

Cancer Resource Center Newsletter

Message from the Director

We are very excited about our Fall schedule. In addition to new programs including Laughter Yoga (come join the fun!) and Weight Management for Breast Cancer Survivors, we are offering our first-ever Survivorship Transitions Class. This workshop will address the ongoing needs patients have after they complete active treatment, such as concerns related to nutrition, sexuality/intimacy, management of side effects, and follow-up care. We will also be focusing on community outreach. In October, our annual Breast Cancer Conference will highlight screening and prevention as well as complementary and other supportive therapies for patients and survivors. We hope you can join us!

Pelvic Floor Rehabilitation

Pelvic floor rehabilitation is a branch of physical therapy that focuses on improving the strength and function of the pelvic floor muscles. These muscles support the bladder and rectum, help to control urine and stool and maintain sexual function.

According to Pany Nazari, Senior PT, BCB-PMD this program can be very helpful to anyone who has been diagnosed and treated for cancer. The side effects of surgery, radiation and/or chemotherapy can lead to incontinence of stool, urine and gas, pelvic pain, vaginal dryness, vaginal atrophy, changes in sexual performance and sexual dissatisfaction.. The benefits of this rehabilitation can improve quality of life in many areas of daily functioning. Control of incontinence, pain, and sexual function can lead to increased pleasure and enjoyment of life to the fullest at any age. Treatments usually are one hour in length and last for about 6-8 sessions depending on the problem.

Pelvic floor rehabilitation services are offered Monday through Friday by a team of physical therapists in the Physical Medicine and Rehabilitation Department. Medicare and most private insurances cover these services with a physician referral. Call 703-558-6507 for an appointment.

[Pelvic Floor Rehabilitation](#) at Virginia Hospital Center



Breast Cancer Conference: Supporting Women from Screening to Survivorship

On Saturday, October 22nd the hospital will be offering an educational and inspirational breast cancer conference. Anyone who has finished treatment or currently in treatment or is interested in breast cancer prevention will enjoy this conference.

The keynote speaker is Karthik Ghosh, MD, MS, FACP, Director, Breast Clinic, and Associate Professor of Medicine at the Mayo Clinic College of Medicine. The moderator is Molly Sebastian, MD, FACS, breast surgeon and the Medical Director of The Reinsch Pierce Family Center for Breast Health.

An expert panel consisting of Neelima Denduluri, MD, medical oncologist, Robert Hong, MD, radiation oncologist, Devina McCray, MD, breast surgeon, Sarah Mezban, MD, radiologist, and Sarosh Zafar, MD, plastic and reconstructive surgeon, will be presenting current information on breast cancer detection and treatment.

There will also be two concurrent breakout sessions: detection/screening and survivorship. The first features Shawn Lipinski, ScM, CGC who will discuss genetic testing for breast cancer patients and their families. Sarah Mezban, MD, will be talking about automated breast ultrasound.

The second breakout session will address common issues when treatment is finished. It features Mike Knapik, LPC who will talk about counseling and mindfulness. Karen Clark-Stone, RN, MSN will talk about Reiki and Qigong. Cynthia Choi, MS, RD, CSO a certified oncology dietitian, will discuss the importance of good nutrition.

The conference is free. [Register here](#). Call 703.558.6700 with any questions.



Art Therapy

Art therapy is the use of art material for self expression in the presence of an art therapist. Together the therapist and the participant discuss and interpret the meaning of the art work.

Christa Turpin, art therapist, began to offer an art therapy group for cancer patients in April of 2016. In a group setting, art therapy gives an opportunity for group members to express feelings and/or thoughts in a safe, non-threatening, and supportive environment. It also allows each member to make personal connections and develop relationships based on shared experiences.

According to Ms. Turpin, "You do not need to be an artist or have any experience with art media to participate in an art therapy group." Each participant can choose the media that he/she prefers from a variety of offered materials including paint, pencil, ink, pictures from magazines, beads, etc. Art processes that can be explored during group include collages, masks, hand-made journals, individual drawings, jewelry, and much more.

