

# Connections

Quarterly



GlensFallsHospital



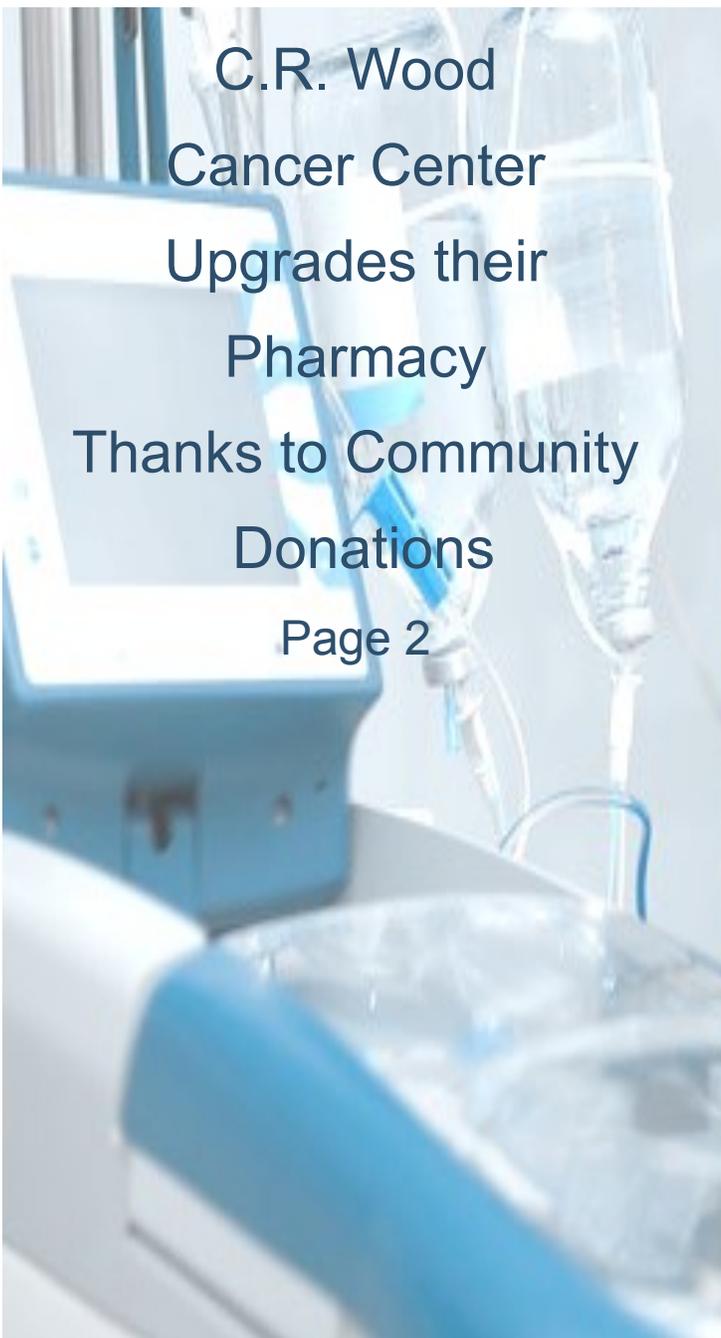
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C.R. Wood  
Cancer Center  
Upgrades their  
Pharmacy  
Thanks to Community  
Donations  
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the C.R. Wood Cancer Center

please call 518-926-6640

### Cancer Center Pharmacy get much needed upgrade and exceeds current guidelines

The CR Wood Cancer Center has been treating patients with a diagnosis of cancer since 1993. The treatment center includes a nurse's station, treatment rooms and a cancer center pharmacy. The initial pharmacy was only 190 square feet and included 2 glove boxes (secure space to mix medications). One for hazardous drugs and one for nonhazardous drugs. All drugs were prepared for immediate use only.



#### Why did we need to expand the pharmacy?

The National Institute for Occupational Safety and Health defined criteria for safe handling of hazardous drugs. The USP (U.S. Pharmacopeial Convention) developed standards for handling hazardous drugs to minimize the risk to public by increasing awareness of safe handling procedures and by providing uniform guidance to reduce the risks associated with handling these medications. These increased standards help reduce the risks posed to patients and healthcare workforce alike. While developing plans for the pharmacy renovation, the USP released updated standard (USP800) which will not become official until July 1, 2018. The Cancer Center Pharmacy was working with the USP 797 standards, so with the guidance of pharmacy, facilities and cancer center leadership the decision was made to use the upgraded standards as a guideline for designing the new cancer center pharmacy. With new cancer therapies, there are increasingly complex medications and formulations, along with multidrug regimens. Increased space and staffing requirements to safely treat patients was based on the increased volumes, increased number of providers, and increased patient need. Our goal is for better outcomes and patients living longer.

#### Statistics

The cancer center had a 20% growth in number of patients treated between 2013 and 2015 (800 to 1,000). A total of 33,100 CTC doses were dispensed in 2015. This represented a 43 % of the overall organizational drug budget, with a \$1.3 million dollar monthly drug expense. In 2016 there were 35,336 doses dispensed through the cancer center pharmacy. That is a 7% increase from the previous year. For 2016, there was an expense of \$17.7 million on drugs prepared by the Cancer Center pharmacy and are on track for spending \$19.1 million on drugs in 2017.

