

The C.R. Wood Cancer Center at Glens Falls Hospital

Connections

Quarterly

Spring 2017

Issue No. 61



Cover photo by

Cate Howland, RN



Glens Falls Hospital
C.R. WOOD CANCER CENTER

Survivor Stories

My Children, My Grandchildren, My World

By Jackie White

My name is Jacqueline (Jackie) White and I have been a breast cancer survivor since May 20, 2003 when I had a routine mammogram that led to a biopsy.

I cried when I was told that I had cancer. Dr. Sponzo told me in his office during our first meeting. My husband was treated for lung cancer by Dr. Sponzo. He died in 1993. But I just loved Dr. Sponzo from that experience. I felt that I could talk to him and that he took his time with us.

I had four cycles of chemotherapy and then I had 35 radiation treatments. I wasn't sick with chemo or the radiation. The doctors couldn't believe it. I felt like I did really well although during the first round of chemo I had some stomach upset. I figured I better eat something. That helped a lot and the rest of my treatments went fine.

I go to the Breast Cancer Survivor Luncheon each Fall and the Spring Survivor Celebration Breakfast as well. I especially enjoy it when they have the "Booby Sisters" join us. They have a lot of fun changing the words to well known songs. Sometimes they can get a little more colorful than I expect but that is part of what makes it so much fun.

My daughters and grandchildren are my world. I get all the support I need from my family. I have two uncles that call me all the time, or I call them, so we are always checking in with each other.

Cancer is something that I never thought I would get. But I never let it get me down. I am so thankful that I have had good doctors that take good care of me. I am amazed that it has worked out so well.

I have been in a couple of clinical trials. The first



one was in 2007 and it went along until 2014. It was a trial with letrozole vs. a placebo. Letrozole is an aromatase inhibitor so it blocks hormone sensitive breast cancer. The other trial, which I am currently part of is looking at ribociclib vs. a placebo with faslodex given as an injection. The ribociclib is a CDK inhibitor and the faslodex is a hormonal treatment for breast cancer. My cancer came back a year ago so that is why I am getting treatment again.

I have lymphedema in my left arm, the side that my cancer was on, and I am receiving physical therapy for that. This has been going on, and off, for the past five years or so. It has become a little worse in the past month so that is why I am doing physical therapy.

I don't really have any plans for the future other than to be around for my six grandchildren and four great-grand children. They mean the world to me.

There is only one happiness in this life, to love and be loved.
George Sand

Food for Thought

It's Easy to Add Fruits and Vegetables to Your Diet

From Andrea Chowske, RD, CD-N

Eating lots of fruits and vegetables can help reduce your cancer risk. That's one reason the American Cancer Society recommends eating at least 2½ cups of these foods every day. These foods contain important vitamins, minerals, phytochemicals and antioxidants. They're usually low in calories. In general, those with the most color – dark green, red, yellow, and orange – have the most nutrients. Try to work in a variety of fruits and vegetables every day.



Trying to visualize ½ cup? A half cup of vegetables or fruit is about half the size of a baseball. Of course, the best way to know for sure is to use a measuring cup.

Eating at least 2½ cups of vegetables and fruits each day may not be that hard to do when you add these up during your day:

Breakfast

If you usually have cereal, slice a medium or half a large banana on top. Your morning juice counts,

too. Try low-sodium, unsweetened 100% fruit juice or vegetable juice. Remember 4 ounces is ½ cup. For an alternative to cereal, pour half a cup of frozen berries into a cup of plain low-fat yogurt. Slice a banana on top or eat it on the run. With more than 1 cup taken care of at breakfast, you're on your way.

Mid-morning snack

Snack time is a great time to work in more fruits or

vegetables. A single-serving container of applesauce, 5 or 6 baby carrots, or a small orange will add another ½ cup. It's only the middle of your morning, and you're more than half way there!

Lunch

When you need a quick lunch, try a pita sandwich or wrap loaded with vegetables, or a cup of hearty vegetable soup. Either of these gives you at least

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It's Easy to Add Fruits and Vegetables to Your Diet

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half a cup – some will give you a whole cup. Add a small side salad with low-fat dressing, and your count just jumped to more than 2 cups for the day so far.

Dinner

Even if you only have a few minutes, dinner veggies are easy. Heat canned or frozen veggies (without added salt or sauces) in the microwave for a quick side dish. Microwave a sweet potato and add a teaspoon of butter, a splash of apple juice or squeeze of lemon, and a light sprinkling of cinnamon and brown sugar. Any one of these will add another cup-size vegetable serving to your day, and now you're getting more than the minimum recommendation!

