

Survivorship Momentum

a newsletter for cancer survivors

Breast cancer and prostate cancer are two of the most common cancers in Central Minnesota. There are many activities, fundraisers, awareness events and resources for patients and families. Read on for more information on prevention, education and resources available.

September is Prostate Cancer Awareness Month

Who is at Risk?

The chance of getting prostate cancer goes up as a man gets older. Most prostate cancers are found in men over the age of 65. For reasons that are still unknown, African American men are more likely than White men to develop prostate cancer. Having one or more close relatives with prostate cancer also increases a man's risk of developing this disease.

Risk Factors for Prostate Cancer

- ♦ African-American men are twice as likely to be diagnosed as other American men.
- ♦ Men who eat high-fat diets, particularly saturated fat, may have a greater chance of developing prostate cancer.
- ♦ If a man has a family history of prostate cancer he should start getting tested at age 45 rather than at age 50.

The Best Defense: Early Detection

Prostate cancer can usually be found in its early stages with regular testing. Your doctor should offer you the prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) every year starting when you are 50. Talk with your doctor about the benefits and limitations of testing so that you can make an informed decision about testing. If you are at high risk for prostate cancer you should begin having these tests at age 45.

Information compliments of the American Cancer Society.

October is Breast Cancer Awareness Month

Who is at Risk?

Simply being a woman is the main risk factor for developing breast cancer. Your risk of developing breast cancer increases as you get older.

Women who started menstruating at an early age (before age 12), or who went through menopause at a late age (after age 55), have a slightly higher risk of breast cancer.

Approximately 5-10 percent of breast cancer cases are thought to be hereditary, resulting directly from gene changes inherited from a parent.

The Best Defense: Early Detection

Below are general screening guidelines. Talk to your doctor about your specific screening plan.

- ♦ Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- ♦ Clinical breast exam (CBE) should be part of a periodic health exam, about every 3 years for women in their 20s and 30s and every year for women 40 and over.
- ♦ Women should know how their breasts normally feel and report any breast change promptly to their health care providers. Breast self-exam (BSE) is an option for women starting in their 20s.

Information compliments of the American Cancer Society.

A cancer survivor includes:

- ♦ any patient--from the day they are diagnosed through their entire life
- ♦ family members/significant others & caregivers closely involved in a patient's life.

Coborn Cancer Center
CENTRACARE Health System

The Nutrition Book

with Tristina, M.S., R.D.



Cancer and Dietary Supplements

My family members have done a lot of research on the Internet and have found some dietary supplements claiming to help cure my cancer. Can I take these supplements during treatment?

Many patients have questions regarding the use of dietary supplements during cancer therapy. Many people think that because these supplements contain natural ingredients such as vitamins, minerals or herbs, they are harmless. In all reality, many dietary supplements may interact with cancer medications causing additional toxicities or interfere with treatments making them less effective. Currently, dietary supplements are not regulated by the government and laws do not require companies to prove whether they are safe and effective before they are sold. Consumers need to be aware that the quality and strength of many dietary supplements can vary from brand to brand and even from bottle to bottle. There also is no guarantee that the dietary supplement actually contains what the bottle says it does.

During active treatment and for survivorship, I recommend patients eat a wide variety of foods to meet their nutrient needs. Food, not supplements, is the best source of nutrients.

Should I avoid all dietary supplements?

In most cases, patients can safely consume a multivitamin that contains no more than 100 percent of the daily value for any nutrient. It also is safe to consume oral nutrition supplements such as Ensure, Boost and Carnation Instant Breakfast. Your doctor may have you take specific supplements (such as Calcium with Vitamin D for bone health) for specific health reasons. Tell your oncologist about all medications and dietary supplements you take.

All patients and their caregivers can talk to our registered dietitian at no cost. If you have questions regarding dietary supplements or nutrition, please contact Tristina at (320) 229-4907 or (877) 229-4907, ext. 71374 to schedule a consultation.

