

ILLINOIS CANCERCARE

Free Patient Newsletter • November/December 2013 • Issue 24



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ILLINOIS CANCERCARE



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OUR MISSION

To provide comprehensive, compassionate care that enhances the lives of patients and their families

OUR VALUES

Patients first
Treat others with respect and compassion
Open and timely communication
Commitment to research
Invest in personal and professional development
Take ownership in our practice
Positive attitude

Meet the Leukemia Team at Illinois CancerCare!

Acute Leukemia is a disease of the blood – it has several forms based on the type of white blood cell involved. It is classified as either myeloid or lymphoid in origin. It is a disease of the immature white blood cells which cease maturing into the adult blood cells and cause an overproduction of these immature blood cells. These cells, due to their overproduction, accumulate in the marrow thus preventing growth of normal white blood cells as well as red blood cells and platelets. Symptoms include anemia, bleeding, fatigue, weakness, and an increased risk of infection. Treatment needs to be initiated rapidly, in most cases, to decrease the symptoms and prevent further bone marrow malfunction.

Treatment includes induction chemotherapy which is very intensive and involves clearing the marrow of the leukemic cells. Treatment can have many side effects including very low blood counts requiring blood and platelet transfusions and a high risk for infection. The induction chemotherapy is usually done in the hospital over a week or more. After induction treatment, consolidation and maintenance regimens are then done. Based on the type of leukemia, treatment can last a year or more. Many of these patients may even go on to a bone marrow or stem cell transplant.

Due to the intensity of the treatment, close monitoring of these patients is essential. After each treatment related hospitalization, patients are seen frequently and blood tests are monitored several times a week. Blood product support and symptom management is important and requires nursing coordination. If the patient is appropriate to proceed to transplant, then coordination of stem cell harvest and admission to a transplant hospital for further chemotherapy and radiation as well as the transplant is essential. Coordination is then needed between Illinois CancerCare and the transplant institution since the patient is then followed in both facilities. Communication between the transplant staff and our leukemia team is essential.

The physicians leading this team include Dr. Greg Gerstner, who is certified in internal medicine as well as hematology – oncology. He joined the



Tiffany Crady, Holly Jo Delinski, and Drs. Liu and Gerstner

practice in 2007. His father is one of the founding members of Illinois Cancer Care, Dr. James Gerstner. Dr. Jane Liu is also a physician with the team and certified in internal medicine as well as hematology – oncology. She joined Illinois Cancer Care in 2012. They supervise the diagnosis, care, and treatment of the patients with acute leukemia in the practice as well as the autologous stem cell transplant patients at UnityPoint Health Methodist in Peoria.

Nurses on the team include Tiffany Crady RN, OCN and Holly Jo Delinski RN, BSN, OCN. Holly has been with the practice 10 years and Tiffany has been here 7 years. Their role is to follow the patient from start to finish of their diagnosis and treatment. They transcribe the induction chemotherapy orders from the doctors, secure bone marrow results as part of diagnostics and disease monitoring, and monitor the frequent laboratory studies and order blood products as needed for support through treatment and recovery. These nurses also work with the various insurance companies to pre-certify admissions and secure approval for medications and supportive drugs.

Tiffany and Holly work with a new HLA (human leukocyte antigen) typing program with the University of Chicago's Bone Marrow Transplant program. The kit is sent to the nurses to be used for our patients going through induction therapy and they see that the blood is drawn and sent to the university if the patient is transplant eligible. The blood typing is then run through the National Bone Marrow Registry for free. This expedites the HLA typing process used to match donors by several weeks. This was not usually done until the patient's first visit to the transplant center which is usually 6 to 8 weeks after diagnosis.

The team usually meets once a week on Wednesday to go over all of the leukemia patients and where they are with treatment, transplant or follow up. This is a complex disease but the team helps the patient and their families navigate the unfamiliar road with caring and compassion. It is very comforting for the patients to have such a knowledgeable team and consistent members they become very familiar with to help them through this very frightening time.

What is Nuclear Medicine?