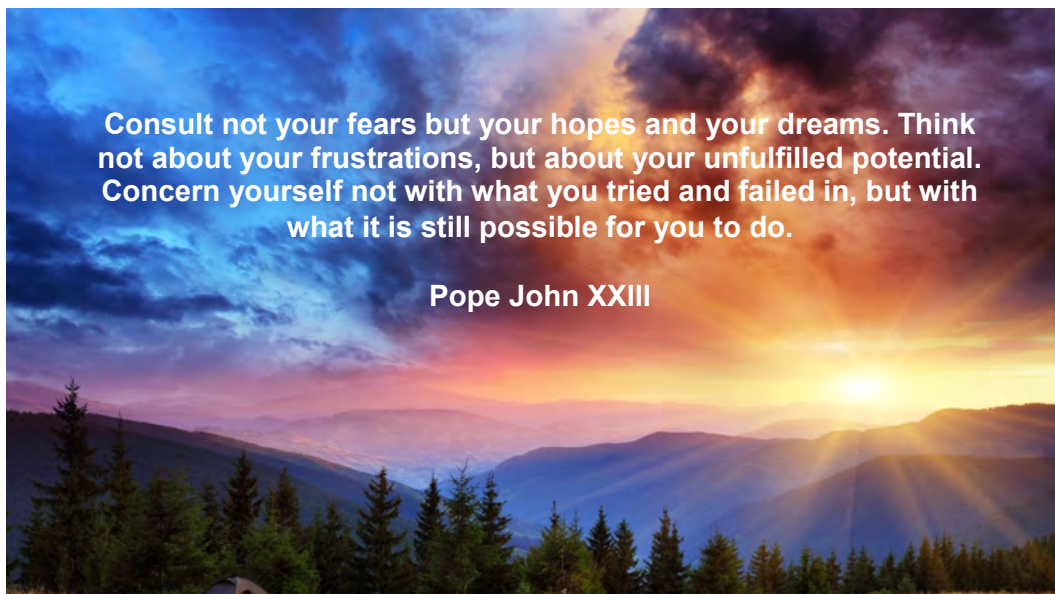
Dessert

Savor a frozen treat made from 100% juice or put ½ cup of melon slices, peaches, or other favorite fruit on a toasted whole-grain waffle and you've added even more healthy fruits to your day. A splash of maple syrup can add extra flavor.

Other tips to help you reach your goal:

- At each meal, fill at least half your plate with fruits and vegetables.
- Enjoy ½ cup (4 ounces) of 100% fruit or vegetable juice once or twice a day. Mix with club soda or unsweetened seltzer water if you like fizz.
- Layer lettuce, tomatoes, beans, onions, and other vegetables on sandwiches and wraps.
- Add tomato sauce and extra vegetables to pastas and vegetable soups.
- Choose a vegetarian dish when eating out.
- Challenge yourself to try new vegetables from the produce aisle, frozen foods section, or your local farmer's market.
- Keep a bowl full of fresh veggies and fruits on your kitchen counter for quick snacking.
- If you're short on time, look for pre-washed, pre-cut vegetables, such as baby carrots and broccoli florets at the grocery store.

Source: American Cancer Society



Pharmacy Corner

Pembrolizumab for Melanoma and Lung Cancer

By Beth Sponzo, RN, BS, OCN®

Pembrolizumab (Keytruda®) is a humanized antibody used in cancer immunotherapy. It blocks a protective mechanism on cancer cells and allows the immune system to destroy those cancer cells. It targets the programmed cell death 1 (PD-1) receptor.

The drug was initially approved to treat metastatic melanoma (skin cancer that has spread), but is now also FDA approved for metastatic non-small cell lung cancer (NSCLC) in certain situations, as a second-line treatment for head and neck squamous cell carcinoma and most recently for certain Hodgkin's lymphomas.

For Keytruda® to work, your cancer must have tested positive for the programmed cell death 1 receptor (PDL-1) that is located in some white blood cells. While the immune system is working

on the cancer cells, normal organs and tissues in many areas of your body and can be adversely affected. If your oncologist recommends this as a treatment for your cancer, they will discuss with you the potential problems that can occur if this happens.

Pembrolizumab is given by an intravenous infusion over 30 minutes, once every 3 weeks. The most common side effects are fatigue (24%), rash (19%), itchiness (18%), diarrhea (12%), nausea (11%) and joint pain (10%).

More information can be found at:

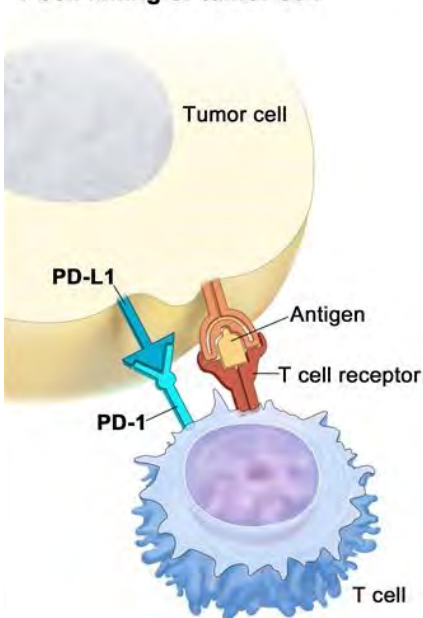
<https://www.keytruda.com/?cc=15236312&qclid=CPTDI9HCzNICFVOBswod32kHgg> or ask your healthcare provider.

Editors Note:

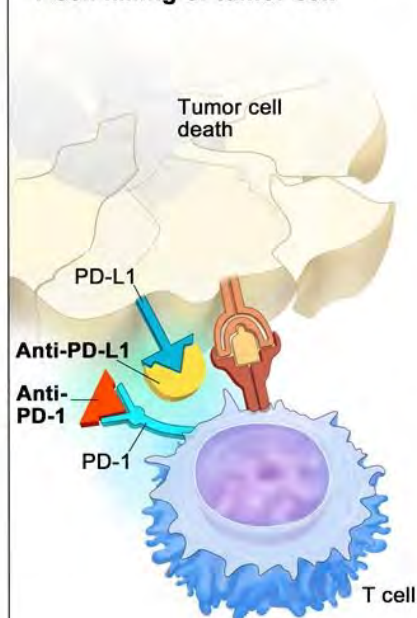
PD-1 is an Immune Checkpoint Inhibitor. It is a type of drug that blocks certain proteins made by some types of immune system cells, such as T cells, and some cancer cells. These proteins help keep immune responses in check and can keep T cells from killing cancer cells. When these proteins are blocked, the "brakes" on the immune system are released and T cells are able to kill cancer cells better.

