



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.

Meeting the individual needs of survivors

By Janelle Loehlein

There were approximately 3 million cancer survivors in 1971 — today more than 11 million people are living as cancer survivors. The long-term effects of cancer and cancer treatment have recently become a focus of research due to the increasing number of survivors. Effects of treatment may be apparent soon after its completion or arise months or years later. The latter was the case for Larry Joy, of St. Cloud, a five-year survivor of tonsil cancer.

Larry completed surgery, chemotherapy and radiation treatments in 2005 and returned to his active lifestyle of golfing and volunteering. Then, in 2010 Larry experienced what he thought was a loose crown. He went to his dentist who referred him to an oral surgeon who diagnosed him with osteoradionecrosis (ORN), a problem with bone healing that can occur in people who receive high doses of radiation, particularly to the jaw.

Radiation can decrease the blood supply to the bones. If the bone doesn't get enough oxygen it can result in the loss (necrosis) of bone tissue. ORN is uncommon and occurs in an estimated 5-10 percent of patients who receive radiation to the jaw. Diagnosing ORN can be difficult so it is especially important for patients to keep a record of the location and the dose of radiation they have received, and make sure any doctor they encounter is aware of their past radiation treatment.

With the diagnosis of ORN, Larry's tooth problem became much more complicated than a loose crown. He was prescribed 40 hyperbaric oxygen treatments (oxygen delivered in a pressurized chamber) to increase the amount of oxygen to his jaw, improving the chance of healing. On a daily basis he loaded up his belongings and headed to the Twin Cities

to spend two hours a day with several other patients in the "hyperbaric chamber".

On the positive side, the patients sharing time together in the chamber quickly became friends and supported one another. Had Larry's diagnosis occurred just months later, he would have been able to receive his care in St. Cloud.

Finally, Larry had oral surgery to extract the loose teeth and clean up the jaw bone. He has recovered fully and continues to lead an active life which includes volunteering at Coborn Cancer Center. He is certainly an inspiration of courage and support for everyone he meets.

In October 2010, St. Cloud Hospital opened CentraCare Wound Center. Under the medical direction of Denise Buruse, DO, the Wound Center uses state-of-the-art technology and approaches to aggressively treat problem wounds and promote rapid healing. Now, if needed, patients like Larry may receive hyperbaric oxygen therapy without having to travel long distances. For more information about the CentraCare Wound Center, please visit www.centracare.com.



Larry Joy volunteers at Coborn Cancer Center by providing warm blankets to patients.

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Understanding *and* reducing prescription drug costs

By LaNae Harms-Okins, LSW

At Coborn Cancer Center, prescription drug costs are a concern for most patients. In the current economy, most of us have less to spend on out-of-pocket costs for medical care. The majority of patients are concerned about prescription drugs that are either not covered by their insurance plan or that have large co-pays. Below are tips for consumers and health care providers to prepare for and reduce prescription drug costs.

- **Ask about generics**

If your physician prescribes a name brand medication, ask if there is a generic alternative. Usually, the name brands cost significantly more than the generic brand. If this is not an option (i.e.: the drug has not been on the market long enough), ask if there is a less expensive alternative drug that you could try first.

- **Keep your physicians updated**

Make sure each physician you see has an updated medication list. For patients with chronic illnesses, it is not uncommon to see multiple specialty providers in addition to the primary care physician. Make sure each is aware of what the other is prescribing. This will help reduce duplication of medication and reduce drug interactions. Ask your physicians to review your medication list, at least annually, and to remove those medications that you may no longer need.

- **Understand what your policy covers**

Do you know what your prescription co-pays are? Do you get a better price at one pharmacy as opposed to another? Being well informed and reviewing your policy coverage are important steps to keeping the costs of your prescriptions down.

- **Negotiate with your insurance**

Most insurance companies have different “tiers” of coverage for prescriptions, regardless if it is a private plan or a Medicare Part D plan. If your drug is covered at a lower tier, you will more than likely have a larger co-pay or co-insurance. You can request a needed medication to be covered at a higher rate of coverage and explain why. You may want to ask your nurse, social worker or pharmacist to assist you with this process.