Nuclear medicine uses very small amounts of radioactive materials (radiopharmaceuticals) to diagnose and treat disease. In imaging, the radiopharmaceuticals are detected by special types of cameras that work with computers to provide very precise pictures about the area of the body being imaged. In treatment, the radiopharmaceuticals go directly to the organ being treated. The amount of radiation in a typical nuclear imaging procedure is comparable with that received during a diagnostic x-ray, and the amount received in a typical treatment procedure is kept within safe limits.

Nuclear medicine imaging is unique, because it provides doctors with information about both structure and function.

What is a PET/CT?

Positron emission tomography, also called PET imaging or a PET scan, is a type of nuclear medicine imaging. A PET scan measures important body functions, such as blood flow, oxygen use, and sugar (glucose) metabolism, to help doctors evaluate how well organs and tissues are functioning.

CT stands for Computerized Tomography. During a CT scan, x-rays pass through specific areas of your body at different angles and a computer translates them into images. CT scanning provides clearer and more detailed information than x-rays used alone. The CT images can help your doctor diagnose many conditions.

The combined PET/CT scans provide images that pinpoint the anatomic location of abnormal metabolic activity within the body.



Carl Novak, CNMT and Todd Collins, CNMT, Illinois CancerCare Nuclear Medicine Technologists

Our Giving Community



**2013 CANCER FAIR
OCTOBER 14, 2013**



Recipe from Sharon

Mini Sweet Potato Casseroles with Walnuts

This recipe helps relieve constipation

Preparation Time: 22 minutes

Makes 2 servings

Ingredients:

- 1 ½ lb sweet potatoes, peeled and cut into ½ cubes
- ½ cups orange juice
- 3 ½ tablespoons butter, melted
- 2 tablespoons egg whites
- ½ teaspoon pumpkin pie spice
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons finely chopped walnuts
- 1 teaspoon vanilla

Directions:

1. Preheat oven to 400 degrees
2. Place sweet potatoes in medium pot and fill with enough cool water to cover potatoes. Bring to a boil. Cover and cook until very tender, about 10 minutes. Drain potatoes and place in a medium mixing bowl. Add orange juice, butter, vanilla, egg whites and pumpkin pie spice. With electric hand mixer, beat mixture until smooth. Add salt and pepper.
3. Divide mixture among 6- 4 ounce ramekins and sprinkle 1 teaspoon of the walnuts over top of each. Bake 10 to 12 minutes or until walnuts are lightly toasted and tops of potatoes are lightly browned.

Nutrition Facts

Calories 161, Total Fat 5.9 g, Saturated Fat 2.8 g, Sodium 152 mg, Total Carbohydrate 25 g, Dietary Fiber 3.6 g, Protein 2.6 g



Sharon Windsor is a Registered Dietician for the Hult Center for Healthy Living.

Word Search

Theme: Carnivores

Sudoku

T	E	S	O	O	G	N	O	M	A	R	S	M
O	M	H	Y	E	N	A	A	A	A	E	O	I
O	D	G	F	U	B	O	R	L	O	G	F	N
T	E	R	R	E	F	I	L	Y	C	I	U	K
E	O	N	A	E	G	I	E	L	T	T	G	O
R	K	C	O	P	G	A	R	R	H	N	G	O
I	A	U	E	A	O	O	U	A	H	N	L	J
T	C	C	T	L	E	E	T	G	I	I	C	A
G	W	O	B	O	O	E	L	D	O	O	U	C
K	R	O	E	O	E	T	U	N	U	E	B	K
M	O	E	L	H	B	T	V	G	G	E	V	A
N	E	K	C	F	Y	J	A	G	U	A	R	L
O	F	K	O	A	T	R	K	E	T	I	P	W

Words:

Alligator
Bobcat
Cheetah
Cougar
Dingo
Ferret
Hyena
Jackal
Jaguar
Leopard
Lion
Mink
Mongoose
Ocelot
Tiger
Vulture
Wolf

				5	4		9	
1		5	6			4	2	
7	4		3		1	8	6	
9	1		5	2		3		
2	8	7	4		3		5	1
				7	9		8	6
		1	9		6	5	4	2
	6	4	8		2	7		9
	2	9		4				



PLACING OF THE CORNERSTONES FOR THE NEW ILLINOIS CANCERCARE WING



CUREAGEOUS 2013-ON A MISSION TO FIND A CURE



Thanks to everyone involved in making the 4th Annual CUREageous a huge success! Nearly \$125,000 was raised to support cancer patients and their families through clinical research, patient assistance and educational outreach.



