

Cancer Resource Center Newsletter



Spring 2018

Message from the Director

The Cancer Resource Center continues to offer many educational classes and support groups to help with all types of challenges faced by patients and family members. Listening to the requests and needs of patients and family members, programs that address nutrition, exercise, and mindfulness are offered regularly. Other workshops that address survivorship issues, specific disease sites, side effects of treatments, and financial concerns are also offered annually. We appreciate you continuing to let us know what types of programs you would like us to implement. Please remember that the staff in the Cancer Resource Center are available to help guide and support patient through life-changing challenges resulting from a diagnosis and treatment of cancer. Please reach out to us by calling 703.558.5555.

Outstanding Achievement Award

Every three years the Commission on Cancer surveys cancer programs in the United States. The VHC Cancer Program recently completed their survey and received the Outstanding Achievement Award. This award recognizes cancer programs that achieve excellence in all areas of patient care and only a small percentage of centers surveyed receive this award each year. VHC's Cancer Program has received this award for the last four surveys. We are very proud that the Commission on Cancer recognizes the efforts of the interdisciplinary staff at VHC to strive to provide the best care to patients who have been diagnosed with cancer.

New in the Hitt Family Center for Radiation Oncology?

Prostate radiotherapy has been shown to be a successful treatment for low and intermediate grade prostate cancer. Because the prostate sits near the rectum, complications from radiation to the prostate can develop such as rectal pain, bleeding, urgency or diarrhea. The Radiation Oncology Department is now using a new technology, **SpaceOAR hydrogel** which physically pushes the rectum away from the treatment area thereby reducing possible side effects as well as the radiation dose to the rectum. When the radiation treatment is completed, the hydrogel is completely absorbed by the body.

As of 2018, the Radiation Oncology department now has a second **True Beam linear accelerator**. According to George Cernica, PhD, physicist, the new treatment machine will provide better imaging and more precise treatment. The increased accuracy is within a fraction of a millimeter and will result in decreased side effects. The integrated 3D camera will reduce the need for

patient tattoos. The commitment of Dr. Robert Hong, Dr. Nadim Nasr and the talented support staff to provide the best care to patients consistently leads to the best patient outcomes in the area. Call 703.558.6284 for more information.

Breast Cancer Patients with Children

Breast cancer has specific challenges to women who have children. Not being able to perform normal childcare activities, or to continue breast feeding or the fear of abandoning their children are only a few of the concerns that mothers with a breast cancer diagnosis can experience. In addition, the diagnosis and treatment can put extra strain on a relationship with their partner.

For these reasons and more, the Cancer Resource Center started a support group for moms almost five years ago. It is the only one in the Northern Virginia area. Mirian Campos, MA, NCC, CN-BA, who is the facilitator of the group states that "it has been an honor and privilege to observe how the women in the group almost immediately connect by sharing feelings, concerns and fears in a safe space." The members enjoy being able to give advice and support to others. The group meets the second Friday of the month from 1:00-2:30pm. For more information, call Mirian Campos at 703.558.5566.

"Transition to a New Beginning of Comfort and Growth with a Cancer Diagnosis"

Last fall Ellen Schelble, BSW, RN, Survivorship Coordinator, offered a workshop called Transition to a New Beginning of Comfort and Growth with a Cancer Diagnosis. Participants learned to confront the challenges of treatment with chaplain Rev. Diana Crane, and Becca Archer, leadership coach. The goal of the workshop was to help participants adjust to changes in their life during and after cancer treatment. Self awareness, mindfulness, change, transition and moving forward were some of the topics discussed. One participant stated that the workshop was "excellent and above expectations. I learned good information and skills to help with adjusting to life with a cancer diagnosis."

This year the workshop will be offered in two parts. The first will be focused on physical well being and symptoms. Speakers will include an oncology nurse practitioner and a physical therapist. Topics will include fatigue, functional activities, pain and sexuality. The second workshop will focus on the emotional, social and spiritual well being. Dates will be announced in the Summer Newsletter. For more information, call Ellen Schelble at 703.558.6090.

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.

Family members are a valuable part of the assessment and treatment plan and 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.