From the National Cancer Institute

PD-L1 binds to PD-1 and inhibits T cell killing of tumor cell



Blocking PD-L1 or PD-1 allows T cell killing of tumor cell



The more things you do, the more you can do. Lucille Ball

Complementary and Alternative Medicine

From the National Cancer Institute

Complementary and alternative medicine (CAM) is the term for medical products and practices that are not part of standard medical care.

Standard medical care is medicine that is practiced by health professionals who hold an M.D. (medical doctor) or D.O. (doctor of osteopathy) degree. It is also practiced by other health professionals, such as physical therapists, physician assistants, psychologists, and registered nurses. Standard medicine may also be called biomedicine or allopathic, Western, mainstream, orthodox, or regular medicine. Some standard medical care practitioners are also practitioners of CAM.

Complementary medicine are treatments that are used along with standard medical treatments but are not considered to be standard treatments. One example is using acupuncture to help lessen some side effects of cancer treatment.

Alternative medicine are treatments that are used instead of standard medical treatments. One example is using a special diet to treat cancer instead of anticancer drugs that are prescribed by an oncologist.

Integrative medicine is a total approach to medical care that combines standard medicine with the CAM practices that have shown to be safe and effective. They treat the patient's mind, body and spirit.

Are CAM approaches safe?

Some CAM therapies have undergone careful evaluation and have been found to be safe and effective. However there are others that have been found to be ineffective or possibly harmful. Less is known about many CAM therapies, and research has been slower for a number of reasons:

- Time and funding issues

- Problems finding institutions and cancer researchers to work with on the studies

Regulatory issues

CAM therapies need to be evaluated with the same long and careful research process used to evaluate standard treatments. Standard cancer treatments have generally been studied for safety and effectiveness through an intense scientific process that includes clinical trials with large numbers of patients.

Natural Does Not Mean Safe

CAM therapies include a wide variety of botanicals and nutritional products, such as dietary supplements, herbal supplements and vitamins. Many of these "natural" products are considered to be safe because they are present in, or produced by nature. However, that is not true in all cases. In addition, some may affect how well other medicines work in your body. For example, the herb St. John's wort, which some people use for depression, may cause certain anticancer drugs not to work as well as they should.

Herbal supplements may be harmful when taken by themselves, with other substances or in large doses. For example, some studies have shown that kava kava, an herb that has been used to help with stress and anxiety, may cause liver damage.

Vitamins can also have unwanted effects in your body. For example, some studies show that high doses of vitamins, even vitamin C, may affect how chemotherapy and radiation work. Too much of any vitamin is not safe, even in a healthy person.

Tell your doctor if you're taking any dietary

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Complementary and Alternative Medicine

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supplements, no matter how safe you think they are. This is very important. Even though there may be ads or claims that something has been used for years, they do not prove that it's safe or effective.

Supplements do not have to be approved by the federal government before being sold to the public. Also, a prescription is not needed to buy them. Therefore, it's up to consumers to decide what is best for them.

NCI and the National Center for Complementary and Integrative Health (NCCIH) are currently sponsoring or cosponsoring various clinical trials that test CAM treatments and therapies in people. Some study the effects of complementary approaches used in addition to conventional treatments. Some compare alternative therapies with conventional treatments.

What Should Patients Do When Using or Considering CAM Therapies?

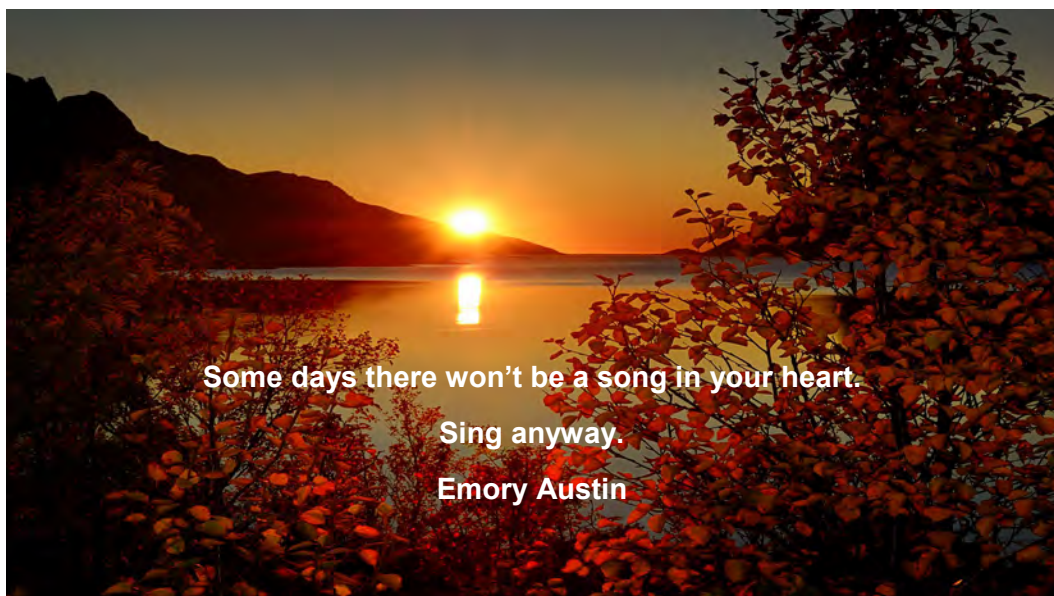
Cancer patients who are using or considering using complementary or alternative therapy should talk with their doctor or nurse. Some therapies may interfere with standard treatment or even be harmful. It is also a good idea to learn whether the therapy has been proven to do what it claims to do.

