

Survivorship Momentum

a newsletter for cancer survivors

Momentos from Mary...

Dear Friends,

Welcome to the Survivorship Network! My name is Mary Navara and as the Coordinator for the Network, I would like to introduce you to Survivorship here at Coborn Cancer Center.



Your first question might be; "What do we *mean* when we say cancer survivor?" In the United States, 10.5 million people now live with a diagnosis of cancer, with more than 22,000 living in the 12 counties around St. Cloud. We also know that 65 percent of those diagnosed with cancer today will live well beyond five years. These statistics have changed what it means to live with cancer. In fact, the National Cancer Institute now considers cancer a chronic disease, much like heart disease or diabetes.

You are considered a cancer survivor from the day you are diagnosed through your entire life. Because a cancer diagnosis involves more than the patient, your family members and caregivers are also considered survivors.

Coborn Cancer Center is committed to improving the quality of life of our cancer survivors. We provide a network of programs and services survivors can access, no matter where they are in their cancer journey.

Your life changes with a diagnosis of cancer. Look to the Network to find what you need as you move through your journey and define your new normal.

Warmest regards,

Mary Navara, R.N., M.P.H.
Cancer Survivorship Network Coordinator,
Coborn Cancer Center

By your side, every step of the way

A diagnosis of lung cancer, the most common type of thoracic cancer, can leave you feeling overwhelmed. On top of everything you go through after being diagnosed, you find out you have to manage your appointments, procedures, and treatment options. Not anymore.

Debbie Corrigan, R.N., B.N., is our Lung Cancer Coordinator. She can lift some of the burden by serving as a personal guide to help patients through their diagnostic and treatment process. Care Coordinators provide services tailored to your individual needs.

The Cancer Care Coordinator is here for you and your family.

Meet our coordinator



Debbie Corrigan, R.N., B.N.
Lung Coordinator
Coborn Cancer Center

I am a native of St. Cloud, live just east of Sauk Rapids and have worked for the Cancer Center for 18 months. As a cancer survivor myself, I can understand the feelings and emotional turmoil experienced through the cancer journey. My goal is to make a difference for our clients and help them navigate through their cancer experience.

Coborn Cancer Center
CENTRACARE Health System

The Nutrition Book

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



Your diet is an important part of your treatment for cancer. When going through cancer, patients may have special dietary needs. A Registered Dietitian is your best source of information about your diet.

In September of 2007, Coborn Cancer Center welcomed Tristina Brown, M.S., R.D., as a full time registered dietitian. As a part of our health care team, she helps cancer patients with:

- ◆ Nutrition education,
- ◆ Therapeutic diets such as diabetic or cardiac diets,
- ◆ Side effect management,
- ◆ Deciding if a patient would benefit from nutrition support,
- ◆ Obtaining samples and coupons for oral nutrition supplements.

All patients and their caregivers have access to our registered dietitian free of charge. Please call Tristina at (320) 229-4907 or (877) 229-4907, ext. 71734 to schedule a consultation.



clip-n-cook

Grilled Veggie Sandwiches

- 3 Tbsp. balsamic or red wine vinegar
- 2 tsp. extra virgin olive oil
- 1/4 cup plus 1 Tbsp. fresh basil leaves, chopped
- 1 small eggplant, sliced into thin rounds
- 1 zucchini, sliced thin
- 1 yellow summer squash, sliced thin
- 1 red bell pepper, seeded and sliced thin
- 1 small red onion, peeled, cut into 1/2-inch slices
- Cooking spray
- 1/4 cup plain, nonfat yogurt
- 2 Tbsp. reduced-fat mayonnaise
- 1 tsp. lemon juice
- 8 slices whole-grain sandwich bread
- Salt and freshly ground pepper, to taste

Mix the vinegar, oil and 1/4 cup basil in large bowl. Add the vegetables and toss to coat. Let the vegetables sit in the marinade for several minutes.