Nutritional services are also available in groups/classes. The following are some of the classes facilitated by Ms. Choi. (See last page for more classes). Contact Ms. Choi at 703.558.3255.

Classes on Nutrition for Cancer Patients

Exercise and Healthy Nutrition

This workshop is being offered again because it was so successful in the past. Participants will learn to not only cook healthy meals but also exercise activities that promote healing. It helps people after treatment to transition to a new, healthy pattern of eating. Monday, 4/9, 5:30-6:30pm. Registration is required. Call 703.558.0915 to register.

The Power of Supergreens

Learn how to incorporate leafy green veggies into delicious snacks and meals. Thursday, 6/7, 5:00-6:30pm. Registration is required. Call 703.558.0910 to register.

Picnics and Potlucks

Get tips from a dietitian on how to prepare picnic and potluck dishes that will win over your summer crowd. Thursday, 7/12, 5:00-6:30pm. Registration is required. Call 703.558.0914 to register.

Beet, Carrot and Apple Salad



Yields: 4 servings

1 medium beet (or 3/4 cup pre-shredded)
2 medium carrots (or 3/4 cup pre-shredded)
1 large peeled Granny Smith apple
1/4 cup walnut halves, chopped
3 tbsp. chopped flat-leaf parsley or dill or combination
1 tbsp. fresh lemon juice
1/2 tsp. salt
Freshly ground black pepper
1 tbsp. extra virgin olive oil

To shred beet, insert each hand in plastic sandwich bag to avoid staining hands. Peel beet using swivel blade vegetable peeler. Using coarse side of box grater, shred beet to get 3/4 cup. Save remaining beet for another use. Shred carrots and apple. Place shredded beets, carrots and apple in mixing bowl and mix to combine. Add walnuts and green herbs on top of mixed vegetables, and set bowl aside.

For dressing, in small bowl whisk together lemon juice and salt until salt dissolves. Add 3-4 grinds of pepper. Whisk in oil. Pour dressing over salad and mix until well combined and evenly dressed. Serve salad within 1 hour of combining with herbs and dressing.

Per serving: 112 calories, 8 g total fat (<1 g saturated fat), 11 g carbohydrate, 2 g protein, 2 g dietary fiber, 330 mg sodium.

Recipe from www.aicr.org



Nutrition Corner



Beet and beet greens contain high in vitamin C, fiber, folate and beta-carotene which nutrients linked to low cancer risk. Beet greens also can use for salad.

Cancer Registry Statistics for 2016

On the following page is the site table for newly diagnosed and treated cancer cases at VHC in 2016. The top five sites are breast, prostate, lung, colorectal and brain. This has stayed consistent in the last five years. Over half of the patients were diagnosed in either stage I or stage II. VHC's statistics are similar to the state of Virginia and the United States.

