

Cancer Resource Center Newsletter

Summer 2016

MESSAGE FROM THE DIRECTOR

We had a busy winter in the Cancer Resource Center. We welcomed new staff, Julie Pierce, Breast Health Navigator, and Ellen Schelble, Survivorship Coordinator. We are renovating our library to be more user-friendly, with more materials available electronically. We offered several new classes, such as Qigong, and lectures on weight control, impotence, and mindfulness. We hosted a skin cancer screening on May 19. Cynthia Choi, our dietitian recently obtained her certification as a specialist in oncology nutrition and has been busy seeing patients and survivors in individual consults and teaching workshops on exercise and nutrition. She is also offering cooking classes this summer. (See page 3 for details)

It has been 20 years since we hosted our first annual cancer survivors day celebration. This year's event is on Friday, June 3, at the NRECA building in Ballston from 6:00-8:00pm. Over 200 patients, family members and staff generally attend this event. Dr. Robert Hong, Medical Director of Radiation Oncology is the Master of Ceremonies.

The event includes good food, entertainment and door prizes, including a portrait sitting valued at \$200, a Nikon camera, restaurant certificates and much more. Register [online](#) or call 703.558.0916.

Fitness and Healthy Life Style Tips

According to guidelines from the American Cancer Society, people living with cancer should maintain a healthy weight, get enough exercise and eat a healthy diet. Studies show that exercise is safe during cancer treatment, and can improve many aspects of health, including muscle strength, balance, fatigue, and depression. Physical activity after diagnosis is linked to living longer and a reduced risk of the cancer returning. Walking is one of the best and easiest ways to exercise. Classes that are beneficial to cancer patients include Tai Chi for balance improvement, Gentle Pilates

for strength and Gentle Yoga for flexibility. Before starting any exercise program, be sure to check with your physician. The [Health Promotion Department](#) at Virginia Hospital Center offers a wide variety of classes.

The Benefits of Reiki

Reiki, an ancient healing technique to balance energy flow, can be complementary to traditional medical treatment for cancer. Reiki is a gentle, powerful, hands-on technique that can enhance the quality of life by reducing stress, promoting relaxation, and augmenting healing. The process helps to restore the body's natural balance and strengthen the immune system. The treatment is done by a trained Reiki practitioner.

The Cancer Resource Center at Virginia Hospital Center (VHC) began to offer Reiki to cancer patients in 2004. VHC was the first in the country to offer Reiki to cancer patients in a hospital setting. Now 40% of hospitals offer Reiki sessions. When the program began, there were four volunteer practitioners and an average of eight patients seen per month. At present, 27 volunteer practitioners see about 36 patients per month which is the maximum capacity for the facility space and equipment. Lois Mandelberg, a master Reiki practitioner and instructor, coordinates the program.

Past participants report that they felt a decrease in anxiety, a sense of peace and even a decrease in pain after a Reiki session. Reiki is available through the Cancer Resource Center on the third Wednesday of every month. Each session lasts 30 minutes and is free. An appointment is required. Call 703.558.5555.



High Risk Genetic Assessment

High risk genetic assessment is a process of evaluating, testing and counseling individuals who are at an elevated or high risk for developing cancer. Individuals who might benefit from a genetic risk assessment include those who have a family history of cancer, individuals who have multiple cancers, individuals diagnosed with ovarian, breast, colon, or uterine cancer at an early age or individuals diagnosed with a rare cancer.

Genetic risk assessments are offered by Virginia Cancer Specialists on the campus of Virginia Hospital Center. Dr. Patricia Rodriguez, a medical oncologist with expertise in genetic risk assessment, and Shawn Lipinski, a certified genetic counselor, provide these services.

An appointment with a genetic counselor begins with an assessment of the appropriateness of laboratory genetic testing and a review of each patient's personal risk factors. This counseling session will explain the process, benefits and possible limitations of genetic testing. If appropriate, genetic testing will be performed with a blood or saliva test. In the post counseling session, the practitioner and the patient will discuss the results of the testing and a personalized course of action will be established. The plan involves a personalized schedule for cancer screenings, chemoprevention medicine and the option of risk-reducing surgery. Each patient is encouraged to discuss the results with his/her primary care physician.

Anyone concerned with their family history of cancer should consider speaking with a qualified genetic counselor. A high risk genetic assessment can lead to early detection, early treatment and a decrease in the risk of getting cancer in the future. It can also decrease anxiety about a future cancer diagnosis. Insurance companies usually reimburse for these services as long as they are performed by qualified professionals and the personal and family history of each individual meet the criteria. Appointments can be made by calling Virginia Cancer Specialists at 703.894.3800.

Lung Cancer Screening

In 2003, Virginia Hospital Center, opened the area's first Lung Cancer Center. The Center is a coordinated program utilizing oncology, pulmonology, radiology, radiation oncology and thoracic surgery and offers the latest in diagnosis and treatment of lung cancer.

