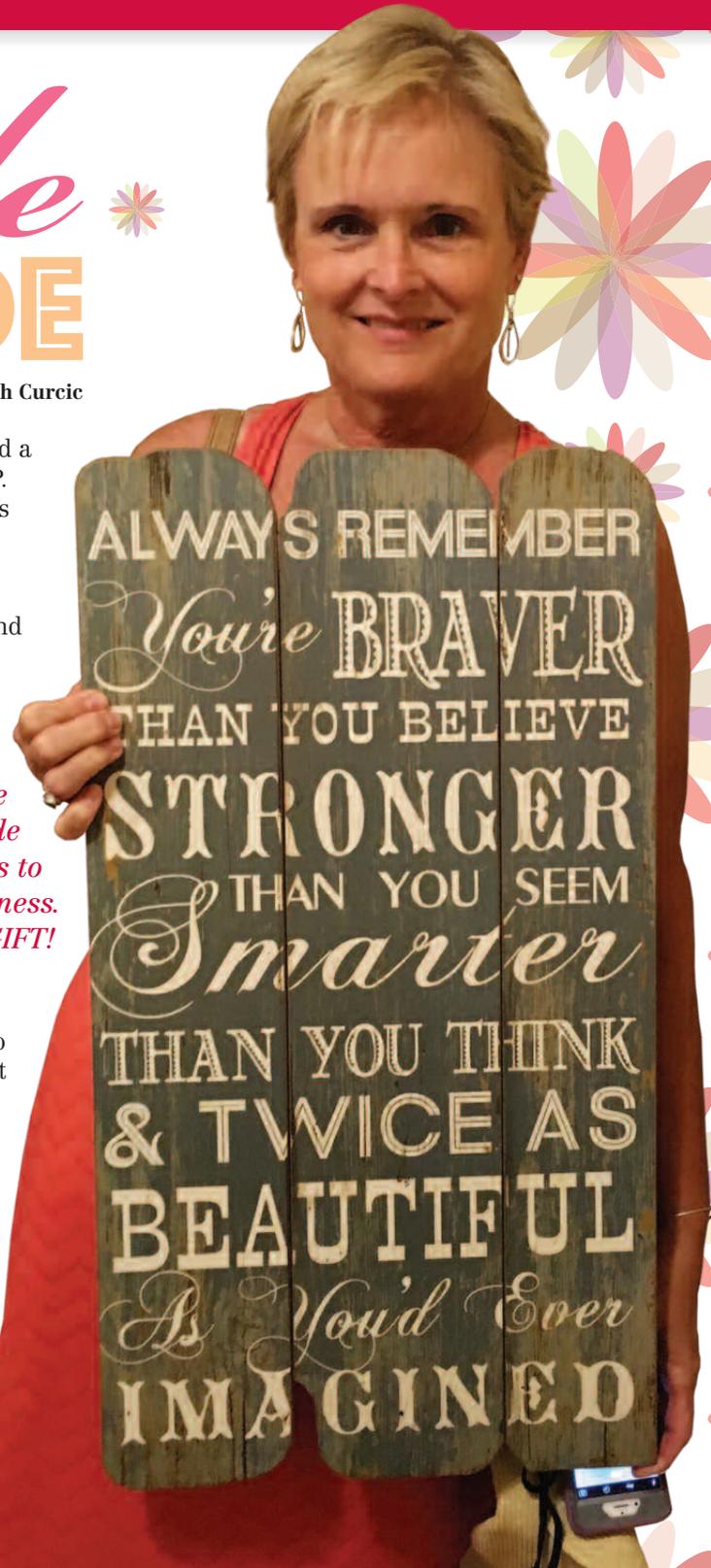
Fear, terror, and panic set in as I struggled to decide...what now? How am I going to get through the treatments? What will I do with myself now that I am not able to go back to teaching school in September, as I had done over the past 40 years? What shall I do in retirement?

My adult sons, Evan and Bryan, along with my fiancé, Peter, and my brothers, Eddie and Henry, each took turns accompanying me to the treatments. My best friend Diana was also there as well to support me through this harrowing time. During my infusion appointments, I befriended Penny, another patient with whom I have since shared many conversations, lunches, and shopping expeditions!

In addition to the marvelous infusion nurses, like Mary Beth Harow, and the wonderful reflexology Julie Fischer provided chairside, the support services provided by the Dr. Diane Barton Complementary Medicine Program at MD Anderson Cooper, under the direction of Bonnie Mehr, were directly responsible for my journey back to a life after diagnosis. Weekly appointments with Elizabeth Markman of Behavioral Medicine allowed me to face my fears and plan for action. Attending the many

(continued on page 6)

*The immeasurable support given to me by my family and friends has made all the difference in my life. I hope that my attitude of gratitude will inspire other patients to seek their own path to wellness. EVERY DAY IS A GIFT!*



# Letter from the Editor:



Bonnie Mehr

***This issue pays homage to the resilience and strength of the human spirit...***

Cancer affects us ALL... whether you're a patient, doctor, co-worker, mother, father, daughter, son, sister, or friend!



If you are reading this publication, then chances are you are living with, through, or beyond a cancer diagnosis; or you may be a caregiver or family member to someone who is. The quality of your cancer journey and survivorship is important to ALL of us at MD Anderson Cooper.

***While MD Anderson is a global leader in cancer care and research...we are so much more!***

A "fire starter" is what those of us that work in the healthcare field call a person whose flame for excellence in health care burns bright and sparks action in others. Their compassion, imagination, and sheer determination make a difference in the lives of others. There are layers upon layers of "fire starters" at MD Anderson Cooper; whose dedication and passion are consistently a positive "force." It's important to recognize that it takes a village; and we ALL strive on a daily basis for excellence in patient care and satisfaction.

***At MD Anderson Cancer Center Cooper our collective "fire starter" flame burns bright...***

**There are new and exciting things happening with the Dr. Diane Barton Complementary Medicine Program in 2017:**

- Check out our new Dr. Diane Barton Complementary Medicine Program calendar (*in this issue!*).
- We have added a weekly MINDFULNESS-based stress relief class starting March 9, 2017, and our Guided Imagery & Meditation and Qi Gong & Meditation will be starting in February.
- We have added a Metastatic Breast Cancer program beginning January 26.
- We have added several unique series of classes: Laughter for Health; Get Moving; Gentle Chair Yoga; Horticultural Healing; and The Quilting Project.
- We will be back in the Seeds of Hope Project organic vegetable garden this spring, and planning meetings start March 9!

**Whatever stage you fall under, 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.

These programs, lectures, and activities offer patients access to social, educational, and support opportunities. All programs are free for cancer survivors. 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@cooprhealth.edu](mailto:mehr-bonnie@cooprhealth.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



## 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 2017



# 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**



**Live & Learn**



**Metastatic Breast  
Cancer Program**



**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 08143

All Seeds of Hope programs are held in 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.

