

## In this Issue

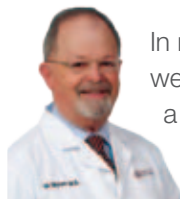
- 1 A Message from our President:  
Every Step of the Way
- 2 April Calendar
- 2 Team in Action
- 2 Community Events
- 3 Featured Programming:  
CRF Workshops
- 4 May Calendar
- 4 Save the Date
- 4 Technology Spotlight:  
PET/CT Scans
- 5 Clinical Trials:  
How are they Conducted?
- 6 Wellness & Survivorship
- 8 Locations

Want to receive an electronic version of *KCCC Journeys*? Email us at [KCCCJourneys@USOncology.com](mailto:KCCCJourneys@USOncology.com) or go to [KCCancerCenter.com](http://KCCancerCenter.com) and click on the newsletter button on the home page.

Follow us on:



## Every Step of the Way A Message from our President



In recent months, you may have noticed an increased focus on wellness strategies at Kansas City Cancer Center. Sami Papacek, a certified Cancer Exercise Specialist, has signed on full time as our Wellness Program Manager. Carrie Michel, Oncology Dietitian, has also joined the team to provide nutrition support and counseling. Nurse practitioners Nancy Washburn and Sue Ellen Breese help with our new four-week Wellness 101 workshop. Betsy Bennett leads our Seven Levels of Healing® team. Our inventory of classes, workshops and resources for KCCC patients continues to grow.

While the work of this dedicated team is a substantial and important addition to our program offerings at KCCC, it is just the tip of the iceberg. Every physician, staff member and support person at KCCC is committed to treating the whole person, not just the disease. Research shows that wellness strategies are effective in combating commonly reported side effects like nausea, depression, anxiety, fatigue and weight gain. Wellness programs also offer important benefits for hematology patients. See the article about our *Get Energized!* Cancer Related Fatigue workshops on page 3.

In April, as we recognize Cancer Related Fatigue Awareness Month, I encourage you to become familiar with the many support programs that KCCC offers to help you on your journey. You will find many of them listed in this newsletter, on pages 2–5. Pick up a wellness survey at any KCCC location to help us discover what programming would be most helpful for you.

Most importantly, don't overlook the impact of a healthy mind and body on your treatment, survivorship, and overall outlook on life. At KCCC, we are here to support you, every step of the way.

Onward,

**MARK MYRON, MD**  
President



## April

KCCC Calendar

### The Seven Levels of Healing®

April 4	South	Introduction
April 7	South	Week 6
April 14	South	Week 7
April 18	South	Introduction
April 28	South	Week 1

Event Time: 6:30–8:30pm

Contact: Betsy Bennett

Betsy.Bennett@USOncology.com

816.584.4832

### Wellness 101

April 7	South	Week 1
April 14	South	Week 2
April 21	South	Week 3
April 28	South	Week 4

Event Time: 1:00–2:00pm

Contact: Sami Papacek

Sami.Papacek@USOncology.com

913.577.5834

### Celebration of Life

April 12 South 5:00–6:00pm

Contact: Lisa Serig

Lisa.Serig@USOncology.com

816.333.1326

April 19 North 5:00–6:00pm

Contact: Mari DeFeo

Mari.DeFeo@USOncology.com

816.746.4570

## A healthy dose of compassion

### KCCC Team in Action



Dr. Greg Monaghan

KCCC's Dr. Greg Monaghan volunteers for the KC Free Health Clinic at its midtown Kansas City location several times a month. There, he cares for patients dealing with many common health issues such as heart disease, diabetes, high cholesterol and high blood pressure. Dr. Monaghan says the experience has been eye-opening for him on many levels, including the impact the recession has had on the clinic's patients. "When I meet with patients, I often ask them about their personal circumstances and I regularly hear about how they lost their job and then their health insurance," he says. Kudos to Dr. Monaghan for providing this much-needed service to those in need.