To find a CAM practitioner, ask your doctor or nurse to suggest someone. Or ask if someone at your cancer center such as a social worker or physical therapist can help you. Choosing a CAM practitioner should be done with as much care as choosing a primary care provider.

Patients, their families and their health care providers can learn about CAM therapies and practitioners from the following government agencies:

- National Center for Complementary and Integrative Health
- NCI Office of Cancer Complementary and Alternative Medicine
- Office of Dietary Supplements

Source: National Cancer Institute



GFH Takes Mammography to a New Dimension

3D Technology Can Help Detect Cancer Sooner in Woman With Dense Breast Tissue

GFH has made yet another significant investment in the health of our community with the addition of 3D mammography technology in The Breast Center.

This advanced technology, known as tomosynthesis, will be used to help detect cancer in women who have dense breast tissue that can “hide” tumors from traditional 2D mammography.

“For women with dense tissue, this technology allows us to examine the breast in one millimeter-thin slices, helping reduce the chance that cancer will be obscured,” said Michelle Swartz, Operations Manager at The Breast Center and a long-time mammographer.

The process and experience for a woman having a 3D mammogram is the same as a traditional mammogram, with breast compression taking just a few seconds longer. The technology itself works very differently, however, as an X-ray arm moves in a slight arc over the breast, taking multiple images. A computer then converts the images into a stack of thin layers, allowing the radiologist to review the breast tissue one layer at a time.

The Breast Center’s seven mammographers have gone through specialized training with the new technology, as have the radiologists of Adirondack Radiology Associates who read the resulting images.

“Having this important tool available to us is another reason why we believe The Breast Center is a woman’s best choice for her annual mammogram,” Michelle said. “Not only do we have the latest in screening technology, but if a woman has an abnormal finding, she’s able to get all of her follow up care right here, from a more detailed diagnostic mammogram or ultrasound to biopsies. We’re here for her both procedurally and emotionally during what can be a very nerve wracking time.”



Showing off our new 3D mammography technology are Noelle Schwab, RT(R)(M); Lesley Backus, RT(R)(M); Tracey Blunt, RT(R)(M); and Michelle Swartz, RT(R)(M).

**We now have evening hours
available for screening
mammograms and ultrasounds
on Tuesday, Wednesday and
Thursday until 7:00 PM.**

Multiple Myeloma Study Open at Glens Falls Hospital

By Nannette Oberhelman

Glens Falls Hospital is participating in a Celgene Pharmaceutical clinical trial as one of 15-30 sites, which aim to enroll approximately 155 study participants within North America (United States, Canada, and Puerto Rico). If you are diagnosed with multiple myeloma, a cancer of plasma cells (a type of immune cell that produces antibodies) in the bone marrow, have already received an initial treatment for your disease and the most recent treatment you received included lenalidomide (Revlimid®) either alone or in combination with other agents; your multiple myeloma has either returned (relapsed) or is getting worse (progressing) during that treatment, you may be eligible to participate.

The purpose of this study is to see how well the combination of pomalidomide and dexamethasone or the combination of pomalidomide, dexamethasone and daratumumab works after you received lenalidomide either alone or in combination with other agents. We will also be assessing how safe the combination of pomalidomide and dexamethasone or the combination of pomalidomide, dexamethasone and daratumumab is.

Pomalidomide (Pomalyst®) is approved in the United States for patients with multiple myeloma who have received at least two prior therapies including lenalidomide and bortezomib and have demonstrated disease progression on or within 60

days of completion of the last therapy. Pomalidomide is an oral (by mouth) medication that belongs to a group of drugs known as immunomodulatory compounds (IMiDs®), or medicines that can modify or regulate the functioning of the immune system.

Dexamethasone is an orally given synthetic (man-made) steroid that is used in the treatment of multiple myeloma. Dexamethasone appears to cause programmed cell death, also known as apoptosis. This means that steroids such as dexamethasone can trigger the destruction of myeloma cells.

Daratumumab (Darzalex™) is approved in the United States for patients with multiple myeloma who have received at least three prior lines of therapy including proteasome inhibitor (PI) and an IMiD® who did not respond to a PI and an IMiD®. Daratumumab is a type of antibody given intravenously that is used in the treatment of multiple myeloma. Daratumumab binds to multiple myeloma cells and causes these cells to die.

The combination of daratumumab with pomalidomide and dexamethasone is considered an investigational study drug combination in this study.

If you think you may be eligible to participate, or would like more information on this important clinical trial, please contact the research office at (518) 926-6644 or (518) 926-6701.

The weak can never forgive. Forgiveness is the attribute of the strong.

Mahatma Gandhi

Support Services and Programs

For general questions about cancer or support services available, please call Oncology Resource Nurses: Vickie, at 926-6639, Paul, at 926-6629 or Lisa, at 926-6563.