Meanwhile, heat a grill or preheat your oven's broiler. Lightly spray a grilling pan with cooking spray and add the marinated vegetables. Grill or broil until the vegetables are tender and lightly browned, turning frequently to brown all sides and avoid charring. Transfer the vegetables to a plate and set aside to cool. Vegetables may be grilled in advance and refrigerated, wrapped in plastic wrap, for up to three days. Bring the chilled vegetables to room temperature before assembling sandwiches. Make the spread by mixing together the yogurt, mayonnaise, remaining basil and lemon juice. Mix together until well combined and smooth. To assemble the sandwiches, spread the yogurt mixture on one side of four slices of bread. Next, divide the vegetable mixture evenly between each. Sprinkle lightly with salt and pepper and top each sandwich with remaining slices of bread. Slice and serve.

Makes 4 servings. Per serving: 250 calories, 7 g total fat (1 g saturated fat), 42 g carbohydrates, 9 g protein, 10 g dietary fiber, 390 mg sodium.

Recipe provided by the American Institute for Cancer Research

Art Therapy

Art therapy is the process of expressing feelings and emotions in a creative way. The best news is art experience or ability is not important for you to enjoy this activity! It is the expression itself that is the goal.

Art therapy taps into our subconscious and fosters self-discovery and healing from both physical and emotional pain. Offering classes to our survivors is another way of giving new and interesting options to those who are looking for support, but would like different ways to enhance their emotional health.

Our first class was held on April 28 and was a complete success. Participants retraced their cancer journeys from the first day they were diagnosed to today, helping them to better understand how cancer has affected their lives and how they have healed, both physically and emotionally. One participant said; "Art therapy isn't scary and it can be fun!"

Examples of art therapy include:

Relationship Solar Systems: Using space as a metaphor to show how close you feel to people in your life, you will gain awareness of who is in your support system and how you relate to those people.

Masks: If we could take off the mask we wear, what would be underneath? Who is the person that you don't readily show the rest of the world? This project will help you in your journey for self discovery and show how cancer has changed the way you look at yourself.

Classes are facilitated by Katie Kinzer, M.A., art therapist, from 9:30-11:00 a.m. in the Chemo/Infusion Classroom at the Coborn Cancer Center. Cost is \$10 per person per class. Class size is limited, so please call (320) 229-4907 to register.

For upcoming dates see the "Events & Happenings" on page 5.

Please let us know how we are doing with this quarterly publication. Comments, suggestions and ideas are welcome. Please contact Mary at (320) 229-5199, ext. 71608 or e-mail comments to navaram@centracare.com.



An illustrative timeline is created by clients to visualize their life stories as part of their therapy.

RESEARCH

What does it all mean?

What is a clinical trial?

The Coborn Cancer Center supports and participates in many clinical research trials (also called medical research or research studies). There are different kinds of clinical trials including cancer prevention, control and drug trials that work to improve the quality of life for cancer patients.

The goal of these studies is to find better ways to treat, diagnose and prevent cancer.

Why participate?

Participants in clinical trials receive the highest standard of care. Cancer clinical trials are approved by the National Cancer Institute. You'll receive standard treatment and may, in addition, try a new drug. Patients volunteer to take part in clinical trials for a number of reasons, but most hope they will help themselves today, and others in the future.

Did you know?

Coborn Cancer Center: Currently has access to more than 40 clinical trials for more than 14 cancers with access to more.

Works with 37 cancer institutions across the United States, including Mayo Clinic, as part of the North Central Cancer Treatment Group.

Since 1978, more than 1,400 patients have enrolled in clinical trial research studies at Coborn Cancer Center.

Currently, nearly 200 patients are being followed on clinical trials at Coborn Cancer Center.

Who is eligible?

Each study has eligibility criteria. Coborn Cancer Center has access to the latest treatment and research trials open across the country. Patients at various sites in Central Minnesota have access to the latest research trials. You are eligible to participate in a study through the Coborn Cancer Center if you receive care at one of these sites. Contact your doctor regarding your participation eligibility or more research information.



What studies are open?

The Cancer Research Department at Coborn Cancer Center opens new clinical trials on a regular basis. Please contact the research staff at (320) 229-4907 for more information on studies that may be open and available to treat, control or prevent cancer.

