

# Cancer Resource Center Newsletter



Fall 2017

## Message from the Director

The staff of the Cancer Resource Center (CRC) hopes that you had a lovely summer. Fall brings with it change for most of us in the form of cooler weather, a new school or schedule, or an end to our vacation. As we transition into a different season, I am once again reminded of how quickly time passes and how survivors are especially aware of this reality. I wonder how many of us continue to track time by how far out we are from our diagnosis, our treatment, or our recurrence. Time becomes a way to measure our progress and our decline. We are told to "live in the moment" and "enjoy each day" but in doing so let's also reflect on our experiences, see how much we have grown, remember what we have lost and gained, and appreciate the joyous moments yet to come.

## Welcome to New Radiation Therapist

Dr. Jane Grayson joined our Radiation Oncology Department in March. She is a radiation oncologist who specializes in breast cancer. Dr. Grayson is a graduate of Harvard Medical School and completed residencies at Johns Hopkins Medical Center and Stanford University Medical Center. Following residency, Dr. Grayson completed a pediatric oncology fellowship and four years of research at the National Institutes of Health (NIH). She then completed a residency in radiation oncology at NIH. After the residency, she worked as an attending at NIH before she went to Alexandria Hospital where she worked for over 20 years.

Dr. Grayson is married to a medical oncologist who practices in the Washington, DC area. They have two daughters, one is a breast surgeon in California and the other a radiation oncologist in Boston at the Dana Farber Cancer Institute.

Dr. Grayson is very happy to be part of the VHC radiation team, and states, "I've always been impressed with VHC as a top rated hospital that demonstrates excellent patient and employee satisfaction scores." Since her start, she continues to notice how kind the staff is to each other and to patients. Dr. Grayson explains that the spirit of the radiation oncology team is a key factor in patient satisfaction.

*Dr. Grayson works two days/week. To make an appointment, please call 703.558.6284.*

## Annual Breast Cancer Awareness Conference

The Annual Breast Cancer Awareness Conference is on Saturday, October 14. The focus is on nutrition for prevention and recurrence risk reduction. The keynote speaker is from Mayo clinic and is joined by a panel of experts to discuss the importance of good nutrition. [Register here](#) or call 703.558.0920.

## What's New in Radiation Oncology?

The Radiation Oncology Department recently acquired Align RT, a safe and non-invasive system used to track a patient's position before and during radiation therapy. It uses 3D stereo camera units to track the skin surface and compares it to the ideal position resulting in increased accuracy of treatment. The system can automatically signal for the treatment to pause if the patient moves out of the desired position. Recent studies suggest that it can reduce radiation heart damage in breast patients when used with Deep Inspiration Breath Hold.

According to Melinda Mack, Chief Radiation Therapist, the Align RT system presently is used at VHC with breast, pelvic and lung cancers. In the future, it will be used with most cancers. Ms. Mack states that patients get more accurate treatment because the system monitors any motion and makes the appropriate adjustments to facilitate accuracy. Patients also like the cosmetic benefit of not needing permanent tattoos. Call the Radiation Therapy Department at 703.558.6284 for further details or to make an appointment to see a radiation oncologist.

## Skin Cancer Screening

The Cancer Resource Center held a skin cancer screening in cooperation with the American Academy of Dermatology and 52 people were screened. Of those, 13 were recommended for biopsy and 22 were referred for follow up. We thank Drs. Courtney Herbert, Gayle Masri-Fridling, William Sawchuk and Mark Welch and the many volunteers who helped to make this possible. Please remember to use sunscreen and stay in the shade. If you have to be in the sun, the American Cancer Society recommends: "Slip on a shirt, Slop on sunscreen, Slap on a hat, and Wrap on sunglasses to protect the eyes and skin around them."

## Nutrition Services for Oncology Patients

Cynthia Choi, MS, RD, CSO is an outpatient dietician who has been with Virginia Hospital Center since 2012. She is one of three dietitians in Northern Virginia who are certified in oncology nutrition. Ms. Choi sees every high-risk patient in radiation oncology. This includes patients diagnosed with head and neck, lung, gastrointestinal cancers and those who have a medical history of weight loss. She also receives referrals from medical oncologists, general practitioners, surgeons, the Outpatient Infusion Center and patients. Ms. Choi is an integral part of the radiation oncology interdisciplinary team that includes the physicians, nurses, radiation therapists, patient navigators and counselors.

