



Survivorship Momentum is a quarterly newsletter created by Coborn Cancer Center. It is designed to answer questions and share resources with cancer survivors. Survivors include patients — from diagnosis throughout their lives — and their family members, significant others and caregivers.

Cancer Conference: a team approach to care

By André Mitchell, MD, Radiation Oncology
Coordinator of Coborn Cancer Center Cancer Conference

The treatment of cancer depends on the stage and extent of disease at the time of diagnosis. Treatment plans are developed through the collaborative efforts of various physician specialists that bring their expertise to the cancer care team. One of the ways in which these busy practitioners communicate is through cancer conferences.

How does a cancer conference improve care?

It provides a forum for discussion and sharing of opinions and expertise of all the professionals involved in the diagnosis and treatment of cancer patients. It promotes the understanding and use of evidence-based practice, standard-of-care guidelines, new approaches to treatment and open clinical trials that might benefit the patient.



André Mitchell, MD

How does a cancer conference work?

At the Coborn Cancer Center, there is a weekly general cancer conference, a weekly breast cancer conference and a monthly lung and gastrointestinal cancer conference. During the

conference, imaging studies and pathology are reviewed. A clinical history is presented by the managing physician and/or nurse care coordinator. A professional discussion takes place and recommendations are made to help guide the management of the patient.

Who attends a cancer conference?

All physicians involved in caring for cancer patients are welcome to attend. Cases are reviewed by various disciplines i.e. pathology, radiology, surgery, medical and radiation oncology and other physician

specialty groups as appropriate to the diagnosis. In addition to physicians, the conference is attended by nurses, specialty care coordinators, a geneticist, and other staff that comprise the cancer care team. Confidentiality is assured with only the members of the team directly involved with the individual case knowing the identity of the patient.



A cancer conference brings together five or more specialties, in addition to other care members, to improve the coordination of care.

Are all cases presented at a conference?

Not all cancer cases need to be brought to the cancer conference. Sometimes the recommended treatment is immediately evident upon diagnosis. We are fortunate in St. Cloud, to have close proximity to the multitude of specialists needed for a strong, multidisciplinary cancer care team. Ongoing communication and collaboration takes place on a routine basis.

If you would like to know more about cancer conference, talk to your cancer doctor.

Changes in hair, skin and nails ... *oh my!*

By Sandi Schulzetenberg and Juli Sanner, RN, OCN, CBCN

Chemotherapy is medicine that destroys rapidly reproducing cancer cells. Other cells in the body, such as hair and nails, also may be destroyed during chemotherapy. Below are programs and tips to help manage your side effects and improve your experience.

The **Enhancement Program** (funded by the CentraCare Health Foundation) provides a wig, hats and accessories to patients undergoing cancer treatment at the Coborn Cancer Center. Call (320) 229-4907 for more information.

The **Look Good ... Feel Better Program** is an on-site monthly program facilitated by cosmetologists trained and certified by the Personal Care Products Council Foundation, the American Cancer Society, the Professional Beauty Association and the National Cosmetology Association. This public service program teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. To register for a class, call (800) 227-2345.

Below are helpful hints in caring for changes you may experience during and after chemotherapy. As always, feel free to ask your doctor or nurse questions throughout your treatment.

Hair:

Losing your hair during treatment for cancer can be one of the most difficult side effects – many patients lose all or some of their hair, while others don't lose any.

- Ask your doctor or nurse about what to anticipate;
- Consider having your hair cut short or shaving your head; you may be interested in wigs, hats, scarves or a combination;
- Ask your hairdresser for styling advice when your hair starts growing back (30-60 days after chemotherapy is completed). Hair may be a different texture or color;
- Postpone color, perms or straightening treatments, for generally 6-12 months after your treatment.



*Sandi Schulzetenberg helps cancer patients by fitting and styling wigs. She has volunteered for nearly 19 years and recently was recognized with the **St. Cloud Hospital Volunteer of the Year Award**.*

Skin:

Cancer treatment can increase your vulnerability to infection; make hygiene a high priority.

- Wash your hands frequently to cut down on germs;
- Do not stay in the sun for more than a few minutes and wear sunscreen that has an SPF of 15 or higher;
- Cleanse your skin in the morning and evening, using a creamy cleanser or mild soap. Moisturize after cleansing.

Nails:

Chemotherapy may cause your nails and nail beds to change color, become brittle, grooved, lifted or sensitive. These changes are temporary and there are simple ways to combat their effects.