Is it covered by my insurance?

Health insurance may not cover all patient care costs in a study. Coverage varies with each insurance plan. The staff at Coborn Cancer Center will assist you in checking with your insurance plan to determine coverage prior to joining any study.

What can I do?

Learn the language

There are 3 types of trials: *Treatment trials* test new treatments, new combination of drugs, new ways to deliver treatment or new approaches to surgery or radiation

Prevention trials look for better ways to reduce the risk of cancer in people who have never had cancer or to prevent the cancer from recurring (coming back). These approaches may include medicines, vitamins, vaccines or lifestyle changes.

Control trials deal with the evaluation and may involve the management of the side effects of cancer and its treatment. These trials may include such things as pain management, fatigue, the psychological impact of the disease and ways to improve comfort and quality of life.

Recommended Resources

National Cancer Institute
www.cancer.gov



American Cancer Society
www.cancer.org

Commission on Cancer
www.facs.org/cancer/index.html

Clinical Trials
www.clinicaltrialshelp.org

Events & Happenings

Offered by Coborn Cancer Center

June - August

Art Therapy - Relationship Solar Systems

Using space as a metaphor to show how close you feel to people in your life, you will gain awareness of who is in your support system and how you relate to those people. Please call (320) 229-4907 to register.

Time: 9:30-11 a.m.

Date: June 23

Location: Chemo Classroom, Coborn Cancer Center

Cost: \$10/person

Art Therapy - Masks

If we could take off the mask we wear, what would be underneath? Who is the person that you don't readily show the rest of the world? The project will help you in your journey for self discovery and how cancer has changed the way you look at yourself. Please call (320) 229-4907 to register.

Time: 9:30-11 a.m.

Date: August 25

Location: Chemo Classroom, Coborn Cancer Center

Cost: \$10/person

Join us anytime...

"The Patient Connection Place"

If you have been recently diagnosed with cancer or have been living with cancer, you don't need to feel alone! Here is the place where you can find people who share the same experiences and concerns as you do.

Meets the second Monday of the month in the Coborn Cancer Center Chemotherapy Classroom.

"The Caregiver Gathering Place"

Many caregivers feel alone, helpless, confused or unprepared to provide care for their loved one with cancer. Share your strengths and concerns with others who may be feeling as you do, and discover where to find additional help and support for those concerns you may have.

Meets the third Monday of the month in the Coborn Cancer Center Chemotherapy Classroom.

CancerCare Teleconferences

Welcoming cancer survivors, their family and friends

The national organization Cancer Care, in collaboration with the National Cancer Institute presents telephone education workshops. These teleconferences offer practical information to help deal with concerns and issues that arise during and after treatment. Call (320) 229-4907 for dates, times and topics.

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) 1-763-545-3309

Scott Hamilton 4th Angel Foundation (For all other cancers) 1-800-440-4140.

Q & A with LaNae Harms-Okins



LaNae Harms-Okins, LSW
Social Worker
Coborn Cancer Center

Tell us about yourself

LaNae Harms-Okins joined the Coborn Cancer Center team March 24, 2008. LaNae is a licensed social worker and has come to the Cancer Center after working three years with St. Benedict's Senior Community.

Special interests or hobbies

I enjoy baking/cooking, spending time with friends and family, horseback riding, reading, spending time outdoors and watching a good movie.

What would you do with a million dollars?

I would open a small bakery that features specialty desserts and candies. I love to make and eat desserts! I enjoy trying new things for holidays and family gatherings.

What is your role in the cancer center?

LaNae is available to assist patients in coping with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. This may include financial issues, insurance, transportation, health care directives, lodging, resources for home care and community living options and emotional support. LaNae is aware of support programs available to cancer patients and family members and advocates for them.

The services of our social worker are provided at no additional cost to you or your family and are provided as part of the Cancer Survivorship Network. If you would like to meet with the social worker, please ask your nurse to arrange a visit, or call (320) 229-4907.