## Shave to Save fundraising continues

### KCCC Team in Action

KCCC's Stephanie Dutton and Nancy Washburn continue their creative efforts to raise \$5,000 each for the 2011 Shave to Save event. Nancy and Stephanie are participating in the American Cancer Society's Shave to Save on May 12. They will have their heads shaved in order to benefit the ACS Hope Lodge. The staff at KCCC—South recently held a bake sale to help with fundraising. On March 31, Nancy, Stephanie and others offered to take a pie in the face for money. After May 12, watch for both Nancy and Stephanie to be sporting their shortest haircuts ever. That's "shear" dedication!



## Out & About with KCCC

### Community Events in April & May

#### APRIL

- 8 Lee's Summit Rotary Club Presentation by Valerie Sommer
- 12 Celebration of Life—KCCC—South
- 14 KCUR Fund Drive—Corporate Sponsor
- 14 Shave to Save Wine Tasting & Auction
- 19 Celebration of Life—KCCC—North
- 21 Corporate Woods "Branching Out" Expo
- 23 PurpleStride Run/Walk for Pancreatic Cancer
- 30 Hindu Temple & Cultural Center Health Fair, Shawnee
- 30 Leukemia & Lymphoma Society; Think Bold Ball

#### MAY

- 3 Celebration of Life  
KCCC—East
- 12 Shave to Save Luncheon
- 17 Celebration of Life  
KCCC—Shawnee Mission
- 24 Celebration of Life  
KCCC—Southwest
- 28 Miles Against Melanoma 5k  
Run/Walk—Blue Springs



# Cancer Related Fatigue Workshops

## Featured Programming

Cancer Related Fatigue (CRF) is common for both cancer and hematology patients. Fatigue is reported in up to 90 percent of cancer patients and is common in patients with hematology disorders as well. As a way to combat CRF, Wellness Program Manager Sami Papacek developed the CRF workshop, *Get Energized*. According to Sami, several strategies can ease fatigue, including an active lifestyle, healthy eating and attention to emotional wellbeing.

KCCC patient Gail Barham recently attended a 75-minute *Get Energized* CRF workshop at KCCC and says she walked away with a number of tips to ease her fatigue. She was diagnosed with breast cancer in August, 2010 and was treated by KCCC's Dr. Mark Davidner and Dr. Lori Lindstrom. During her six-week course of radiation at KCCC—South, Gail learned of the CRF workshop and signed up.

Gail said the CRF session she attended included patients with a wide array of cancers and that Sami took extra time to address everyone's unique issues and concerns. She says Sami stressed the importance of maintaining some level of activity during and after treatment, even if it's doing a simple exercise from a seated position.

*“There were a lot of take-aways—from recipes to exercises,” Gail says. “It was empowering, giving you back some of the control you feel you lose when you're diagnosed.”*

*Get Energized* unlocks the three secrets of stamina, including cardiovascular exercise and strength training, good nutrition and a healthy mind/body connection. Sami says

CRF is often caused by anxiety, depression, lack of sleep and other forms of stress.

Relieving stress can help rebuild the immune system and improve a patient's energy and outlook on life.

Sign up for a *Get Energized* CRF Workshop by calling 913.577.5834. Or visit

[KCCancerCenter.com/Wellness](http://KCCancerCenter.com/Wellness) and click on the green online registration button. You can also download an information sheet about CRF from the wellness web page.



April *continued*  
KCCC Calendar

---

### Cancer Related Fatigue (CRF)

April 5	Shawnee Mission	11:00–12:15pm
April 12	East	11:00–12:15pm
April 13	North	1:00–2:15pm
April 19	West	5:45–7:00pm
April 20	South	2:00–3:15pm
April 21	Southwest	11:00–12:15pm

Contact: Sami Papacek  
[Sami.Papacek@USOncology.com](mailto:Sami.Papacek@USOncology.com)  
913.577.5834

---

### American Cancer Society Days

April 5	North
April 7	East
April 19	Southwest
April 21	South
April 27	Shawnee Mission
April 28	West

Event Time: 9:00–12:00pm  
Contact: Matt Martinek  
[Matt.Martinek@Cancer.org](mailto:Matt.Martinek@Cancer.org)  
816.218.7282

*During this time, an ACS representative will be in our office to answer questions and provide additional information and resources.*