Services for Individuals by Appointment

Care Management

For: Continuing care needs, transportation and financial concerns
Info: Karen Cook, LMSW, OSW-C ~ **926-6619**

Chemotherapy Education Class

For: Individuals & family starting chemotherapy
Meets: Tuesdays at 4:00 P.M. ~ Cancer Center Library or by appointment at your convenience
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**
Paul Miller, RN, OCN® ~ **926-6629**
Lisa Haase, RN, BSN, OCN® ~ **926-6563**

Clinical Research

For: Anyone interested in learning about clinical trials
Info: Beth Brundage, RN, OCN® ~ **926-6644**

Genetics Counseling

For: Anyone concerned about their personal or family history of cancer
Info: Rebecca Kerr, MSc, CGC ~ **926-6574**

Nutrition Counseling

For: Anyone interested in dietary counseling
Info: Andrea Chowske, RD, CD-N ~ **926-2635**

Pastoral Care

For: Anyone interested in spiritual counseling
Info: Please call **926-3531**

Patient Financial/Insurance Assistance

For: Referrals, prior authorizations, billing, insurance questions
Info: Michele Walker ~ **926-6637**

Psychosocial Oncology

For: Counseling for patients and/or their families
Info: Gerry Florio, Ph.D. ~ **926-6529**
Call **926-6640** for an appointment
Karen Cook, LMSW, OSW-C ~ **926-6619**

Nurse Navigators

For: Individuals & family diagnosed with any cancer
Meets: By appointment or stop by
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**
Lisa Haase, RN, BSN, OCN® ~ **926-6563**
Paul Miller, RN, OCN® ~ **926-6629**

Spa Services at Cindy's Healing Place (Massage Therapy)

For: Cancer patients during and after treatment
Meets: By appointment at Cindy's Healing Place
Info: Please call **926-6640**

Uniquely You® Boutique & Salon

For: Any cancer patient
Free wigs, hats & turbans, skin & hair care
Meets: By appointment on Tuesdays in the C. R. Wood Cancer Center
Info: Please call **926-6640**

Special Programs (Pre-Registration Required)

CG Men's Retreat

For: Men living with and beyond cancer
Meets: One weekend each year in the Fall
Info: Paul Miller, RN, OCN® ~ **926-6629**

Cindy's Retreat

For: Women living with and beyond cancer
Meets: One weekend each Spring and Fall at Silver Bay on Lake George
Info: Karen Cook, LMSW ~ **926-6619**
www.cindysretreat.org

Cindy's Comfort Camp

For: Children and teens ages 6-17 years who have experienced the death or serious illness of a parent or close relative
Meets: One weekend each Spring and Fall at the Double "H" Hole in the Woods Ranch in Lake Luzerne
Info: **926-6640** or **www.cindysretreat.org**

Tobacco Cessation

Whether you're thinking about quitting or ready to quit, call the NYS Smokers' Quit Line for help and support.
1-866-NY-QUITS (1-866-697-8487)

These groups are open-ended and you may come as you wish. You may want to call if you are new or you have not come for some time to make sure that the schedule or location has not changed.

Discussion Groups

ABC Support Group

(After Breast Cancer)

For: Individuals with breast cancer
Meets: 4th Monday each month
6:00 P.M. ~ Cancer Center Waiting Room
Info: Lisa Haase, RN, OCN® ~ **926-6563**

Blood Cancer Support Group

For: Individuals & family diagnosed with lymphoma, leukemia or multiple myeloma
Meets: 2nd Wednesday each month
6:00 P.M. ~ Community Learning Center, Side A
Info: Paul Miller, RN, OCN® ~ **926-6629**

Prostate Cancer Awareness Group

For: Men with prostate cancer and their families
Meets: 3rd Thursday each month
7:00 P.M. ~ Cancer Center Library
Info: Paul Miller, RN, OCN® ~ **926-6629**

Rays of Hope

For: Women with ovarian cancer
Meets: 3rd Wednesday each month
4:00 P.M. ~ Cancer Center Library
Info: Mary Davis ~ **656-9321**
Carol Smith ~ **793-0565**

Round Table Support Group

For: Individuals with any cancer and their families
Meets: 1st Wednesday each month
4:00 P.M. ~ Cancer Center Library
Info: Paul Miller, RN, OCN® ~ **926-6629**

Activity Groups

Healthy Steps®

For: Gentle exercise for individuals with a cancer diagnosis
Meets: Tuesdays at 10:00 A.M. – Community Learning Center (Side B)
Info: Vickie Yattaw, RN, BSN, OCN® ~ **926-6639**

Tai Chi and Relaxation/Meditation

For: Anyone interested
Meets: Monday afternoon at 3:30 P.M. and 5:30 P.M.
Community Learning Center (Side B)
Info: Paul Miller, RN, OCN® ~ **926-6629**

Twisted Twirlers

For: Individuals diagnosed with any cancer and caregivers who would like to join this Hall of Fame twirling group. New twirlers always welcome!
Meets: 11:30 A.M. ~ 1st and 3rd Tuesday each month
Community Learning Center (Side B)
Info: Barbara Ringer ~ **792-7437**

Ways of Seeing - Art and Crafts Workshop

For: Individuals & family diagnosed with any cancer who want to enjoy the life affirming pleasures of creating art
Meets: 2nd and 4th Tuesday each month at 11:30 A.M. in the Cancer Center Library
Info: Paul Miller, RN, OCN® ~ **926-6629**

Quit for Life

Stop Smoking Program

(Pre-Registration Required)

A 4 week program for anyone who would like to quit smoking

April 18, 25 & May 2, 9, 2017

Tuesday nights from 6:00 P.M.—7:00 P.M.