- **For people with Medicare Part D**

Make sure you do not just focus on the premium cost of the plan you are choosing, but also focus on how your particular medications are covered. Medicare Part D can be complex, especially for chronically ill patients. Before being treated for cancer, most patients have never reached their “doughnut hole” in coverage. This can cause much anxiety. Make sure to visit www.medicare.gov annually during open enrollment and compare plans according to the drugs you are taking. It also may be worth your time to see if you would be eligible for “extra help” through Social Security with your prescription drug costs. To view eligibility criteria, visit www.ssa.gov for details.

- **Look at other programs**

There will be times when you are not able to consider a generic drug, you are in your doughnut hole, your drug has a very high co-pay or it is simply not covered by your plan. There are programs through foundations and drug manufacturers that may be able to assist you. To find out about these programs, visit www.needymeds.com for a current listing. Another option is to talk with your pharmacist, nurse, or social worker that works with the physician who prescribes the medication. They will be up-to-date on programs available for your specific disease site or drug.

Being an advocate for yourself is important when dealing with prescription drugs. It can be time consuming and frustrating to research a plan, so advocate for assistance, or ask your physician to review your prescriptions — in the end, it may mean reduced expenses for you.

Resources for reducing prescription drug costs

www.needymeds.com

For foundations and drug manufacturers that may assist you.

www.medicare.gov

Visit annually during open enrollment and compare plans according to the drugs you are taking.

www.ssa.gov

To check if you would be eligible for “extra help” through Social Security.



Tips for coping with cancer *during the holidays*

- **Prepare yourself emotionally.** You may feel a mixture of anticipation, disappointment and apprehension. Preparing yourself for these emotions can help you better deal with them when they arise.
- **Keep it simple.** If you are in the middle of cancer treatment, many tasks such as cooking, shopping and decorating can become overwhelming. Simpler, smaller gatherings may be easier for you to manage.
- **Don't pressure yourself to prepare a big meal.** Instead of cooking an elaborate meal yourself, you can have each family member bring a dish, order food from a restaurant or ask someone else to host dinner this year.
- **Find different ways to shop.** If holiday shopping is a source of stress, then make alternate plans to shop for gifts online, order from catalogs, or give gift certificates. If finances are an issue, know your spending limit, set a budget and stick to it.
- **Pace your activities.** Do not feel obligated to participate in every holiday activity. You may decide to decline some invitations so you have energy to enjoy the activities that are most important to you.
- **Know your physical limitations.** If you are going out of town to visit relatives or friends, consider staying at a hotel. This may give you more time to relax and more control over your situation.
- **Let people help you.** Since your family and friends might not know how to help you, prepare a list of tasks for them to do. Chances are, you will feel relieved and they will feel good about being able to help you.
- **Anticipate reactions from others.** You may be dealing with side effects from cancer treatment. If you are worried about how others will react to seeing you, consider writing a letter, sending an e-mail, or calling family members to let them know how you are feeling. This will help reduce some of the awkwardness when you get together.
- **Discover new traditions.** Plan with your loved ones which traditions to include and which to let go of this year.
- **Share your feelings.** If you don't want to talk about cancer, let your loved ones know. Communicating your feelings with others can help you feel less alone and more connected.
- **Set goals for the New Year.** Your dreams and hopes for the future may be different now. Things that seemed important before can give way to new priorities, such as enjoying more time with your friends and family. Work together with your loved ones to make new, short-term goals (e.g., finishing cancer treatment). Re-evaluating your priorities can help improve your outlook.
- **Remember the true meaning of the holidays.** Try to focus on what the holidays are truly about: a time of sharing with others, being thankful, renewing relationships and appreciating life.

Caregiving tips for the holidays

- **Remind your loved one that you care.** Find gifts that reflect who they are apart from the cancer. Examples include books, art and music or tickets to the museum, theater, sporting events, etc. You want to show your loved one that you see him or her as a person, not as a cancer patient.
- **Give them space if they need it.** Invite your loved one to join in holiday activities, but don't pressure them to be involved in every event. Even if they aren't up to an activity at first, leave the invitation open in case they decide to participate at the last minute.
- **Maintain some normalcy.** Your loved one probably wants to celebrate the holidays as normally as possible, without dwelling on cancer. They want to feel that you are with them because you love them and enjoy their company, not because you feel sorry for them.
- **Offer to help.** Offer to clean the house, do laundry, cook, get groceries, decorate, etc. Give your loved one the opportunity to decide what they want to do, and then help with the rest.
- **Just ask.** If you aren't sure how your loved one wants to deal with the holidays this year, just ask. Talk with them about their feelings and share your own. Working together to make decisions about holiday preparations and activities can help each of you feel more connected.

