

# Cancer Resource Center Newsletter



## Winter, 2017

### Message from the Director

A focus of the Cancer Resource Center (CRC) this winter is on building community. We continue to offer a range of educational programs, but, in addition, we are hosting several events that are intended to help survivors expand their social network.

Numerous studies have documented the positive impact that social support has on our health. Surrounding oneself with family and friends improves our mood, our ability to perform daily activities, and reduces pain and fatigue. One study of breast cancer survivors in the Journal of Clinical Oncology found that having a strong social support system in the first year after diagnosis decreases the risk of cancer recurrence.

So, come hang out with us, CRC staff, your fellow survivors, and your new friends. Join us to drink tea, to color, or to discuss a good book. Come meet other caregivers, participate in a cooking class together, or knit a cozy scarf. We look forward to meeting you!!!!

### Thomas Butler, MD to Retire

After 39 years of practicing medical oncology, Dr. Thomas Butler is planning to retire on June 30, 2017. He has been the Medical Director of the Robert E. Lee Oncology Unit at Virginia Hospital Center since 1983 and Section Chief of Medical Oncology for 25 years. He served on the hospital's Executive Committee for over 20 years. Dr. Butler chaired the Cancer Committee for 15 years and led the efforts for Virginia Hospital Center's Cancer Program to receive the Outstanding Achievement Award from the Commission on Cancer in 2008, 2011, and 2014. He has volunteered many hours for the Arlington Free Clinic.

Dr. Butler was instrumental in the development of the Cancer Resource Center. He has been very supportive of its goals and programs. Since it opened over 25 years ago, he has been a guest speaker and participant in many of the Center's activities, including being a judge at the Annual Cancer Survivors Day.

Dr. Butler plans on spending more time with his four grandchildren. He and his wife enjoy traveling around the world as well as exploring the United States. He will continue to teach Georgetown University medical students.

As a physician with Virginia Cancer Specialists, he has treated thousands of patients at Virginia Hospital Center. On behalf of these patients and their family members, we say thank you to Dr. Butler for his expertise, compassion and commitment to providing the best medical oncology care.

### The Reinsch Pierce Family Center for Breast Health Welcomes Two New Doctors

Dr. Molly Sebastian, Medical Director of the Reinsch Pierce Family Center for Breast Health welcomes Dr. Devina McCray and Dr. Sarosh Zafar to the team.

**Dr. Devina McCray** joined the Reinsch Pierce Family Center for Breast Health in the Summer of 2016 as a dedicated breast surgeon. She graduated from the University of Colorado medical school. After completing a general surgery residency at Florida Hospital, she completed her Breast Surgical Oncology Fellowship at the Cleveland Clinic. Dr. McCray has a special interest in advanced surgery techniques including nipple sparing mastectomy and oncoplasty.

Dr. McCray is dedicated to the multidisciplinary approach to breast care and enjoys the very collaborative approach the Center for Breast Health and the oncology team offer at VHC. The Center offers her the opportunity to spend a lot of time with her patients in order to develop a close relationship and provide an individualized approach to the needs of each patient and family member.

**Dr. Sarosh Zafar** joined the Reinsch Pierce Family Center for Breast Health in the Fall of 2016 as a plastic and reconstructive surgeon. She received her medical degree from Drexel University College of Medicine. She completed her residency in plastic surgery at Houston Methodist Hospital in The Texas Medical Center followed by a fellowship in microsurgery at the University of California. Free flap breast reconstruction surgery is a particular area of interest for her. Dr. Zafar believes that this option offers a more natural look and feel for patients, as well as one that ages more naturally. In addition, she has extensive experience in implant based reconstruction.

An individualized approach to patient care is a very important part of the care that she offers. According to Dr. Zafar "our whole team works with our patients to find the right surgery for the right patient at the right time." Contact The **Reinsch Family Center for Breast Health** at 703-717-4217 to make an appointment with Dr. McCray and/or Dr. Zafar.

## **Project Knitwell**

Project Knitwell has been offering classes and drop-in groups in the Cancer Resource Center since the Spring of 2013. The group offers material for all, and instructions for people who have never knit before and inspiration to the more experienced knitters. Michelle Maynard, the Executive Director, states that the group offers a “respite from the immediate situation, serves as a way to productively pass the time, and has a positive effect on reducing stress.” In addition, “It offers a sense of community and companionship that fosters wellness and comfort.”

Some participants have compared the rhythmic, repetitive motion of knitting to meditation. One participant said, “knit, purl, knit purl...it’s like a heartbeat.” A mother and daughter who attended the group started to make knitted chemocaps for patients. Both agreed that it is a productive fun activity that they could share.

The drop-in group is offered on the 1st and 3<sup>rd</sup> Tuesdays of every month from 3:30-5:00pm. The group is held in the lobby of the 1625 building (Zone A). Cancer patients, their family members and caregivers are welcome. Project Knitwell’s volunteers also go to the oncology unit and provide instruction and materials to patients who want to knit. For any questions, please call 703-558-5555. Registration is not required.

## **Survivors Day- Save the Date!!!!!!**

The next Cancer Survivors Day Celebration will be on Friday, June 2, 2017 from 6:00-8:00pm. More information about registration will be coming later.

