



SURVIVOR

A NEWSLETTER FOR CANCER SURVIVORS
Sponsored by the Dr. Diane Barton Complementary Medicine Program

TIMES

When I was diagnosed with ovarian cancer and receiving chemotherapy 11 years ago, I lost all my hair.

I wore a wig to work, but I preferred scarves when I was at home or at the gym or running errands.

Once my chemotherapy was over and my hair grew back, I tucked my collection of scarves into a bag and left them in the back of my closet for several years – until my friend Frann got sick.

Frann had breast cancer. She underwent a double mastectomy and chemotherapy, and when she too lost all her hair, I gave her my scarves to wear.

A year later, my childhood friend Barbara was diagnosed with breast cancer. I told Frann I wanted to retrieve my scarves so I could send them to Barbara who lived in North Jersey, but Frann had a better idea. She sent Barbara the scarves directly and added a few of her own.

Barbara used the scarves, added a few new ones, and then returned them to me.

Then my friend Maria got sick. She lost her hair. I sent her the scarves. When Maria's hair grew back, she returned the scarves to me with a few new ones of her own.

The scarves were back in my hands, so when my wonderful 84 years young mother was diagnosed with ovarian cancer last year, I passed them along to her.

My mom and I never really shared the same style, but the scarves are much more than clothing. They are a bond of love and friendship symbolizing a sisterhood made stronger by our shared battle against cancer.

At The Cooper Foundation, we are dedicated to the fight against cancer. The Foundation serves as the philanthropic,



The Sisterhood of the Traveling Scarves



Susan Bass Levin

By Susan Bass Levin, *President and CEO, The Cooper Foundation*

community

outreach and community development arm of The Cooper Health System and the MD Anderson Cancer Center at Cooper.

We raise money and build support to help ensure that families throughout

the Delaware Valley have access to world-class medical care, close to home.

Over the past five years, thanks to the generosity of our donors, the Foundation has raised millions of dollars to support the Health System, including the Children's Regional Hospital at Cooper, the Cooper Bone and Joint Institute, the Cooper Heart Institute and MD Anderson Cooper.

On October 26 this year, we will host our fifth annual Pink Roses Teal Magnolias brunch to benefit breast and gynecologic cancer research and clinical programs at MD Anderson Cooper.

Last year, the event raised more than \$600,000, which helped support

several innovative research projects to improve treatments and bring us closer to a cure.

The money raised also supports the Patient-In-Need Fund and the Dr. Diane Barton Complementary Medicine Program, designed to help lessen the pain, stress and anxiety associated with cancer.

No other health care system in the area has such an extensive offering of free support services for cancer patients and their families than Cooper.

A full listing of all support services is included in this issue along with a registration form for the Pink Roses Teal Magnolias brunch.

I hope you will join us for this uplifting event that celebrates cancer survivors and remembers friends and family lost to the disease.

My friend Frann will be there. So will Barbara and Maria. I will be there with my mother.

As for the traveling scarves, I keep them stowed safely away in my closet, ready to be sent to the next friend who receives the dreaded diagnosis and loses all her hair – until we find a cure. ■

To register for this event, or to send a donation see form on page 14.

Letter from the Editor:



Bonnie Mehr

In case you haven't heard the exciting news...

MD Anderson Cancer Center and Cooper University Health Care have joined forces to take cancer care in our region to a whole new level.

The new MD Anderson Cancer Center at Cooper brings together MD Anderson's world-renowned expertise and Cooper's regional leadership in a partnership that opens up a broader range of options for cancer patients in South Jersey, Delaware and the Greater Philadelphia region.

- Cancer care using MD Anderson's proven treatment approach, based on comprehensive research and specialized cancer expertise
- Access to more clinical trials for more cancers to give patients more options
- Collaboration between national and regional cancer specialists to offer customized treatment plans
- Comprehensive cancer centers in Camden and Voorhees as well as many convenient office locations throughout the region

Great things are happening at MD Anderson Cancer Center at Cooper...

In honor of this exciting collaboration the *Survivor Times* newsletter is evolving as well!

This newsletter will serve as your resource guide regarding a diverse number of cancer support options offered at MD Anderson Cooper; physician and practitioner insight, and cancer survivor experiences.