# January 2017

 **Friday 1/20**  
1 - 3 pm  
Metastatic Breast Cancer

 **Thursday 1/26**  
5:30 - 7:30 pm  
Metastatic Breast Cancer

# February 2017

 **Monday 2/6**  
10 - 11 am  
Reading Food Labels

 **Monday 2/13**  
10 - 11 am  
Guided Imagery

 **Friday 2/17**  
1 - 3 pm  
Metastatic Breast Cancer

 **Thursday 2/23**  
5:30 - 7:30 pm  
Metastatic Breast Cancer

 **Monday 2/20**  
10 - 11 am  
Qi Gong and Meditation

 **Monday 2/27**  
10 - 11 am  
Belly Dancing

# March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b>  10 - 11 am Coping with Stress and Anxiety	<b>7</b>  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Qi Gong and Meditation	<b>8</b>	<b>9</b>  9:30 - 10:30 am Seeds of Hope Planning Meeting <hr/>  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	<b>10</b>
<b>13</b>  10 - 11 am Creative Arts for Healing	<b>14</b>  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Guided Imagery and Meditation	<b>15</b>	<b>16</b>  9:30 - 10:30 am Belly Dancing <hr/>  11 am - Noon Hot Topics in Nutrition <hr/>  12:30 - 1:30 pm Mindfulness	<b>17</b>  1 - 3 pm Metastatic Breast Cancer
<b>20</b>	<b>21</b>  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	<b>22</b>  10:30 - 11:30 am Horticultural Healing	<b>23</b>  9:30 - 10:30 am Seeds of Hope Planning Meeting <hr/>  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness <hr/>  5:30 - 7:30 pm Metastatic Breast Cancer	<b>24</b>
<b>27</b>  10 - 11 am Creative Arts for Healing	<b>28</b>  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Guided Imagery and Meditation	<b>29</b>  9:30 am - 1 pm Therapeutic Massage	<b>30</b>  12:30 - 1:30 pm Mindfulness	<b>31</b>

# April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  <b>10 - 11 am</b> Hot Topics in Nutrition	<b>4</b>  <b>9:30 - 10:30 am</b> Get Moving <hr/>  <b>11 am - Noon</b> Qi Gong and Meditation	<b>5</b>  <b>9 - 10 am</b> Seeds of Hope Project (Garden) <hr/>  <b>10:30 - 11:30 am</b> Horticultural Healing	<b>6</b>  <b>11 am - Noon</b> Creative Arts for Healing <hr/>  <b>12:30 - 1:30 pm</b> Mindfulness	<b>7</b>
<b>10</b>  <b>10 - 11 am</b> Creative Arts for Healing	<b>11</b>  <b>9:30 - 10:30 am</b> Gentle Chair Yoga <hr/>  <b>11 am - Noon</b> Guided Imagery and Meditation	<b>12</b>	<b>13</b>  <b>9:30 - 10:30 am</b> Belly Dancing <hr/>  <b>11 am - Noon</b> Coping with Sleep Issues <hr/>  <b>12:30 - 1:30 pm</b> Mindfulness	<b>14</b>
<b>17</b>  <b>9 - 10 am</b> Get Moving <hr/>  <b>10:30 - 11:30 am</b> Guided Imagery and Meditation	<b>18</b>  <b>9:30 - 10:30 am</b> Laughter for Health <hr/>  <b>11 am - Noon</b> Qi Gong and Meditation	<b>19</b>  <b>9 - 10 am</b> Seeds of Hope Project (Garden) <hr/>  <b>10:30 - 11:30 am</b> Horticultural Healing	<b>20</b>  <b>9:30 - 10:30 am</b> Quilt Project <hr/>  <b>11 am - Noon</b> Creative Arts for Healing <hr/>  <b>12:30 - 1:30 pm</b> Mindfulness <hr/>  <b>5:30 - 7:30 pm</b> Metastatic Breast Cancer	<b>21</b>  <b>1 - 3 pm</b> Metastatic Breast Cancer
<b>24</b>  <b>10 - 11 am</b> Creative Arts for Healing	<b>25</b>  <b>9:30 - 10:30 am</b> Get Moving <hr/>  <b>11 am - Noon</b> Guided Imagery and Meditation	<b>26</b>  <b>9:30 am - 1 pm</b> Therapeutic Massage	<b>27</b>  <b>11 am - Noon</b> Quick and Healthy Foods <hr/>  <b>12:30 - 1:30 pm</b> Mindfulness	<b>28</b>

# May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  10 - 11 am Fear of Recurrence	<b>2</b>  9 - 10 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	<b>3</b>  9 - 10 am Seeds of Hope Project (Garden)	<b>4</b>  9:30 - 10:30 am Love Your Body <hr/>  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	<b>5</b>
<b>8</b>  10 - 11 am Quilting Project	<b>9</b>  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Guided Imagery and Meditation	<b>10</b>  9 - 10 am Seeds of Hope Project (Garden) <hr/>  10:30 - 11:30 am Horticultural Healing	<b>11</b>  12:30 - 1:30 pm Mindfulness	<b>12</b>
<b>15</b>  9 - 10 am Laughter for Health <hr/>  10:30 - 11:30 am Qi Gong and Meditation	<b>16</b>  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Qi Gong and Meditation	<b>17</b>	<b>18</b>  9:30 - 10:30 am Quick and Healthy Foods <hr/>  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness <hr/>  5:30 - 7:30 pm Metastatic Breast Cancer	<b>19</b>  1 - 3 pm Metastatic Breast Cancer
<b>22</b>	<b>23</b>  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Guided Imagery and Meditation	<b>24</b>  9 - 10 am Seeds of Hope Project (Garden)	<b>25</b>  12:30 - 1:30 pm Mindfulness	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b>  9:30 am - 1 pm Therapeutic Massage		

# June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	1  12:30 - 1:30 pm Mindfulness	2
5	6	7  9 - 10 am Seeds of Hope Project (Garden) <hr/>  10:30 - 11:30 am Horticultural Healing	8  12:30 - 1:30 pm Mindfulness	9
12	13	14	15  9:30 - 10:30 am Quilt Project <hr/>  11 am - Noon A New Normal <hr/>  12:30 - 1:30 pm Mindfulness	16
19	20	21  9 - 10 am Seeds of Hope Project (Garden)	22  12:30 - 1:30 pm Mindfulness	23  1 - 3 pm Metastatic Breast Cancer
26	27  5:30 - 7:30 pm Metastatic Breast Cancer	28	29  12:30 - 1:30 pm Mindfulness	30

# July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6  12:30 - 1:30 pm Mindfulness	7
10	11	12  9 - 10 am Seeds of Hope Project (Garden)	13  12:30 - 1:30 pm Mindfulness	14
17	18	19	20  12:30 - 1:30 pm Mindfulness <hr/>  5:30 - 7:30 pm Metastatic Breast Cancer	21
24	25	26  9 - 10 am Seeds of Hope Project (Garden)	27  12:30 - 1:30 pm Mindfulness	28  1 - 3 pm Metastatic Breast Cancer
31				

# August 2017

 **Thursday 8/3**  
12:30 - 1:30 pm  
Mindfulness

 **Wednesday 8/9**  
9 - 10 am  
Seeds of Hope Project (Garden)

 **Thursday 8/10**  
12:30 - 1:30 pm  
Mindfulness

 **Thursday 8/17**  
12:30 - 1:30 pm  
Mindfulness

 **Thursday 8/17**  
5:30 - 7:30 pm  
Metastatic Breast Cancer

 **Friday 8/18**  
1 - 3 pm  
Metastatic Breast Cancer

 **Wednesday 8/23**  
9 - 10 am  
Seeds of Hope Project (Garden)

 **Thursday 8/24**  
12:30 - 1:30 pm  
Mindfulness

 **Thursday 8/31**  
12:30 - 1:30 pm  
Mindfulness

# Program Descriptions

## Quilting Project

*Artist: Carolyn Shelby*

Join us as we create an MD Anderson Cooper survivors quilt. Our artist will lead the project — guiding each participant to create their own unique quilt block. Carolyn will assemble the blocks and finish the quilt. Beginner and experienced quilters are invited to take part.

## 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.

## Metastatic Breast Cancer Program

*Presenters: MD Anderson Cooper experts*

A special program designed specifically for those diagnosed with metastatic breast cancer. This series includes educational lectures, complementary medicine programs, and community support to help alleviate the stress and anxiety that comes with this diagnosis.

## Live and Learn

*Presenters: MD Anderson Cooper experts*

Join us for a variety of educational presentations covering topics such as nutrition, behavioral health, and survivorship.

## 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.

## Belly Dancing for Core Strengthening

*Practitioner: Dee Farely*

This fun class covers the basics of the ancient art of belly dancing in a relaxed and supportive environment. We will work on strength, isolations, and conditioning. No experience is necessary.