In the CR Wood Cancer Center Library

For information or to register, please call Paul at 926-6629

Purple Ribbon Cancer Ride Raises \$13,250 for Randy's Patient Assistance Fund

By Vickie Yattaw, RN, BSN, OCN®

Despite the lack of snow the 9th Annual Purple Ribbon Cancer Ride was still able to raise an astonishing \$13,250 for the Randy's Patient Assistance Fund at the CR Wood Cancer Center. This fund helps offset the cost of treatment related copayments and provides gas cards for patient who have to travel longer distances to get their treatment.

This year marks the fourth year the Purple Ribbon Cancer Ride has chosen Randy's Patient Assistance fund to be the benefactor of this event. A combined total for all four years is \$60,688.00!

Many thanks to the organizers and supporters of this wonderful event and the Randy's Patient Assistance Fund at the CR Wood Cancer Center.

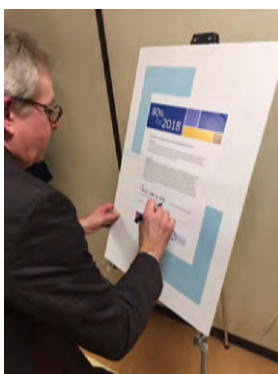


80% by 2018

By Vickie Yattaw, RN, BSN, OCN®

What is "80% by 2018"? "80% by 2018" is a National Colorectal Cancer Roundtable initiative in which more than 1,000 organizations have committed to substantially reducing colorectal cancer as a major public health problem for those 50 and older. These organizations are working toward the shared goal of 80% of adults aged 50 and older being regularly screened for colorectal cancer by 2018. The "80% by 2018" initiative is 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).

Pictured below is Dr. Yarze from Gastroenterology Associates who signed the "80% by 2018" pledge stating that 80% of his staff and that of the GI Center at Glens Falls Hospital will be screening for colon cancer by 2018.



Oncology Rehabilitation

By Vickie Yattaw, RN, BSN, OCN®

A diagnosis of cancer brings about many changes to a person, both mentally and physically. Many of the changes experienced are brought about by surgery, chemotherapy and/or radiation therapy. Once these treatments are completed, patients may experience fatigue, loss of range of motion, increased weakness and sometimes chemo brain or mental fogginess.

Patients of the C.R. Wood Cancer Center at Glens Falls Hospital have the opportunity to work to overcome these side effects by being referred to the Oncology Rehabilitation Program at the Rehabilitation and Wellness Center at Glens Falls Hospital. Oncology rehabilitation includes a wide range of therapies designed to help you build strength and endurance, regain independence, reduce stress and maintain the energy to participate in daily activities that are important to you. Here are the various rehabilitation therapies we offer patients:

Physical therapy: As part of your cancer treatment, our physical therapists may help you design an individualized exercise program that combines range-of-motion training with light resistance exercises. These therapeutic exercises aim to reduce fatigue and improve physical function, safety and well-being.

Occupational therapy: Our occupational therapists are available to help you with daily living activities that are important to your routine and quality

of life, such as dressing, showering and eating.

Speech and language pathology: Many cancer patients may benefit from speech and language pathology. Therapists address problems you may be experiencing, including dry mouth, difficulty swallowing, loss of voice and cognitive changes that often result from cancer treatment.

Lymphedema prevention and treatment:

Lymphedema occurs when fluid collects in tissue and causes swelling. Our oncology rehabilitation team provides various options to prevent lymphedema or reduce the swelling associated with it

Multiple Locations: Rehabilitation therapists are available within the CR Wood Cancer Center at the main Glens Falls Hospital campus at 100 Park Street, The Rehabilitation & Wellness Center on Country Club Road in Queensbury, Evergreen Health Center in Corinth and the Greenwich Regional Medical Center in Greenwich.

Personalized treatment approach: We personalize treatment plans to the individual based on each person's goals and experiences. Your care team would help you decide which oncology rehabilitation therapies may help achieve your goals. You may have one or more of the above therapies during the course of your treatment.

For more information regarding Oncology Rehabilitation, please ask your medical oncologist or contact Vickie Yattaw, RN, OCN at 518-926-6639, email: vyattaw@glensfallshosp.org.

Calm mind brings inner strength and self-confidence,

so that's very important for good health.

Dalai Lama

Save the Date

The 8th Annual Spring Survivorship Celebration

June 10, 2017 — 8:30 am

At the Gideon Putnam in Saratoga Springs

Come join us for breakfast and our featured speaker, Sandy Queen

Sandy Queen is the founder and director of Lifeworks, Inc., a training/consulting firm that specializes in helping people take a better look at their lives through humor, laughter and play. She has generated rave reviews as part of The HUMOR Project's Speakers Bureau and as a keynoter at many of The HUMOR Project's renowned international humor conferences. Recognized as one of the world's leading experts in the wellness field, Sandy has developed many innovative programs in the areas of stress reduction, humor, character education and self-esteem. Because of her energetic stage presence and great sense of humor, Sandy is known internationally as a dynamic speaker, master teacher and motivational trainer. She has addressed over 500,000 people throughout the U.S., Canada, Australia and Singapore for many decades. Author of a two-volume set, *Wellness Activities for Youth*, Sandy is an inspiring mother, grandmother, cancer survivor and speaker dedicated to helping people develop a sense of their own uniqueness. Her philosophy: LIGHTEN UP: THIS IS THE ONLY LIFE YOU HAVE!

Invitations will be mailed at the end of April. If you do not receive your invitation and would like to attend, please call Paul Miller at 926-6629 and an invitation will be mailed to you. Invitations will also be available at the C.R. Wood Cancer Center.

