

Connections Quarterly

SPRING 2019 ISSUE 69



1 in 5 Americans will
be diagnosed with skin cancer.

DON'T BE THE 1.

Prevent. Detect. Live.

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For more information
about the Connections
Quarterly Newsletter or
the C.R. Wood Cancer
Center please call
518.926.6640



Skin Cancer

American Academy of Dermatology

Skin cancer is the most common cancer in the United States. Current estimates are that one in five Americans will develop skin cancer in their lifetime. It is estimated that approximately 9,500 people in the U.S. are diagnosed with skin cancer every day. Research estimates that non-melanoma skin cancer, including basal cell carcinoma and squamous cell carcinoma, affects more than 3 million Americans a year. More than 1 million Americans are living with melanoma. It is estimated that 192,310 new cases of melanoma, 95,830 non-invasive (in situ) and 96,480 invasive, will be diagnosed in the U.S. in 2019. Invasive melanoma is projected to be the fifth most common cancer for both men (57,220 cases) and women (39,260 cases) in 2019. Melanoma rates in the United States doubled from 1982 to 2011 and have continued to increase. Caucasians and men older than 50 have a higher risk of developing melanoma than the general population. The incidence in men ages 80 and older is three times higher than women of the same age. Skin cancer can affect anyone, regardless of skin color. It is estimated that melanoma will affect 1 in 27 men and 1 in 40 women in their lifetime. Melanoma is the second most common form of cancer in females age 15-29. Melanoma in Caucasian women younger than 44 has increased 6.1 percent annually, which may reflect recent trends in indoor tanning.

Survival rates

Basal cell and squamous cell carcinomas, the two most common forms of skin cancer, are highly curable if detected early and treated properly. The five-year survival rate for people whose melanoma is detected and treated before it spreads to the lymph nodes is 99 percent. Five-year survival rates for regional and distant stage melanomas are 64 percent and 23 percent, respectively. The vast majority of skin cancer deaths are from melanoma. Nearly 20 Americans die from melanoma every day. In 2019, it is estimated that 7,230 deaths will be attributed to melanoma — 4,740 men and 2,490 women.

Risk factors

- Include exposure to natural and artificial ultraviolet light as a risk factor for all types of skin cancer, the majority of melanoma cases are attributable to UV exposure.
- Increasing intermittent sun exposure in childhood and during one's lifetime is associated with an increased risk of squamous cell carcinoma, basal cell carcinoma, and melanoma.
- Even one blistering sunburn during childhood or adolescence can nearly double a person's chance of developing melanoma.
- Experiencing five or more blistering sunburns between ages 15 and 20 increases one's melanoma risk by 80 percent and non-melanoma skin cancer risk by 68 percent.
- Exposure to tanning beds increases the risk of melanoma, especially in women 45 and younger.
- Risk factors for all types of skin cancer include skin that burns easily; blond or red hair; a history of excessive sun exposure, including sunburns; tanning bed use; a weakened immune system; and a history of skin cancer.
- People with more than 50 moles, atypical moles or large moles are at an increased risk of developing melanoma, as are sun-sensitive individuals (e.g., those who sunburn easily, or have natural blond or red hair) and those with a personal or family history of melanoma.
- Men and women with a history of non-melanoma skin cancer are at a higher risk of developing melanoma than people without a non-melanoma skin cancer history.
- Caucasian individuals who have had more than one melanoma have an increased risk of developing both subsequent melanomas and other cancers, including those of the breast, prostate and thyroid.

Prevention and Detection

- Because exposure to UV light is the most preventable risk factor for all skin cancers, the American Academy of Dermatology encourages everyone to stay out of indoor tanning beds and protect their skin from the sun’s harmful UV rays by seeking shade, wearing protective clothing, and using a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.
- Skin cancer warning signs include changes in size, shape or color of a mole or other skin lesion, the appearance of a new growth on the skin, or a sore that doesn’t heal. If you notice any spots on your skin that are different from the others, or anything changing, itching or bleeding, the American Academy of Dermatology recommends that you make an appointment with a board-certified dermatologist.
- The American Academy of Dermatology encourages everyone to perform regular skin self-exams to check for signs of skin cancer.
- A dermatologist can make individual recommendations as to how often a person needs a skin exam from a doctor based on individual risk factors, including skin type, history of sun exposure, and family history.
- Individuals with a history of melanoma should have a full-body exam by a board-certified dermatologist at least annually and perform regular self-exams to check for new and changing moles.