- Keep your nails trimmed and short during treatment;
- Wear gloves while washing dishes and avoid keeping your hands in water for very long — it can lead to fungal infections;
- Tell your doctor if you notice signs of inflammation or infection, such as dark or lifted nail beds;
- Don't file streaks, stains, or brown spots;
- Push back, rather than cut, your cuticles;
- Avoid professional manicures or pedicures. Use cuticle cream, moisturizer, or olive oil to help prevent dryness, splitting and hangnails;
- Avoid artificial nails during chemotherapy.



For more information, please visit www.lookgoodfeelbetter.org.

Donations provide comfort and entertainment for cancer patients

By Holly Kiffmeyer

After retirement in 1981, Harold and Carole Groustra of St. Cloud spent most of their time traveling together. In 17 years, they visited more than 20 countries and many parts of the United States.

“Carole and I were high school sweethearts — we did everything together,” Harold said. “You would never see us apart.”

Unfortunately, all of their traveling came to an abrupt stop in January 2008 when Carole started to experience pain on her right side. A scan identified a spot on her lung and a biopsy confirmed lung, pelvic and brain cancer. Carole received four different types of chemotherapy and faced many difficult side effects.

“During her treatment, I would tell her jokes to try to keep



Harold and Carole Groustra are pictured to the left. Above is one of the laptops in a chemotherapy room that Harold donated to the Coborn Cancer Center.

her spirits up,” Harold said. “I also tried to maintain normalcy by providing as much of her care as I could at home. This was possible thanks to our care coordinator Deb Corrigan, who helped us through the process and answered our questions.”

After 55 years of marriage, on Sept. 16, 2010 Carole passed away. In Carole’s memory, Harold donated money for laptop computers and chemotherapy chairs that

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The buzz on coffee

Does drinking coffee boost your cancer risk?

By Tristina Brown, MS, RD, CSO

Coffee is the leading worldwide beverage after water. On average, each American consumes more than nine pounds of coffee annually¹. Research from more than 500 publications in multiple countries indicates there is no increased risk of cancer from drinking up to six cups per day for most cancer sites².

Some research also suggests that coffee may help to reduce risk of cancer, especially bladder, breast, oral, pharyngeal, colorectal, endometrial, esophageal, liver, leukemic, pancreatic and prostate cancers³. Coffee is relatively safe in moderate amounts, may reduce total incidence of cancer and has an inverse association with some types of cancers. In other words, enjoy that cup of ‘joe’.

¹ Arab, L. (2010). Epidemiologic evidence on coffee and cancer. *Nutrition And Cancer*, 62(3), 271-283. Retrieved from EBSCOhost.

² Butt, M., & Sultan, M. (2011). Coffee and its consumption: benefits and risks. *Critical Reviews In Food Science And Nutrition*, 51(4), 363-373. Retrieved from EBSCOhost.

³ Yu, X., Bao, Z., Zou, J., & Dong, J. (2011). Coffee consumption and risk of cancers: a meta-analysis of cohort studies. *BMC Cancer*, 1196. Retrieved from EBSCOhost.

Sweet Potato Soup

- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp. canola oil
- 1 qt. chicken stock
- 1 sweet potato, cubed
- 1 potato, skin on, cubed
- 1 can diced tomatoes
- 1 tsp. ground cinnamon
- 1 tsp. cumin
- 1 tsp. curry powder
- 1 tsp. sea salt
- ¼ tsp. cayenne pepper
- ¼ c. chunky peanut butter

Sauté onion, garlic and oil. Add chicken stock, potatoes and tomatoes. Add seasonings and peanut butter. Simmer 10-12 minutes.

Serve with whole wheat roll or side salad.

Makes 3 servings. Per serving: 343 calories, 15 g. protein, 16 g. fat, 35 g. carbohydrate, 6 g. fiber. It is an excellent source of Vitamin A, Vitamin C, Vitamin E, Riboflavin, Niacin, Vitamin B6, Phosphorus, Magnesium, Iron, Potassium, Omega 3, Iron, Zinc as well as protein and fiber. Contains no cholesterol.



What can you do?

To reduce your risk of cancer or cancer recurrence, the American Cancer Society recommends you:

- Maintain a healthy weight;
- Be more active;
- Eat at least five servings of colorful vegetables (including legumes) and fruits each day;
- Aim for three servings of whole grains; and
- Cut back on processed meats like hot dogs, bologna, lunchmeats and red meats.





Mary K. Weis, RN, MSN, ACNS-BC *Clinical Nurse Specialist*

Mary K. Weis

Tell us about yourself.

