

Survivorship Momentum

March 2009

A NEWSLETTER FOR CANCER SURVIVORS

Survivorship momentum is a quarterly newsletter dedicated to cancer "survivors". A survivor includes any patient — from the day they are diagnosed through their entire life, family members, significant others and caregivers closely involved in a patient's life. The purpose of Momentum is to keep survivors informed about local and national cancer news. It's a credible resource to answer your questions and share resources throughout your cancer journey. For more information or if you have an idea for Momentum, please call Janelle at (320) 229-5199, ext. 70659 or e-mail loehleinj@centracare.com.

Cancer Risk



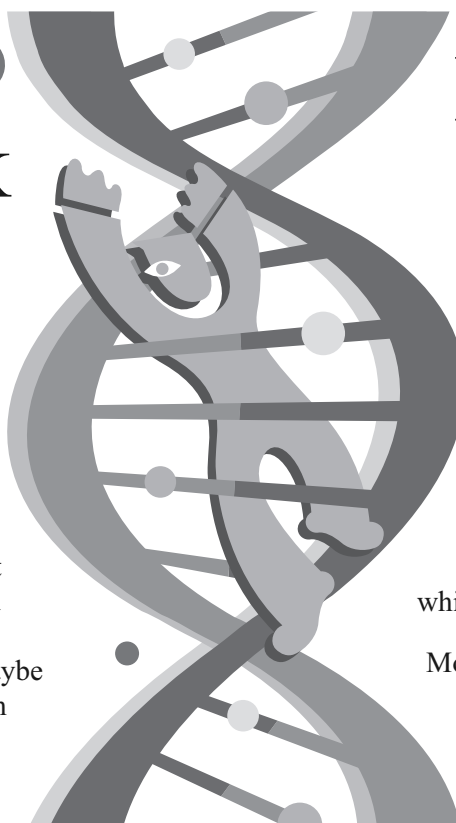
Joy Gustin, MS

So you inherited your dad's eyes and your mom's hair, but have you thought about what else you may have inherited? Maybe

one of your parents has diabetes, high blood pressure or cancer. Could you be at risk for these conditions also?

Genetics is the study of how traits are passed from parents to their children. Classically, the study of genetics focused on the well known genetic conditions such as cystic fibrosis and muscular dystrophy. Recently, however, genetic factors have been found to play a role in a person's risk for developing complex diseases like heart disease and cancer.

Cancer results from abnormal cell division. The billions of cells that make up your body grow and divide throughout your life to replace cells that are worn out or cells that are damaged. When cells divide normally, they follow instructions on how fast to grow and when to stop. Our genetic material has oncogenes which stimulate our cells



Is it in Your Genes?

by Joy Gustin, MS, Genetic Counselor

to divide; tumor suppressor genes which serve as the "brakes" of cell division; and DNA repair genes which ensure that our genetic material is copied correctly as cells divide.

Sometimes this process breaks down. The cells begin to grow out of control which can lead to cancer.

Most cancers result from the "wrong" combination of genetic and environmental changes. These sporadic cancers do not run in families.

However, in 5-10 percent of cancer cases, a person has inherited a gene alteration from one of their parents that predisposed them to a certain set of cancers such as breast and ovarian or colon and uterine cancer. Environmental changes are still needed for the cancer to develop. This is an inherited form of cancer.

In addition, in up to 30 percent of cancer cases, there is a tendency for that type of cancer to cluster in the family. This is a familial cancer.

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Coborn Cancer Center
CENTRACARE Health System

March is colon cancer



awareness month

More Minnesotans die of cancer of the colon and rectum than either breast or prostate cancer. Only lung cancer kills more people. Screening tests offer a powerful opportunity for the prevention, early detection and successful treatment of this disease, but less than two-thirds of Minnesotans ages 50 and older report being screened as recommended. Colon cancer is also the most preventable cancer — it has the highest number of modifiable risk factors.



When colorectal cancer is found early and treated, the 5-year relative survival rate is 90 percent.

Statistics from the American Cancer Society, Cancer Facts and Figures Minnesota 2009.