Our Giving Community



NOVEMBER 8, 2013



Liz Albers

ERIC ALBERS SOFTBALL TOURNAMENT

The weekend of May 4 and 5, 2013 brought rain and more rain to Central Illinois. Liz Albers and a group of friends and family had worked hard to host the Second Annual Eric Albers Softball Tournament, but the Central Illinois weather was not going to cooperate! Unfortunately, the July rain date brought its own set of problems. But, even though Liz was unable to host the tournament to honor Eric's memory, the group of friends and family did raise \$5,000 for the Illinois CancerCare Foundation.

Eric's love of softball led his wife, Liz, his best friend and Liz's brother Luke, and their families to establish the annual tournament. The purpose of the tournament is, "that those that knew Eric would never forget him and those that didn't have the privilege of knowing him would get to know his story through the tournament," says Liz. Eric lost his battle with Ewings Sarcoma, a type of bone cancer, in 2011, but his memory lives on through those who join together in this fund raising effort.

Eric's family is glad the money will be going to cancer research and they know it is something Eric would have wanted them to do.

We want to thank them for supporting the Foundation in this second annual event! Look for next year's tournament.



CARE

HELP

ILLINOIS CANCERCARE WINTER WEATHER POLICY OPTIONS

1 309.243.3010

2 LOCAL RADIO OR TV

3 ILLINOISCANCERCARE.COM

o New Location



ILLINOIS
CANCERCARE, P.C.

Specializing in Cancer and Blood Disorders

NEW LOCATION IN GALESBURG



September 1, 2013, Dr. John McClean and his oncology/hematology staff joined forces with Illinois CancerCare, P.C. and Doctors Geoffroy, Prager and Fishkin. Quality and compassionate care for cancer and blood disorder patients remains strong in Galesburg and surrounding communities. Offices for Illinois CancerCare, P.C. are located at both Cottage Hospital physician building and St. Mary's physician building. More cutting edge research protocols are to be expected.

Illinois CancerCare, P.C. • www.illinoiscancercare.com

834 N. Seminary Street, #502 • Galesburg, IL 61401 • Phone: (309) 343.2262

Groundbreaking **RESEARCH**
Lifesaving **CARE**,
Illinois CancerCare...

because **LIFE** is precious



MORE NEWS FROM THE MORTON BBQ THROWDOWN:

This year's Morton BBQ Throwdown Grand Champion, Quau from Brimfield, IL (Mike and Beth Wozniak), placed third at the Kansas City Barbeque Society American Royal Invitational held on October 5, 2013. The next day, they placed fourth in the Open American Royal (out of 535 contestants).

Next year the goal of the event is to have 48 teams (up from 45 last year). This number of teams will fill the space available and maintain the quality of the event. Participants have come from five different states with the farthest travelers coming from Kentucky. This event is one of the largest barbeque events in the state.

Visit the Morton BBQ Throwdown Facebook page (or the Illinois CancerCare Foundation Facebook page) for more information on the judging class to be held in Morton in February 2014.

Mark your calendar now for July 25 & 26, 2014!

Word Search & Sudoku Solutions

T	E	S	O	O	G	N	O	M	A	R	S	M
O	M	H	Y	E	N	A	A	A	A	E	O	I
O	D	G	F	U	B	O	R	L	O	G	F	N
T	E	R	R	E	F	I	L	Y	C	I	U	K
E	O	N	A	E	G	I	E	L	T	T	G	O
T	K	W	O	P	G	A	R	R	H	N	P	O
I	A	U	E	A	O	O	U	A	H	N	L	J
T	C	C	T	L	E	E	T	G	I	I	C	A
G	W	O	B	O	O	E	L	D	O	O	U	C
K	R	O	E	O	E	T	U	N	U	E	B	K
M	O	E	L	H	B	T	V	G	G	E	V	A
N	E	K	C	F	Y	J	A	G	U	A	R	L
O	F	K	O	A	T	R	K	E	T	I	P	W