Did you know?

The Food & Drug Administration (FDA) has started to crack down on companies marketing products fraudulently claiming to prevent and cure cancer. For more information, please visit:

FDA Press Release
www.fda.gov/bbs/topics/NEWS/2008/NEW01852.html

125 Fake Cancer 'Cures' Consumers Should Avoid
www.fda.gov/bbs/topics/factsheets/fakecancercures.html

Beware of Online Cancer Fraud
www.fda.gov/consumer/updates/cancerfraud061708.html

clip-n-cook

Elvis Presley's Grilled Peanut Butter and Banana Sandwich

Elvis would eat 12-15 sandwiches in a sitting!

- 2 slices of bread or Texas toast
- 2 tablespoons of smooth peanut butter
- 1 small ripe banana, mashed
- 2 tablespoons butter

Spread the peanut butter on one slice of bread and the mashed banana on the other. Press the slices gently together. Melt the butter over low heat in a small frying pan. Place the sandwich in the pan and fry until golden brown on both sides. Cut into quarters and serve.

Recipe provided by the American Institute for Cancer Research

~News Niche~

Patient Records go Digital

The implementation of an electronic medical record (EMR) system will begin on Wednesday, Oct. 8, 2008, in the Coborn Cancer Center. Please be patient if you have a visit scheduled during the transition. Appointment times temporarily may take longer as we confirm the accuracy of each patient's information upfront and as the providers learn to enter health information directly into the computer during the appointment.

Additionally, as providers and staff learn the new EMR there may be a technical support person in the room to answer computer-related questions. Please be assured that those people have the utmost respect for your privacy and are only there as needed to support our staff while they provide care for you. Thank you for your patience during this transition.

Benefits of the new EMR

Speed: Your medical record is updated and available to caregivers across CentraCare Health System.

Security: Only staff members who need to view the information have access to it.

Patient safety: The EMR reminds physicians of current treatment guidelines. Direct prescription entry reduces the risk of illegible handwriting reducing delays or potential for error.

Convenience: Most prescriptions can be transmitted instantly to your pharmacy. Office visit summaries can be printed before you leave. When the system is fully operational in a few years, you will be able to securely view your medical information online.

Communication: The electronic medical record enhances the physicians' ability to consult with colleagues at different sites within CentraCare Health System.

It's good to know your cancer center is a Leader

Did you know that Coborn Cancer Center achieved the 2007 Outstanding Achievement Award --- the highest approval by the Commission on Cancer (CoC)?

This award recognizes those cancer programs that strive for excellence in providing quality care to the cancer patient and motivates other cancer programs to work toward improving their care. Cancer programs that receive this award are expected to serve as a resource in sharing "best practices" with other cancer programs in the nation.

It's good to know your cancer center is a leader.

For more information about the CoC and the Coborn Cancer Center visit our website at www.centracare.com.

Newsletter features

We are constantly striving to bring you the latest information that affects the health of you and your family. Beginning with this issue you may notice such enhancements as:

- ♦ "News Niche" consisting of news from the health system and Central Minnesota;
- ♦ "Resource Review" which highlights a resource or a section of the Resource Library in the Coborn Cancer Center;
- ♦ A reputable cancer-related website as an informational resource;
- ♦ Disease site-specific topics and prevention, treatment and diagnosis information.

Coordinator change

Mary Navara, R.N., our Survivorship Coordinator, has recently resigned to pursue another career opportunity. We are currently working to find a nurse to replace her. We thank Mary for her help and her commitment to the Survivorship Network throughout the last year.



Please let us know how we are doing with this quarterly publication. Comments, suggestions and ideas are welcome. Please contact Janelle at (320) 229-5199, ext. 70659 or e-mail comments to loehleinj@centracare.com.