Drive Thru Colon Cancer Screening

There is an easy, non-invasive method for detecting if you have blood in your stool...one of the earliest signs of colon cancer. During March you can pick up a free screening kit at the CentraCare Pharmacy drive-up window located at St. Cloud Hospital or at the Coborn Cancer Center. The test is simple to use and results will be shared with you and your doctor.

- Limit one kit per person
- Quantities limited
- Return completed kits by **April 30** to be entered into a drawing for a \$100 Coborn's gift card
- For more information, visit www.centracare.com or call (320) 229-5199, ext. 70855



This test does not replace a colonoscopy which is the best method to detect colorectal cancer. To schedule a colonoscopy, please call CentraCare Digestive Center at (320) 229-4916.

Co-sponsored by the Hind Site Alliance, Minnesota Cancer Alliance, CentraCare Digestive Center, CentraCare Laboratory Services and CentraCare Pharmacy.

You may be at risk if you:

- Are age 50 or older;
- Have a family history of hereditary colon or rectal cancer;
- Have a history of polyps or inflammatory bowel disease.

Improving Health & Health Care

CentraCare Health Foundation accepts donations on behalf of all CentraCare Health System entities, including Coborn Cancer Center. There are several general cancer funds which focus on specific areas (e.g. colon cancer, research, breast cancer, pediatric cancer) as well as a variety of named funds, created by donors who are passionate about improving health and health care in Central Minnesota. For more information, please contact Dee Coppock, development officer for Coborn Cancer Center, at (320) 654-3687.

CENTRACARE Health Foundation



Tristina, MS, RD

Take a bite out of your food bill by following these tips!

Stock your pantry with these low-cost, quick and easy to prepare staples in bulk when they are on sale:

- Beans and lentils (canned or dried) are a great alternative to meat and are loaded with protein and fiber;
- Rice, preferably brown, in bulk;
- Pasta, preferably whole wheat;
- Breads (check your local bakery outlet store for great deals);
- Soups;
- Peanut butter;
- Canned or pouched tuna and chicken;
- Canned fruits and vegetables.



Tips for buying fruit and vegetables:

- Buy fresh, only when in season or on sale, and what you need for one week;
- Chop your own vegetables instead of buying pre-sliced or diced;
- Canned or frozen fruits and vegetables are better than no fruit or vegetables at all;
- Buy canned fruit packed in light, not heavy, syrup;
- Rinse canned vegetables to reduce sodium content.

Tips for buying meat:

- Buy in bulk or stock up when on sale and freeze for later use;
- Inexpensive cuts work well in stews, casseroles and one pot meals;
- Buy whole chickens to cut up into batches to cook, saving the leftovers in the freezer for future meals.

Other tips:

- Buy store brand or generic;
- Avoid purchasing prepackaged foods and meals;
- Stock up on sale items;
- Avoid buying foods that are at eye level and on end caps (generally stocked with more expensive brand name items);
- Plan meals and grocery shopping lists ahead (check your pantry for items that you may already have) and stick to the plan;
- Purchase a filtered water pitcher instead of bottled water.

Don't forget the good old standbys of clipping coupons, cooking from scratch, batch cooking one pot meals, eating in more often and packing your own lunch. Planting a garden can reduce your weekly grocery bill while providing fresh, nutritious produce throughout the season.

Is your weak spot buying a bag of chips or ½ gallon of ice cream or even a 12 pack of soda every week? You can save over \$208 a year by skipping individual items like these. Use the \$4 a week to buy extra servings of fruits and vegetables to get your five servings per day!

Our registered dietitian can help you plan a healthful diet. Call Tristina at (320) 229-4907 or (877) 229-4907, ext. 71374 to schedule a consultation at no cost.

Are you wondering how your new year's resolution is working? There are many free, quick and helpful calculators available to help you monitor your health.

Visit www.healthybalance.com/index.php/calculators for helpful tools such as:

What is my BMI?

How many calories do I burn doing my favorite exercise?

What is my recommended target heart rate?

What is an appropriate body weight for my height, gender and body frame?

What are my nutritional needs?

What is my waist to hip ratio?