**Whether one believes in a religion or not,
and whether one believes in rebirth or not,
there isn't anyone who doesn't appreciate kindness and compassion.
Dalai Lama**

Michelle O’Keeffe, GN — Inpatient Oncology

Michelle graduated with her nursing degree from SUNY Adirondack in January, 2017. She has joined us on the evening shift on Tower 2.

Michelle lives in Queensbury with her husband and their 2 year old Golden Doodle. She enjoys fishing in the summer and skiing in the winter.



Carol Meachem-Cavitt, PCA — Inpatient Oncology

Carol is a Patient Care Assistant on Tower 2 for the day shift. She has been with our team for the past year.

Carol lives in South Glens Falls with her husband, Charles. She enjoys camping, kayaking, puzzles and crafts. She has one son, Todd, who lives in Hudson Falls. She has two stepsons; Chris, who lives in Poughkeepsie and Stephen, who lives in Rochester.



Caitlin Herren, RT-T— Radiation Therapist

Caitlin has joined the radiation oncology team as a therapist. She graduated from the University of Vermont in May, 2016 with a Bachelor’s of Science degree in Radiation Therapy.

Caitlin lives in Saratoga Springs and enjoys spending her time with her family, hiking, kayaking and reading. She also looks forward to visiting her boyfriend who is a Marine in South Carolina.



Melissa (Missy) Morey, Referral Specialist

Melissa is a referral specialist working at the front reception desk. She is a pharmacy technician and was formally a volunteer EMT. She has over 25 years experience as a medical secretary.

Missy lives in Granville with her husband, Tom, and their Beagle, Bella. They have one son, Frederick who lives in Vermont. She enjoys camping, all terrain vehicles and spending time with her family and friends.



Time to treat yourself!

By Vickie Yattaw, RN, BSN, OCN®

Welcome to Cindy's Healing Place and Spa! This wonderful addition to the C.R. Wood Cancer Center at Glens Falls Hospital provides massage therapy and Reiki to patients of the CR Wood Cancer Center at any time after a diagnosis of cancer.

Patients and their caregivers report many and varied changes after massage. A therapist trained in oncology massage can provide a variety of positive effects from relaxation to scar tissue mobilization to pain reduction. The anecdotal evidence suggests that there are many benefits beyond even these that are enjoyed by people at all stages of the cancer journey.

General Benefits

- Deep relaxation
- Reduced stress
- Improved sleep
- Less constipation
- Increased alertness and mental clarity
- Reduced anxiety
- Less nausea
- Reduced pain

Following Surgery

- Reduced anxiety in advance of surgery
- Easier recovery from anesthesia
- Reduced post-surgical pain
- Improved mobility and appearance of surgical scars
- Reduced swelling

- Improved range of motion
- Easier adaptation to implants and expanders

Following Radiation or Chemotherapy

- Reduced anxiety in advance of and during treatment
- Reduced post-treatment fatigue
- Improved appetite
- Improved peripheral neuropathy

Emotional Benefits

- Decreased anxiety
- Decreased depression
- Increased feelings of well-being
- Being pleasantly distracted
- Improved body self-image
- Restored hope
- Satisfaction in participating actively in a part of the healing process

The massage and Reiki therapists at Cindy's Healing place and Spa offer 30 minute and 60 minute appointments. Cost for 30 minutes is \$15 and 60 minutes is \$30. All fees can be prorated based on a patient's financial assistance application.

Massage therapists are also available for oncology patients after an admission to the hospital, or while undergoing therapy in the outpatient infusion center.

Cindy's Healing Place and Spa appointments can be made by calling 926-6640.

What we think, we become.

Buddha

Our Surveys and You

You may have received a survey from Press Ganey on behalf of the C.R. Wood Cancer Center, or you may receive one in the near future. We encourage you to complete it as it is how you can let us know how we are doing. Your feedback is important to us and can help us improve upon the services that are important to you.

The survey asks questions about your visit and how your experience was. You will be asked to fill in a few dots and if you wish, there is room to comment. For example, one section asks questions about our facility: Is it clean? Is it comfortable? You would simply fill in the circle that expresses your opinion ranging from very poor to very good.

It should take only a few minutes to complete and includes a reply envelope that is ready to go out in the mail. If you have shared your e-mail address with us you may receive the survey via e-mail and can then send it back to us via e-mail.

We strongly encourage you to reply with your honest opinion about the services that you have received here. If you are seeing us on a regular basis (daily or weekly, for example) you may receive a survey as often as every 3 months. You may also receive a separate survey after an inpatient stay or a visit to the emergency department. We appreciate your help with this important assessment of our services.





A weekend of reflection,
relaxation and real-life guidance
for women living with
and beyond cancer

An open invitation to any women
with a diagnosis of cancer

Please join us for a weekend retreat
located at Silver Bay Conference Center on
the beautiful shores of Lake George

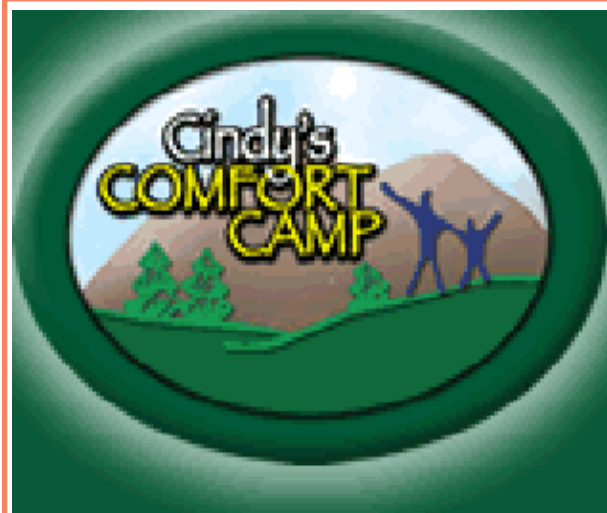
April 28-30, 2017

For more information, contact:

Karen Cook, LMSW

926-6619

kcook@glensfallshosp.org



A special weekend for children & teens
touched by the serious illness of a
parent or sibling

This is a free weekend overnight camp
located at the Double H Hole in the Woods
Ranch in Lake Luzerne
for children and teens ages 6 - 17.