The ABCDE’s of Detecting Melanoma

To catch melanoma at its earliest, most treatable stage, conduct a head-to-toe skin self-examination once a month to check for suspicious moles

A		The two halves of the mole do not match.
B		The edges are irregular or uneven (scalloped, blurred or notched).
C		Multiple or changing shades of brown, tan, black, red, blue, or pink are present.
D		Usually, but not always, larger than 6mm.
E		Changing in appearance, such as size, shape, or color and/or changes in symptoms, such as bleeding, oozing, or itching.

IMLYGIC® (Talimogene Laherparepvec)



What is IMLYGIC?

IMLYGIC is a medicine used to treat a type of skin cancer called melanoma, when it is on your skin or in your lymph glands. IMLYGIC is a weakened form of Herpes Simplex Virus Type 1, which is commonly called the cold sore virus. IMLYGIC is a genetically modified viral therapy indicated for the local treatment of melanoma lesions in patients whose cancer has recurred after initial surgery.

How is IMLYGIC given?

Your oncologist will inject IMLYGIC directly into your tumor(s) with a needle and syringe. You will get a second treatment 3 weeks after the first treatment. After that, you will get treatments every 2 weeks for as long as you have tumor(s). You can get treated for 6 months or longer. Your oncologist will decide which tumor(s) to inject and may not inject every one.

What are possible side effects of IMLYGIC?

The most common side effects of IMLYGIC include:

- Tiredness
- Chills
- Fever
- Nausea
- Flu-like symptoms
- Pain at treatment site

Tell your doctor right away if you get any of these signs and symptoms of herpes infection:

- Pain, burning, or tingling in a blister around the mouth or genitals or on the fingers or ears
- Eye pain, light sensitivity, discharge from the eyes, or blurry vision

- Weakness in arms or legs
- Extreme drowsiness (feeling sleepy)
- Mental confusion

What should I avoid while getting IMLYGIC?

IMLYGIC virus can spread to other areas of your body or to your close contacts (household members, caregivers, sex partners, or persons sharing the same bed).

Do the following to avoid spreading IMLYGIC to other areas of your body or to your close contacts:

- Avoid direct contact between your treatment sites, dressings, or body fluids and close contacts (for example, use condoms when engaging in sexual activity, avoid kissing close contacts if either has an open mouth sore).
- Wear gloves while putting on or changing your dressings. Keep treatment sites covered with airtight and watertight dressings for at least 1 week after each treatment (or longer if the treatment site is weeping or oozing). If the dressing comes loose or falls off, replace it right away with a clean dressing.
- Place all used dressings and cleaning materials in a sealed plastic bag and throw them away in the garbage. Do not touch or scratch the treatment sites.

It is important to follow these instructions to prevent infecting yourself or others close to you.

What are the ingredients in IMLYGIC?

Active ingredient

talimogene laherparepvec

Inactive ingredients

di-sodium hydrogen phosphate dihydrate, sodium dihydrogen phosphate dihydrate, sodium chloride, myo-inositol, sorbitol, and water for injection.

Spring Produce Picks

With warmer weather approaching, new seasonal produce will be at its peak of freshness. Try some of these spring produce picks.

Asparagus

Asparagus is available in white, green, and purple varieties. It is a very good source of iron, folate, vitamin C, vitamin A, vitamin K, calcium, and fiber. Try asparagus roasted for a deeper flavor. Asparagus is also great grilled, stir fried, or added to pasta or rice dishes.

Swiss Chard

Swiss chard comes in a rainbow of colors including white, red, yellow, and orange, and its leaves are deep green and either smooth or curly. Chard's flavor is mild yet earthy and sweet with slightly bitter undertones. Compared to other greens, it is stronger in flavor and sturdier in texture than spinach, but milder than mustard, turnip, and beet greens. This leafy green provides an excellent source of vitamin A, vitamin C and vitamin K. It is also a good source of magnesium, potassium, iron, and fiber. Try sautéing swiss chard with white beans, wilting into pasta dishes or soup or using as a "wrap" for fillings such as cucumbers, bell peppers and hummus.,

Radishes

Radishes come in a variety of shapes, sizes, and colors. Radishes provide an excellent source of vitamin C. They also contain potassium, folate, and fiber. When radishes and other raw cruciferous vegetables are broken down by chopping or chewing, sulfurous isothiocyanate compounds with potential anti-carcinogenic properties are produced. These isothiocyanates are responsible for some of the spiciness in radishes — the greater the isothiocyanate concentration, the hotter the taste. Cooking radishes increases their versatility, enhances their sweetness and tames their spicy flavor. Sauté or roast small red radishes whole and toss with pasta, rice or whole grains, or use in stir-fries or grilled mixed vegetables.