---

### Jin Shin Jyutsu

April 4	East	5:30–7:00pm
---------	------	-------------

Contact: Sami Papacek  
[Sami.Papacek@USOncology.com](mailto:Sami.Papacek@USOncology.com)  
913.577.5834

---

### Look Good, Feel Good

April 8	East	10:00–12:00pm
---------	------	---------------

Contact: Kati Spencer  
[Kati.Spencer@USOncology.com](mailto:Kati.Spencer@USOncology.com)  
816.350.5858

April 20	North	1:00–3:00pm
----------	-------	-------------

Contact: Mari DeFeo  
[Mari.DeFeo@USOncology.com](mailto:Mari.DeFeo@USOncology.com)  
816.746.4570

## May

KCCC Calendar

### The Seven Levels of Healing®

May 2	South	Introduction
May 5	South	Week 2
May 12	South	Week 3
May 16	South	Introduction
May 19	South	Week 4
May 26	South	Week 5

*Event Time:* 6:30–8:30pm

*Contact:* Betsy Bennett

Betsy.Bennett@USOncology.com

816.584.4832

### Wellness 101

May 4	North	Introduction
May 11	North	Physical
May 18	North	Nutrition
May 25	North	Mind/Body

*Event Time:* 4:00–5:00pm

*Contact:* Sami Papacek

Sami.Papacek@USOncology.com

913.577.5834

### Celebration of Life

May 3 East

*Event Time:* 5:30–6:30pm

*Contact:* Leslie Mitchell

Leslie.Mitchell@USOncology.com

816.350.5810

May 17 Shawnee Mission

*Event Time:* 5:00–6:00pm

*Contact:* Julie Dalsing

Julie.Dalsing@USOncology.com

913.749.4477

May 24 Southwest

*Event Time:* 5:00–6:00pm

*Contact:* Jill Baldwin

Jill.Baldwin@USOncology.com

913.234.0476

### Cancer Related Fatigue (CRF)

May 10	West	5:30–6:45pm
May 11	Southwest	11:00–12:15pm
May 18	South	4:00–5:15pm
May 24	East	4:00–5:15pm
May 25	North	11:00–12:15pm

*Contact:* Sami Papacek

Sami.Papacek@USOncology.com

913.577.5834

## Save the Date!

### National Cancer Survivors Day®



National Cancer Survivors Day® is June 5, 2011. As in years past, KCCC will be there to participate with giveaways, information and resources. Mark your calendar and plan to join us at Bloch Cancer Survivors Park, 48th & Roanoke, west of The Plaza.

Did you know this event originated right here in Kansas City? In 1987, cancer survivor Richard Bloch (co-founder of H&R Block) and his wife, Annette, held their first Cancer Survivor Rally in Kansas City, Missouri, to obtain media coverage that would demonstrate to the world that life after cancer could be a reality. The idea soon caught on in other communities and has come to be known as National Cancer Survivors Day.

Now, National Cancer Survivors Day is an annual, worldwide Celebration of Life that is held in hundreds of communities throughout the United States, Canada, and other participating countries.

## PET/CT

### Technology Spotlight

Today's new imaging technologies, such as PET/CT, are transforming the way we diagnose, treat and monitor cancer. Nuclear Medicine provides detailed information that would normally require more invasive procedures or surgeries. More importantly, the KCCC radiology team can use these advanced technologies to identify cancer at an earlier stage than allowed by other diagnostic tests. Timely detection results in prompt treatment, or modifications in treatment, for our patients.