Our focus is to educate and support cancer survivors before, during and after treatment...

In each issue some of our esteemed physicians and professionals from MD Anderson Cooper will write articles and share with you important information that they believe will offer great insight and knowledge regarding your health, well-being and survivorship.

Whether you are living with cancer, living through cancer or living beyond cancer the common denominator is quality of life. It is with that focus in mind that my goal as manager of the Dr. Diane Barton Complementary Medicine Program is to bring together, empower and engage cancer survivors to incorporate Complementary Medicine options into their lives.

Our programs are designed to help cancer survivors discover ways to cope with the stress and anxiety of their diagnosis, and to alleviate some of the side effects of their treatment by focusing on the mind, body and spirit.

These programs, lectures and activities offer patients access to social, educational and support opportunities. Programs are offered weekly throughout the year.

All programs are free for cancer survivors, regardless of where you received your cancer treatment — all are welcome. I encourage you to check out the program options listed in this edition... we have unique and diverse classes in our Voorhees and Camden locations through December 2014.

If you would like to submit an article or make a donation to the Diane Barton Complementary Medicine Program, please contact me at: mehr-bonnie@cooperhealth.edu.

The quality of your cancer journey and survivorship is important to us...



Bonnie Mehr
Editor, Survivor Times
Manager, The Dr. Diane Barton Complementary Medicine Program
MD Anderson Cancer Center at Cooper



SEPTEMBER – DECEMBER 2014

Signature Class SERIES

A FREE series of classes for cancer survivors.

LAUGHTER CHAIR YOGA

We will spend time together engaging in playful laughter exercises combined with deep yoga breathing. Laughter has many health benefits, including reducing stress, improving mood, and lowering blood pressure. By the end of our time together, you'll feel uplifted, energized, and more relaxed.

DATE: September 11; October 16

TIME: 11 A.M. – Noon

LOCATION: Cooper Clock Tower
931 Centennial Blvd., Voorhees, NJ 08043

QI GONG

Qi Gong is a modality several centuries old using movement and breath as a way to increase, harness and move the Vital Energy that is within and around us. It can increase focus, improve balance and flexibility, increase circulation, and relax you.

DATES: July 1, 15 & 29; August 12 & 26;
September 2, 16 & 30; October 7 & 21;
November 4 & 18; December 2

TIME: 10 A.M. – 11 A.M.

LOCATION: Cooper Clock Tower
931 Centennial Blvd., Voorhees, NJ 08043

MEDITATION FOR RELAXATION

Join practitioner Jo Anna Carey and you will be led on a journey of self-discovery through the deeply relaxing practice of meditation for the purpose of nurturing and supporting yourself through life's stresses and joys. Enjoy experiencing a variety of meditation techniques and breathing exercises.

DATE: July 8 & 22; August 5 & 19; September 9 & 23;
October 14 & 28; November 11 & 25

TIME: 10 A.M. – 11 A.M.

LOCATION: Cooper Clock Tower
931 Centennial Blvd., Voorhees, NJ 08043

LIVE & LEARN

A New Perspective for the Cancer Patient

TIME: 11:30 A.M. – 1:00 P.M.

LOCATION: Cooper Clock Tower
931 Centennial Blvd., Voorhees, NJ 08043

- **Thursday, September 18, 2014:**
**Making Sense of Cancer Statistics...
How Does This Apply to Me?**

It is easy to become overwhelmed by all of the statistics you will read, hear about, and be told while going through cancer. Come learn to be a good scientist with some helpful hints to understanding the numbers, how they may or may not apply to you and how to cope with the abundance of information coming your way!

PRESENTED BY: MD Anderson Cancer Center at Cooper Behavioral Medicine Team

- **Thursday, October 30, 2014:**
Nutrition to Help You Fight Cancer:

Harness the power of foods to help you fight cancer, gain energy and thrive!

PRESENTED BY: Alicia Michaux, MS, RD, CSO, Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper

- **Thursday, November 13, 2014:**
**Kick Start the Holiday Season...
Come Make Something from the Heart**

A special Creative Arts for Healing class offers you the opportunity to choose from a variety of different projects to make.