2016 Primary Site Table

Primary Site	Gender		AJCC Stage at Diagnosis							Total
	Female	Male	0	I	II	III	IV	NA	UNK	
HEAD AND NECK										
Tongue	4	6	0	6	0	2	2	0	0	10
Salivary Gland	2	3	0	0	1	0	4	0	0	5
Gum and Other Mouth	1	3	0	2	0	0	2	0	0	4
Tonsil	4	0	0	0	0	1	3	0	0	4
Other	6	0	0	1	0	0	5	0	0	6
DIGESTIVE SYSTEM										
Esophagus	5	4	0	0	2	3	4	0	0	9
Stomach	10	7	0	3	4	4	2	0	4	17
Small Intestine	6	2	0	0	2	2	1	1	2	8
Colon and Rectum	79	62	7	37	28	45	21	1	2	141
Anus, Anal Canal and Anorectum	5	3	0	0	3	3	1	0	1	8
Liver	6	0	0	1	0	3	2	0	0	6
Pancreas	19	15	0	5	8	4	16	0	1	34
Other Digestive Organs	5	12	0	1	3	3	4	4	2	17
RESPIRATORY SYSTEM										
Larynx	8	2	0	6	2	1	1	0	0	10
Lung	73	72	0	51	7	25	59	0	3	145
Trachea, Mediastinum, Other Respir.	1	0	0	0	0	0	0	0	1	1
BONES AND JOINTS										
	2	0	0	1	1	0	0	0	0	2
SOFT TISSUE INCLUDING HEART										
	4	3	0	0	1	1	2	0	3	7
SKIN EXCL BASAL AND SQUAMOUS										
Melanoma - Skin	7	5	2	3	1	1	4	0	1	12
Other Rare Skin Types	0	1	0	1	0	0	0	0	0	1
BREAST										
	2	379	68	184	80	37	9	0	3	381
FEMALE GENITAL SYSTEM										
Cervix	0	13	0	3	1	5	2	1	1	13
Uterus	0	78	0	56	3	9	6	0	4	78
Ovary	0	19	0	2	4	6	6	0	1	19
Other Female Genital Organs	0	14	0	5	0	3	3	2	1	14
MALE GENITAL SYSTEM										
Prostate	231	0	0	27	149	34	19	0	2	231
Testis	10	0	0	7	1	2	0	0	0	10
Other Male Genital Organs	1	0	0	0	0	0	0	1	0	1
URINARY SYSTEM										
Bladder	50	20	32	16	8	4	10	0	0	70
Kidney and Renal Pelvis	52	19	1	46	8	12	4	0	0	71
Other Urinary Organs	6	2	2	1	2	2	1	0	0	8
EYE AND ORBIT										
	8	10	0	0	4	2	0	2	10	18
BRAIN AND OTHER CNS										
Brain	34	46	0	0	0	0	0	80	0	80
Other CNS	1	2	0	0	0	0	0	3	0	3
ENDOCRINE SYSTEM										
Thyroid	15	60	0	55	1	14	3	0	2	75
Other Endocrine, Thymus	9	13	0	0	1	0	1	20	0	22
LYMPHOMA										
Hodgkin Lymphoma	3	4	0	1	3	1	2	0	0	7
Non-Hodgkin Lymphoma	39	26	0	18	6	8	27	2	4	65
MYELOMA										
	8	15	0	0	0	0	0	23	0	23
LEUKEMIA										
	11	12	0	0	0	0	0	23	0	23
MISCELLANEOUS										
	11	12	0	0	0	1	0	22	0	23
TOTALS	737	945	112	539	334	237	227	185	48	1682

Ongoing Support Groups

All groups are drop in unless otherwise indicated

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

Date: Fridays

Time: 9:00-10:00 am

Registration is required. Call 703.558.6908.

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Spring Programs

All classes are held in the Cancer Resource Center.

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

Exercise and Healthy Nutrition

Monday, 4/9, 5:30-6:30pm. 703.558.0915.

Journaling for Cancer Therapy

Thursday, 4/12, 4:30-5:30pm, 703.558.0916.

Plant Your Own Herb Garden

Thursday, 5/31, 10:00-11:00am. 703.558.0912.

22nd Annual Cancer Survivors Day

NRECA Building, 4301 Wilson Blvd.

Friday, 6/1, 6:00-8:00pm, 703.558.0916.

Look Good, Feel Better

Mondays, 6/4 or 8/6, 2:00-4:00 pm. Call 1.800.395.5665 to register.

Olive Oil Boom

The Olive Oil Boom, 2016 Wilson Blvd, Arlington, VA.

Tuesday, 6/5, 6:00-7:30pm. 703.558.0913.

The Power of Supergreens

Thursday, 6/7, 5:00-6:30pm, 703.558.0910.

Back in the Game: Dating After Cancer

Wednesday, 6/27, 5:00-6:00pm. 703.558.0909.

Picnics and Potlucks

Thursday, 7/12, 5:00-6:30pm. 703.558.0914.

Herbal Teas on Ice

Tuesday, 7/17, 4:00-5:00pm, 703.558.0911.

Caregiver's Café

Thursday, 7/26, 2:30-4:00pm. 703.558.0920.

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CANCER RESOURCE CENTER DIRECTORY

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Ellen Schelble, BSW, RN, Survivorship Coordinator	703.558.6090
Cynthia Choi, MS, RD, CSO, Dietician	703.558.3255
Cancer Registry	703.558.6328

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.