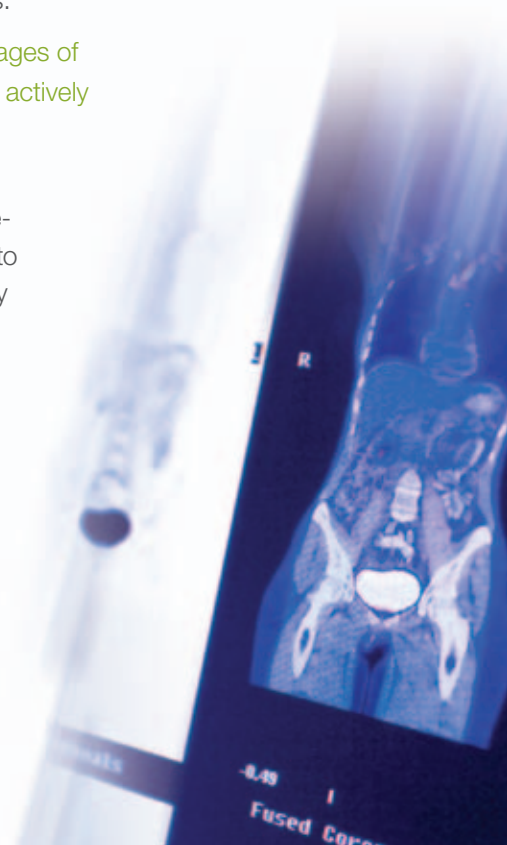
*In one continuous scan, PET/CT captures images of changes in the body's metabolism caused by actively growing cancer cells.\**

Positron emission tomography (PET) and computerized tomography (CT) are both state-of-the-art imaging tools that allow physicians to pinpoint the location of cancer within the body before making treatment recommendations.

The highly sensitive PET scan images the biology of disorders at the molecular level, while the CT scan provides a detailed picture of the body's internal anatomy.

Alone, each imaging test has particular benefits and limitations but by combining these two state-of-the-art technologies, physicians can more accurately diagnose, localize and monitor cancer.\*

\*Source: PETScanInfo.com



# How are Clinical Trials Conducted?

## Research at KCCC

Clinical trials are designed to test treatments under very specific scientific and ethical guidelines. Clinical trials use written protocols to define the purpose, design and conduct of a specific clinical trial. All of the research centers participating in a particular study use the same research protocol. The protocol is written by the sponsor of the study and explains what the trial will do, how it will be conducted, where it will be conducted, who may participate and how and when the participants will be evaluated. Sponsors of clinical trials include, but are not limited to, the National Cancer Institute, groups or networks of physicians, individuals within a single cancer institution and manufacturers of biopharmaceutical products.



Richard McKittrick, MD  
Physician Research Leader

In order to protect patients participating in clinical trials, the sponsor reviews the protocol for safety and appropriateness and then the protocol must undergo a second neutral review by an Institutional Review Board (IRB). The Institutional Review Board is responsible for overseeing any clinical trials that are performed in the specific healthcare institution where the clinical trial is offered/conducted. An Institutional Review Board includes physicians, healthcare providers and individuals not involved in healthcare, including the clergy or ordinary citizens/consumers. Institutional Review Board members do not have any personal interest in the results of the trial and, therefore, can ensure that the study is conducted fairly and safely. Committee members serving on Institutional Review Boards address the following questions in reviewing protocols:

- Does this protocol have scientific value?
- Does the protocol have scientific validity?
- Does the study have a valid scientific design and yet pose an inappropriate risk for subjects?
- Are risks to subjects minimized?
- Are the risks to subjects reasonable in relation to anticipated benefits, if any, to subjects and the importance of the knowledge that may reasonably be expected to result?
- Is the selection of subjects equitable?
- Are additional safeguards in place for subjects likely to be vulnerable to coercion or undue influence?
- Will informed consent be obtained from research subjects or their legally authorized representatives?
- Is there adequate provision for monitoring the data collected to ensure the safety of subjects?
- Are there adequate provisions to protect the privacy of subjects and to maintain the confidentiality of data?

For more information, talk to your physician or visit [KCCancerCenter.com/Clinical-trials](http://KCCancerCenter.com/Clinical-trials).

May *continued*  
KCCC Calendar

### American Cancer Society Days

May 3	North
May 5	East
May 17	Southwest
May 19	South
May 25	Shawnee Mission
May 26	West