## Horticultural Healing

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

## 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 (G) in Voorhees, except for the March Planning Sessions, which will be held in the Cooper Clock Tower (CT) Building.

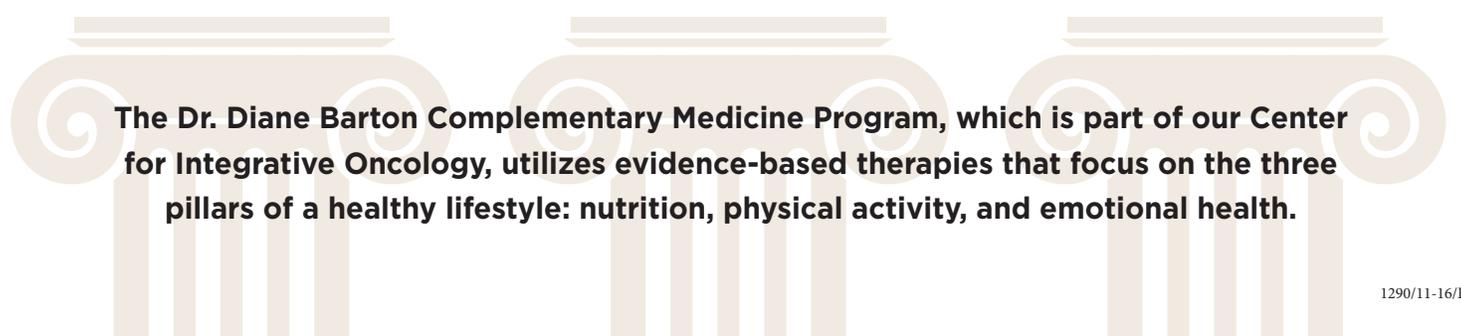
## Therapeutic Massage and Reflexology

Come enjoy the mind-body-spirit benefits of therapeutic chair massage and reflexology. Our sessions run from 10 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.



**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.**

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:

- Laughter for Health
- Therapeutic Chair Massage
- Reflexology
- Qi Gong 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.**



## 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:** Feb. 7, May 9, Sept. 12, Nov. 7

**TIME:** 6–7:30 p.m.

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

### 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. 13, March 10, May 12, July 14, Sept. 8, Nov. 10 **TIME:** 10:30–11:30 a.m.

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

#### VOORHEES

**DATES:** Feb. 10, April 14, June 9, Oct. 13, Dec. 8

**TIME:** 10:30–11:30 a.m.

**LOCATION:** Ripa Center for Women's Health and Wellness, 6100 Main Street, Voorhees, NJ 08043

### Head & Neck Cancer Support Group (Camden)

This group is for anyone (patients, families, caregivers) affected by cancers of the mouth, tongue, larynx, and nasopharynx.

**DATES:** Jan. 12, Feb. 9, March 9, April 13, May 11, June 8, July 13, Aug. 10, Sept. 14, Oct. 12, Nov. 9, Dec. 14 **TIME:** 2:30–4 p.m.

**LOCATION:** MD Anderson Cancer Center at Cooper in Camden, 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. 12, Feb. 9, March 9, April 13, May 11, June 8, (No meetings in July & Aug.), Sept. 14, Oct. 12, Nov. 9, Dec. 14

**TIME:** 6–7:30 p.m.

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

**WILLINGBORO DATES:** Jan. 5, Feb. 2, March 2, April 6, May 4, June 1, (No meetings in July & Aug.), Sept. 7, Oct. 5, Nov. 2, Dec. 7

**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. 4, Feb. 1, March 1, April 5, May 3, June 7, July 5, Aug. 2, Sept. 6, Oct. 4, Nov. 1, Dec. 6

**TIME:** 6–7:30 p.m.

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

### Young Women with Breast Cancer (Voorhees)

A support group for all young breast cancer survivors, whether you are newly diagnosed, or a long-term survivor. For more information and to register please contact: **Carla Doorman** at [cdoorman\\_ysc@outlook.com](mailto:cdoorman_ysc@outlook.com) or **856.630.6659**. [www.youngsurvival.org/ysc-f2f](http://www.youngsurvival.org/ysc-f2f)

**DATES:** Jan. 19, Feb. 16, March 21, April 18, May 16, June 20, July 18, Aug. 8, Sept. 19, Oct. 17, Nov. 16, Dec. 21

**TIME:** 7–8:30 p.m.

**LOCATION:** Cooper Clock Tower 931 Centennial Blvd., 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. 12, Feb. 9, March 9, April 13, May 11, June 8, July 13, Aug. 10, Sept. 14, Oct. 12, Nov. 9, Dec. 14

**TIME:** 11:30 a.m. – 1 p.m.

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

### LLS Multiple Myeloma Group (Camden)

For myeloma patients and their loved ones.

**DATES:** Jan. 23, Feb. 27, March 27, April 24, May 22, June 26, July 24, Aug. 28, Sept. 25, Oct. 23, Nov. 27, Dec. 18

**TIME:** 10–11:30 a.m.

**LOCATION:** MD Anderson Cancer Center at Cooper in Camden, 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**.

**VOORHEES DATES:** Feb. 20, April 17, June 22, Aug. 21, Oct 16, Dec. 18

**TIME:** 4:30–6:30 p.m.

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

**CAMDEN DATES:** March 20, May 15, July 17, Sept. 18, Nov. 20

**TIME:** 10 a.m. – 12 p.m.

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

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

Call for cancellation information due to inclement weather.



# Caregivers Count

by Lisa McLaughlin, MSW, LSW, OSW-C, MD Anderson Cancer Center at Cooper



Lisa McLaughlin

Call them caregivers, caretakers or care partners, but those who care for people in treatment for cancer can have a tough time dealing with the added stress. It is difficult to

watch someone you love go through a hard time. This article focuses on caregivers and what they can do to help themselves so they can continue to be helpful to the one going through treatment and beyond.

Taking care of oneself at the same time as taking care of another is essential to avoid exhaustion and burnout. Yet it is often hard for a caregiver to make self-care a priority with so many added responsibilities – chores around the house, being the breadwinner, shuttling the patient to and from appointments, and so on. Remember what they say in an airplane: if the oxygen masks come down, put yours on before helping others. Caregivers need to make time for self-care and even just an hour or two away can make a huge difference in being able to recharge. Put your “getaway” time on the calendar so



you are more likely to actually do scheduled activities.

One of the keys to managing it all is staying organized. A website like [www.lotsahelpinghands.org](http://www.lotsahelpinghands.org) allows caregivers to request support and also helps coordinate logistics. Is letting everyone know what’s going on taking up a lot of time? Try a website like [www.caringbridge.org](http://www.caringbridge.org) to confidentially tell others what’s happening – you can share pictures, stories and the like on this password-protected website so only those close

*Caregivers need to make time for self-care and even just an hour or two away can make a huge difference in being able to recharge.*

*Taking care of oneself at the same time as taking care of another is essential to avoid exhaustion and burnout.*



to you can see. Not good with technology? Let someone who is take over this task for you.

Caregivers should learn to recognize the signs of stress – exhaustion, irritability, forgetfulness, inability to find enjoyment in activities, withdrawal from others – and do something about it. What to do? Think about taking some time to yourself, seeking support from a group or individual counseling. Exercise is a great stress reliever with the added benefits of helping to keep you healthy and boosting those endorphins.

Sometimes caregivers just need a place to get support. There are online and telephone support groups specifically for caregivers available at [www.cancercare.org](http://www.cancercare.org) and by calling **1.800.813.HOPE (4673)**. At MD Anderson Cooper, social workers are trying to gauge interest in having an in-person caregiver support group. If you are interested, please contact social worker Lisa McLaughlin at [mclaughlin-lisa@cooperhealth.edu](mailto:mclaughlin-lisa@cooperhealth.edu) or **856.735.6257**. ■

## An Attitude of Gratitude *(Continued from page 1)*

Signature Classes offered to survivors like; Creative Arts for Healing, Horticultural Therapy, Guided Imagery & Meditation, Laughing Yoga, Core Strengthening and Stamina Building through Belly Dancing, and Therapeutic Massage and Reflexology, gave me the motivation to get up and out of the house. Meeting with Dr. Pallav Mehta in the Integrative Oncology Program, set me on a path to wellness.