#### Funding

This was a much needed upgrade to the C.R. Wood Cancer Center and the leaders in the organization searched for grant opportunities to help finance this upgrade. In August of 2015 we were awarded the C.R. Wood Foundation matching community grant. This grant stated they would award \$125,000 to the project, and if the Cancer Center and the Glens Falls Hospital Foundation could get community donations to equal that amount, the C.R. Wood Foundation would award an additional \$125,000. Thanks to a very generous community, the goal of \$125,000 was actually exceeded by \$7,000. That brings our overall award to \$382,000. The remaining monies needed for the expansion were allocated from capital budget funds from the Glens Falls Hospital and other community donations. The actual cost for this renovation has reached close to \$800,000.

## The New Pharmacy

The new pharmacy space is now 540 square feet (350 feet larger than previous pharmacy) and is now USP 800 ready for required compliance. There are two hazardous and one nonhazardous drug hood with new clean room technology and a new process for drug storage. Pharmacy staff has been increased to three Pharmacists and three Pharmacy Technicians. The pharmacy staff moved into their new space in March of 2017 and are very happy with the new space and increased safety standards.

To watch the video of the new pharmacy at the CR Wood cancer Center please visit <https://www.glensfallshospital.org/about/about-us/press-releases/brand-new-pharmacy-cr-wood-cancer-center>

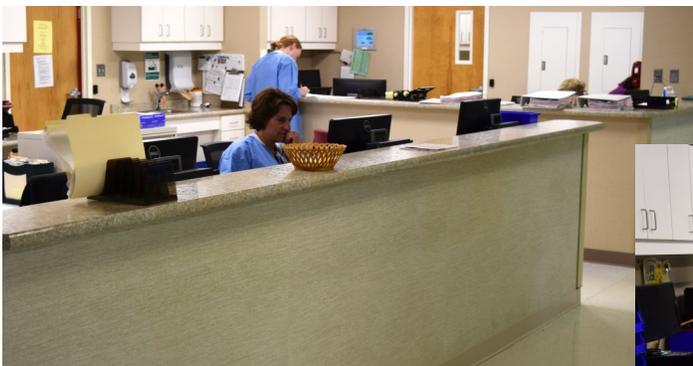
## Thank you

Many thanks to the generous community for their financial support of this much needed upgrade. The community of the greater Glens Falls region continues to show the value in the cancer program at the C.R. Wood cancer Center through ongoing financial support.

Thank you to the leaders of the Glens Falls Hospital for recognizing the need for this important upgrade and making this vision a reality.

Thank you to the patients and families for your patience while the pharmacy and the nurse's station underwent construction during business hours. The team tried to coordinate the upgrades to minimize patient disruption and worked tirelessly to get the project completed in a timely fashion.

For more information about the pharmacy renovation or the C.R Wood Cancer Center please contact Vickie Yattaw, RN, OCN© at 518-926-6639 or email [vyattaw@glensfallshosp.org](mailto:vyattaw@glensfallshosp.org).



New nurses station within the treatment center as part of the pharmacy renovation.



## WHAT IS CATH-FLO?

By Beth Sponzo, RN, BSN, OCN©

Glens Falls Hospital has recently revised its Central Line Policy to keep in line with the current national standards. This includes our patients that have implanted ports and PICC lines. Some of these revisions have resulted in a change in practice that you will notice at your visits to the Cancer Center and other areas in the hospital that use your central line.

From now on you will be asked if you would like to wear a mask during accessing your port or changing your PICC line dressing. The rationale for this is the potential for contamination of the sterile field from the oral cavity in an immune compromised patient population.



Fibrin sheath

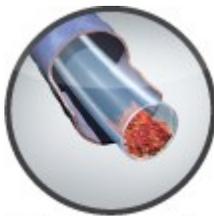
Having a blood return is now a requirement based upon the latest research. We cannot proceed until we can be certain that the line is functioning properly. There can be several reasons for a lack of blood return from a central line. Some of the causes could be partial or complete occlusion (blockage) of the catheter from a fibrin sheath, a positional pinching of the catheter, mal (bad) position of the tip of the catheter or a broken catheter (fracture).



Fibrin tail

The first step when a blood return is not obtained is to try repositioning your body. We will have you turn your head, lay flat, raise your arms and cough to see if that moves the catheter and provides a blood return.

The next step will be Cathflo (Alteplase). This is a “clot buster” that will dissolve any fibrin that has accumulated within the lumen or around the tip of the catheter. The Cathflo is instilled into the central line and left to dwell for 20-30 minutes. If a blood return is not then obtained then we can wait a while longer or repeat the procedure.



Intraluminal thrombus

In the event that Cathflo does not render a blood return, a venogram will be ordered by your physician. This is a test under fluoroscopy where the radiologist injects a dye and watches it as it flows through the catheter. This study will reveal if the tip of the catheter is in the correct area, that the catheter itself is intact and that the fluid flows in the correct direction when it leaves the catheter.

If the catheter is found to be working properly by venogram, your physician will have to make a decision whether or not we can still use it. If a malfunction has been identified, you will be referred back to the physician who placed the line.

It is important for us to provide the safest care to our patients using the current standard of care.