FACILITATOR: Andrea Meehan

- **Thursday, December 11, 2014: Annual Holiday Party**
(For cancer survivors only) Please feel free to bring a dessert for all to share. Limited space available, so please register.

Pre-registration is required for all workshops.

Please call: 1.800.8.COOPER (1.800.826.6737).

Or register online at events.CooperHealth.org

Workshops may be cancelled due to inclement weather.

MDAnderson  Cooper
Cancer Center

Making Cancer History®



CAMDEN
THE DR. DIANE BARTON COMPLEMENTARY MEDICINE PROGRAM

SEPTEMBER – DECEMBER 2014

Signature Class SERIES

A FREE series of classes for cancer survivors.

MIND-BODY-SPIRIT SERIES

LOCATION: MD Anderson Cancer Center at Cooper
Two Cooper Plaza, 400 Haddon Avenue
2nd Floor Conference Room, Camden, NJ 08103
Free valet parking • 10:30 A.M. – 11:30 A.M.

- **Tuesday, September 30, 2014:**
Meditation for Relaxation
You will be led on a journey of self-discovery through the deeply relaxing practice of meditation for the purpose of nurturing and supporting yourself through life's stresses and joys. Enjoy experiencing a variety of meditation techniques and breathing exercises.
- **Tuesday, October 28, 2014:**
Gentle Body Movement for Cancer Survivors
Reconnect with your body in this fun and inspirational class! Experience gentle, flowing movements inspired by yoga, tai chi, dance and nature that are designed to boost your energy levels, heighten your immune system, increase circulation, restore balance, and most of all, reveal your inner joy.
- **Tuesday, November 11, 2014:** **Laughter Chair Yoga**
We will spend time together engaging in playful laughter exercises combined with deep yoga breathing. Laughter has many health benefits, including reducing stress, improving mood and lowering blood pressure. By the end of our time together, you'll feel uplifted, energized and more relaxed.

NUTRITION FOR THE SAVVY CANCER SURVIVOR SERIES

LOCATION: MD Anderson Cancer Center at Cooper
Two Cooper Plaza, 400 Haddon Avenue
2nd Floor Conference Room, Camden, NJ 08103
Free valet parking • 10:30 A.M. – 11:30 A.M.

- **Tuesday, September 9, 2014:**
50 Food Tips That Will Enhance Your Health
PRESENTED BY: *Alicia Michaux, MS, RD, Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper*
- **Tuesday, October 14, 2014:** **Virtual Super Market Tour**
PRESENTED BY: *Linda Goldsmith, MA, RD, CSO, Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper*
- **Tuesday, December 2, 2014:** **Nutritional Bingo**
PRESENTED BY: *Alicia Michaux, MS, RD, Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper*

BEHAVIORAL MEDICINE SERIES

LOCATION: MD Anderson Cancer Center at Cooper
Two Cooper Plaza, 400 Haddon Avenue
2nd Floor Conference Room, Camden, NJ 08103
Free valet parking • 10:30 A.M. – 11:30 A.M.

- **Tuesday, September 16, 2014:** **"In the Country of Illness" Comfort and Advice for the Journey**
Come discuss this thought provoking book and concepts from author Robert Lipsyte. Invaluable advice for patients, and for the people who love and care for them.
PRESENTED BY: *Dr. Cori McMahon, PsyD, Director, Behavioral Medicine, MD Anderson Cancer Center at Cooper*
- **Tuesday, October 21, 2014:** **Making Sense of Cancer Statistics... How Does This Apply to Me?**
It is easy to become overwhelmed by all of the statistics you will read, hear about, and be told while going through cancer. Come learn to be a good scientist with some helpful hints to understanding the numbers, how they may or may not apply to you and how to cope with the abundance of information coming your way!
PRESENTED BY: *Dr. Cori McMahon, PsyD, Director, Behavioral Medicine, MD Anderson Cancer Center at Cooper*
- **Tuesday, November 18, 2014:**
What's Keeping You Up at Night?
Learn tips and strategies for addressing troubled sleep and insomnia.
PRESENTED BY: *Dr. Cori McMahon, PsyD, Director, Behavioral Medicine, MD Anderson Cancer Center at Cooper*
- **Tuesday, December 9, 2014:**
Coping With What Life Throws Your Way
Let's discuss ways to improve distress tolerance both physically and emotionally.
PRESENTED BY: *Dr. Cori McMahon, PsyD, Director, Behavioral Medicine, MD Anderson Cancer Center at Cooper*

MD Anderson  Cooper
~~Cancer Center~~

Making Cancer History®

Pre-registration is required for all workshops. Please call: 1.800.8.COOPER (1.800.826.6737).