Blueberries

Blueberries are one of the few fruits that are native to North America. These spring berries are a great source of vitamin K, antioxidants and anti-inflammatory properties. Fresh blueberries can even be frozen to enjoy at a later time. Try mixing blueberries with low fat yogurt or blending into a smoothie. They also make a great snack on their own.

Roasted Radishes

Ingredients

- 1 pound radishes, leaves and ends removed (about 2 bunches)
- 1 tablespoon extravirgin olive oil
- ¼ teaspoon kosher salt
- 1 tablespoon white wine vinegar
- 1 tablespoon minced fresh parsley

Directions

1. Preheat oven to 425°F (218°C).
2. Halve radishes and toss in a bowl with olive oil and salt.
3. Line baking sheet with parchment paper and place radishes cut-side-down on lined sheet. Roast for 10 minutes, stir, then roast for an additional 10 minutes.
4. In a large bowl, stir together roasted radishes, vinegar, and parsley.
5. Serve warm or at room temperature

GFH Made a Bad Situation Manageable and Convenient

Author to remain anonymous

In June of 2018, I noticed a lesion on my back and decided to watch it to see if it changed. Over a 6- week period it continued to grow. My primary care physician suspected it to be a boil so he treated me with an oral Bactrim. When that did not help, he sent me to a surgeon who thought it was a cyst. When the surgeon removed it, he found it was a necrotic mass and pathology confirmed that this was a form of invasive skin cancer called melanoma.

Through scans they found that I had lymph nodes in my back and axilla that were also areas of metastatic melanoma. My Medical Oncologist, Dr. Mason, told me this was a stage IV cancer. He did some special testing to see what the best course of treatment for me would be. I made sure that the team at the C.R. Wood Cancer Center knew that I was the primary care giver for an ailing family member and that I would not do any treatment that would limit my ability to perform my caregiver duties.

Dr. Mason ultimately decided on a form of treatment called immunotherapy with a drug called Keytruda. This is a quick infusion that I get once every 3 weeks. It works into my schedule and doesn't take me away from home for too long. The Financial Navigator, Elizabeth McCauley, reached out to me to let me know that with this medication, I would have a very high copay per treatment, but that she could get me free drugs, from the manufacturer and wanted some information to see if I qualified.

I was thankful for this assistance, as I would not have done treatment due to the cost. As a patient of the Glens Falls Hospital's C.R. Wood Cancer Center, I do feel attitude is an important part of health and recovery. On every visit, I have been greeted by all with smiles and caring, which makes me feel more like a friend than a patient. When I ask questions, the response is patient, friendly, and detailed. Lastly, with financial counseling they have made a bad situation manageable and convenient.

**MELANOMA
CANCER
AWARENESS**



Melanoma accounts for **5%** of all skin cancers but **71%** of all skin cancer deaths.

Do You Know About Amanda's House?

Jennifer Frigolette, Amanda's House and Volunteer Services Coordinator

What is Amanda's House?

Amanda's House is a home away from home for patients and family members of Glens Falls Hospital, who have traveled a distance to seek healthcare. It is like Ronald McDonald House, but it accepts guests of any age. The house is free for its guests and is supported through community donations.

Who owns Amanda's House?

Amanda's House opened in 2002 as an independent nonprofit but Glens Falls Hospital now owns it and re-opened it in 2015.

How many bedrooms are at Amanda's House?

There are two bedrooms upstairs and one bedroom downstairs. There is a full bathroom on both levels. Who is eligible to stay at Amanda's House? A patient or family member of a patient who is being treated at Glens Falls Hospital and lives about an hour or more away.

Is Amanda's House a "Hospice House?"

No medical care is provided at the house and guests must be able to attend to all of their own needs. The closest hospice house is now the Haynes House of Hope in Granville, NY.

How can potential guests make a reservation at Amanda's House?

Guests may call **518.792.7212** and ask for Jennifer from Amanda's House.