After a thorough personal assessment of individual patient needs, Ms. Choi develops an individualized treatment plan. Some nutritional problems include side effects from cancer treatment such as nausea, vomiting, constipation, poor appetite and/or taste changes. Specialized diet plans, recipes, nutritional supplements are part of the plan to enhance nutritional status.

Ms. Choi believes that family members are a valuable part of the assessment and treatment plan. Family members can help to provide a detailed history. In addition, often it is a family member who is doing the cooking and they can be the patient's closest support. Contact Ms. Choi at 703.558.3255.

Nutritional services are also available in groups/classes. The following are some of the classes facilitated by Ms. Choi. (See last page for details of the classes)

### Classes on Nutrition for Cancer Patients

The Skinny on Fad Diets: A discussion about the myths and facts of popular diets.

Taste Lab: If you have lost your sense of taste or smell, this class gives tips on how to trick your senses to improve nutrition.

Cooking Around the World: A cooking class that will highlight recipes from around the world that aid in cancer prevention.

In the spring, the popular Exercise and Nutrition class will again be offered. It combines one hour of exercise with one hour of proper nutrition facts.

Ms. Choi also has a Smoothie Cart that she takes to Outpatient Infusion, the Radiation Oncology waiting room, and the chemotherapy suite. She offers a sample and recipes of different smoothies. She plans to offer samples and recipes of healthy soups in the fall.

## Butternut Squash and Turmeric Soup



Yields: 4 servings

### Ingredients

2 tablespoons and 1 teaspoon extra virgin olive oil  
1 large onion, roughly chopped  
6 cups low sodium vegetable broth  
1 medium butternut squash (2 ½ lbs), peeled (seeds reserved), cut into 1" pieces  
2 medium carrots cut into 1" pieces  
2 ¼ teaspoons turmeric  
2 ¼ teaspoons black pepper  
2 tablespoons light coconut milk

### Directions:

Heat 2 tablespoons oil in a large Dutch oven over medium heat. Add the onion and cook, covered, stirring occasionally, until tender, 6 to 8 minutes.

Add the squash, carrots, 2 teaspoons turmeric and 1/2 teaspoon pepper to the Dutch oven and cook, stirring, 1 minute. Add the broth, bring to a boil, then reduce heat and simmer until the vegetables are very tender, 18 to 22 minutes.

Meanwhile, heat oven to 375°F. Toss the reserved seeds (about 1/4 cup with the remaining teaspoon of oil, 1/4 teaspoon turmeric and 1/4 teaspoon pepper and roast until golden brown and crispy, 9 to 11 minutes.

Using a blender, purée the soup. Sprinkle with the toasted seeds and swirl in the coconut milk.

Nutrition information per 1 cup serving: 250 calories, 5 grams protein, 5 grams fat, 10 grams fiber and 260mg sodium



### Nutrition Corner

Turmeric grows in South Asia and gets its yellow color from compound curcumin. Curcumin showed anti-cancer and anti-inflammatory activity in lab studies.

## Cancer Program Practice Profile Reports (CP<sup>3</sup>R) 2017

The Cancer Committee at Virginia Hospital Center (VHC) monitors the quality initiatives set by the American College of Surgeons Commission on Cancer (COC) related to breast, colon, lung and rectal cancers. This ensures that patients treated at VHC receive the best care according to nationally accepted measures. The Commission on Cancer (COC) measures compliance with current COC quality tools—the Cancer Practice Reports (CP<sup>3</sup>R). Below is the summary performance grid that reports 2014 cases treated at VHC. Our program meets or exceeds the performance expectations of the Commission on Cancer.