For more information about Cathflo or your implanted ports, please contact your physician or Vickie at 518-926-6639

## Fall Produce

by Andrea Chowske, RD

Fall brings a new variety of fruits and vegetables to season. Deep colors like oranges, reds and greens are especially prominent in the cooler months. Try to choose a variety of brightly colored fruits and vegetables to get a good dose of vitamins, minerals, phytochemicals and fiber. Aim for five servings of fruits and vegetables per day.



Apples are a great fall fruit that are in abundance in our region. A medium apple is about 100 calories, provides 4 grams of fiber and is a good source of vitamin C. Add chopped apples to chicken salad, oatmeal or a green salad. A quick and easy snack is sliced apples dipped in vanilla yogurt or spread with natural peanut butter.

Winter squash is a vegetable powerhouse loaded with fiber, vitamin C, vitamin A, folate and potassium. Toss cubed winter squash with olive oil and roast in the oven for an easy side dish. Fill halved acorn squash with apple, raisins and cinnamon and bake at 400 degrees for about 1 hour for a sweet dish. Puree squash with vegetable stock for an easy soup.

Kale is an easy way to add more green to your diet. It is a great source of vitamin K and vitamin C and a good source of iron and potassium. It is also high in fiber and B vitamins. Chopped kale can be added to soups and stews. You can make kale chips by de-stemming the kale, toss leaves with olive oil, salt and pepper. Place in single layer on baking sheet and bake at 350 degrees for 10 to 15 minutes until the edges are brown.

## Curried Sweet Potato Apple Soup

What's better than warming up with a hearty bowl of sweet potato soup? Perfect for a light lunch or dinner, our Curried Sweet Potato and Apple Soup is the perfect balance of sweet and savory. Serve with brie and apple grilled cheese sandwiches, topped with homemade croutons, or sprinkling with herbs of your choice..

### INSTRUCTIONS

1. Pierce sweet potatoes and apples with fork tines. Microwave sweet potatoes and apple on high until apple is very tender, about 6 to 7 minutes. Remove apple; set aside until cool enough to handle.
  2. Continue microwaving sweet potatoes on high until tender, about 4 to 5 minutes longer. Set aside until cool enough to handle.
  3. Meanwhile, in large saucepan over medium heat, heat oil. Add onion and curry powder. Cook and stir until onion begins to brown, about 5 minutes.
  4. Add broth. Bring to a boil, reduce heat to low; simmer 5 minutes.
  5. Transfer broth mixture to bowl of food processor; reserve saucepan.
  6. Halve sweet potatoes and apple. Remove apple core, scoop potato and apple pulp from skin. Add to processor. Add salt; whirl until very smooth, gradually adding apple juice through processor feed tube. Transfer mixture to reserved saucepan.
  7. Bring to boil over medium heat; whisk in yogurt. Reheat just until hot (do not boil).
- Serve topped with croutons, if desired.

**Number of servings (yield):** 4

**Nutrition per serving** (5 1/4 cups): 253 calories; 50 g carbohydrates; 6 g dietary fiber; 4 g total fat

## The Roller Coaster Journey Through the Land of Chemotherapy

My name is Betty Coley and I am a breast cancer survivor. A little over a year ago, I went in for a routine screening mammogram. I was not particularly worried about the results, after all I was 81 years old and all of my other mammograms had always been normal. The abnormal mammogram led to a diagnostic mammogram and then to a biopsy. When I was notified of the biopsy results, needless to say, I was blown away, but I figured out I'll just do what I have to do. My cancer was triple negative, inflammatory and a very aggressive form of breast cancer.



When I was first notified of the results, my surgeon, Dr. Stephen Scalia, made a referral to Dr. Pillemer here at the CR Wood Cancer Center. After discussion with my daughters and son, we decided to make appointments for second opinions in Albany and Saratoga. When I met Dr. Scalia, I was so comfortable with him that I cancelled my other appointments. This feeling was reinforced when I met Dr. Pillemer. I felt immediately connected, and trusted that my feelings and thoughts would be respected. They showed me compassion, hope and honesty and I knew that I was in the right hands with Dr. Pillemer, Dr. Scalia and the CR Wood Cancer Center.

Due to the aggressive nature of my cancer, Dr. Pillemer recommended that I have chemotherapy prior to surgery. My chemotherapy consisted of Adriamycin and Cytosine followed by Taxol. And so began my roller coaster journey through the land of chemotherapy. Going into chemotherapy, I was really concerned about side effects. When I went through chemo class and the teaching session in the treatment center, it was really hard to hear about the different side effects. I was pretty overwhelmed and the nurses took the time to listen to my fears and address my concerns. My biggest fear was being nauseous. Everyone that I had ever spoken to who had gone through chemo always talked about nausea, but I tell you, I was never nauseous. Not one time, and I feel really lucky and really thankful for strong anti-nausea medications. Those worked so well for me! Losing my hair, the numbness and tingling constant fatigue, and loss of appetite were my biggest challenges.

When I was first diagnosed, I was living on my own and was totally independent. After starting the chemo and feeling so whipped and tired, I had a long and honest conversation with my daughter Julie and her husband, Paul. They graciously invited me to live with them until I was done with treatment and strong enough to be on my own again. They even gave up their bedroom to make it easier on me. I tell you, I have never felt as tired as I did going through chemo and I could not have gotten through that without Julie and Paul's support. That was a really hard decision, but I just thought it is temporary, and I just have to do what I have to do to get through.