Taco Soup

Ingredients:

- 1 lb lean ground beef or turkey
- ½ c chopped onion
- 1 (16 oz.) can kidney beans
- 1 (16 oz.) can whole kernel corn, undrained
- 1 (16 oz.) can diced tomatoes
- 1 (8 oz.) can tomato sauce
- 1 pkg. reduced sodium taco seasoning mix

Instructions:

Combine all ingredients. Bring to a boil and simmer 15 minutes. Can be served with corn chips, shredded cheddar cheese, or sour cream if desired.

Nutritional information:

Makes 8 - large 1 cup servings. Per serving: 290 calories, 13 g fat, 19 g protein, 23 g carbohydrate (5 g dietary fiber)
Source: Cooking with MCRA: Our Rice is Wild, Minnesota Cancer Registrars Association



Events and Happenings —

Are you at risk for colon cancer?

During **March**, pick up a free immunochemical fecal occult blood test (iFOBT) colon cancer screening kit. The kits are available at the drive-up window at CentraCare Pharmacy at St. Cloud Hospital and at the Coborn Cancer Center. Simply follow the instructions and mail back by April 30. Limited to the first 500 people, one kit per person. Persons returning completed kits will be entered into a drawing for a \$100 Coborn's gift card. This screening does not replace a colonoscopy, which is the best method to detect colorectal cancer. To schedule your colonoscopy, please call CentraCare Digestive Center at (320) 229-4916.



Co-sponsors: Hind Site Alliance, Minnesota Cancer Alliance, CentraCare Laboratory Services, CentraCare Pharmacy. For more information, call (320) 229-5199, ext. 70855 or visit www.centracare.com.

Connect Retreat

The 10th annual Connect Retreat for women surviving cancer will take place **March 25, 26 and 27** at Christ the King Retreat Center in Buffalo, MN. The event is sponsored by the Community Health Foundation of Wright County. For more information or to register, please visit www.chfwc.org.



Art Therapy

OK, so you are not an artist...it doesn't matter. You can still join this group and have a chance to interact with other patients and caregivers dealing with a cancer diagnosis. Did you know that art therapy has been found to reduce pain and anxiety and can also help relieve tiredness? Join us 9:30-11 a.m. **April 8** in the Coborn Cancer Center Classroom for acrylic painting. Previous painting experience is not necessary. Cost is \$5 per person per class. Please wear attire which you don't mind getting dirty. All supplies will be provided. To sign up, please call (320) 229-4907 or stop by the switchboard at the cancer center.



CLIMB for children

Coborn Cancer Center is offering the CLIMB (Children's Lives Include Moments of Bravery) program for children between the ages of 6-11 who have a parent or primary caregiver going through cancer. The group is open to children or grandchildren of cancer patients. The free six-week program offers 90-minute group sessions where children talk and complete activities by specially trained facilitators. The goal is to help children identify and express the complex feelings they may experience during this difficult time. Sessions are starting **April 16, July 16 and October 15, 2009**. For more information or to register, please call LaNae Harms-Okins at 229-5199, ext. 70128 or visit www.centracare.com.



Team Dance for the Cure

The 2nd annual Team Dance for the Cure will be **April 18** at Sauk Rapids-Rice High School. Proceeds are donated to organizations who are dedicated to curing breast cancer and providing educational resources to heighten awareness. For more information visit www.teamdanceforthecure.com.



Melanoma Monday

Melanoma is one of the most common cancers among Minnesotans age 20-49. **May 4** is Melanoma Monday. CentraCare Clinic will be offering free skin checks. Please watch for more information.

Fundraiser Cookbook

The recipe featured in this newsletter is from the cookbook, *Cooking with MCRA – Our Rice is Wild* and is a collection of recipes from the Minnesota Cancer Registrars Association.

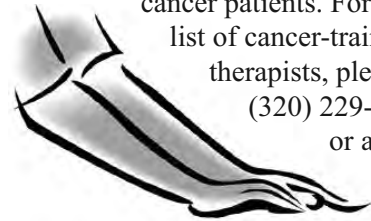


The beautifully designed original artwork on this hardcover 3-ring binder comes with a stand and contains over 900 favorite recipes. The cost of the book is \$20 with 20 percent of the profits going to the American Cancer Society of Minnesota. The sale of the cookbooks is a fundraiser for Coborn Cancer Center registry department. If you are interested in viewing or purchasing one of these outstanding cookbooks, please contact Renata Kotten at the Coborn Cancer Center, Cancer Registry at (320) 229-5199, ext. 70864.