Events & Happenings

October 5: Surviving with Style

Enjoy a social, silent auction, brunch and fashion show fundraiser for the St. Cloud Hospital Breast Center. Held at Gorecki Ballroom, College of St. Benedict. Call (320) 240-2810 for tickets.

October 10: Long Prairie Memorial Hospital "Harvest of Wellness" Health Fair

Coborn Cancer Center is sponsoring a booth from 9 a.m. to 2 p.m. at First Baptist Church of Long Prairie. This community health fair is focused on health, safety and disease prevention, and is free to attend.

October 14: Monticello Cancer Center Open House

Tour the new Monticello Cancer Center, a partnership of CentraCare Health System, Monticello-Big Lake Hospital and North Memorial from 5-8 p.m.

November 5: Medicare Part D

All staff, patients and caregivers are invited to a presentation on Medicare Part D at 9:30 a.m. in the Coborn Cancer Center Administrative Conference Room. Linda Schmidt, Senior Advocate from the Central MN Council on Aging will give an overview of Medicare Part D and will have staff available that day from 11 a.m. to 1 p.m. in the Coborn Cancer Center

Resource Center to answer individual questions.

Please RSVP by calling LaNae at ext. 70128.

Mark your calendar

December 1, Holiday Survivorship Event

All patients, families and caregivers are invited to join us in the Windfeldt room at CentraCare Health Plaza. More details to follow.

Out & about ... where we've been

Coborn Cancer Center strives to educate about prevention and screening through community events. Here's where we've been.

September 6: Get Your Rear in Gear Central Minnesota

This event, at Discovery School in Waite Park, was sponsored in part by the CentraCare Digestive Center and Coborn Cancer Center. The event raised awareness for colon cancer prevention. All proceeds benefit the Hind Site Fund of CentraCare Health Foundation. Activities included a 5Krun/walk or mountain bike through Quarry Park, spaghetti dinner, live music, silent auction and children's activities. The date for next year has not yet been set. For more information, contact Lisa Hauck lhauck@charternet, or visit www.hind-site.org/events.html.

September 12-13: Head to Toe Health Fair

Held at Crossroads Center, this free event was held for people of all ages. It provided information on healthy living, free or reduced health care screenings, activities and demonstrations. Presented by St. Cloud Ear, Nose and Throat and Adult & Pediatric Urology. For more information visit www.h2thealthfair.com.

September 18: Annual Sauk Centre Senior Wellness Fair

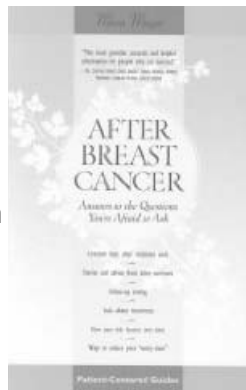
Coborn Cancer Center sponsored a booth at the 13th Annual Sauk Centre Senior Wellness Fair at Gerard's Dining and Banquet Hall. Hosted by the Central Minnesota Council on Aging. The theme of the health fair was "Your Health Under Construction."

RESOURCE *Review*

The Resource Center in Coborn Cancer Center was provided by the Bauerly Families & MDU Resources Foundation. Through this, Coborn Cancer Center strives to provide the most up-to-date cancer information to our patients and community. Our Resource Center is full of many valuable tools from credible sources. Please explore a few and learn about the latest and greatest --- available in the industry and in our area!

Featured Resource

"After Breast Cancer, Answers to the Questions You're Afraid to Ask," is the featured resource for the fall issue of Survivorship Momentum. This resource was written by Musa Mayer who in 2003, at the time the book was published, was a 14 year cancer survivor. Throughout this book she talks frankly about the feelings of uncertainty and fear that breast cancer patients commonly face after treatment. She reviews scientific literature on survival statistics and explains what is known about follow-up visits and testing. Devoting several chapters to emotional recovery, she offers advice about how to tackle fears through information and support. Throughout the book are the warm and wise voices of 40 women who have been through this same journey of tears, fears and triumph.