After my original treatment, while I opted to receive maintenance treatments monthly for the next year, I returned to my local gym. In the water aerobics class, I met a survivor, Fran, who got me involved in a women's golf league this past summer. During an additional Silver and Fit class, I met another survivor, Cynthia, who invited me to join the River Sisters Dragon boat team for cancer survivors! This past summer I was privileged to take part in the Seeds of Hope Project through the Dr. Diane Barton Complementary Medicine Program where we fellow survivors planned and tended an organic vegetable and herb garden. Our harvests were shared through the Tea Cart Program with patients receiving treatments in the infusion center at MD Anderson Cooper in Voorhees.

*The immeasurable support given to me by my family and friends has made all the difference in my life. I hope that my attitude of gratitude will inspire other patients to seek their own path to wellness. Every day is a gift! ■*



# Genetic testing for hereditary cancer – is it time to do it again?

by Janice Horte, MS, Brooke Levenseller Levin, MS, Kristin DePrince Mattie, MS, and Jennifer Stone, MS, 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 primarily caused by an inherited change (mutation) in a gene. People who have a hereditary cancer syndrome gene mutation are at increased risk to develop certain cancers compared to the general population.

A number of people 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 Cancer at Cooper for genetic evaluation and testing. For a person who has been diagnosed with cancer, evaluation and testing can be done either just following the diagnosis or after treatment has been completed. The majority of people who have genetic testing performed receive a negative result (no mutation detected) or an uncertain result (not enough information or conflicting information regarding whether the genetic change increases cancer risk). Only a small number of people actually receive a positive result (a mutation in a gene associated with hereditary cancer).

## Who should consider more genetic testing?

Multi-gene panel testing has become clinically available within the past few years and can search for mutations in additional/larger numbers of genes associated with hereditary cancer syndromes. Multi-gene panel testing might be a consideration for people with negative or uncertain genetic test results in the past or for people with a personal and/or family history of cancer that is suggestive of more than one hereditary cancer syndrome. Ideally, the people in a family whose own



history of cancer is suggestive of a hereditary cancer syndrome should have genetic testing done, rather than the people in a family who have never had cancer. This is because gene mutations that can cause cancer 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.

## Why consider more genetic testing?

Testing for different and/or a larger number of genes than done previously may find a genetic mutation that increases cancer risk in a family (a positive result). This information may:

- explain why cancer developed in the family;
- guide medical decisions about cancer risk management; and
- provide information about cancer risk for family members.

It is important to note that some of the genes included in multi-gene

cancer panels have not been tested in people for more than a few years. Therefore, even if a mutation is found, actual cancer risks may not yet be well known, and standard guidelines for cancer risk screening and risk-reduction may not have been developed yet.

## Interested in more genetic testing?

If you had genetic testing for hereditary cancer syndrome(s) done in the past and are interested in the possibility of more genetic testing, you are encouraged to discuss your past genetic testing results and personal and/or family history of cancer with your health care provider. Your physician may refer you to the William G. Rohrer Cancer Genetics Program for a family history update, review of past genetic testing results and discussion of current genetic testing options. If additional genetic testing is warranted and you choose to proceed, a blood or possibly saliva sample will be taken during your visit to start the genetic testing process.

Please note that medical insurance carriers may cover most if not all of the cost of genetic testing if medical necessity criteria are met. ■

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 Vicki Atkinson, Genetics Program Administrative Coordinator.

# Volunteer Program

**MD Anderson Cancer Center at Cooper volunteers are an important component in our quest to make cancer history. Becoming a volunteer is an opportunity to help us perform our most important work – the elimination of cancer.**

A volunteer's role is to provide comfort, care, and support to patients and their caregivers, to share the considerable resources that MD Anderson Cooper has to offer, and to assist faculty and staff in meeting the needs of patients and caregivers.

***MD Anderson Cooper volunteers may provide support in the following areas:***

- Radiation Oncology
- Multidisciplinary Clinic
- Breast Clinic
- Infusion
- Dr. Diane Barton Complementary Medicine Program
- Music therapy
- Pet therapy
- Pastoral care
- Administrative/ clerical
- Special events

If you are interested in becoming a volunteer or would like more information, contact [mdacc-volunteers@CooperHealth.edu](mailto:mdacc-volunteers@CooperHealth.edu) or call 856.735.6315.

Volunteers have access to complimentary valet parking and receive meal vouchers to the Cancer Center's cafés.

Prospective volunteers will be required to complete a personal interview and attend volunteer orientation and training specific to their assignment. Colleagues, patients, and visitors should feel confident that our volunteers are well prepared and educated regarding patient safety, privacy rights and confidentiality, patient satisfaction, and environmental policies and procedures.





# Paying It Forward

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

Cancer treatment can be stressful – emotionally, physically, and financially.

In fact, a recent survey of 1,200 cancer survivors found that one in four patients experiences financial hardship as a result of cancer treatment.

When patients experience financial hardship, the added stress impacts their recovery.

At MD Anderson Cooper, we care for our patients in body and spirit. We know that if patients can't pay for transportation, they might not be able to see their doctor. If they can't pay a utility bill, they might not have heat on a cold winter night. If they are unable to pay for a prescription, they might not take their medication.

In 2008, several social workers, nurses, and physicians had an idea about how to help, and the Cooper Foundation's Patient-in-Need Fund was born. The Fund provides small grants for necessities – transportation, child care, utility bills, rental assistance, wigs, food, prosthetic devices, and even in a few cases, sperm banking for male patients.

Since the program began, more than 1,300 patients, ranging in age from 18



Susan Bass Levin

to 88 and living throughout the Delaware Valley, have received assistance from the Patient-in-Need Fund, supported by donations from compassionate individuals, families, schools, churches, foundations and organizations, who understand all too well the realities of a cancer diagnosis.

Donations to the Cooper Foundation's Patient-in-Need Fund range from \$10 to the sky's the limit! Every dollar makes a difference to the cancer patient who is struggling.

Thousands of families and organizations throughout our region support the Patient-in-Need Fund. Thank you to Helen's Angels, Salt Shaker Foundation, River Sirens, Pink Roses Teal Magnolias, and so many others who help a patient you have never met.

I can't tell you the names of our patients, but I can share a few stories:

SG, age 47, is the first person in her family to go to college, but she had to drop out when she was diagnosed with cancer, although she continued working. Our staff helped her complete the Affordable Care Act paperwork, but her co-pays on prescriptions were still high. Thanks

to the Patient-in-Need Fund, she has been able to take her medication.

WEH, age 67, was enjoying retirement, writing, traveling, and volunteering at her church. When she was diagnosed with cancer, she realized that her retirement savings would quickly disappear. She paid her medical bills but became delinquent on her utility bills. The Patient-in-Need Fund got her back on her feet. Here's an email she sent:

"I can't tell you what a big relief you have given me by opening the doors of this program. By the way, I have surgery tomorrow. God Bless You."

The need is great, the impact is real, and your donation to the Patient-in-Need Fund is making a difference.

In the United States, cancer is one of the most expensive medical conditions to treat, with costs expected to increase as patients live longer.

The Patient-in-Need Fund can help, and you can help the Patient-in-Need Fund. Please consider a gift to help a stranger.