Massage

Recognizing that cancer survivors have unique needs, Coborn Cancer Center has worked with Sister Rosalind Gefre Schools and Clinics of Massage to educate local certified massage therapists on how to safely and effectively work on

cancer patients. For a list of cancer-trained therapists, please call (320) 229-4907 or ask your nurse.



Mark your calendar — March 2009 — April 2009

CancerCare is a national nonprofit organization that provides free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones and the bereaved. CancerCare offers regular telephone education workshops free of charge on a variety of topics. These educational workshops are a way for people to learn about cancer-related issues from the convenience of their home or office. Leading experts in oncology provide the most up to date information on the telephone. All you need to participate is a telephone. No phone charges apply. To register for a telephone educational workshop call CancerCare at (800) 813-HOPE (4673) or register online at www.cancer.org.

Below is a list of upcoming workshops being offered:

March 24, 2009:
Caring for Your Bones
When You Have Prostate
Cancer

April 1, 2009:
Medical Emergencies in
Cancer Treatment

April 2, 2009:
Medical Update on Colon
Cancer: What's New?

Finding a Ride

Transportation to and from medical appointments is recognized as one of the most difficult challenges patients face. According to the American Cancer Society (ACS), approximately 90 percent of accredited cancer treatment centers reported that cancer patients have missed treatments due to lack of transportation.

There are many factors that can be attributed to difficulty with transportation such as: cost of fuel, number of appointments per week or lack of a vehicle. Others may just feel too ill to drive or are advised not to drive by their health care providers.

In the St Cloud area we are fortunate to have a number of transportation resources available including volunteer drivers and public transportation that can be arranged for a fee. Patients should also check with their insurance carrier to see if transportation is a covered benefit through their insurance plan. Friends, family, coworkers and church congregation members are also great resources to assist with transportation needs.

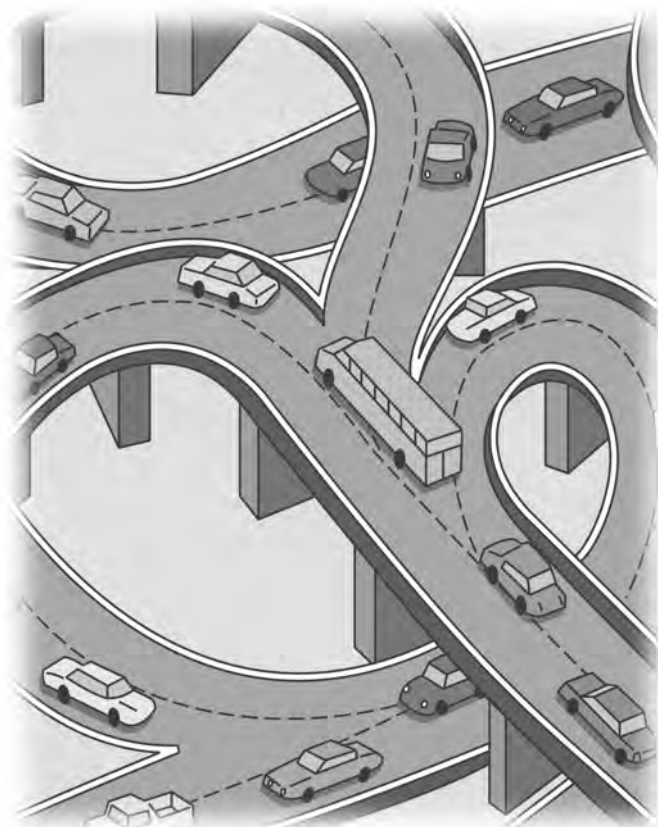
The Transportation Resource Center (TRC) is a partnership with Tri-Cap, which serves Stearns, Benton and Morrison counties. Their mission is to be a “one-stop shop” for seniors and people with disabilities to call to schedule a ride for non-emergent medical transportation. They look for the most cost-effective mode of transportation to meet your needs. For more information about TRC, please contact Shannon at (320) 257-4456 or (877) 717-1515.