6	3	8	2	5	4	1	9	7
1	9	5	6	8	7	4	2	3
7	4	2	3	9	1	8	6	5
9	1	6	5	2	8	3	7	4
2	8	7	4	6	3	9	5	1
4	5	3	1	7	9	2	8	6
8	7	1	9	3	6	5	4	2
5	6	4	8	1	2	7	3	9
3	2	9	7	4	5	6	1	8



**ILLINOIS
CANCERCARE, P.C.**
Specializing in Cancer and Blood Disorders

Now Seeing Patients at our Peoria Office



Gary R. MacVicar, M.D.

Dr. MacVicar completed clinical training at the University of Michigan Health System, with his residency in Internal Medicine, and a fellowship in Hematology and Medical Oncology. He is a graduate of the University of Chicago Pritzker School of Medicine. He is Board Certified in Hematology, Internal Medicine & Medical Oncology. Dr. MacVicar has clinical interests in genitourinary malignancies, including prostate, kidney, bladder, and testicular cancers. Please join us in welcoming the newest Illinois CancerCare, P.C. physician to our network of committed professionals.

Illinois CancerCare, P.C. • www.illinoiscancercare.com
8940 N. Wood Sage Road • Peoria, IL 61615 • Phone: (309) 243.3404

Groundbreaking **RESEARCH**
Lifesaving **CARE**,
Illinois CancerCare...
because **LIFE** is precious

CUREageous
Does That Rock

Congratulations
2013 Rock Doc Award Winners!

in the Field of Research were recognized at CUREageous on **November 8th**



Pankaj Kumar, MD



William Tillis, MD



Matthew Scheidt, MD



Revathi Swaminathan, MD



David Trachtenbarg, MD

ILLINOIS CANCERCARE
foundation

View all past Docs That Rock winners
and image galleries on our website
www.CUREageousEvent.com

Calendar of Events

* Please see next page for all group and service descriptions.
If you are attending a class for the first time, you will need to pre-register.

November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	2
3	4 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	5 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation 6:00 pm – Cancer Rehabilitation: Becoming a STAR with IPMR	6 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	7 5:30 pm – Restorative Yoga with Marcy 6:00 pm Kids Connected	8 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	9
10	11 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	12 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	13 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	14 5:30 pm – Restorative Yoga with Marcy	15 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	16
17	18 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:00 pm Kids Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	19 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	20 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	21 5:30 pm – Restorative Yoga with Marcy	22 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	23
24	25 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	26 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	27 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	28 Office Closed for Thanksgiving	29 Office Closed for Thanksgiving	

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	4 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	5 5:30 pm – Restorative Yoga with Marcy 6:00 pm – Kids Connected	6 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	7
8	9 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	10 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	11 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	12 5:30 pm – Restorative Yoga with Marcy	13 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	14
15	16 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:00 pm Kids Connected 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	17 9:00 am – Aerobics 5:15 pm – Mindfulness Meditation	18 9:00 am – Chair Yoga with Tonya 11:00 am – Yoga with Jean 1:00 pm – Cancer Support Group 6:30 pm – Beginner Tai Ji	19 5:30 pm – Restorative Yoga with Marcy	20 9:00 am – Living Strong 10:00 am – Cancer Support Group At Illinois CancerCare	21
22	23 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Beyond Beginner Tai Ji 7:00 pm – Tai Ji Circle	24 Office Closed for Holidays	25 Office Closed for Holidays	26 Office Closed for Holidays	27 Office Closed for Holidays	28
29	30 Office Closed for Holidays	31 Office Closed for Holidays				

Calendar of Events Descriptions

For Hult Center for Healthy Living Program, please call (309) 693-8139 to pre-register.