The neuropathy was rough and Dr. Gaiotti-Grubbs told me it would take a long time to go away. It is not painful, but it sure can be annoying, especially when dealing with zippers and buttons! For a while it was really hard to hold a pen and write, but that is now improving. There are still times when I try to pull something out of my pocket, think I have it only to find out that I was not able to grab it, but this too is getting better. It made it very tough to walk because it slowed my reaction time. My balance is not as good as it used to be. When I'm home, I feel comfortable walking without a cane, but I still use one in public. One thing I have learned is that I have to take my time when walking, because those doors and walls can be pretty unforgiving when you run into them. The neuropathy in my feet made it very difficult to drive and I had to give up my car. Now that my neuropathy is improving, I think I need a new set of wheels!

Losing my hair was really hard. I was concerned about how I would look, how it would feel and would I look like a cancer patient. I just was not sure I could handle losing my hair. I remember when I was getting my second

treatment of Adriamycin and Cytoxan and Lisa Haase, RN, Nurse Navigator came into the room. She asked how I was feeling and I mentioned that my hair was starting to fall out. She asked me if I wanted to shave it and I said ok. Next thing I know, Lisa and Vickie are back, have me up in a chair, threw a wrap over me and bzzzz that was that. But it was so much fun, Lisa and Vickie made me laugh and forget my worries. I was so concerned that my hair would not grow back prior to my grandson Michael and his finance Corey's wedding, but it did!

Over the course of my treatment, I lost 30 pounds! Food either had no taste or just did not sound good. I could have eaten anything, but there was never anything that I wanted to eat. Luckily, my appetite returned within a few weeks of completing chemo. My taste buds returned to normal, so there is hope!

Certainly, my chemotherapy course had its ups and downs, but the care I received from the staff at the CR Wood Cancer Center was phenomenal. Whether I was checking in at the front desk with Lisa ( I think there is a special place in heaven for her, she is so nice), getting labs drawn, seeing the providers and nurse upstairs, attending education classes, at the boutique, getting treatment or follow up with my nurse navigator, I always felt like a queen. I was greeted by name wherever I went and never once did I feel like a number. All of the nurses were amazing, but there were a few that really made a difference to me. Angel was my nurse most of the time and she truly is an Angel. She made me feel comfortable, answered questions, and made me smile every time I saw her. Mary Lou was very supportive and wonderful. I have nothing but the best to say about Dr. Pillemer, Jean VanAuken, PA, Nikole Delair, PA, Dr. Taylor, Dr. Scalia and Dr. Gaiotti-Grubbs. In their own way, each of them made me feel like I had a voice in my care plan. They knew my priorities and that I was in charge. They explained things in a way that I could understand and answered my questions with patience and honesty. They were all so down to earth. I believe they all had my best interests at heart and they demonstrated this with every interaction. The staff at the CR Wood Cancer Center helped me cope through their continued support, hope, honesty, and caring. Oh, and a big shout out to the valet service that was so amazing and helpful!

My family was my rock, I would not have gotten through all of this without them. Julie was my rock. She was there with me every step of the way but also helped me maintain as much independence as I could manage. She came with me to appointments, helped with those darn buttons and zippers, helped me manage my meds and she kept me sane throughout it all. My grandson Michael kept my spirits up throughout my treatment and told me "You always look beautiful". My other grandson, Matthew, lives in Denver and I really miss him. At the beginning of my treatment he sent me a photo album full of pictures of my grandsons and other family members. Throughout my treatment, he would send pictures to add to the album. Each picture had a little saying on it, and that really helped me through it all. Whenever Matthew and Sean came home to visit, Sean was always attentive and so helpful to me. I am not sure I can ever truly express my love and gratitude for all of my family members. I also attended a number of breast cancer support group meetings. What a wonderful group of women! It was really nice to hear that others had similar struggles and to be able to learn from their experience. One meeting that I attended, the dietician Andrea, was there and she had fabulous advice. And that facilitator, what can I say about Lisa? Not only was she there at group, but she was with me to take notes during doctor appointments, kept my spirits up during treatments, visited me after surgery and stuck by my side throughout it all.

I'm not sure if cancer has changed my life but I guess it has. It has made me realize more and more that other people have it worse off than I have. I have been blessed with all of this, knowing that I had something really bad wrong with me and I've come through it, I've done so well. I hate to keep saying that because other people have not, and I feel bad for other people that have more problems than I have. I feel really lucky that my experience was what it was. I don't think that I'm a negative person and I think that has helped me a lot.

I took one step at a time, learned to be patient and face every challenge with a smile and laughter. That would be my advice to anyone going through cancer. I am not sure what the future holds for me, but I am hoping for a new set of wheels and a new sense of independence. I would love to travel with friends, spend time with family, settle into my new home and find a way to give back to other cancer survivors.

# Support Services and Programs

For general questions about cancer or support services available, please call Oncology Resource Nurses: Vickie, at 926-6639 or Lisa, at 926-6563.