Musa Mayer is a master level counselor in the Ohio Community Health System, with a particular interest in women's issues. As a nationally known and respected breast cancer advocate, she has consulted for the American Cancer Society, National Breast Cancer Coalition, Y-Me, the National Alliance of Breast Cancer Organizations, Share and many other national and local groups on survivor issues.

Ovarian Cancer Support Group, coming soon

The Minnesota Ovarian Cancer Alliance announced there will be a support group starting in St. Cloud. Watch the Minnesota Ovarian Cancer Alliance website for more details

http://www.mnovarian.org/support_groups.htm.

Featured Web site

"CancerCare" is a national nonprofit organization that provides free, professional support services for anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. CancerCare programs including counseling, education, financial assistance and practical help are provided by trained oncology social workers and are completely free of charge. Founded in 1944, CancerCare provided individual help to more than 100,000 people last year in addition to the more than one million unique visitors to its Websites.

CancerCare features:

- ♦ Connect - Expert led educational programs on a variety of cancer related topics via the telephone, no need to travel or leave the comfort of your own home to participate;
- ♦ Counseling - Professional counseling and facilitated support groups, delivered in a way that is most convenient for you whether that be face-to-face, online or via the telephone;
- ♦ Inform - Resources and strategies for finding help;
- ♦ Assist - Financial assistance for those who need it most.

For more information, please visit the CancerCare website at www.cancercares.org.

Cancer Mentor Programs

If you are looking for a one-on-one connection with a mentor who has the same diagnosis but aren't comfortable meeting with a group, we have a phone and Internet option for you. You can find a mentor by calling one of the following:

Leukemia and Lymphoma Society First Connection
(For hematologic cancers) (763) 545-3309

Scott Hamilton 4th Angel Foundation
(For all other cancers) (800) 440-4140

Q & A with Dr. Jurgens



Donald Jurgens, M.D. joined Coborn Cancer Center medical oncology in August 2008.

Tell us about yourself

I am the oldest of three children and grew up in northeastern South Dakota, where my parents still live. I have spent all my time since graduating from high school in Minnesota. I met my wife in college at Morris, Minnesota.

I attended my first two years of medical school in Duluth before transferring to Minneapolis to finish out my medical degree. I trained for six years at Mayo in Rochester --- three years residency and three years fellowship in hematology/oncology, with the final year also serving as the inaugural Chief Fellow of the Hematology/Oncology program. I became interested in cancer and cancer treatment early in medical school because I could see the future of cancer treatment was changing fast, with more effective and less toxic treatment being researched and developed every year. I wanted to be a part of that positive change.

Special interests or hobbies

To try and get the most out of my own life by spending time with my wife and family, dabbling with Italian cooking, and making wine and beer. I also researched and published a family genealogy history book.

What's your favorite family tradition?

My wife, Angie, and I have two children --- Emma, 5, and our son Rowan, 3. Each year since our son was born, on the weekend before Thanksgiving, we've had "Emma and Rowan's Annual Lefse Making Party". Both sides of our families come to our house and we make several batches of lefse for the upcoming holidays, and the grandkids frost and sprinkle Christmas cookies with grandpa.

Volunteers celebrate

M I L E S T O N E S

*T*hank you to our Coborn Cancer Center volunteers who are celebrating service milestones!

Evie Pflipsen	2,000 hours	Bev Hofmann	200 hours
Anne Marie Ruede	1,000 hours	Pat Holmblad	200 hours
Jo Johnson	700 hours	Larry Joy	200 hours
Darlene Nastrom	700 hours	Jeanne Molloy	200 hours
Arlene Gardinier	400 hours	Sharon Haugen	100 hours
Jon Forsell	300 hours	Viktoriya Matveyeva	100 hours
Karen Vennes	300 hours	John McKiernan	100 hours
Mike White	300 hours	Barb Nierengarten	100 hours
		Audrey Novak	100 hours