Information compliments of Cancer Treatment Centers of America
www.cancercenter.com.

The Coborn Cancer Center team has expanded to improve access to quality cancer care with the addition of three new physicians specializing in medical oncology and hematology.

Dahlia H. Elkadi, MD, MSC, PhD, received her medical degree and completed an oncology/hematology residency at Cairo University in Cairo, Egypt. She also obtained a PhD in stem cell transplantation for hematologic malignancies at Cairo University. Dr. Elkadi did further transplant training at Essen University in Germany before relocating to the United States to complete her internal medicine residency at the University of Minnesota. She worked

four years as an internist with Allina Hospital in Plymouth, Minn. before completing an oncology/hematology fellowship at Montefiore Medical Center in Bronx, New York, N.Y. Dr. Elkadi has special interest in hematology and breast cancer.



Dahlia H. Elkadi, MD, MSC, PhD



Girum L. Lemma, MD

Girum L. Lemma, MD, received his medical degree from Gondar College of Medical Sciences at Addis Ababa University in Ethiopia. He then completed an internal medicine residency, an oncology and hematology

fellowship and a clinical pharmacology fellowship at Indiana University School of Medicine. He is a member of the American Society for Clinical Pharmacology and Therapeutics, the American College of Physicians and the American Society of Clinical Oncology. Dr. Lemma has special interest in individualizing therapy in the treatment of all cancers based on pharmacogenetics.

Hilary I. Ufearo, MD, received his medical degree at the University of Nigeria. He then completed his internal medicine residency and an oncology and hematology fellowship at Howard University Hospital in Washington, D.C. He is a member of the American Society of Hematology,

the American Society of Clinical Oncology and the American Medical Association. Dr. Ufearo has special interest in breast cancer and lymphoma.



Hilary I. Ufearo, MD



Support for You

Breast Cancer Support Group

for newly diagnosed patients. Meets the first and third Monday of each month from 6:30-8 p.m. in the Breast Center Resource Room at CentraCare Health Plaza. For more information, call Juli Sanner, RN, OCN, (320) 229-5199, ext. 71693.

Gynecologic Cancer Support Group

for survivors of ovarian, fallopian tube, primary peritoneal, cervical and uterine/endometrial cancers. Meets the second Tuesday of the month from 6:30-8 p.m. at the St. Cloud Great River Regional Library in the Bird's Nest Room. For details, call (612) 822-0500.

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 hemoncjtss@gmail.com, call (320) 229-5199, ext. 70659 or visit www.centracare.com.


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, OCN, (320) 229-5199, ext. 70830.

US Too Prostate Cancer Support Group

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

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

 coborncancercenter@centracare.com

 (320) 229-4907, ext. 70659

Art Therapy

Do you or a family member have cancer? A series of four art classes is being offered free to cancer patients, their caregivers and family members over the age of 12 every Thursday in the Coborn Cancer Center's Carlson Classroom at CentraCare Health Plaza. Please use the River East entrance. Katie Kinzer, a master's level art therapist, guides individuals in the creative process using a wide assortment of art supplies. No art experience is necessary. Please wear attire which you don't mind getting dirty. Participants can use art therapy to record their thoughts and feelings in a "visual journal". Learn how to help manage pain, depression, anxiety, stress and relax and meet new friends traveling their own cancer journey. Classes are offered during the day and in the evening. Please call (320) 229-4907 to check availability.



CLIMB Program (Children's Lives Include Moments of Bravery) • Series begins January 13 and April 21

Climb is a free six-week program, offered quarterly, for children ages 6-11 who have a parent or primary caregiver with cancer. Group sessions are 90 minutes. Specially trained facilitators help children identify and express their complex feelings and understand the impact of cancer diagnosis and treatment.



Tools for Making Health Care Decisions • January 19, February 16, March 16

Facing a tough decision? We have a tool to help you. 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 1-2 p.m. on Jan. 19, Feb. 16 and March 16. The tool also will help you understand the risks and benefits as well as the roles others play in your decision-making process. This tool is applicable to health care decisions or general decision-making. All are welcome.

Thriving Emotionally • February 21

Tap into the many ways to receive the emotional support you need to improve your quality of life and manage the challenges you face at any stage of cancer or other life-threatening, long-term illness from 6:30-8 p.m. Feb. 21 at CentraCare Health Plaza. For registration and more information about this free event, call (320) 229-5139.