Join us at the Glens Falls Hospital Aloha Family 5K and 1 Mile Fun Walk

Benefiting Amanda's House at Glens Falls Hospital on Saturday, June 8, 2019, Haviland Cove Park in Glens Falls.

For more information contact **518.792.7212**.



For general questions about cancer or support services available, call Nurse Navigators **Vickie** at **518.926.6639**, **Lisa** at **518.926.6563**, or **Nicole** at **518.926.6629**.

SERVICES FOR INDIVIDUALS BY APPOINTMENT

Care Management

For: Continuing care needs.
Info: Karen Cook, LMSW | 518.926.6619

Chemotherapy Education Class

For: Individuals & family starting chemotherapy.
Meets: Tuesdays at 4:00pm | 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
Nicole Molinero, RN, OCN® | 518.926.6629

Clinical Research

For: Anyone interested in learning about clinical trials.
Info: Beth Brundage, RN, OCN® | 518.926.6644

Genetic 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: 518.926.3531

Patient Financial Assistance

For: Referrals, prior authorizations, billing, insurance questions, and financial needs.
Info: Elizabeth McCauley | 518.926.6516

Psychosocial Oncology

For: Counseling for patients and/or their families.
Info: Gerry Florio, Ph.D.
Kate Lail, MHCH
Call 518.926.6640 for an appointment

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
Nicole Molinero RN, OCN® | 518.926.6629

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

SPECIAL PROGRAMS *Pre-Registration Required*

Couples Retreat

For: Anyone living with and beyond cancer.
Meets: One weekend each year in the fall.
Info: Vickie Yattaw, RN, BSN, OCN® | 518.926.6639

Cindy's Comfort Camp

For: Families, 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 for families and fall for children living with loss, at the Double H Ranch in Lake Luzerne
Info: 518.926.6640

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

Breast Cancer Survivors Luncheon

For: Breast cancer survivors and a guest.
Meets: One Saturday in October.
Info: Lisa Haase, RN, OCN® | 518.926.6563

Survivor Breakfast

For: Any cancer survivor and a guest.
Meets: One Saturday in June.
Info: Lisa Haase, RN, OCN® | 518.926.6563

Summer Picnic

For: Any cancer survivor and their family.
Meets: One Wednesday in August.
Info: Vickie Yattaw, RN, OCN® | 518.926.6639

Holiday Party

For: Any cancer survivor and their family.
Meets: One night in December.
Info: Lisa Haase, RN, OCN® | 518.926.6563

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.
6:00pm | Cancer Center Waiting Room
Info: Lisa Haase, RN, BSN, OCN® | 518.926.6563

Blood Cancer Support Group

For: Individuals & family diagnosed with lymphoma, leukemia, or multiple myeloma.
Meets: 2nd Wednesday each month.
6:00pm | Community Learning Center (Side A)
Info: Karen Cook, LMSW 518.926.6619

Caregiver Support Group

For: Caregivers for patients diagnosed with cancer.
Meets: TBD.
Cancer Center Library
Info: Kate Lail, CMHC | 518.926.6522

Rays of Hope

For: Women with ovarian cancer.
Meets: 3rd Wednesday each month.
4:00pm | Cancer Center Library
Info: Mary Davis | 518.656.9321
Carol Smith | 518.793.0565

Tobacco Cessation

Whether you're thinking about quitting or ready to quit, call the NYS Smokers' Quitline for help and support.

1-866-NY-QUITS 1.866.697.8487

ACTIVITY GROUPS

Healthy Steps®

For: Gentle exercise for individuals with a cancer diagnosis.
Meets: Tuesdays at 10:00am | 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 3:30pm and 5:30pm.
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: 1st and 3rd Tuesday each month.
11:30am | Community Learning Center (Side B)
Info: Barbara Ringer | 518.792.7437

Coming Soon!

Care Giver Support Groups and Socials. We will be planning Caregiver Teas and Social/discussion groups for caregivers.

Info: Vickie Yattaw, RN, BSN, OCN® | 518.926.6639

QUIT FOR LIFE

Stop Smoking Program

Pre-Registration Required

A four-week program for anyone who would like to quit smoking.

July 9th – 30th, 2019

Tuesday nights from 6:00pm – 7:00pm

In the C.R. Wood Cancer Center Library.