I have been privileged to work for CentraCare Health System for more than 40 years. I started as a nursing assistant and through the years completed graduate education in nursing to become a clinical nurse specialist (CNS). I spent more than 27 years working with CentraCare surgeons, both in and out of the operating room, and I especially liked working with oncology patients and their families. In order to expand my role, and try to make more of a difference in the ongoing care of cancer patients, I joined the Coborn Cancer Center team in 2010. Today, I work with cancer patients and their families throughout diagnosis, treatment and survivorship — a very rewarding career change.

I have many hobbies and love to spend time “up north” at our cabin with family — especially my children and grandchildren. It also is important to me as a nurse to give back to my profession. I do that as a volunteer on medical missions. For the past 15 years, I have volunteered as a surgical nurse with Helps International. The St. Cloud area supports three teams providing medical, surgical and dental care to the poor people of Guatemala. We travel into the mountains to provide care for patients who have no access to medical care. We see approximately 1,500 medical patients, perform 100-150 surgeries and 250-500 dental procedures. Over the years, I have been able to do this with various members of my family (husband, mother, son and sister). We have shared great joy and satisfaction as a family to be able to serve people who need so much help.

Drop off your unwanted medications

You can dispose of your unwanted or unused medications by dropping them off between 8 a.m. and 4:30 p.m. Monday through Friday at the Stearns County Law Enforcement Center, 807 Courthouse Square, St. Cloud. If medications are in a glass container, please put them in a padded envelope that is provided at the drop box before depositing. No sharps allowed. For more information, call (320) 259-3700.



My role in the cancer center as a CNS is an expert clinician and patient advocate who provides direct care for patients with complex problems and diagnoses. I also provide education and guidance for nurses and health staff assuring that cancer care follows professional standards to optimize outcomes. My role takes me across the care continuum from outpatient to inpatient and, as clinical coordinator, to our outreach medical oncology sites — Mora, Little Falls, Glenwood, Melrose, Sauk Centre, Paynesville and Long Prairie.

Clinical trials: Standard of care and beyond

Cancer clinical trials are research studies to find better ways to treat, diagnose and prevent cancer. These studies include new drug treatments as well as interventions to improve quality of life. Coborn Cancer Center has a research department that manages clinical trials in cooperation with North Central Cancer Treatment Group (NCCTG).

The NCCTG is a national clinical research group sponsored by the National Cancer Institute (NCI), which is comprised of a network of nearly 400 community-based cancer treatment clinics that work with Mayo Clinic. The American College of Surgeons Oncology Group (ACOSOG), Cancer and Leukemia Group B (CALGB), and NCCTG have announced plans to merge to create one integrated cooperative group called the **Alliance** that will develop and conduct more efficient clinical research studies, bringing clinical trial results to patients more quickly. The vision for this group is to reduce the impact of cancer on people by uniting a broad community of scientists and clinicians from many disciplines. Coborn Cancer Center continues to be involved in cutting edge ways to approach new care for cancer.

Participating in clinical trials allows patients to receive the current standard of care as well as new clinical trial treatments. Participation is voluntary and requires patient consent. All trials are reviewed and approved by St. Cloud Hospital Institutional Review Board (protection of human subjects) prior to opening at the Cancer Center. Clinical trials have produced many of the changes we see today in cancer care and we have many trial participants to thank for these updates in care.



www.centracare.com and click on "Classes & Events"



coborncancercenter@centracare.com



(320) 229-4907, ext. 70857

Art Therapy

Art therapy classes are offered free to cancer patients, their caregivers and family members over the age of 12 every Thursday at Coborn Cancer Center with Katie Kinzer, art therapist. No art experience necessary. Participants can use art to record their thoughts and feelings in a "visual journal." Relax and meet new friends traveling their own cancer journey. Call (320) 229-4907, ext. 70855 or visit www.centracare.com for dates and times.



Support for Parents and Children During Cancer

A three-hour session is led quarterly by specially trained facilitators who help children and adolescents identify complex feelings about the impact of cancer diagnosis and treatment. We also offer sessions during that same time for parents/grandparents/supportive adults to identify and discuss parenting during cancer. Coborn Cancer Center can refer individual parents to child life specialists, professionals who work with parents to help them understand the developmental needs of children during a complex illness. For more information and next available session contact LaNae Harms-Okins at (320) 229-4907, ext. 70128.

Tools for Making Health Care Decisions • November 16, January 18

Facing a tough decision? Come to a free monthly seminar to receive a decision-making tool that will help you to clarify your preferences and values about different options. Sessions are from 1-2 p.m. The tool also will help you understand the risks and benefits as well as the roles others play in your decision-making process.