## Services for Individuals by Appointment

### *Care Management*

For: Continuing care needs, transportation and financial concerns  
Info: Karen Cook, LMSW ~ **518-926-6619**

### *Chemotherapy Education Class*

For: Individuals & family starting chemotherapy  
Meets: Tuesdays at 4:00 P.M. ~ Cancer Center Library or by appointment at your convenience  
Info: Vickie Yattaw, RN, BSN, OCN® ~ **518-926-6639**  
Lisa Haase, RN, BSN, OCN® ~ **518-926-6563**

### *Clinical Research*

For: Anyone interested in learning about clinical trials  
Info: Beth Brundage, RN, OCN® ~ **518-926-6644**

### *Genetics Counseling*

For: Anyone concerned about their personal or family history of cancer  
Info: Rebecca Kerr, MSc, CGC ~ **518-926-6574**

### *Nutrition Counseling*

For: Anyone interested in dietary counseling  
Info: Andrea Chowske, RD, CD-N ~ **518-926-2635**

### *Pastoral Care*

For: Anyone interested in spiritual counseling  
Info: Please call **518-926-3531**

## Special Programs (Pre-Registration Required)

### *CG Men's Retreat*

For: Men living with and beyond cancer  
Meets: One weekend each year in the Fall  
Info: Vickie Yattaw, RN, BSN, OCN® ~ **518-926-6639**

### *Cindy's Retreat*

For: Women living with and beyond cancer  
Meets: One weekend each Spring and Fall at Silver Bay on Lake George  
Info: Karen Cook, LMSW ~ **518-926-6619**

### *Patient Insurance Assistance*

For: Referrals, prior authorizations, billing, insurance questions  
Info: Michele Walker ~ **518-926-6637**

### *Psychosocial Oncology*

For: Counseling for patients and/or their families  
Info: Gerry Florio, Ph.D.  
Call **518-926-6640** for an appointment  
Karen Cook, LMSW ~ **518-926-6619**

### *Nurse Navigators*

For: Individuals & family diagnosed with any cancer  
Meets: By appointment or stop by  
Info: Vickie Yattaw, RN, BSN, OCN® ~ **518-926-6639**  
Lisa Haase, RN, BSN, OCN® ~ **518-926-6563**

### *Spa Services at Cindy's Healing Place (Massage Therapy)*

For: Cancer patients during and after treatment  
Meets: By appointment at Cindy's Healing Place  
Info: Please call **518-926-6640**

### *Uniquely You® Boutique & Salon*

For: Any cancer patient  
Free wigs, hats & turbans, skin & hair care  
Meets: By appointment on Tuesdays in the C. R. Wood Cancer Center  
Info: Please call **518-926-6640**

### *Cindy's Comfort Camp*

For: Children and teens ages 6-17 years who have experienced the death or serious illness of a parent or close relative  
Meets: One weekend each Spring and Fall at the Double "H" Hole in the Woods Ranch in Lake Luzerne  
Info: **518-926-6640**

### *Tobacco Cessation*

Whether you're thinking about quitting or ready to quit, call the NYS Smokers' Quit Line for help and support.  
**1-866-NY-QUITS (1-866-697-8487)**

# Support Groups

These groups are open-ended and you may come as you wish. You may want to call if you are new or you have not come for some time to make sure that the schedule or location has not changed.

## Discussion Groups

### *ABC Support Group*

#### *(After Breast Cancer)*

For: Individuals with breast cancer  
Meets: 4th Monday each month  
6:00 P.M. ~ Cancer Center Waiting Room  
Info: Lisa Haase, RN, OCN® ~ **518-926-6563**

### *Blood Cancer Support Group*

For: Individuals & family diagnosed with lymphoma, leukemia or multiple myeloma  
Meets: 2nd Wednesday each month  
6:00 P.M. ~ Community Learning Center, Side A  
Info: Karen Cook, LMSW **518 ~ 926-6619**

### *Prostate Cancer Awareness Group*

For: Men with prostate cancer and their families  
Meets: 3rd Thursday each month  
7:00 P.M. ~ Cancer Center Library  
Info: Vickie Yattaw, RN, BSN, OCN © ~ **518-926-6639**

### *Rays of Hope*

For: Women with ovarian cancer  
Meets: 3rd Wednesday each month  
4:00 P.M. ~ Cancer Center Library  
Info: Mary Davis ~ **518-656-9321**  
Carol Smith ~ **518-793-0565**

### *Round Table Support Group*

For: Individuals with any cancer and their families  
Meets: 1st Wednesday each month  
4:00 P.M. ~ Cancer Center Library  
Info: Karen Cook, LMSW ~ **518-926-6619**



## Activity Groups

### *Healthy Steps*®

For: Gentle exercise for individuals with a cancer diagnosis  
Meets: Tuesdays at 10:00 A.M. – Community Learning Center (Side B)  
Info: Vickie Yattaw, RN, BSN, OCN® ~ **518-926-6639**

### *Tai Chi and Relaxation/Meditation*

For: Anyone interested  
Meets: Monday afternoon at 3:30 P.M. and 5:30 P.M. Community Learning Center (Side B)  
Info: **518-926-1000**

### *Twisted Twirlers*

For: Individuals diagnosed with any cancer and caregivers who would like to join this Hall of Fame twirling group. New twirlers always welcome!  
Meets: 11:30 A.M. ~ 1st and 3rd Tuesday each month Community Learning Center (Side B)  
Info: Barbara Ringer ~ **518-792-7437**

### *Ways of Seeing - Art and Crafts Workshop*

For: Individuals & family diagnosed with any cancer who want to enjoy the life affirming pleasures of creating art  
Meets: 2nd and 4th Tuesday each month at 11:30 A.M. in the Cancer Center Library  
Info: Vickie Yattaw, RN, BSN, OCN© ~ **518-926-6639**

## Quit for Life

### Stop Smoking Program

(Pre-Registration Required)

A 4 week program for anyone who would like to quit smoking

October 24, 31 & November 7, 14, 2017

Tuesday nights from 6:00 P.M.—7:00 P.M.