Or register online at **events.CooperHealth.org**

Workshops may be cancelled due to inclement weather.



THE DR. DIANE BARTON Complementary Medicine Program 2014

2014 Creative Arts for Healing WORKSHOPS

Location:

Town Square Building
931 Centennial Boulevard
Voorhees, NJ 08043

Time: 11:00 a.m. –12:30 p.m.

Dates:

- **September 10:** Photo Album/Memory Book
- **September 24:** Paint Ceramics
- **October 8:** Dream Catchers
- **October 22:** Decoupage
- **November 5:** Mosaic Madness
- **November 19:** Holiday Greeting Cards

This class is free for cancer survivors and there is no cost for materials. Please register for each class so the appropriate number of supplies can be provided. Please call:

1.800.8.COOPER (1.800.826.6737).

You can also register online at events.cooperhealth.org.



MD Anderson  Cooper
Cancer Center

Making Cancer History®

Therapeutic Massage & Reflexology Days

Attention all cancer survivors: Come enjoy the mind body spirit benefits of therapeutic chair massage and reflexology.

Dates: September 9 & 23
October 7 & 21
November 4 & 18

Time: 9:30 a.m. –1:00 p.m.

Location: Town Square Building
931 Centennial Blvd., Voorhees, NJ 08043

Bonnie's Book Club

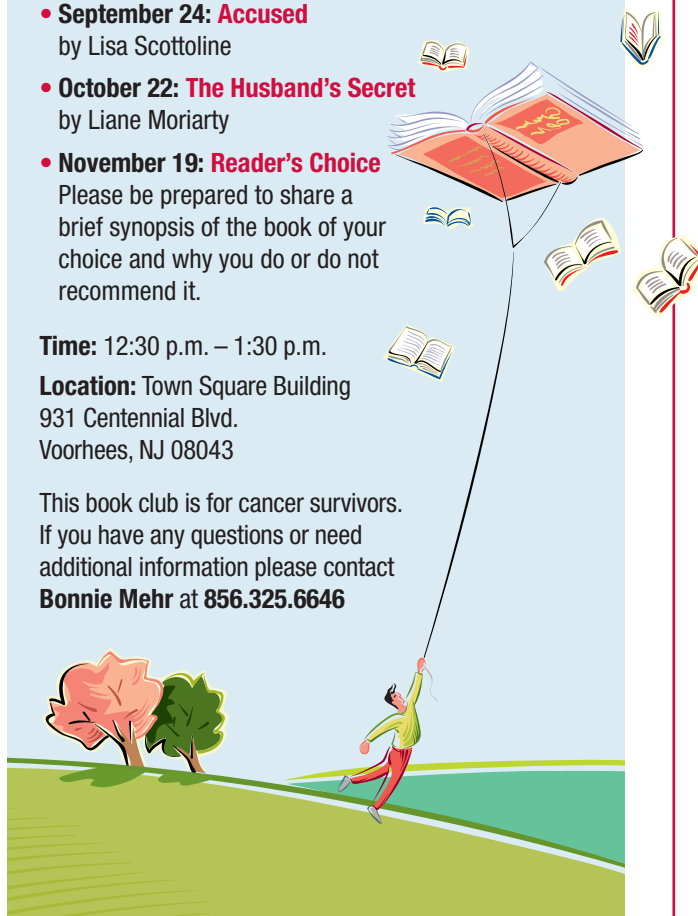
A story is always better if you have someone to share it with... what could be better than sharing it with a group of friends who have read it too?

- **September 24: Accused**
by Lisa Scottoline
- **October 22: The Husband's Secret**
by Liane Moriarty
- **November 19: Reader's Choice**
Please be prepared to share a brief synopsis of the book of your choice and why you do or do not recommend it.