Holly Ball • December 3

Join us at Holly Ball 2011, "Enchanted Evening of Mystery and Magic," for grand hors d'oeuvres, silent auction, music and dancing from 6:30 p.m. to 12:30 a.m. Dec. 3 at the St. Cloud Civic Center. For details, call (320) 240-2810 or visit www.centracare.com. Holly Ball is a gala event to raise money for the St. Cloud Hospital Hospice fund. Entertainment at the event features The Fabulous Armadillos and Mick Sterling and The Irresistibles.



These programs are supported with funds from generous benefactors through CentraCare Health Foundation.



Support for You

Breast Cancer Support Group

for newly diagnosed patients. Meets from 6:30-8 p.m. the first and third Monday of each month in the Breast Center Resource Room at CentraCare Health Plaza. For details, call Juli Sanner, RN, (320) 229-4907, ext. 71693.

"Digest This"- Digestive Cancer Support Group

for patients with digestive cancers (esophageal, stomach, gallbladder, pancreatic, small intestine, colon, rectal or anal) and family members. Meets from 6-7:30 p.m. the first Thursday of each month in the Meditation Room at CentraCare Health Plaza. For details, call Amy Stolt, RN, (320) 229-4907, ext. 71791.

Hematology Support Group

for adult hematology patients and caregivers. The group meets from 6-7 p.m. the second Tuesday of each month at the St. Cloud Great River Regional Library in the Bremer Room. For details, e-mail hemoncjts@gmail.com or call (320) 229-4907, ext. 70659.

Hope Chest Support Group

for women with breast cancer. Information covers breast cancer treatments, along with techniques to help individuals cope with the disease. Meets at 6 p.m. on the first and third Monday of each month in the Meditation Room at CentraCare Health Plaza. For details, call Juli Sanner, RN, at (320) 229-5199, ext.71693.

INSPIRE Lung Cancer Support Group

for lung cancer patients and their families. Meets from 3-4 p.m. the third Thursday of each month in the Coborn Cancer Center Administrative Conference Room at CentraCare Health Plaza. For details, call Debbie Corrigan, RN, (320) 229-4907, ext. 70830.

US Too Prostate Cancer Support Group

for patients with prostate cancer. Meets at 7 a.m. the fourth Tuesday of each month at the St. Cloud Great River Regional Library in the Bremer Room. For details, call John Wolfe, PA-C, (320) 259-1411.



Providers Donald Jurgens, MD, Girum Lemma, MD and Siri Spanier, RN participate in game activities.



Ben Reuter, son of Nathan Reuter, MD, and grandson of Nicholas Reuter, MD, rounds the bases, entertaining the crowd between innings.



Marc Vaillancourt, Coborn Cancer Center, Major Gift Officer, energizes the crowd.

Survivorship Celebration

Thanks to all the patients, families and staff who joined us June 29th at the St. Cloud River Bats game to celebrate survivorship. More than 600 cancer survivors and their families took part in the inspirational night out. Cancer survivor, John Sanner, St. Joseph, threw out the first pitch. Physicians, staff and survivors participated in activities throughout the game including giant trike race, burger battle, bean bag toss, bagel relay and dizzy bat spin. During the 7th inning stretch we enjoyed an energizing rendition of "I will survive."



John Sanner, Stearns County Sheriff and prostate cancer survivor, throws out the first pitch.

Donations provide...

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feature heat and massage during treatment.

"Cancer treatment can be tiring and emotional," Harold said. "I hope these computers will give patients something to do to pass the time. After all, I can't be there to tell jokes to everyone."

Harold passed away on Sept. 22, 2011. Coborn Cancer Center appreciates his kindness and donations to help others.



Thanks to a generous donation from a patient's family member, patients find extra comfort in new recliners.

Coborn Cancer Center

CENTRACARE Health System

1900 CentraCare Circle | St. Cloud, MN 56303



You have received the Survivorship Momentum because of your relationship with Coborn Cancer Center. If you do not wish to receive future mailings about events and services, or if you have an idea for Momentum, please call (320) 229-4907, ext. 70855 or e-mail wilsonro@centracare.com.

Prayer request line

Coborn Cancer Center believes in the power and effectiveness of prayer for our patients. In order to support these efforts, St. Cloud Hospital has a prayer support line. Patients, volunteers and employees are encouraged to dial (320) 251-2700, ext. 77294 or e-mail pray4@centracare.com. All personal identification will be removed and hospital chaplains and the sisters of the Order of St. Benedict in St. Joseph (the order of the sisters who founded St. Cloud Hospital), will pray for your intentions.

HELP US



E-mail coborncancercenter@centracare.com if you prefer to receive this newsletter electronically.