To support the Patient-in-Need Fund or to learn more about The Cooper Foundation, visit [foundation.cooperhealth.edu](http://foundation.cooperhealth.edu) or call 856.342.2222. ■



*Since the program began, more than 1,300 patients, ranging in age from 18 to 88 and living throughout the Delaware Valley, have received assistance from the Patient-in-Need Fund.*



## Give Now – Patient In Need Fund

Please print or type your tax-deductible gift information. Mail or fax the completed form to The Cooper Foundation.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City, State, Zip Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Donation Information:

Gift Amount: \$ \_\_\_\_\_  
Fund Designation:  The Cooper Foundation  Other: Patient-In-Need Fund

### Gifts to Honor or Remember (Optional)

Type of Gift:  In Honor of  In Memory of  On the Occasion of  
Tribute Name: \_\_\_\_\_  
 Please mail a tribute card on my behalf to:  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City, State, Zip Code: \_\_\_\_\_

### Payment Information:

Enclosed is my check (Make payable to *The Cooper Foundation*)  
 Credit Card  
Card Type:  Visa  MasterCard  American Express  Discover  
Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_  
Card #: \_\_\_\_\_  
Expiration: \_\_\_\_\_ Security Code: \_\_\_\_\_  
 Please accept my donation as a payroll deduction (*Cooper employees only*).  
Signature: \_\_\_\_\_

### Additional Information:

**Corporate:**  This donation is on behalf of a company  
**Anonymous:**  I prefer to make this donation anonymously

### Matching Gifts:

My company will match my gift Company Name: \_\_\_\_\_

Please send this completed donation form with your check or credit card information to:

### The Cooper Foundation

Ferry Terminal Building  
2 Aquarium Drive, Ste. 305  
Camden, NJ 08103  
Or Fax: 856.342.2109

If you have questions, please call **856.342.2222** • To make a gift online, visit [foundation.cooperhealth.org/give-now](http://foundation.cooperhealth.org/give-now)





## The Dr. Diane Barton Complementary Medicine Program

# Seeds of Hope

 **PROJECT**

- The first harvest day at the Seeds of Hope Project in Voorhees in 2016!
- We harvested 30 bags of mixed varieties of lettuce. They were washed, bagged, and tagged (grown with love by fellow cancer survivors for the Seeds of Hope Project) by a group of very enthusiastic cancer survivors!
- Our organic bounty was given out on the tea cart in Voorhees...the patients loved it!
- Our proud cancer survivors have worked joyfully to make our garden grow. *Please check out the new meeting & gardening dates for 2017!*
- For more information or to make a donation, contact Bonnie Mehr at [mehr-bonnie@cooperhealth.edu](mailto:mehr-bonnie@cooperhealth.edu) or 856.325.6646.



# Healthy Eating for a Busy Lifestyle

by **Samantha Farr, RD, Outpatient Oncology Dietitian,**  
MD Anderson Cancer Center at Cooper

Most Registered Dietitians agree that eating a home-cooked meal is healthier than eating at a restaurant or fast-food establishment. Unfortunately, in our fast-paced society, most people do not have the luxury to consume three home-cooked meals every day. Having the whole family sit down for a meal is becoming a thing of the past. When you are running around all day and you have nothing prepared, one of two things may occur; you either stop at a fast-food restaurant or skip meals. Both situations can sabotage your diet and have been shown to lead to obesity and other health concerns such as heart disease. Fast food meals are often higher in saturated fat, sodium, and added sugar. Skipping meals can lead to overeating and unhealthy night-time snacking. Proper planning and organization can help to resolve these unhealthy habits. With the right time management, people can follow a whole food meal plan that is quick and simple. Here are a few tips:

## Tips for saving time/meal preparation:

**Snack time:** Portion out snacks to grab and go. For example: Wash fruits like grapes and strawberries and



MD Anderson Cooper oncology dietitian staff.  
Samantha Farr, Joanna Myers-Casale, Linda Goldsmith

*With the right time management, people can follow a whole food meal plan that is quick and simple.*

portion them out into snack bags, making it easy to grab out of the refrigerator. This not only helps to make eating fast and convenient, it is a way to monitor calories and carbohydrates if you are struggling with weight control or have diabetes. Consider using reusable snack-sized bags or glass/stainless steel containers as environmentally friendly options.

**Meal Prep:** Plan the menu for the week and shop accordingly. When you get home from the grocery store, take the time to wash and chop fruits and vegetables in

anticipation of planned meals. This makes it easier to throw together a stir fry or stew as soon as you walk in the door.

**Convenient cooking methods:** Kitchen tools such as a crock-pot or pressure-cooker can allow meals to cook throughout the day with limited supervision. Meals can vary from meats to soups to oatmeal.

**Scheduling a time to cook:** Prepare large quantities of meals at one time for the week. Once the meal is prepared, consider storing it in single-serving portion sizes to make meals simple to re-heat and to limit waste.

**Make breakfast/lunches the night before:** Mornings can often be very hectic, and we often find ourselves running out of the house on an empty stomach. Not all breakfast foods keep well overnight, but consider preparing a meal such as overnight oats or portion out frozen fruits to throw into a smoothie in the morning.

**What happens if you forget to plan ahead:** Know your options. Many restaurants and fast-food establishments now post nutrition facts online. Keep some of the healthier options in mind for when you are in a pinch.

**Important note:** Always remember to practice good food safety. If you are preparing large quantities of food at one time, take items out of the refrigerator as needed and consider freezing portioned-out meals to last longer. For more information, go to [www.foodsafety.gov](http://www.foodsafety.gov) ■



*“Now, now... we didn't have a nutritious breakfast, did we?”*





## Greek Salad

### Ingredients

- 6 tablespoons freshly squeezed lemon juice
- 2 cloves garlic, minced
- 2 teaspoons kosher salt plus more to taste
- 1 cup extra-virgin olive oil, preferably Greek
- 2 teaspoons minced fresh oregano
- Freshly ground black pepper
- 1 head romaine lettuce (about 1 pound), trimmed of tough stems and torn into bite-sized pieces
- 6 ounces calamata olives, about 1 cup
- ½ pound Feta cheese, crumbled
- 1 English (seedless) cucumber, trimmed, cut into 1 inch chunks
- 12 ounces vine-ripened cherry tomatoes, halved
- 1 small red onion, cut into ½-inch wedges, soaked in cold water for 5 minutes and drained
- 1 green pepper, trimmed, seeded, and diced

### Instructions

In a small bowl, whisk together the lemon juice, garlic, salt, and oil. Stir in the oregano and pepper to taste. Set aside.

When ready to serve: In a large bowl lightly toss the lettuce with some of the dressing. Divide the lettuce among 4 salad

bowls. Scatter the olives, cheese, cucumber, tomatoes, onion, and peppers over the top of the greens. Serve and pass the remaining dressing at the table.

Prep Time: 20 Minutes. **Yield: 4 main course servings.**

## Quinoa Black Bean Crockpot Stuffed Peppers

### Ingredients

- 6 bell peppers
- 1 cup uncooked quinoa, rinsed
- 1 ¼ ounce can black beans, rinsed and drained
- 1 ¼ ounce can refried beans
- 1 ½ cups red enchilada sauce
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- ½ teaspoon garlic salt
- 1 ½ cups shredded Pepperjack cheese
- toppings! cilantro, avocado, sour cream, etc.

### Instructions

1. Cut the tops off of the peppers and scrape out the ribs and seeds.
2. In a large bowl, combine the quinoa, beans, enchilada sauce, spices, and 1 cup of the cheese. Fill each pepper with the quinoa mixture.
3. Pour ½ cup water into the bottom of a crockpot. Place the peppers in the crockpot so they're sitting in the water. Cover and cook on low for 6 hours or high for 3 hours. Remove lid, distribute remaining cheese over the tops of the peppers, and cover again for a few minutes to melt the cheese.
4. Serve topped with anything you like! These are also great with chips and guacamole, believe it or not.

Recipe provided by: <http://pinchofyum.com/quinoa-black-bean-crock-pot-stuffed-peppers>



## The Quick Hits

***“Your genes are not your fate.”***



Pallav K. Mehta, MD

We now know through the science of epigenetics that you are not stuck with your genetic history.