Time: 12:30 p.m. – 1:30 p.m.

Location: Town Square Building
931 Centennial Blvd.
Voorhees, NJ 08043

This book club is for cancer survivors. If you have any questions or need additional information please contact **Bonnie Mehr** at **856.325.6646**





SUPPORT GROUP SERIES

US TOO Prostate Lecture Series

Presentations led by medical professionals on the diagnosis, treatment options, and management of prostate diseases. Significant others are invited to attend.

DATES: Sept. 9, Nov. 11

TIME: 6 – 7:30 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Voorhees
900 Centennial Boulevard
Building #1, Suite L Conference Room
Voorhees, NJ 08043

Brain Tumor Support Group

A support group for people with brain tumors and those who care about them.

VOORHEES

DATES: Sept. 3, Oct. 1, Nov. 5, Dec. 3

TIME: 6 – 7:30 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness, 901 Centennial Boulevard
6100 Main Street Complex
Voorhees, NJ 08043

CAMDEN

DATES: Sept. 17, Oct. 15, Nov. 19, Dec. 17

TIME: 1 – 2:30 p.m.

LOCATION: MD Anderson Cancer Center at Cooper
Two Cooper Plaza, Room C1111
Camden, NJ 08103

Sister Will You Help Me

A breast cancer support group for women of color and faith. The group's mission is to empower through knowledge, encourage through sisterhood, enlighten through faith and bond through love.

WILLINGBORO

DATES: Sept. 4, Oct. 2, Nov. 6, Dec. 4

TIME: 6 – 7:30 p.m.

LOCATION: Willingboro Public Library
220 Willingboro Parkway
Willingboro, NJ 08046

CAMDEN

DATES: Sept. 11, Oct. 9, Nov. 13, Dec. 11

TIME: 6 – 7:30 p.m.

LOCATION: Cooper University Hospital
Roberts Pavilion, 10th Floor, Room 1014
Camden, NJ 08103

Look Good, Feel Better

Program offered by the American Cancer Society (ACS) to help women undergoing cancer treatment learn to cope with appearance-related side effects of treatment and regain a sense of self confidence and control over their lives. **Registration Required.**
Call ACS at 1.800.ACS.2345. FREE.

CAMDEN

DATES: Aug. 11, Nov. 10

TIME: 3:30 – 5 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden
Two Cooper Plaza, 400 Haddon Ave.,
Suite C1111, Camden, NJ 08103

VOORHEES

DATES: Oct. 13

TIME: 4:30 – 6 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness, 901 Centennial Boulevard
6100 Main Street Complex
Voorhees, NJ 08043

Latino Cancer Survivors

Cancer information and support for you and your family. Free refreshments and parking. For more info and to register please call: Virgenmina Lopez 856.968.7092.

DATES: Sept. 11, Oct. 9,
Nov. 13, Dec. 11

TIME: 11 a.m. – 1:30 p.m.

LOCATION: Cooper University Hospital
Roberts Pavilion, 10th Floor, Room 1005
(except Feb. 13 which will be held in
Room 1002) Camden, NJ 08103

Young Women with Breast Cancer (YSC)

A support group for all young breast cancer survivors, whether you are newly diagnosed, or a long-term survivor. **For more information and to register please contact: Carla Doorman, thedoormans@live.com, 856-630-6659**

DATES: Sept. 17, Oct. 15,
Nov. 19, Dec. 17

TIME: 7 – 8:30 p.m.

LOCATION: The Ripa Center for Women's Health & Wellness, 901 Centennial Boulevard
6100 Main Street Complex
Voorhees, NJ 08043

Breast Cancer Support Group

A support group for women with breast cancer and those who care about them. We offer information about breast cancer, treatments, and an opportunity to meet with other survivors.

DATES: Sept. 10, Oct. 8,
Nov. 12, Dec. 10

TIME: 10 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden
Two Cooper Plaza
400 Haddon Ave., Room C2085
Camden, NJ 08103

Gynecologic Cancer Patient and Family Support Group

Each session features a speaker who leads a discussion on pertinent topics.

DATES: Sept. 25, Oct. 23,
Nov. 20, Dec. 18

TIME: 2:30 – 4 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden
Two Cooper Plaza
400 Haddon Ave., Room C2067,
Camden, NJ 08103

LLS Multiple Myeloma Group

For myeloma patients and their loved ones.