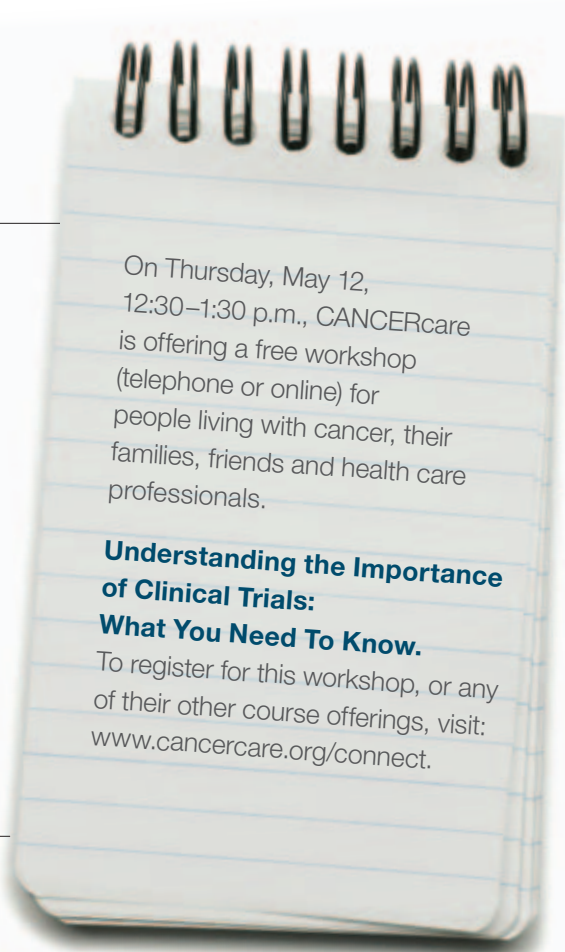
*Event Time:* 9:00–12:00pm  
*Contact:* Matt Martinek  
Matt.Martinek@Cancer.com  
816.218.7282

*During this time, an ACS representative will be in our office to answer questions and provide additional information and resources.*

### Resilience Workshop

May 3	Shawnee Mission	5:30–6:30pm
-------	-----------------	-------------

*Contact:* Sami Papacek  
Sami.Papacek@USOncology.com  
913.577.5834



On Thursday, May 12, 12:30–1:30 p.m., **CANCERcare** is offering a free workshop (telephone or online) for people living with cancer, their families, friends and health care professionals.

#### **Understanding the Importance of Clinical Trials: What You Need To Know.**

To register for this workshop, or any of their other course offerings, visit:  
[www.cancer.org/connect](http://www.cancer.org/connect).

# Wellness & Survivorship

## Tips for Healthy Living

Since January, we've had close to 100 attendees in KCCC wellness programs. Even more significantly, we've given our patients tools to help them feel better and live better, no matter where they are in their journey.

### Cancer Related Fatigue

---

#### Physical

Fatigue is a completely normal part of cancer or hematology treatment. When you're tired, you don't feel like exercising. And guess what that leads to? Feeling even MORE tired. Don't give up. You can do something about it!

Cardiovascular exercise and strength training are vital to maintaining energy. Moderate exercise can help you rebuild soft tissue, improve your body strength and increase your endurance. Sami Papacek, KCCC Wellness Program Manager, has outlined a few simple suggestions below. Sign up for one of Sami's Cancer Related Fatigue Workshops to learn more.

- Focus on getting vertical and having good posture, even while sitting.
- Walk daily, adding time as you feel better.
- Use a pedometer to track your progress.
- Lift hand weights, soup cans or other weighted objects. Use free weights while seated on a stability ball.
- S-t-r-e-t-c-h and breathe.
- Try some easy chair exercises.
- Avoid too much rest. Rest, but try to limit naps to 20-30 minutes.

As always, consult your doctor about the appropriate level of exercise for you.



## Water: The Ultimate Energy Drink

### Nutrition



You probably know you need to drink a lot of water. But do you know why? Every cell in your body contains water. It is the most abundant component of your body, carrying nutrients from the food you consume to the cells of your body; eliminating waste and lubricating your joints, while regulating your body temperature from sweating.

Unfortunately, most of us don't get enough water. Dehydration can result in headaches, poor concentration and fatigue. Staying hydrated can increase energy and stamina, improve digestion and decrease water weight and bloating. Staying hydrated also helps reduce overeating.