Your choices in diet, exercise, and other aspects of your

lifestyle can help determine whether your genes promote cancer – both for you and your descendants. You can “turn on” hundreds of genes that fight cancer and “turn off” the ones that encourage cancer by simply making the changes outlined in the list below. Even small changes in your lifestyle can make a big difference in your risk for recurrence by reducing inflammation and boosting immune surveillance.

- Limit alcohol to one glass of red wine with food.
- Quit smoking.

- Walk or do some type of exercise 30 minutes a day, 6 days a week.
- Do daily yoga stretching.
- Lift weights or use exercise bands three times per week.
- Find a stress-management practice that works for you.
- Spend 10 minutes daily meditating or relaxing.
- Support your immune system by getting enough sleep and practicing positive thinking.
- Keep your weight under control and avoid obesity.
- Avoid or eat only minimal amounts of organic meat.
- Eat limited amounts of organic dairy products and organic poultry.
- Eat whole grains and avoid white flour.
- Avoid sugar and high fructose corn syrup. Substitute stevia, xylitol, or small amounts of honey.
- Eat five servings of colorful fresh fruits and vegetables daily.
- Eat broccoli, cabbage, brussels sprouts, or other cruciferous vegetables three times per week.
- Read labels carefully and avoid chemical additives.
- Liberally add herbs and spices to your foods, especially garlic, onions, cilantro, and turmeric.
- Choose safe, organic household and personal products.
- Buy organic when possible, and thoroughly wash pesticide residue off conventionally grown fruits and vegetables.
- Avoid trans-fat completely.
- Let the sun shine in. For optimum vitamin D, 20 minutes of sun on your bare skin, without sunscreen, at least three times per week (just be certain never to let it burn). Get your vitamin D blood levels checked and keep them optimum.
- Take a multivitamin (without iron) daily; take 500mg mixed omega-3 daily, and 250-300 mg magnesium daily.
- Get in touch with your spirituality.
- Make social connections; join a support group.
- Volunteer.
- Work less.
- Spend more time with your friends and family.
- Look at yourself and others through a lens of compassion and kindness. ■

## 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.**

**MD Anderson Cancer Center**  **Cooper**

Making Cancer History®

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.



# 80% by 2018

## MD Anderson Cancer Center at Cooper Joins Forces with More Than 500 Local and National Organizations to Increase Colorectal Cancer Screenings Rates Across the Country

by **Jordan Goldberger**, Program Manager, Lung and Gastrointestinal Cancer, MD Anderson Cancer Center at Cooper

Colorectal cancer screening has been proven to save lives. MD Anderson Cancer Center at Cooper is making the pledge to help increase colorectal cancer screening rates by supporting the 80% by 2018 initiative, led by the American Cancer Society (ACS), the Centers for Disease Control and Prevention (CDC), and the National Colorectal Cancer Roundtable (an organization co-founded by ACS and CDC), announced Generosa Grana, MD, Director of MD Anderson Cancer Center at Cooper.

Colorectal cancer is the nation's second-leading cause of cancer-related deaths; however, it is one of only a few cancers that can be prevented. Through proper colorectal cancer screening, doctors can find and remove hidden growths (called "polyps") in the colon, before they



From left to right: Alvaro Carrascal, MD, MPH, Vice President, American Cancer Society, Eastern Division, Health Systems, Kristina Thomson, LCSW, American Cancer Society, Senior Director, Eastern Division, Hospital Systems, Christine Winn, FACHE, Senior Vice President, MD Anderson Cooper Cancer Institute and Cooper Physician Alignment, Michael Kwiatk, MD, Colorectal Surgery, Generosa Grana, MD, FACP, Director, MD Anderson Cancer Center at Cooper, Jamin Morrison, MD, Medical Oncology, Steven Peikin, MD, FACP, AGAF, Head, Division of Gastroenterology and Liver Diseases, Jack Goldstein, MD, FACP, FASG, Gastroenterology.

*“80% by 2018” is a shared goal to have 80 percent of adults aged 50 and older regularly screened for colorectal cancer by 2018.*

become cancerous. Removing polyps can prevent cancer altogether.

“80% by 2018” is a National Colorectal Cancer Roundtable (NCCRT) initiative in which more than 500 organizations have committed to substantially reducing colorectal cancer as a major public health problem and are working toward the shared goal of 80 percent of adults aged 50 and older being regularly screened for colorectal cancer by 2018. Leading public health organizations such as ACS, CDC, and the NCCRT are rallying organizations to embrace this shared goal.

“Colorectal cancer is a major public health problem, and adults age 50

and older should be regularly screened for it, but we have found that many people aren't getting tested because they don't believe they are at risk, don't understand that there are testing options, or don't think they can afford it,” said Steven R. Peikin, MD, FACP, AGAF, Head, Division of Gastroenterology and Liver Diseases at Cooper.

“The truth is that the vast majority of cases of colorectal cancer occur in people age 50 and older. Colorectal cancer in its early stages usually has no symptoms, so everyone 50 and older should get tested. There are several screening options – even

take-home options – available. Plus, many public and private insurance plans cover colorectal cancer screening and there may be local resources available to help those that are uninsured.”

*Colorectal cancer is the nation's second-leading cause of cancer-related deaths; however, it is one of only a few cancers that can be prevented.*

While colorectal cancer incidence rates have dropped 30 percent in the U.S. over the last 10 years among adults 50 and older, it is still the second leading cause of cancer death in the U.S., despite being highly preventable, detectable, and treatable. In fact, in 2015 in the U.S., 132,700 cases of colorectal cancer were diagnosed.

*(continued on page 22)*

# A True Appreciation for The Beauty of Life



by Debby Madiraca

My name is Debby Madiraca, and I am a metastatic breast cancer survivor, better known as a forever fighter. I have been fighting this disease since I was diagnosed at 34 years old and 34 weeks pregnant with my first child. My cancer is triple positive and has responded well to treatment. I am currently cancer free, which is a luxury not known to many of my Stage IV friends, but my journey has not been an easy one. I have been through chemotherapy, radiation, surgeries, and countless scans and tests. I continue to get infusions every three weeks to keep my cancer at bay, and I will continue on this regimen for the rest of my life.

When I was first diagnosed with metastatic breast cancer, I had a hard time understanding that breast cancer and I were going to have a lifelong relationship. I didn't truly comprehend the reality of my diagnosis. I remember my doctor telling me that her staff and I were going to become very good friends. She laid out our plan of attack, explaining that I would be getting infusions indefinitely, going through early menopause, losing my ability to have more children, but all of that swirled around as I focused in on the only thing that I cared about, which was the fact that I was going to live. I was going to live with cancer, but I

*There are over 155,000 people in the United States currently living with metastatic breast cancer. This number is comprised of all types of people: men and women, young and old, all races from all different walks of life.*



was going to live.

For a while I kept my illness to myself. I wanted my world to be normal, and I wanted to live as though the cancer was not a part of me. I didn't have time for cancer – it didn't fit into my plans. It's funny how life works out. We make plans and God laughs. The more I tried to



*Whatever you do, please do not pity us. We have something that many people may never be lucky enough to have and that is a true appreciation for the beauty of life.*

separate myself from cancer, the more we became entwined. The very thing that I wanted so badly to ignore has become my life's purpose. Cancer has given me my voice and given me the chance to meet some of the most amazing people. People whose paths I would have never crossed unless I was sick. Instead of my world closing in on me and ending, it expanded and grew. I grew.

I have a pretty amazing life, despite all that I have been through. I have an incredible support team comprised of my faith, family, and friends. I have the best gift of all which is the ability to watch my daughter grow. Even surrounded by all of this, I still feel that I am often alone in my battle. I, like many of my fellow forever fighters, am still fumbling my way through this new way of living. There are many new treatments that are becoming available that help keep us going. Some of us have responded well to these treatments, but some of us have not. Our battles have become longer as have our lives, but our fight has not become any easier. We live in a world where people don't know how to view us. We look well, but inside

we are waging a constant war with our bodies. We are trying to stay alive.