Stearns County Faith in Action is another organization that provides volunteer drivers for patients who need assistance getting to medical appointments. This group requires a call in advance to find a volunteer to assist you. For the immediate St. Cloud area, call Lois at (320) 258-8673. For rural Stearns county, call Lindsey at (320) 685-3693. If you live outside Stearns county, visit www.fianationalnetwork.org to find a program near you.

The ACS can help individuals find transportation to appointments as well through their Road to Recovery program. They serve as a referral source to many organizations in the state of Minnesota. The ACS also requires advanced notice for scheduling. Please call the ACS at (800) 582-5152.

For transportation resources, please contact the ACS, your county of residence, United Way 211 or ask your doctor’s nurse to refer you to the social worker at the Coborn Cancer Center.

**Information compliments of the American Cancer Society, FIA, Transportation Resource Center.
Submitted by: LaNae Harms-Okins, LSW, Coborn Cancer Center*



The following list includes public modes of transportation in the St Cloud area that can be arranged for a fee.

Medi Van (800) 422-0976

Care Cab (320) 251-6261

Metro Bus (320) 252-1010
(city bus, specialized transportation)

Speedy Van (320) 333-1594





John Haarstad

John Haarstad, Transportation Assistant

Tell us about yourself.

For the last year I have been the Transportation Assistant here at the Coborn Cancer Center. My role is to help patients and their families or friends, in any way

that I can, to make your visit a little easier and comfortable. If you need a ride in a wheelchair, I can pick you up at the drop-off zone outside and bring you inside while your driver parks the car. I can help you get around in the Cancer Center or give you a ride to the Imaging department when needed. I can get you a cup of coffee, a newspaper, a magazine, or call for your ride. If you would like some help, please ask. It is my privilege and my pleasure to serve you.

I am often asked whether or not I am a volunteer. I like to say I have retired from the “rat-race” and now have

a job which gives me a lot of satisfaction by helping others. I worked more than 30 as an engineer and production manager, with 27 of those years at DeZurik, in Sartell.

I have been married for 37 years to my best friend, Nancy. We grew up in a small town in Western Wisc., not far across the Mississippi, by Red Wing, Minn. We moved here in 1972 after I graduated from the University of Wisconsin – Stout and got a job at DeZurik. Nancy has worked as a registered nurse for the St. Cloud Hospital for 31 years, working in the Home Care department. We have raised our two sons in this area, one of whom has given us two granddaughters. We are happy to have them nearby and participate in their lives.

If I don’t know you, you’re a friend I haven’t met — so stop by my desk in the front of the Cancer Center and say “hi”.

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Determining if your cancer was sporadic, inherited or familial is important in assessing your chance of developing cancer again and in assessing your family’s risk.

The most important thing that you can do to help your health care provider better determine if your cancer was sporadic, inherited or familial is to **KNOW YOUR FAMILY HISTORY**.

It is important for you to find out which relatives — on both your mother’s and father’s side of the family — have had cancer, what type of cancer they had and the age at which it was diagnosed.

Features of inherited cancers can include:

- a clustering of certain types of cancer in the family;
- early age of onset (<50 years of age);
- cancer in both members of a paired organ (e.g., both breasts);
- multiple cancers in one individual;
- rare cancers in the family (e.g., male breast cancer).

Once you have gathered the information, talk with your health care provider. They can help interpret your family history and help you determine if you should see a cancer genetic counselor. For more information, please call the Familial Cancer Clinic at (320) 654-3654.



Saturday, April 4, 2009 marks the eighth annual Women’s Health 101 at CentraCare Health Plaza. Come for a free day of health-related screenings, presentations and booths. Joy Gustin, MS, is one of the 17 featured speakers. Joy’s presentation will:

- Provide information on familial and inherited forms of cancer;
- Discuss Familial Cancer Clinic evaluations for learning personal risk for cancer;
- Provide screening recommendations and risk reduction options.

For more information visit www.centracare.com.