Any type of art work can be a vehicle for feeling exploration.

Once something is put on paper, a person can look at it from a distance and may feel safer to examine its meaning. Changes made to the art work can be reflective of the changes that an individual may want to make within their self.

The group meets the 4th Tuesday of every month from 1:30-3:00 pm. Free, but registration is required.

Call 703.558.6913 to register.

Wig and Scarf Boutique

The Cancer Resource Center has updated the wig and scarf boutique located in the Center. There is now a large variety of styles, hair lengths and colors. A convenient catalog with all the available wigs makes it easy to find the wig perfect for daily wear or just for fun. Try a new hairstyle or color! One former patient stated that a wig gave her a sense of normalcy in a time when she felt different. Beautiful, colorful scarves can be just the right thing to give an emotional lift. Learn new ways to tie scarves. All wigs and scarves are free. Walk-ins are welcome. Or call to make an appointment with one of our navigators at 703.558.5555.

Look Good, Feel Better

Look Good, Feel Better is a free program developed by the American Cancer Society in cooperation with the Personal Care Products Council and the Professional Beauty Association. The program is offered as a 2 hour workshop featuring a 12-step skin care and makeup program. Options are discussed relating to hair loss, including wigs, turbans and scarves, and makeup tips. Each participant receives a free kit of cosmetics donated by the cosmetic industry. This program is offered every other month on a Monday from 2:00-4:00 pm. Dominique Snow is the cosmetologist who leads this workshop.

To register and to get exact dates, please call 703.558.5566.

Lentil and Butternut Squash Chili

Ingredients: (Yields: 4 servings)

1 tbsp. olive or canola oil

1 medium onion, chopped

2 garlic cloves, minced

1 medium bell pepper (any color), chopped

1 tbsp. ground chili powder

1.5 tsp. ground cumin

1.5 tsp. dried oregano

1 (14.5 oz.) can-no salt added diced tomatoes

3 cups low sodium chicken stock or vegetable stock

1 dry bay leaf

1.5 cups cubed butternut squash

1 (15-oz.) can lentils, rinsed and drained (or fresh cooked)

1 (15-oz.) can black beans or red beans, rinsed and drained (or fresh cooked)

0.5 tsp. salt

Heat oil in large saucepan. Add onions, bell pepper, and garlic and cook until onion is translucent, about 5 minutes. Add chili powder, cumin, and oregano and cook, stirring, for 1 minute.

Add canned tomatoes, 3 cups chicken stock, butternut squash then lentils, black beans and salt. Bring to boil, reduce heat, and simmer, uncovered, for 30 minutes.

Discard the bay leaf. Taste for salt and pepper and adjust as needed.

Serve hot with your favorite toppings, such as chopped fresh cilantro/parsley/chives/green onions, sour cream, shredded cheese, tortilla chips or chopped avocado.

Per serving: 270 calories, 14 g protein, 14.5 g dietary fiber, 380 mg sodium

Recipe adopted from American Institute for Cancer Research.



Nutrition Corner

Legumes are rich in fiber and a good source of protein. They are also an excellent source of folate, iron and B vitamins. According to research, legumes contain a variety of phytochemicals which has anti-cancer effects. Also, dietary fiber can help with weight control.

Cancer Program Practice Profile Reports (CP³R)

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, gastric, lung and rectal cancers. This ensures that patients treated at VHC receive the best care according to nationally accepted measures. Our program meets or exceeds the performance expectations of the Commission on Cancer.