Drive through Colon Cancer Screenings • March 1-31

Are you at risk for colon cancer? During March, Coborn Cancer Center is offering free immunochemical fecal occult blood test (iFOBT) colon cancer screening kits. Before picking up a kit, visit www.centracare.com, keyword "colon screening". Complete the form and return to the drive-up window at CentraCare Pharmacy at St. Cloud Hospital or at the Coborn Cancer Center at CentraCare Health Plaza (forms also available in person). Simply follow the instructions in the kit and mail back by April 30. Limited number of kits are available, one kit per person. 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. For more information, call (320) 229-5199, ext. 70659.



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

Cancer Center Annual Report

The 2009 Cancer Report is now available! The focus of this year's cancer report is breast, uterine and ovarian cancers with patient stories, special recognition and articles on quality and research. Check it out at www.centracare.com or call (320) 229-4907 for a copy.



Grief & Bereavement Services

CentraCare Health System has launched a new Grief & Bereavement Services section for patients, employees and the community on its Web site. The Web section includes information on grief and bereavement services provided by numerous St. Cloud Hospital departments. It offers support to those who are grieving and also provides information about how to help someone who has experienced a loss. Visit www.centracare.com for more information.

Tips for dealing with taste changes

By Tristina Brown, MS, RD

Taste changes are common during cancer therapy and may be present after treatment ends. In addition to keeping your mouth clean and healthy with good oral hygiene, this may be a good time to experiment with new foods or flavors. Many patients find cool temperature foods that don't require cooking more appealing. Such as fruit smoothies, vegetables with dip, cold meat sandwiches or cereals. If something tastes bland, add tart flavors such as lemon or lemon wedges, citrus fruits, vinegars or pickled foods. If foods taste salty, bitter or sour, try adding sweeteners or a little bit of sugar. Other people find experimenting with different ethnic dishes, spices, herbs, dressings or marinades helps to improve the flavor of foods and renew their interest in eating. The important message is to be creative, so you can maintain good nutritional intake to help promote your cancer recovery.

Fruit and Cheese Salad

Dressing: 2 tbsp. raspberry-flavored vinegar
1/4 cup fat-free, reduced-sodium chicken broth
2 tbsp. extra virgin olive oil
1 tsp. mild-flavored honey
1/2 tsp. dried mint leaves

Salad: 6 cups torn, mixed salad greens
1 cup watercress, stems trimmed and chopped
1/2 cup red onion, very thinly sliced
1 fresh peeled, chopped orange or 1 can (11 oz.) mandarin orange sections, drained
2 oz. crumbled reduced-fat feta cheese

To make dressing, blend vinegar, broth, oil, honey and mint at low speed until combined. Transfer to jar with tight lid; refrigerate until needed (up to 3 days). For salad, in large bowl, toss mixed greens, watercress, onion and orange. Shake vinaigrette until thoroughly re-blended, drizzle over salad and toss lightly. Sprinkle crumbled feta over top and serve.

Makes 7 servings. Per serving: 82 calories; 5 g. total fat (1 g. saturated fat); 8 g. carbohydrates; 3 g. protein; 2 g. dietary fiber; 143 mg. sodium.



All patients and their caregivers can talk to our registered dietitian at no cost. Contact Tristina at (320) 229-4907 or (877) 229-4907, ext. 71374 to schedule a consultation.

Meeting the individual needs of survivors

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Although cutting edge diagnostics and treatment for cancer are important components of a comprehensive cancer program, so is cancer survivorship. Programs designed to provide optimal survivorship care are beneficial to patients and continued research is needed to discover how to prevent or minimize the long-term effects.

Patients should keep a record of the location and dose of radiation they have received. Make sure any doctor — including their dentist — is aware of their history of radiation treatment.



Larry Joy also assists cancer patients by providing them with refreshments during their cancer treatment.

Sincere thanks to Larry for sharing his story with us. If you have an experience you would like to share that you think would be helpful for other survivors, please contact Janelle Loehlein, program development specialist at the Coborn Cancer Center at (320) 229-5199, ext. 70659.

Coborn Cancer Center

CENTRACARE Health System

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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) 229-5199, ext. 70659 or e-mail loehleinj@centracare.com.

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