In the C.R. Wood Cancer Center Library

For information or to register, please call

Lisa Haase, RN, BSN, OCN© ~ **518-926-6563**

## Immunotherapy

By the National Cancer institute (Updated: May 4, 2017)

Immunotherapy is a type of cancer treatment that helps your immune system fight cancer. The immune system helps your body fight infections and other diseases. It is made up of white blood cells and organs and tissues of the lymph system. Immunotherapy is a type of biological therapy. Biological therapy is a type of treatment that uses substances made from living organisms to treat cancer.

**Many different types of immunotherapy are used to treat cancer. They include:**

- Monoclonal antibodies, which are drugs that are designed to bind to specific targets in the body. They can cause an immune response that destroys cancer cells. Other types of monoclonal antibodies can “mark” cancer cells so it is easier for the immune system to find and destroy them. These types of monoclonal antibodies may also be referred to as targeted therapy. See Targeted Therapy for more information.
- Adoptive cell transfer, which is a treatment that attempts to boost the natural ability of your T cells to fight cancer. T cells are a type of white blood cell and part of the immune system. Researchers take T cells from the tumor. They then isolate the T cells that are most active against your cancer or modify the genes in them to make them better able to find and destroy your cancer cells. Researchers then grow large batches of these T cells in the lab. You may have treatments to reduce your immune cells. After these treatments, the T cells that were grown in the lab will be given back to you via a needle in your vein. The process of growing your T cells in the lab can take 2 to 8 weeks, depending on how fast they grow.
- Cytokines, which are proteins that are made by your body’s cells. They play important roles in the body’s normal immune responses and also in the immune system’s ability to respond to cancer. The two main types of cytokines used to treat cancer are called interferons and interleukins.
- Treatment Vaccines, which work against cancer by boosting your immune system’s response to cancer cells. Treatment vaccines are different from the ones that help prevent disease.
- BCG, which stands for Bacillus Calmette-Guérin, is an immunotherapy that is used to treat bladder cancer. It is a weakened form of the bacteria that causes tuberculosis. When inserted directly into the bladder with a catheter, BCG causes an immune response against cancer cells. It is also being studied in other types of cancer.

### **Who Receives Immunotherapy?**

Immunotherapy is not yet as widely used as surgery, chemotherapy, and radiation therapy. However, immunotherapies have been approved to treat people with many types of cancer.

Many other immunotherapies are being studied in clinical trials, which are research studies involving people. To find a study that may be an option for you, visit Find a Clinical Trial.

### **How Immunotherapy Works against Cancer**

One reason that cancer cells thrive is because they are able to hide from your immune system. Certain immunotherapies can mark cancer cells so it is easier for the immune system to find and destroy them. Other immunotherapies boost your immune system to work better against cancer.

## Immunotherapy Can Cause Side Effects

Immunotherapy can cause side effects, which affect people in different ways. The side effects you may have and how they make you feel will depend on how healthy you are before treatment, your type of cancer, how advanced it is, the type of therapy you are getting, and the dose. Doctors and nurses cannot know for certain how you will feel during treatment.

The most common side effects are skin reactions at the needle site. These side effects include pain, swelling, soreness, redness, itchiness, or rash. You may have flu-like symptoms, which include fever, chills, weakness, dizziness, nausea or vomiting, muscle or joint aches, fatigue, headache, trouble breathing, low or high blood pressure. Other side effects might include swelling and weight gain from retaining fluid, heart palpitations, sinus congestion, diarrhea and risk of infection. Immunotherapies may also cause severe or even fatal allergic reactions. However, these reactions are rare.

## How Immunotherapy Is Given

Different forms of immunotherapy may be given in different ways. These include:

- Intravenous (IV): The immunotherapy goes directly into a vein.
- Oral: The immunotherapy comes in pills or capsules that you swallow.
- Topical: The immunotherapy comes in a cream that you rub onto your skin. This type of immunotherapy can be used for very early skin cancer.
- Intravesical: The immunotherapy goes directly into the bladder.

## Where You Go for Your Immunotherapy Treatment

You may receive immunotherapy in a doctor's office, clinic, or outpatient unit in a hospital. Outpatient means you do not spend the night in the hospital.

## How Often You Will Receive Immunotherapy Treatment

How often and how long you receive immunotherapy depends on:

Your type of cancer and how advanced it is

The type of immunotherapy you get

How your body reacts to treatment

You may have treatment every day, week, or month. Some immunotherapies are given in cycles. A cycle is a period of treatment followed by a period of rest. The rest period gives your body a chance to recover, respond to the immunotherapy, and build new healthy cells.

## How to Tell Whether Immunotherapy Is Working

You will see your doctor often. He or she will give you physical exams and ask you how you feel. You will have medical tests, such as blood tests and different types of scans. These tests will measure the size of your tumor and look for changes in your blood work.