## **Dr. Neelima Denduluri Receives Prestigious Leadership Role**

Dr. Denduluri, medical oncologist with Virginia Cancer Specialists has been named to the position of Chair of the American Society of Clinical Oncology (ASCO) Clinical Practice Guidelines Committee. In this role, Dr. Denduluri and her committee approve all proposed guidelines created by ASCO member Advisory Groups. Dr. Denduluri also serves as Associate Chair of the US Oncology Breast Cancer Research Committee, Chairman of the Cancer Committee at Virginia Hospital Center, is a member of the steering committee for the Reinsch Pierce Family Center for Breast Health and is an associate and principal investigator on many clinical trials.

Specializing in breast health, Dr. Denduluri is committed to providing the most up to date diagnosis and treatment procedures. She is highly involved in the local community by participating in community outreach, speaking to patient groups and conferences as well as volunteering at the Arlington Free Clinic since 1999.

We are very fortunate to have Dr. Denduluri as part of the hospital’s oncology team. She offers the highest level of expertise and demonstrates sincere compassion toward her patients and their family members.



## **Carrot Ginger Soup With Shiitake Bacon**

**Ingredients:** (Yields: 6 servings)

2 tablespoons extra virgin olive oil  
1 onion, diced  
2 lbs carrots, peeled and cut into rounds  
4 cups of organic vegetable or chicken stock  
1 tablespoon rolled oats  
Salt and pepper to taste  
1 teaspoon lemon juice  
1 grated fresh ginger



In a pot, heat olive oil over medium heat. Add onions and sauté until onions are soft, about 5-7 minutes. Add carrots and continue sautéing for another 5 minutes. Add oats and stock. Bring to a boil. Reduce heat and simmer for about 20 minutes or until carrots are soft. In a blender, blend soup until creamy. Return to pot. Add more stock to desired consistency. Add lemon juice and ginger a bit at a time. Taste. Add more juice if needed. Adjust seasoning. Optional: Garnish with shiitake bacon.

## **Shiitake Bacon**

**Ingredients:** (Yields: 6 servings)

¼ lbs shiitake mushroom  
2 tablespoon olive oil  
½ teaspoon sea salt

Preheat oven to 375°F. Using paper towels or a kitchen towel, clean mushrooms (do not wash). Cut off the stems. Slice mushrooms caps into very thin slices. Place mushrooms in a bowl, and add oil and salt. Mix well. Place sliced mushrooms in a baking sheet, spreading them into a single layer. Bake them until brown and crispy. About 15 minutes.

Per serving: 110 calories (with Shiitake Bacon: 155 calories), 2 grams protein, 15 grams carbohydrate, 5 grams fiber, 470% daily value of vitamin A

Recipe by Chef Ruth Fehr



## **Nutrition Corner**

One-half cup chopped carrot provides 200% of the daily value of vitamin A, some fiber and is a good source of vitamin K. Carrots contain photochemicals that can act as antioxidants. Ginger is commonly used to treat stomach problems and pain relief.

## Ongoing Support Groups

### Knitting with Friends

**Date:** 1<sup>st</sup> & 3<sup>rd</sup> 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
Mirian Campos, MA, Counselor	703.558.5566
Ellen Schelble, BSW, RN, Survivorship Coordinator	703.558.6090
Cynthia Choi, MS, RD, CSO, Dietician	703.558.3255
Cancer Registry	703.558.6328

## Winter Programs

*All classes are held in the Cancer Resource Center. Please register in advance.*

### Yoga

Tuesdays, 6:00 – 7:00 pm, 703.558.0917

### Spiritual Tune-Up

Thurs, 2/23, 3:00 – 4:00 pm, 703.558.0918

### Introduction to Acupuncture

Fri, 2/24, 11:00 am – 12:00 pm, 703.558.0922

### Cooking for Cancer Prevention

Wed, 3/1 6:00 – 8:00 pm, 703.558.0914

### Caregivers' Café

Thurs, 3/2, 2:30 – 4:00 pm, 703.558.0920

### Survivorship Transitions

Fri, 3/17, 1:00 – 2:30 pm, 703.558.0901

### Color Your Stress Away

Wed, 3/22, 3:00 – 4:00 pm, 703.558.0924

### Bereavement Workshop

Thurs, 3/23 – 4/20, 6:00 – 7:30 pm, 703.558.0955

### Colorectal Cancer Update

Keeran Sampat, MD presents advances in treatment & strategies for prevention of colorectal cancer.

Wed, 3/29, 6:00 – 7:00 pm, 703.558.0915

### Look Good, Feel Better

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

Mon, 4/3, 2:00 – 4:00 pm, 703.558.0902.

### Exercise & Healthy Nutrition

Mon, 4/3, 5:00 – 7:00 pm, 703.558.0910

### Sip in Style

Join us for a tea party & snacks as you learn how to tie scarves.

Wed, 4/12, 11:00 am – 12:00 pm, 703.558.0913

### Living with Metastatic Cancer

Fri, 4/28, 1:00 – 2:30 pm, 703.558.0919

### 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.