Next Camp is **May 19-21, 2017**

Registration is open

Camp is limited to 30 campers.

For more information,

Contact us at:

(518) 926-6640

Website:

[http://www.glensfallshospital.org/services/
community-service cindys-comfort-camp](http://www.glensfallshospital.org/services/community-service-cindys-comfort-camp)

Facebook:

www.facebook.com/Cindys-Comfort-Camp

Clinical Research at the C.R. Wood Cancer Center at Glens Falls Hospital

If you have been diagnosed with cancer, you may want to talk to your physician about taking part in a clinical trial. Clinical trials may offer treatment options for patients with cancer that are not otherwise available.

• **If you have just found out that you have cancer**, the time to think about a clinical trial is before you make a treatment decision. Talk with your doctor about all your options, including a clinical trial.

Other clinical trials are looking for people who have already been treated for their cancer.

• **If you have already had one or more forms of cancer treatment** and are looking for a new treatment option, there may still be a clinical trial for you to think about.

Please call our research office at (518) 926-6644 or (518) 926-6701 for more information about clinical trials available at Glens Falls Hospital or visit our website at:

www.glensfallshospital.org/CRWood-Cancer-Center/clinical-research/clinical-research.cfm.

You may also want to visit the National Cancer Institute website for other clinical trials at www.cancer.gov/clinicaltrials.

Cancer Services Program (CSP)

Men and women who are uninsured, meet eligibility criteria and are in need of treatment for breast, cervical, colorectal or prostate cancer, may be eligible for full Medicaid coverage through the Medicaid Cancer Treatment Program. Coverage is arranged through the Cancer Services Program Case Manager and will last for the entire treatment period.

These eligibility guidelines are more generous than local counties' departments of social services. So if you've been denied in the past, please don't let that stop you from applying again through the Cancer Services Program.

Glens Falls Hospital provides a New York State Department of Health Cancer Services Program grant that funds breast, cervical and colorectal cancer screenings and follow-up testing at no cost for uninsured women and men. If you or someone you love is without health insurance, call today at: 1-800-882-0121 or (518) 926-6570.

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The information in this newsletter is for educational purposes only and is not intended to be used as medical advice. Please consult your physician for questions regarding your treatment.

If you are unable to view us on the internet and would like to receive Connections at home, please call, write or e-mail the editor:

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Please let us know if you would like to be removed from our mailing list.

When You Need to Call Us

Medical Oncology

When you call during clinic hours (8:30 A.M. to 4:30 P.M. weekdays) you will reach the telephone triage nurse. Her phone number is 926-6620, the number you are given to call if you have any questions or problems.

When you call you will very likely need to leave a message as she is often busy with other patients who have also called. Please try to speak clearly (without rushing) giving the following information in the message to help her assist you efficiently:

- Your name, or the name of the person you are calling about (please spell the last name)
- Date of birth
- Your doctor's name (not the PA because they work with multiple doctors)
- Your phone number (or where she can best get back to you)
- The reason why you are calling

If you are calling for a medication refill, please also include:

- The name of the pharmacy you use
- The medication and the dose

You will need to allow 48 hours to have the medications refilled. Most prescriptions will be sent to your pharmacy by e-mail (e-scribed). If it is a medication that cannot be sent electronically, we will call you back with instructions.

If you are having a medical problem, we will try to call you back within 2 hours. Please be patient as sometimes many calls come in within a short period of time.

MyChart (the online site) allows 48 hours for a response. If you are having a medical problem that needs prompt attention, it is better to call us and leave a message. MyChart is designed to provide a brief summary of your most recent visit with your doctor. Unfortunately, it is not an efficient forum for a detailed discussion with your care team. It is better to call with questions or, if appropriate, wait to discuss them at your next visit.

Many doctors return their calls (especially test and lab results) at the end of their clinic or at lunch time, so it may be a few hours before they get back to you. When you call, you can let us know if it is okay for them to leave a message with the results on your answering machine.

If you call after hours and need a response, (evenings, nights, or weekends) please tell the answering service to page the on-call doctor. No one is available to check messages during off hours so it will not be received until the next business day.

Radiation Oncology

Patients receiving radiation therapy who have questions during clinic hours (8:00 A.M. – 4:00 P.M. weekdays) should call the Radiation Therapy Department at 926-6670 and ask to speak to a nurse. You will be directed to Kelle Engel RN, BSN, OCN or Kit Howard, RN, OCN. If they are not available to speak with you, please leave a brief message with a call back number. You should expect a call back within 20 to 30 minutes.

If it is an emergency, please call 911. If you have questions or concerns after the department closes or on the weekend, please call the same number, 926-6670. An answering service will take your information along with a phone number and a radiation oncologist will return your call. Please do not wait with a problem. The radiation oncologists are on call to address any of your concerns.



Patty Godnick