<b><u>Breast Measures</u></b>			
<b><u>Measure Type</u></b>	<b><u>Measure Specifications</u></b>	<b><u>VHC</u></b>	<b><u>Required Rate</u></b>
Accountability	Radiation is administered within 1 year (365 days) of diagnosis for women under age 70 receiving breast conservation surgery for breast cancer.	100%	>=90% or upper bound of 95%
Accountability	Tamoxifen or third generation aromatase is recommended or administered within 1 year (365 days) of diagnosis for women with AJCC T1c or stage IB-III hormone receptor positive breast cancer	95%	>=90% or upper bound of 95%
Accountability	Radiation is considered or administered following any mastectomy within 1 year (365 days) of diagnosis of breast cancer for women with >=4 positive regional lymph nodes.	100%	>=90% or upper bound of 95%
Quality Improvement	Image or palpation-guided needle biopsy of the primary site is performed to establish diagnosis of breast cancer.	96%	>=80% or upper bound of 95%
<b><u>Colon Measures</u></b>			
<b><u>Measure Type</u></b>	<b><u>Measure Specifications</u></b>	<b><u>VHC</u></b>	<b><u>Required Performance Rate</u></b>
Quality Improvement	At least 12 regional lymph nodes are removed and pathologically examined for resected colon cancer.	93%	>=85% or upper bound of 95%
<b><u>Lung Measures</u></b>			
<b><u>Measure Type</u></b>	<b><u>Measure Specifications</u></b>	<b><u>VHC</u></b>	<b><u>Required Performance Rate</u></b>
Quality Improvement	Surgery is not the first course of treatment for cN2, M0 Lung cases.	100%	>=85% or upper bound of 95%
<b><u>Rectal Measures</u></b>			
<b><u>Measure Type</u></b>	<b><u>Measure Specifications</u></b>	<b><u>VHC</u></b>	<b><u>Required Performance Rate</u></b>
Quality Improvement	Preoperative chemo and radiation are administered for clinical AJCC T3N0, T4N0, or Stage III; or postoperative chemotherapy and radiation are administered within 180 days of diagnosis for clinical AJCC T1-2N0 with pathologic AJCC T3N0, T4N0, or Stage III; or treatment is recommended for patients under the age of 80 receiving resection for rectal cancer.	100%	>=85% or upper bound of 95%

Source: NCDB Commission on Cancer, ACOS/ Cancer Program Practice Profile Reports, August 2016-August 2017

## Ongoing Support Groups

### Knitting with Friends

Date: First and Third Tuesday

Time: 3:30-5:00 pm

### C.H.A.N.C.E. Head and Neck Cancer

Date: Fourth Wednesday

Time: 6:00-7:30 pm

### Breast Cancer Patients with Children

Date: Second Friday

Time: 1:00-2:30 pm

### "Support Sisters" Early Stage Breast Cancer

Date: Third Tuesday

Time: 5:00-6:30 pm

### Write Away Group

Call 703.558.6913 for information and/or to register.

### Man to Man Prostate Cancer

Date: Fourth Tuesday

Time: 7:00-8:30 pm

### Reiki

Date: Third Wednesday

Time: 7:00-9:00 pm

Appointment is required. Call 703.558.5555.

### Yoga

Date: Tuesdays

Time: 6:00-7:00 pm

Registration is required. Call 703.558.5555.

### Walking Group

Fridays, 9:00-10:00 am

Registration is required. Call 703.558.6908.

## Fall Programs

*All classes are held in the Cancer Resource Center.*

*Registration is required. Please call the phone number listed after each class.*

### Bereavement Workshop

Thursdays, 9/21-10/26, 6:00-7:00 pm. Call 703.558.6012.

### Look Good, Feel Better

Mondays, 10/2 or 12/4, 2:00-4:00 pm. Call 1.800.395.5665 to register.

### Knitting for Breast Cancer Awareness Month

Tuesdays, 10/10 and 10/24, 3:30-5:00 pm. Call 703.558.0909.

### Sip in Style

Wednesday, 10/11, 11:00am-12:00 pm. Call 703.558.0913.

### Annual Breast Cancer Conference

Saturday 10/14, 9:00 am-12:00 pm. [Register here](#) or call 703.558.0920.

### Taste Lab

Wednesday, 10/25, 6:00-7:30 pm. Call 703.558.0910.

### Color Your Stress Away

Tuesday, 10/31, 2:30-3:30 pm. Call 703.558.0924.

### The Skinny on Fad Diets

Wednesday, 11/1, 5:00-6:30 pm. Call 703.558.0911.

### Cooking Around the World

Wednesday, 11/8, 5:30-7:30 pm. Call 703.558.0914.

### Essential Oils

Thursday, 11/16, 5:30-6:30 pm. Call 703.558.0918.

### Survivorship Transitions Class

Wednesday, 11/29, 5:30-7:30 pm. Call 703.558.0901.

### It's Tea Time Again

Tuesday, 12/12, 2:00-3:30 pm. Call 703.558.0912.

### Breast Surgery Journey

Discuss treatment plans and/or preparation for surgery and recovery. Guided tour of the facility is also available. Call Julie Pierce, RN, BSN, OCN, Breast Health Navigator, at 703.558.6908 for an appointment.

## CANCER RESOURCE CENTER DIRECTORY

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