For information or to register, please call

Lisa Haase, RN, BSN, OCN® | 518.926.6563

Cancer Support Groups

Cancer support groups are meetings for people with cancer and anyone touched by the disease. They can have many benefits. Even though a lot of people receive support from friends and family, the number one reason they join a support group is to be with others who have similar cancer experiences. Some research shows that joining a support group improves both quality of life and survival.

What Support Groups Can Do

- Help you feel better, more hopeful, and not so alone
- Give you a chance to talk about your feelings and work through them
- Help you deal with practical problems, such as problems at work or school
- Help you cope with side effects of treatment

Types of Support Groups

Some groups focus on all kinds of cancer. Others talk about just one kind, such as a group for women with breast cancer or one for men with prostate cancer. Some can be open to everyone or just for people of a certain age, sex, culture, or religion. For instance, some groups are just for teens or young children. Support groups can also be helpful for children or family members. These groups focus on family concerns such as role changes, relationship changes, financial worries, and how to support the person with cancer. Some groups include both cancer survivors and family members.

Online support groups are “meetings” that take place online. People meet through chat rooms, listservs, webinars, social media (such as Twitter or Facebook), or moderated discussion groups. People often like

online support groups because they can take part in them any time of the day or night. They’re also good for people who can’t travel to meetings, or live in rural areas. Some are sponsored by cancer organizations, while others aren’t monitored. Therefore, always check with your doctor about any cancer information you receive to make sure it’s correct.

Telephone support groups are when everyone dials in to a phone line that is linked together, like a conference call. They can share and talk to others with similar experiences from all over the country. There is usually little or no charge.

Where to Find a Support Group

Many hospitals, cancer centers, community groups, and schools offer cancer support groups. Here are some ways to find groups near you:

- Call your local hospital and ask about its cancer support programs.
- Ask your social worker to suggest groups.
- Talk to other patients who have tried support groups.

Do an online search for groups. Or go to the NCI database Organizations that Offer Cancer Support Services for suggestions.

Is a Support Group Right for Me?

Before joining a support group, you may want to ask yourself if you’re comfortable talking about personal issues. You can also think about what you hope to gain by joining one. A support group may not be right for everyone. Some people don’t like to hear about others’ problems. And some find that their need for a support group changes over time.

If you have a choice of support groups, visit a few and see what they are like. See which ones make sense for you. Although many groups are free, some charge a small fee. Find out if your health insurance pays for support groups. If you're thinking about joining a support group, here are some questions you may want to ask the group's contact person:

- How large is the group?
- Who attends (survivors, family members, types of cancer, age range)?
- How long are the meetings?
- How often does the group meet?
- How long has the group been together?
- Who leads the meetings — a professional or a survivor?
- What is the format of the meetings?
- Is the main purpose to share feelings, or do people also offer tips to solve common problems?
- If I go, can I just sit and listen?

Support groups vary greatly, and if you have one bad experience, it doesn't mean these groups aren't a good option for you. You may also want to find another cancer survivor with whom you can discuss your cancer experience. Many organizations can pair you with someone who had your type of cancer and is close to your age and background.

What Cancer Cannot Do

It cannot cripple love

It cannot shatter hope

It cannot corrode faith

It cannot destroy peace

It cannot kill friendship

It cannot suppress memories

It cannot silence courage

It cannot invade the soul

It cannot steal eternal life

It cannot conquer the spirit

Anonymous

TENTH ANNUAL SURVIVORSHIP CELEBRATION

Date: Saturday June 1st, 2019

Location: Gideon Putnam,
Saratoga Springs, NY

Speaker: Christopher Mason, DO
Medical Oncologist,
C.R. Wood Cancer Center

RSVP required

Invitations will be mailed out early April.
If you would like an invitation please call

Lisa Haase, RN, OCN
at 518-926-6563

CELEBRATE SPIRIT & SURVIVOR WEEK

The week of June 3–7, 2019

This year we are celebrating both Staff Spirit week and Survivor week the first week in June. Spirit week will consist of different themes each day. The staff will be dressed up for a celebration of all employees of the C.R. Wood Cancer Center. Themes will be displayed and patients are encouraged to share in the

fun. The annual Survivor Celebration will last all week with refreshments, giveaways, and prizes. This is a way for us to celebrate all the patients and their families during this one week. **We hope you can join us in the fun!!**



FINANCIAL CORNER

Most people are scared of the “Financial Toxicities” regarding cancer treatment. The Financial Navigator at the CR Wood Cancer Center, Elizabeth McCauley, can assist everyone with finding funding options to help manage this scary reality of treatments.