DATES: Sept. 22, Oct. 27, Nov. 24, Dec. 22

TIME: 10 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at Cooper in Voorhees
900 Centennial Boulevard
Building #1, Suite L Conference Room
Voorhees, NJ 08043

To register for these support groups, please call

1.800.8.COOPER
(1.800.826.6737)

or register online at
events.cooperhealth.org.

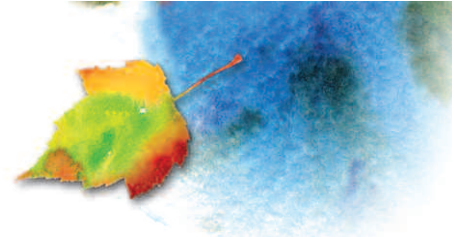
Call 1.800.8.COOPER
for cancellation
due to inclement weather.



Understanding Cancer Research Trials

By Robert A. Somer, MD

Director, Clinical Trials Center at MD Anderson Cancer Center at Cooper



Robert Somer

Cancer research trials are carried out to try to find new and better ways of preventing, diagnosing, screening, treating and controlling the symptoms of cancer. It is the only method of testing new ideas

and improving care to make progress.

Clinical trials are medical research trials involving patients. These trials can range from treatment, prevention of illnesses, screening for cancer, diagnosing certain conditions or being able to predict which treatments are best for patients, and quality of life trials. In this article, we will discuss treatment trials.

Carrying out clinical trials is the only way to find out if a new approach to cancer care is better than the standard approach currently used. For example, without treatment trials, we would place many people at risk who may receive harmful treatments without much benefit. Treatment trials may aim to reduce side effects, improve how long people live, potentially cure more people, relieve symptoms, or improve the quality of life or sense of well-being of patients with cancer.

There are four types of treatment tri-

als, called “phases.”

A Phase 1 trial is typically a “first in human” trial. These treatments were tested in the laboratory on cells and animals and to find the treatment’s effect on the body, how much treatment can be given safely, what side effects the treatment has, and whether there is any effect on the cancer. These types of trials typically have 15-30 patients.

A Phase 2 trial seeks to find out if the treatment works well, finds out more about side effects on a larger group of patients (typically 30-100), and looks for a “response” can the treatment shrink tumors.

A Phase 3 trial strives to compare how effective a new treatment is compared to the standard treatment, or whether it is similar without as many side effects. These types of trials typically strive to find out how long patients will stay free from cancer; or if patients have cancer, how long the cancer takes to worsen, how many people have side effects from the treatment and how bad they are, and typically includes hundreds or thousands of patients.

Phase 4 trials are used after a medication gets approved by the FDA to assess long-term risks and benefits, and aim to find the possibility of more rare side effects and confirm how well the treatment works.

Clinical trials are part of the natural

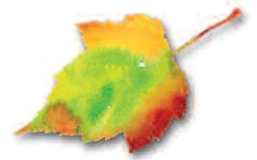
treatment of patients with cancer. They try to improve care while ensuring safety. Even before a trial begins, an Institutional Review Board ensures that the trial does not add risks. This committee is made up of a mixture of health professionals and non-medical people. They often include patients, lawyers and members of the public. A data safety monitoring board (DSMB) is usually set up to monitor patient safety and the effectiveness of the treatment during the trial. This committee can stop a trial if they’re concerned that a new drug or treatment is causing harm to a person.

Before you go into a trial, a doctor, nurse or other researcher will ask for your permission. They can’t enter you into the trial if you don’t give your consent. You’ll then be asked to sign a consent form that says that you agree to take part. The consent form will be countersigned and you’ll be given a copy to keep. This process is called “Informed Consent” and ensures you are aware of the risks, benefits, treatments, anticipated side effects, tests, and costs associated with the trial. Even if you agree to take part in a trial, you can leave it at any time without giving a reason. ■

Ask your caregiver about clinical trials. Participation may save your life!