There are over 155,000 people in the United States currently living with metastatic breast cancer. This number is comprised of all types of people: men and women, young and old, all races from all different walks of life. We walk among you mostly unnoticed. We shop next to you at the grocery store, sit behind you in line at the gas station, pass you in the hallways at our children's schools. Some of us look sick, but most of us don't. Many of you have no idea that we are living with Stage IV cancer. You have no idea that we spend our lunch breaks going to doctor's appointments and spend our evenings after work getting scans done. We spend hours of our lives sitting in chairs at infusion units watching chemo flow through our veins. We make new chemo friends every few months, then watch as they ring the bell sounding the end of their treatment and move on. They promise to come back and visit us, but we know we will never see them again. Their journey has ended and they are healed. Life will go back to normal for

*(continued on page 22)*



# Metastatic Breast Cancer Program



Women faced with the diagnosis of metastatic breast cancer — cancer that has spread outside of the breast to other parts of the body — may feel uncertain and fearful about their future. Adjusting to ongoing cancer treatment may be overwhelming. But metastatic breast cancer is not a hopeless disease. Many women continue to live long, productive lives with breast cancer in this stage.

There are two important things to remember about a diagnosis of metastatic breast cancer:

- **You are not alone.** More and more people are living life to the fullest while being treated for advanced-stage cancer.
- **Our team is here to help you.** Not just your physicians and nurses — but our comprehensive team of nutritionists, behavioral health experts, social workers, complementary medicine practitioners, and other cancer experts are available to provide support, information, and practical tips.



At MD Anderson Cancer Center at Cooper, we recognize the physical, emotional, and social impact that this illness can have on women and their loved ones and have created the **Metastatic Breast Cancer Program** to help women with metastatic breast cancer adjust to their “new normal.”

Our program offers monthly support sessions that are combined with classes and activities. At each meeting we also include time for women to network and connect on a personal level.

At each group session we educate and promote health and wellness through the three pillars of integrative medicine — nutrition, physical activity, and emotional health. Our programs cover diverse topics and are as enjoyable as they are informative. Activities include meditation and guided imagery, nutrition classes, discussions about sleep issues and coping during the holidays, creative art projects for personal expression, and many more.

**Sessions are available in both our Camden and Voorhees locations.**

In addition to the monthly programs, we also have a dedicated Metastatic Breast Cancer Navigator who links women with supportive care services, educational resources, and other needed services. The program is open to women throughout the tri-state area, no matter where they receive their treatment. Bilingual translation services will be available for Spanish-speaking women.

**For more information about this program, email Jen Jennings, Program Navigator, at [Jennings-jennifer@cooperhealth.edu](mailto:Jennings-jennifer@cooperhealth.edu).**

**To register for Metastatic Breast Cancer Program sessions call 1.800.8COOPER (1.800.826.6737) or visit [events.cooperhealth.org](http://events.cooperhealth.org).**

*Funding for the MD Anderson Cancer Center at Cooper Metastatic Breast Cancer Program is provided through a grant from Pfizer Oncology and the Avon Breast Cancer Crusade. MD Anderson Cooper is one of 22 national grantees to receive these funds to address gaps in services faced by women with metastatic breast cancer.*



## CAMDEN

### TIME:

1 p.m. to 3 p.m.

### LOCATION:

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

### DATES:

#### January 20, 2017

- Opening Day Remarks:  
Generosa Grana, MD
- Chair Yoga to Benefit MBC
- Nutrition: Healthy winter soups

#### February 17, 2017

- Lecture: Love Your Body
- Gentle Stretching and  
Strengthening with Thera Band
- Nutrition: Fun and Healthy  
Desserts

#### March 17, 2017

- Ask the Nutritionist
- Laughter Workshop

#### April 21, 2017

- Hot Topic: Fight Insomnia
- Nutrition: Herbs and Supplements
- Gentle Body Movement for MBC

#### May 19, 2017

- Family Relationships and MBC
- Creative Arts for Healing/  
Affirmation Bracelets
- Affirmation Yoga

#### June 23, 2017

- Hot Topic: Newest Therapies for  
Fighting MBC
- Nutrition: Healthy Fruit Smoothies
- Guided Imagery and Meditation

#### July 28, 2017

- Lymphedema Lecture
- Nutrition: Healthy Food Options
- Healing Steps for MBC

#### August 18, 2017

- Lecture: Coping with Depression  
and Anxiety
- Guided Imagery and Meditation
- Beat the Heat with Frozen Treats!

#### September 22, 2017

- How To Use Social Media To Tell a Story
- Nutrition: Virtual Grocery Store Tour
- Gentle WOW: Woman On Weights

#### October 20, 2017

- Hot Topics: Managing Peripheral  
Neuropathy
- Creative Arts for Healing/Painting

#### November 17, 2017

- Hot Topics: Fear of Disease Progression
- The Benefits of Massage and  
Reflexology

#### December 15, 2017

- Hot Topics: Celebration of Life
- Qi Gong and Meditation

## VOORHEES

### TIME:

5:30 p.m. to 7:30 p.m.

### LOCATION:

Cooper Clock Tower  
931 Centennial Boulevard  
Voorhees, NJ 08043

### DATES:

#### January 26, 2017

- Opening Day Remarks:  
Pallav Mehta, MD
- Chair Yoga to Benefit MBC
- Nutrition: Healthy winter soups

#### February 23, 2017

- Lecture: Love Your Body
- Gentle Stretching and  
Strengthening with Thera Band
- Nutrition: Fun and Healthy  
Desserts

#### March 23, 2017

- Ask the Nutritionist
- Laughter Workshop

#### April 20, 2017

- Hot Topic: Fight Insomnia
- Nutrition: Herbs and Supplements
- Gentle Body Movement for MBC

#### May 18, 2017

- Family Relationships and MBC
- Creative Arts for Healing/  
Affirmation Bracelets
- Affirmation Yoga

#### June 27, 2017

- Hot Topic: Latest Therapies  
for Fighting MBC
- Nutrition: Healthy Fruit Smoothies
- Guided Imagery and Meditation

#### July 20, 2017

- Lymphedema Lecture
- Nutrition: Healthy Food Options
- Healing Steps for MBC

#### August 17, 2017

- Lecture: Coping with Depression  
and Anxiety
- Guided Imagery and Meditation
- Beat the Heat with Frozen Treats!

#### September 28, 2017

- How To Use Social Media To Tell a Story
- Nutrition: Virtual Grocery Store Tour
- Gentle WOW: Woman on Weights

#### October 24, 2017

- Hot Topics: Managing Peripheral  
Neuropathy
- Creative Arts for Healing/Painting

#### November 21, 2017

- Hot Topics: Fear of Disease Progression
- The Benefits of Massage and  
Reflexology

#### December 19, 2017

- Hot Topics: Celebration of Life
- Qi Gong and Meditation
- Holiday Cheer and Communication

MD Anderson  Cooper  
Cancer Center

Making Cancer History®

To register for this program, please visit us online at [events.cooperhealth.org](http://events.cooperhealth.org) or call 1.800.8COOPER (1.800.826.6737)



# Put Your Best Foot Forward!

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

***“Rejoice in little conquests.  
A journey of 1000 miles begins  
with a single step.”*** – CHINESE PROVERB

“I just started using my feet again!” This is how yet another inspirational conversation started over a foot massage. As she received her infusion, this wonder woman described an all too-familiar story of how the news of cancer was devastating, but she was determined to muscle through it with the help of her faith, family, and friends. Then the chemo started, causing side effects like neuropathy – she was getting painful, needle-like feelings in her feet when she would put weight on them, and she felt achy all over. She was so thrown off that she felt that she couldn’t do anything. So she virtually just stopped. Her response to friends’ invitations, and her own desires was, “when I’m better I will do/see/visit \_\_\_\_\_”, and her quality of life came to a screeching halt. She became sad and lethargic, which is super unusual for this spunky woman who loves to explore and enjoy life. This was harder on her than anything that chemo could do.