<u>Breast Measures</u>			
<u>Measure Type</u>	<u>Measure Specifications</u>	<u>VHC</u>	<u>Required Rate</u>
Accountability	Radiation is administered within 1 year (365 days) of diagnosis for women under age 70 receiving breast conservation surgery for breast cancer.	97%	>=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	94%	>=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.	93%	>=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%
<u>Colon Measures</u>			
<u>Measure Type</u>	<u>Measure Specifications</u>	<u>VHC</u>	<u>Required Performance Rate</u>
Quality Improvement	At least 12 regional lymph nodes are removed and pathologically examined for resected colon cancer.	93%	>=85% or upper bound of 95%
<u>Gastric Measures</u>			
<u>Measure Type</u>	<u>Measure Specifications</u>	<u>VHC</u>	<u>Required Performance Rate</u>
Quality Improvement	At least 15 regional lymph nodes are removed and pathologically examined for resected gastric cancer.	100%	>=80% or upper bound of 95%
<u>Lung Measures</u>			
<u>Measure Type</u>	<u>Measure Specifications</u>	<u>VHC</u>	<u>Required Performance Rate</u>
Quality Improvement	Surgery is not the first course of treatment for cN2, M0 Lung cases.	92%	>=85% or upper bound of 95%
Quality Improvement	Systemic chemotherapy is administered within 4 months to day preoperatively or day of surgery to 6 months postoperatively, or it is recommended for surgically resected cases with pathologic lymph node-positive (pN1) and (pN2) NSCLC.	100%	>=85% or upper bound of 95%
<u>Rectal Measures</u>			
<u>Measure Type</u>	<u>Measure Specifications</u>	<u>VHC</u>	<u>Required Performance Rate</u>
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

Ongoing Support Groups

Knitting with Friends

Date: 1st & 3rd 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: First and 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.

Art Therapy

Date: Fourth Tuesday

Time: 1:30-3:00 pm

Registration is required. Call 703.558.6913.

Grupo de Apoyo Para Latinos con Cáncer

Fecha: Segundo Miercoles del mes

Hora: 6:00-7:30 pm

Para registrarse, llame al 703.558.5566.

CANCER RESOURCE CENTER DIRECTORY

Main Number	703.558.5555
Shari Sitron, LICSW, MPH, Director	703.558.6913
Julie Pierce, BSN, RN, OCN, Pt Nav.	703.558.6908
Patricia Hayes, Pt. Nav.	703.558.6440
Mirian Campos, MA, Counselor	703.558.5566
Ellen Schelble, BSW, RN, Coordinator- Life Beyond Treatment	703.558.6090
Cynthia Choi, MS, RD, CSO, Dietician	703.558.3255
Cancer Registry	703.558.6328

Fall Programs

All classes are held in the Cancer Resource Center

Yoga

Every Tues and Thursday,

9/6-11/17, 6-7 pm. Call 703.558.0917 to register.

Laughter Yoga

9/26, 2-3 p m or Wed 10/5, 7-8pm. Call 703.558.0924 to register.

Breast Cancer and Weight Management

9/28, 5:30-7 pm. Call 703.558.0911 to register.

Oral Health Care

9/28, 6-7:30pm. Call 703.558.0913 to register.

Look Good, Feel Better

Learn beauty techniques to help manage changes in your appearance that may occur during cancer treatment.

10/3 or 12/5, 2:00-4:00pm. Call 703.558.5566 to register.

Mindfulness for Everyday Life

10/6, 6-7:00pm. Call 703.558.0908 to register.

Symptom Management

Offered in English and Spanish.

10/10, 6-7pm. Call 703.558.0918 to register.

Talking to Children.

10/13, 7-8pm. Call 703.558.0912 to register.

Annual Breast Cancer Conference.

10/22, 9:00 am-12:30 pm. Call 703.558.0920 to register.

[Register here](#)

Knitting Classes

10/20 and 10/27, 1:00-2:30pm. Call 703.558.0909 to register.

Holiday Cooking for Wellness

11/2, 5-6:30pm. Call 703.558.0914 to register.

Lung Cancer Update

Dr. Robert Christie, medical oncologist, provides an update on lung cancer screening and treatment options.

11/3, 6:00-7:00pm. Call 703.558.0915 to register.

Survivorship Transitions Class

11/16, 5:30-7:30pm. Call 703.558.0901 to register.

Exercise & Healthy Nutrition

12/5, 5-7pm. Call 703.558.0910 to register.

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.