In 2013, the Lung Cancer Center, in cooperation with Radiology, Medical Oncology and the Cancer Resource

Center, began offering lung cancer screenings for those who are at high risk for lung cancer using the low-dose CT scanner. The National Lung Screening Trials showed that screenings demonstrated a 20% reduction in lung cancer specific mortality. These screenings can detect cancer in its earliest and most treatable stage.

Medicare and other insurances may now cover a lung cancer screening if an individual is between the ages of 55 and 77, currently smokes or smoked 30 packs/year or has quit smoking in the past 15 years. Call 703.558.8525 to make an appointment.

Summer Programs in the Cancer Resource Center

20th Annual Cancer Survivors Day

NRECA Bldg, 4301 Wilson Blvd, 6/3, 6-8:00pm

Look Good, Feel Better, 6/6, or 8/2, 2-4:00pm

Cooking for Wellness, 6/8, 5-6:30pm

Getting Help through Counseling, 6/29, 5-6:00pm

Exercise and Healthy Nutrition, 7/13, or 8/2, 4-6:00pm

Parenting with Cancer, 7/15, 1-2:00pm

Color Your Stress Away, 7/27, 3-4:00pm

Self-Care for Caregivers, 8/4, 2-3:30pm

Survivors Book Club, 8/9, 5-6:30pm

Playing in the Sandbox, 8/15, 5-6:30pm

Update on Colorectal Cancer, 8/18, 6-7:00pm

All classes are held in the Cancer Resource Center unless otherwise specified.

CANCER RESOURCE CENTER DIRECTORY

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Breast Health Navigator

Julie Pierce, BSN, RN, OCN has joined VHC as the new patient navigator for breast services. Julie has extensive experience in breast cancer navigation, and is a Certified Oncology Nurse. She looks forward to collaborating with our patients and their multidisciplinary healthcare team to help streamline breast cancer care. She is excited to be able to provide personalized support, education and resources to our breast cancer patients. Julie is an active member of the Northern Virginia Oncology Nursing Society and has a special interest in Cancer Survivorship.

Julie's job duties include pre- and post-operative visits, follow-up calls, individualized educational sessions, and patient teaching. She also co-facilitates the breast cancer support group (Support Sisters) and offers assistance in completing an individualized Survivorship Care Plan. She can be contacted at 703.558.6908.

Cancer Survivorship Coordinator

Ellen Schelble, BSW, RN has joined the Cancer Resource Center staff as the survivorship coordinator. A member of the VHC staff since 2005, Ellen previously worked as a nurse case manager/discharge planner on the Oncology Unit. She has served oncology patients in many aspects of their care during her nursing career. She is looking forward to linking oncology patients with resources in the community. Ellen is an active member of the Northern Virginia Oncology Nursing Society.

As coordinator of the Life Beyond Treatment Program, Ellen provides patients with an individualized Cancer Survivorship Plan that includes their diagnosis, treatment summary, possible side effects, community resources for support and recommendations for continued follow-up care. She can be contacted at 703.558.6090.



Asian Lettuce Wraps

INGREDIENTS: (Yields: 4 servings)

- 5 cloves garlic, minced
- 2 tbsp. low-sodium soy sauce
- 2 tbsp. dark sesame seed oil
- 1 tbsp. dark brown sugar
- 1 tsp. prepared mustard
- Pinch red pepper flakes
- 3/4 lb. boneless chicken breast, cut into 1/2-inch x 2-inch strips
- 2 tsp. peanut oil
- 1 cup frozen shelled edamame
- 4 green onions, cut diagonally 1-inch length
- 1 medium red bell pepper, thinly sliced
- 1/3 cup basil, chopped medium, divided
- 1 tsp. toasted sesame seeds, optional
- 8 leaves Bibb (Boston) lettuce
- 1/2 cup grated or matchstick cut carrots

In a glass mixing bowl, whisk together the first 6 ingredients. Add chicken to marinade and set aside for at least 20 minutes.

In large skillet, heat peanut oil over medium-high heat. Remove chicken strips from marinade, reserving liquid. Sauté chicken 6-7 minutes. Add edamame, onion, red pepper, half the basil, sesame seeds and reserved marinade. Continue sautéing 2-3 minutes. Remove pan from heat.

On each of four plates, arrange two lettuce leaves. Divide chicken mixture and top with carrots and remaining basil. Serve with brown rice or brown rice noodles.

Per serving: 236 calories, 14 g total fat (2 g saturated fat), 18 g carbohydrate, 13 g protein, 5 g dietary fiber, 350 mg sodium

Recipe from American Institute for Cancer Research

Nutrition Corner



Dark green leafy vegetables (spinach, kale, romaine lettuce, leaf lettuce, mustard greens, collard greens, watercress, Bibb lettuce, chicory and Swiss chard) are excellent sources of fiber, folate, calcium and a wide range of carotenoids. According to research, carotenoids in dark green leafy vegetables can inhibit the growth of certain types of breast cancer cells, skin cancer cells, lung cancer cells and stomach cancer cells.