One of the many resources that Elizabeth uses is free drugs directly from the manufacturer.



If you have questions or would like more information about financial assistance options, please call Elizabeth at **518.926.6516**.

NAVIGATORS CORNER

The Oncology Nurse Navigators assist patients and families with many issues that arise due to a diagnosis of cancer.



One of the biggest concerns for most people is rides to treatment. The Navigation team works with county drivers, Medicaid taxi's, American Cancer Society's Road to Recovery program, and many more.

If you or a loved one needs assistance with rides please call **518.926.6639** for more information.

CAREGIVER CORNER

Putting your life into balance is what gives you energy to do all that you need to accomplish for your loved one.



Take Care of Your Mind

Caregivers say the following steps have helped them balance out mental stresses:

Write it out. Keeping a log or written journal can be a safe place to struggle with feelings and frustrations. Simply getting something on paper can help provide perspective.

For more resources call **518.926.6639**

SURVIVOR CORNER

Be Physically Active

Studies show that exercise is generally safe during cancer treatment, and can improve many aspects of health, including muscle strength, balance, fatigue, and depression.

Talk to your healthcare provider about what would work best for you.

Physical activity after diagnosis is linked to living longer and a reduced risk of the cancer returning among people living with breast, colorectal, prostate, and ovarian cancer – among other forms of the disease.

SURVIVOR

A Letter of Gratitude

Vickie Yattaw

The Adirondack Thunder recently changed the annual Pink in the Rink Hockey fundraising game to a Stick it to Cancer two-day event. This year the Adirondack Thunder wore special purple jerseys during both games on March 8th and 9th. This was an amazing event in many ways. This was the first weekend back for Adirondack Thunder Hockey Player Shane Conacher. Shane had recently been diagnosed with testicular cancer and was treated surgically and needed to take some time to recover. The Adirondack Thunder team and fans showed amazing support and encouragement for their teammate during both games.

This year's weekend extravaganza started off with Trevor Strader, son of David Strader ("The Voice") singing the national anthem. Then fans were able to donate \$10 to the C.R. Wood Cancer Center's Patient Assistance Fund, to be able to go out on the ice after the game and "Paint the Ice". There were 214 people who shared a message of love and support by painting names and logos on the ice after the game Friday night. Those messages of love were then frozen over and the Adirondack Thunder played Saturday's game on top.

Saturday's game was almost a sold-out crowd with fans there to support both Shane Conacher and the C.R. Wood Cancer Center. Attendees were given signs to write a message for whom they fight for. Those signs were then held up during a special pause during the second period, where the Thunder played a video of support from the hockey players to their families and Shane Conacher. It was a sea of purple messages of remembrance and support across the arena.

That evening reminded me how amazing our community is in supporting the Cancer Center. The evening was a fundraiser which benefited the Randy's Patient Assistance Fund that supports patients of the



C.R. Wood Cancer Center with copays for treatments, gas cards and other transportation and financial assistance. The 50/50 raffle sales had an amazing response and the Cancer Center raised \$1400.

At the end of the game, cancer survivors, along with the Thunder players, auctioned off the Purple Jerseys all to benefit the Randy's Patient Assistance fund. This was one of the best and most energetic auctions I have seen. Shane Conacher's jersey alone went for a record \$2,350!!!! Overall the jersey auction brought in \$23,000.00.

I am beyond grateful for everyone who had a hand in making this event such a success. From the staff and players of the Adirondack Thunder, the volunteers who helped with the 50/50 raffle and purple jersey auction, and most importantly the community who came out to support the event. The patients and staff of the C.R. Wood Cancer Center are honored to be recipients of over \$26,000 for the Randy's Patient Assistance Fund.

Sincerely,

Vickie Yattaw, RN, OCN

Oncology Education and Support Services Manager
C.R. Wood Cancer Center

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 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

You may also want to visit the National Cancer Institute website for other clinical trials at **www.cancer.gov/clinicaltrials**.

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.

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

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

Medical Oncology

When you call during clinic hours (8:30am – 4:30pm weekdays) you will reach the telephone triage nurse. Her phone 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 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.
- The reason why you are calling.

If you are calling for a medication refill, please 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 medication refilled. Most prescriptions will be sent to your pharmacy by email (eScribed). 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 two 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 (8:00am – 4:00pm 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 callback 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.