## Upcoming Events



Uniquely You  
Breast Cancer  
Survivors  
Luncheon

October 14th

Fort William Henry

Lake George, NY

For more information contact

Lisa Haase, RN, BSN, OCN©

518-926-6563



A special weekend for  
children & teens  
touched by the loss of a  
parent or sibling.

This is a free, weekend  
overnight camp, located at the Double H Hole  
in the Woods Ranch in Lake Luzerne

for children and teens ages 6 - 17.

October 20-22, 2017

For more information

Contact us at:

518 926-6640



Glens Falls Hospital  
C.R. WOOD CANCER CENTER



**Christ the King**

**Spiritual Life Center**

Greenwich, New York

A three day - two night  
program for men living with,  
and beyond cancer.

December 1—3, 2017

For more information contact  
Vickie Yattaw, RN, BSN, OCN©

518-926-6639



**C. R. Wood Cancer  
Center Support Group  
Holiday Party**

**For all Cancer Center  
patients and their guest**

**Wednesday, December 14, 2017,**

**5:00 pm to 7:30 pm**

**Community Learning Center (Side B)**

Please bring a dish to share (pot luck). Bring a  
gift (under \$10) for our Secret Santa (if you wish  
to participate in the gift exchange).

We will provide beverages and tableware.

Please call Vickie (518-926-6639)  
or Lisa (518-926-6563) for more information

# Testimonials

## Cancer Services Program

The ladies on this program are my angels! They made me feel like family in my time of need and took care of EVERYTHING!!!! Reduced my stress immensely

— Anonymous

New York State Department of Health

**Cancer Services Program**

Your partner for cancer screening, support and information



## The Breast Center at Glens Falls Hospital



As some of you know, I work in the Cancer Center as a scheduler on the second floor and never expected to be on the patient side of things. In April of this year I had my yearly mammogram at The Breast Center, along with an ultrasound, as I have dense breasts. The tech told me they saw something but not to be alarmed as the new 3D mammograms were picking up things not seen before. I had a biopsy done the next week, which I still was okay with as I had been through this before a few years prior and everything was negative. Then my primary care doctor called to say my results were positive. I needed an MRI and then was scheduled for a second biopsy. Now I was scared. The Breast Center called to schedule the second biopsy and to reassure me that they would do everything possible to make sure I was as comfortable as possible. The tech, the nurse and even the doctor performing the biopsy walked me through every step, made sure I was comfortable and not feeling the needle as he did his thing. They held my hand, talked to me, reassured me. The nurse called me a couple days later to make sure I was doing okay and check if I needed anything. She has since called to give me information about my type of breast cancer. It's hard being a patient instead of the scheduler but the staff in The Breast Center made the beginning of my journey on this roller coaster a breeze!

Written by Karen Emmons.

## Spa Services

I am a six year Breast Cancer Survivor and found the Spa Services to be very beneficial. The different techniques including Reiki they use help in so many ways. The massage therapists' gentle touch can tell what areas of the body need to be worked on the most. Massage has helped to improve the circulation of my blood and movement of lymph fluids along with a wide range of benefits boosting my immune system. The relaxed state you feel after the massage or Reiki is so amazing. I would recommend having a massage just to experience that all over good feeling. Thank you C.R. Wood Cancer Center for having these services available! Written by Kathy Preda



# Frequently Asked Questions

## Cancer Survivorship



BY Vickie Yattaw, RN, BSN, OCN©

### 1. **Who is a cancer survivor and when am I a cancer survivor?**

The National Coalition of Cancer Survivorship (NCCS) first coined the term in 1986: “From the moment of diagnosis and for the balance of life, an individual diagnosed with cancer is a survivor.” Cancer survivorship is the experience of living with, through and beyond the diagnosis of cancer. Today more people than ever are surviving cancer because of better treatments, prevention and early detection.

### 2. **What is a survivorship treatment summary and care plan, and do I need one?**

Survivorship treatment summary is an overview of your cancer diagnosis and treatments, potential late term side effects and a care plan that identifies the follow-up care that is needed and which doctor will be overseeing that care. One copy of this care plan will be given to you, another sent to your primary care physician, and a third will be scanned into your electronic medical record at the CR Wood Cancer Center. If you do not currently have a primary care physician, our staff will help get you a referral to one close to you.

### 3. **Is there support for cancer survivors once they are finished with Treatment?** While undergoing treatment for a cancer diagnosis, patients get used to seeing their medical oncologists, nurses and support persons on a regular basis. Once treatments are complete some people worry of losing the support they have received. The C.R. Wood Cancer Center has many support groups, programs and support staff to help transition from active treatment into survivorship. Such programs include discussion groups, activity groups, various survivorship events, a psychologist and social worker, dietician, as well as oncology rehabilitation staff (physical therapy, occupational therapy and speech) to assist patients in overall wellness and strength

For more information about cancer survivorship and support programs please contact Vickie Yattaw, RN, OCN© 518-926-6639 or email [vyattaw@glensfallshosp.org](mailto:vyattaw@glensfallshosp.org)

### 2017 Nurse of the Year - Kelle Engel, RN, BSN, OCN© —Radiation Oncology

By Kit Howard, RN, BSN, OCN©

Glens Falls Hospital each year accepts nominations of outstanding nurses to receive the honor of being the Nurse of the year. In 2017 there were 6 nurses throughout Glens Falls Hospital that were award this high honor. The Radiation



Kelle Engel, BS, RN,

Oncology Department is pleased to announce Kelle Engel, RN, BSN, OCN© as one of the winners of the **Nurse of the Year** at Glens Falls Hospital. Kelle goes above and beyond for her patients. She addresses not only their medical needs but also their emotional, educational & spiritual needs. Kelle also provides educational opportunities for the staff in radiation therapy. The Radiation therapy department is fortunate & proud to have Kelle as part of the team. She exemplifies the core values of Glens Falls Hospital.