Carrie Michel, Oncology Dietitian at KCCC, offers these tips for increasing your daily water intake:

- Keep a pitcher of herbal iced tea in the refrigerator
- Add fresh lemon or lime to water
- Drink hot herbal tea
- Eliminate sodas, which are void of essential nutrients
- Drink a glass of water with each meal and between each meal
- Take water breaks instead of coffee breaks
- Substitute sparkling water for alcoholic drinks at social gatherings
- Carry water in your car. Be sure to use a glass bottle, as plastic may leech chemicals into your water if kept in a hot car
- Keep a water bottle with you and drink throughout the day

## Jin Shin Jyutsu

### Mind/Body

Jin Shin Jyutsu (JSJ) is the ancient art of harmonizing life energy in the body.

JSJ is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress. You can learn this gentle art at a JSJ workshop hosted by KCCC (see calendar). Many patients have found Jin Shin Jyutsu to be helpful in reducing the side effects of chemotherapy, balancing emotions, reducing recovery time after surgery and helping with pain and symptom management. This tool is simple, easy to learn and can be used anytime, anywhere. It is not a movement class, as it is done while seated.



## We Take Wellness in Stride

Don't forget, all classes are FREE.

Workshops are chair-based, so no workout attire is necessary (unless noted).

Classes are geared toward patients, but we encourage caregivers, family members and friends to attend.

You do not have to be a KCCC patient to come to one of our workshops!

To register, contact Sami Papacek at 913-577-5834 or register online at [www.kcccancercenter.com/wellness](http://www.kcccancercenter.com/wellness). You can even ask someone at the front desk at KCCC to help you get registered.

Want to receive an electronic version of *KCCC Journeys*? Email us at [KCCCJourneys@USOncology.com](mailto:KCCCJourneys@USOncology.com) or go to [KCCCancerCenter.com](http://KCCCancerCenter.com) and click on the newsletter button on the home page.

Follow us on:

 Facebook  
[facebook.com/#1/KCCCancerCenter](https://facebook.com/#1/KCCCancerCenter)

 Twitter  
[@KCCCancerCenter](https://twitter.com/KCCCancerCenter)



## Locations

### Kansas City Cancer Center **Blue Springs 1**

300 NW Mock Avenue, Suite 100  
Blue Springs, MO 64014  
Phone 816.655.5592  
Fax 816.655.5593

### Kansas City Cancer Center **East 2**

4881 NE Goodview Circle  
Lee's Summit, MO 64064  
Phone 816.478.2050  
Fax 816.841.1333

### Kansas City Cancer Center **Liberty 3**

556 Rush Creek Parkway, Suite B  
Liberty, MO 64068  
Phone 816.584.4610  
Fax 816.781.6646

### Kansas City Cancer Center **North 4**

8700 North Green Hills Road  
Kansas City, MO 64154  
Phone 816.746.4570  
Fax 816.841.1318

### Kansas City Cancer Center **Shawnee Mission 5**

9301 West 74th Street, Suite 100  
Shawnee Mission, KS 66204  
Phone 913.433.7622  
Fax 913.433.7623

### Kansas City Cancer Center **South 6**

1000 East 101st Terrace  
Kansas City, MO 64131  
Phone 816.333.1326  
Fax 816.333.0086

### Kansas City Cancer Center **Southwest 7**

12200 West 110th Street  
Overland Park, KS 66210  
Phone 913.234.0400  
Fax 913.577.5895

### Kansas City Cancer Center **Warrensburg 8**

Outreach Clinic  
Western Missouri Medical Center  
403 Burkarth Road  
Warrensburg, MO 64093  
Phone 660.262.7321  
Fax 660.747.2860

### Kansas City Cancer Center **West 9**

8919 Parallel Parkway, Suite 326  
Kansas City, KS 66112  
Phone 913.299.8846  
Fax 913.299.9581

### Kansas City Cancer Center **Interventional Oncology 10**

9301 West 74th Street, Suite 100  
Shawnee Mission, KS 66204  
Phone 913.749.4486  
Fax 913.433.7631

### Kansas City Cancer Center **Pathology Lab 11**

12000 W. 110th Street, Suite 400  
Overland Park, KS 66210  
Phone 913.234.0572  
Fax 913.433.7639

### Kansas City Cancer Center **Central Business Office 12**

9200 Indian Creek Parkway  
Building 9, Suite 300  
Overland Park, KS 66210  
Phone 913.541.4600  
Fax 913.541.4692