Massage Therapy

By Appointment Only

Massage is available for cancer patients and survivors for \$30 an hour. Our massage therapists, Laurie Weaver and Tonya Pruettare specifically trained for oncology massage using the Sloan-Kettering Method. Please call (309) 693- 8139 to schedule your appointment today.

Individual Healing Touch Sessions

By Appointment Only

Individual healing touch sessions are for anyone currently undergoing treatment. Enjoy a healing touch therapy session with Becky Dailey. Please call (309) 692-6650 to make your appointment.

Kids Connected Support Group

Do you know a child who is struggling with a parent or caregiver's cancer diagnosis? Would you like your child to learn more about the disease and talk to children who are going through the same thing? Kids Connected is a support group exclusive for children 5-18 years old. There is an adult support group at the same time as the children's group. Dinner is provided at each meeting free of charge. Please call (309) 692-6650 for additional information and to RSVP.

Individual Nutritional Counseling

By Appointment Only

Individual nutritional counseling is available with Sharon Windsor, RD, CSO, LDN Monday-Friday at her office inside the Peoria Cancer Center on Route 91. Sharon offers free nutritional counseling sessions to patients who are experiencing side effects from cancer treatment. If you are interested in an appointment, please call her at (309) 243-3462.

Mindfulness Meditation

Tuesdays @ 5:15 PM

Sometimes, life can be challenging! With hectic schedules and other concerns, it's often difficult to find a calm, quiet space inside yourself. So, if you feel overwhelmed with worry or anxiety, or you just wish to explore the benefits of meditation, please join us and peacefully experience the present moment in all its fullness. Mindfulness meditation is a very simple form of meditation, so you don't need any previous experience to enjoy the process. The weekly one-hour sessions are led by Heather Delabre in the CCHL activity room. Comfortable seating is provided, and sitting on the floor is not required. These sessions are open to the public and are free of charge.

Individual, Family & Group Support Services

By Appointment Only

Kitty Bienemann, MA, NCC, LCPC is available for free support services Monday-Friday at her office inside the Peoria Cancer Center on Route 91. Services include individual, family and support group counseling. If you are interested in an appointment, please call her at (309) 243-3461.

Us TOO Prostate

Call George Melton at (309) 691-6523 for dates and times.

I would like more information about the following services:

Social services form for patients

ACS = American Cancer Society

HCHL = Cancer Center for Healthy Living

- ☐ Help for children coping with a parent who has cancer (Kids Connected)
- ☐ Individual counseling for the patient, family members, or caregivers (HCHL)
- ☐ Healthy Living classes (yoga, gentle aerobics, Tai Ji) (HCHL)
- ☐ Cancer Basics 101 class (ACS/HCHL)
- ☐ Financial assistance for treatment, medications, or medical supplies (ACS)
- ☐ Lifeline® Home Emergency Response System (monthly service fee) (ACS)
- ☐ Look Good, Feel Better® (ACS)
- ☐ Meal resources/home delivered meal programs (fee may be required) (ACS)
- ☐ Homemaker services, such as household cleaning, errands, general assistance (per service fees apply) (ACS)

- ☐ Support Networking groups (HCHL)
- ☐ Massage therapy for patients in treatment (\$25 fee/hr.) (HCHL)
- ☐ Nutritional counseling (HCHL)
- ☐ Living will/power of attorney directives (ACS)
- ☐ Transportation assistance for appointments (ACS)
- ☐ Wigs, hats, turban resources (ACS)
- ☐ Housing/lodging information (ACS)

More information on the reverse side

*All services are free unless otherwise noted.

illinoiscancercare.com

Physicians



Illinois CancerCare Social Services

Illinois CancerCare is proud to partner with the Hult Center for Healthy Living and the American Cancer Society to provide the services listed on the other side to our patients and their families.

Name: _____

Type of cancer: _____

Date of birth: _____

Today's date: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Would you like more information about or receive any of the following publications?

Clinical Cancer Research Trials

- ☐ Illinois CancerCare Treatments/Trends/Tomorrow magazine
- ☐ The Hult Center for Healthy Living newsletter
- ☐ Illinois CancerCare monthly newsletter by e-mail
- ☐ No, not at this time

Information about programs & services on the reverse side