## Clinical Research at the C.R. Wood Cancer Center at Glens Falls Hospital

If you have been diagnosed with cancer, you may want to talk to your physician about taking part in a clinical trial. Clinical trials may offer treatment options for patients with cancer that are not otherwise available.

• **If you have just found out that you have cancer**, the time to think about a clinical trial is before you make a treatment decision. Talk with your doctor about all your options, including a clinical trial.

Other clinical trials are looking for people who have already been treated for their cancer.

• **If you have already had one or more forms of cancer treatment** and are looking for a new treatment option, there may still be a clinical trial for you to think about.

Please call our research office at 518-926-6644 or 518-926-6701 for more information about clinical trials available at Glens Falls Hospital or visit our website at:

[www.glensfallshospital.org/CRWood-Cancer-Center/clinical-research/clinical-research.cfm](http://www.glensfallshospital.org/CRWood-Cancer-Center/clinical-research/clinical-research.cfm).

You may also want to visit the National Cancer Institute website for other clinical trials at [www.cancer.gov/clinicaltrials](http://www.cancer.gov/clinicaltrials).

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## Cancer Services Program (CSP)

Men and women who are uninsured, meet eligibility criteria and are in need of treatment for breast, cervical, colorectal or prostate cancer screening, may be eligible for full Medicaid coverage through the Medicaid Cancer Treatment Program. Coverage is arranged through the Cancer Services Program Case Manager and will last for the entire treatment period.

These eligibility guidelines are more generous than local counties' departments of social services. So if you've been denied in the past, please don't let that stop you from applying again through the Cancer Services Program.

Glens Falls Hospital provides a New York State Department of Health Cancer Services Program grant that funds breast, cervical and colorectal cancer screenings and follow-up testing at no cost for uninsured women and men. If you or someone you love is without health insurance, call today at: 1-800-882-0121 or 518-926-6570.

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## Connections Editorial Board

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The information in this newsletter is for educational purposes only and is not intended to be used as medical advice. Please consult your physician for questions regarding your treatment.

If you are unable to view us on the internet and would like to receive Connections at home, please call, write or e-mail the editor:

C.R. Wood Cancer Center, Glens Falls Hospital, Glens Falls, NY 12801

E-mail: [svirgil@glensfallshosp.org](mailto:svirgil@glensfallshosp.org)

Please let us know if you would like to be removed from our mailing list.

# When You Need to Call Us

## Medical Oncology

When you call during clinic hours (8:30 A.M. to 4:30 P.M. weekdays) you will reach the telephone triage nurse. Her phone number is 518-926-6620, the number you are given to call if you have any questions or problems.

If it is an emergency, please call 911.

When you call you will very likely need to leave a message as she is often busy with other patients who have also called. Please try to speak clearly (without rushing) giving the following information in the message to help her assist you efficiently:

- Your name, or the name of the person you are calling about (please spell the last name)
- Date of birth
- Your doctor's name (not the PA because they work with multiple doctors)
- Your phone number (or where she can best get back to you)
- The reason why you are calling



If you are calling for a medication refill, please also include:

- The name and location of the pharmacy you use
- The medication and the dose

You will need to allow 48 hours to have the medications refilled. Most prescriptions will be sent to your pharmacy by e-mail (e-scribed). If it is a medication that cannot be sent electronically, we will call you back with instructions.

If you are having a medical problem, we will try to call you back within 2 hours. Please be patient as sometimes many calls come in within a short period of time.

**My Health Record** (<https://glensfalls.iqhealth.com>) allow 48 hours for a response. If you are having a medical problem that needs prompt attention, it is better to call us and leave a message. My Health Record is designed to provide a brief summary of your most recent visit with your doctor. Unfortunately, it is not an efficient forum for a detailed discussion with your care team. It is better to call with questions or, if appropriate, wait to discuss them at your next visit.

Many doctors return their calls (especially test and lab results) at the end of their clinic or at lunch time, so it may be a few hours before they get back to you. When you call, you can let us know if it is okay for them to leave a message with the results on your answering machine.

If you call after hours and need a response, (evenings, nights, or weekends) please tell the answering service to page the on-call doctor. No one is available to check messages during off hours so it will not be received until the next business day.

## Radiation Oncology

Patients receiving radiation therapy who have questions during clinic hours (8:00 A.M. – 4:00 P.M. weekdays) should call the Radiation Therapy Department at 518-926-6670 and ask to speak to a nurse. You will be directed to Kelle Engel RN, BSN, OCN or Kit Howard, RN, OCN. If they are not available to speak with you, please leave a brief message with a call back number. You should expect a call back within 20 to 30 minutes.

If it is an emergency, please call 911. If you have questions or concerns after the department closes or on the weekend, please call the same number, 518-926-6670. An answering service will take your information along with a phone number and a radiation oncologist will return your call. Please do not wait with a problem. The radiation oncologists are on call to address any of your concerns.