Then one day she had an epiphany. Out of nowhere, she had this thought come right through her heart: “These feet may not be what you want them to be, but they are what you’ve got right now. And that is something, not nothing. It’s just different, and there is a different life waiting for you, now get moving, see what it is!”

***“When you come to the end of your rope,  
tie a knot and hang on.”*** – FRANKLIN D. ROOSEVELT

She began to look to for all that she COULD do, in that moment, rather than add to the list of what wasn’t possible. “Now,” she says, “I do things in small doses rather than wait to do a big thing. I watch movies, read books, learned needlepoint and meditation, eat lots of different foods with different friends, sit on benches and chairs in museums and places all over the city. Now I think of something, and instead of burying it in the ‘when I’m better list,’ it goes on the ‘what PART of that can I do right now list!’”



Julie Fischer

***“We cannot direct the wind  
but we can adjust the sails.”*** – ANONYMOUS

So often it’s easy to find that external circumstances have formed our choices, and we forget to check in with our heart and see what it desires. When we are dealing with cancer, in any capacity, the heart is needed. Certainly, the unbelievable expertise and care that is given here is needed; but it’s the heart that is going to propel us while working through it all with these doctors, nurses, treatments, and therapies. In the

heart there is a wellspring of our own spirit that can never be touched by the outside; take a moment every now and then to listen deep within – you so deserve it! Then, give it a gift. Even if it’s a tiny thing, like spending time finding things we CAN appreciate right now– a color, memory, person, joke or dog, for instance. Take a few long, easy breaths, relax your shoulders and smile. One woman had her daybed turned so she could admire the birds and trees through the window and watched her ‘happy’ movies when she needed to be on bed rest.

***“Start by doing what’s necessary;  
then do what’s possible; and suddenly  
you are doing the impossible.”*** – FRANCIS OF ASSISI

What’s on your ‘WHAT I CAN DO’ list? There is wisdom in the old saying, ‘What you focus on, you get more of.’ Or another way to put it is ‘water what you want to grow.’ Check in with your heart — what is essential in its desire? Maybe a hike on the Appalachian Trail isn’t in the cards right now, but perhaps a stroll through a park is. Maybe a lunch out with the gang isn’t happening now, but a few phone calls could be made to stay connected. Paint with your fingers. Listen to music that sings you to contentment. Smile at a stranger. Dance in the living room with the grandkids. You get the picture. Whatever you choose, celebrate you and your beautiful heart. ■



## A True Appreciation for The Beauty of Life

(continued from page 21)

them. A normal that us metastatic survivors remember fondly, but know we may never get to experience again ourselves.

We do not need your sympathy or to see the fear in your eyes when we tell you we have cancer. We don't need you to tell us it's going to be ok when you don't know that. We just want the world around us to understand that we are different. Yes, we are alive, but it's not an easy life. We live every day with the anxiety of recurrence or the possibility that our treatments may stop working one day. Many of us live with active cancer in our bodies that will not respond to chemo. We fight the cancer, the cancer fights back, but we fight harder.

Whatever you do, please do not pity us. We have something that many people may never be lucky enough to have and that is a true appreciation for the beauty of life. We know how fragile it is and we don't take a single day for granted. We have a story to tell, and we want the world to hear it. We want to make our children proud, and I believe that we will. We are the population that goes beyond the pink ribbon. We are strong and resilient. We are victorious even in our defeat. We are the forever fighters, and we will be heard. ■

*Many of us live with active cancer in our bodies that will not respond to chemo. We fight the cancer, the cancer fights back, but we fight harder.*

## 80% by 2018

(continued from page 17)

Part of the 80% by 2018 goal is to leverage the energy of multiple and diverse partners to empower communities, patients, and providers to increase screening rates. The 80% by 2018 initiative consists of health care providers, health systems, communities, businesses, community health centers, government, non-profit organizations, and patient advocacy groups who are committed to getting more people screened for colorectal cancer to prevent more cancers and save lives.

"At Cooper, we are thrilled to join the cause to improve colorectal cancer screening rates," said Dr. Peikin. "We are asking all members of our community to come together and help us by getting screened and talking to your friends and family who are over 50 years of age about getting screened. Together, we can help to eliminate colorectal cancer as a major public health problem." ■

*Together, we can help to eliminate colorectal cancer as a major public health problem.*

If you are interested in having your colonoscopy with one of our specialists, please call 856.642.2133 for scheduling.

Say hello to Jen Jennings and Julie Fischer, practitioners of the Dr. Diane Barton Complementary Medicine Program! Jen and Julie, both licensed Massage Therapists, do reflexology and hand massage by the chairside at the Camden and Voorhees infusion sites... and coming soon to our Willingboro infusion!





## Radiation Therapy:

What Every Patient Needs to Know.

### CAMDEN

**When:**

This class is offered **every Wednesday** from 2–3 p.m.

**Where:**

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

**Pre-registration is required for this class.**

Please call **1.800.8.COOPER** (1.800.826.6737) or register online at [events.cooperhealth.org](http://events.cooperhealth.org)



## Chemo and Biologic Therapies:

What Every Patient Needs to Know.

### CAMDEN

**When:**

This class is offered **every Tuesday** from 9:30–10:30 a.m.

**Where:**

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

### VOORHEES

**When:**

This class is offered **every Thursday** from 2–3 p.m.

**Where:**

**MD Anderson Cancer Center at Cooper**  
900 Centennial Boulevard  
Building One, Suite L Conference Room  
Voorhees, NJ 08043

**Pre-registration is required for this class.**

Please call **1.800.8.COOPER** (1.800.826.6737) or register online at [events.cooperhealth.org](http://events.cooperhealth.org)

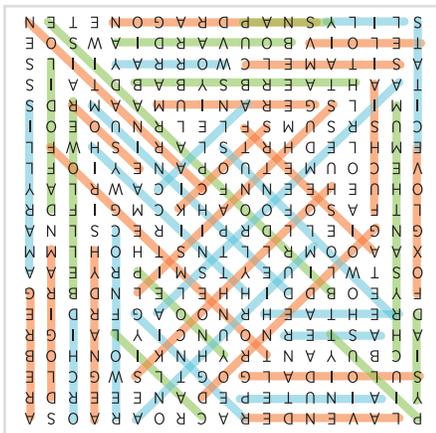
# WordSearch

**Theme: Flowers**

**Find and circle all of the flowers hidden in the grid. The remaining letters spell out a quotation from Romeo and Juliet.**

- |                  |            |            |
|------------------|------------|------------|
| Alstroemeria     | Foxglove   | Marigold   |
| Amaryllis        | Freesia    | Orchid     |
| Anthurium        | Fuchsia    | Pansy      |
| Aster            | Geranium   | Peony      |
| Baby's Breath    | Gerbera    | Petunia    |
| Bell Flower      | Ginger     | Rose       |
| Bird Of Paradise | Gladiolus  | Snapdragon |
| Bouvardia        | Golden Rod | Statice    |
| Calla            | Heather    | Stock      |
| Carnation        | Hollyhocks | Sunflower  |
| Chrysanthemum    | Hyacinth   | Tulip      |
| Clematis         | Hydrangea  | Violet     |
| Cornflower       | Iris       | Yarrow     |
| Daffodil         | Lavender   |            |
| Daisy            | Lilac      |            |
| Delphinium       | Lily       |            |
| Forget-Me-Not    | Lisianthus |            |

The hidden sentence is: "A ROSE BY ANY OTHER NAME WOULD SMELL AS SWEET."



**SURVIVOR TIMES • Volume 9, 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](http://CooperHealth.org).

For more information about Survivor Times, contact Bonnie Mehr at [mehr-bonnie@cooperhealth.edu](mailto:mehr-bonnie@cooperhealth.edu) or 856.325.6646.



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