Vitamin Do's and Don'ts During Radiation and Chemotherapy Treatments



By Lesley Ann Hughes, MD
Radiation Oncology,
MD Anderson Cancer
Center at Cooper,
Assistant Professor of
Radiation Oncology,
Cooper Medical School
of Rowan University

Lesley Ann Hughes, MD

Everyone wants to do the “right thing” when diagnosed with cancer.

We are bombarded daily with information about diet, supplements, vitamins and herbal remedies by television and the internet.

First, always remember to give a comprehensive list of your medications, vitamins, nutritional supplements and herbal remedies to all of the members of your treatment team. This will provide the information needed to eval-

uate for potential interactions with your treatment regimens.

One question that is commonly asked in preparation for cancer treatment is, “should I take antioxidants during my treatment?” The current recommendation is to stop taking all antioxidants during radiation and chemotherapy treatments. There are conflicting results in randomized trials looking at antioxidants taken during radiation and chemotherapy treatments. The concern is that the antioxidants may scavenge the free radicals formed that deliver the actual treatment during radiation and chemotherapy treatments, which could lead to decreased overall efficacy of the cancer treatment regimen. The antioxidants may also give protection to cancer cells from the radiation and



chemotherapy treatments.

The rule of thumb is to avoid any supplement that gives greater than 100% of the RDA (recommended daily allowance) of the antioxidants such as vitamin A, C, E and beta-carotene. There are many other supplements that are considered antioxidants so be sure to ask your doctor before starting any new supplements.

If you are prescribed vitamins for a deficiency then continue to take the supplement as recommended by your doctor. A vitamin deficiency needs to be treated even during your cancer treatment program.

Keep a healthy diet that includes fruits, vegetables, nuts, beans and whole grains to help you meet your nutritional and vitamin goals during treatment. ■

Laughing Your Way to Health

By Julie Fischer
Practitioner: The Diane Barton
Complementary Medicine Program
MD Anderson Cancer Center at Cooper

I was skeptical and tired after a long and stressful week when my friend insisted on bringing me to a laughter yoga class. I love to laugh, but this seemed strange. Couldn't we just sit in a diner and laugh with each other? I decided I wanted to be with my friend more than sit home with skepticism, so I took a big breath, pried my mind open and went.

Here we found Sebastian Gentry, my future teacher, wearing a Kermit the frog T-shirt, brilliantly articulating a myriad of health benefits that come from laughter yoga.

He explained that the reason it is called laughter yoga is because it combines laughter exercises with yoga breathing. This brings more oxygen to the body and the brain, which makes us more energetic and healthy.

The concept

of Laughter Yoga is based on the fact that the body cannot differentiate between fake and real laughter if done with willingness. One gets the same health benefits, whether laughter is real or simulated.

We began some laughter exercises in a group, and we were encouraged to make lots of eye contact and use childlike playfulness. We did, and it soon turned into real and contagious laughter.

I very quickly started to experience an incredible shift in my mind and body. The stress melted off me. I was feeling energized, balanced and I was having a ball.

From then on I was hooked. Quite frankly, I would have done it again just because I enjoyed it so much, but when I found out about the significant, proven health benefits that come with laughter yoga, I was inspired to train to be a laughter yoga leader. Maybe

laughter really is the best medicine! Come and see for yourself!

Some Benefits of Laughter Yoga

- **Physical health:** laughter is proven to strengthen the immune system, tone the cardiovascular system,

exercise the lungs, decrease pain, diffuse stress, release muscle tension and much more.

- **Emotional health:** Laughter improves one's mood. It breaks the cycle of psychological negativity, shifts perspective and helps us to find stressful events less disturbing and easier to deal with. This is not about ignoring the challenges we may face in life, but rather fully embracing them so that we can transmute them.

- **Mental health:** Both sides of the brain are stimulated during laughter, encouraging clarity, creativity and better problem solving ability. Laughter reduces mental tension.

- **Social health:** Laughter is contagious and connects people. It triggers positive feelings and fosters an emotional connection, which in turn creates a positive bond with each other. Shared laughter is an effective way to heal resentments, hurts and disagreements. It is the language of the human race so all can participate.

- **Spiritual wellness:** Choosing to laugh and be positive teaches us to choose to live and be at peace with ourselves in our current situation. The essence of what Laughter Wellness teaches is summarized in the following question, which is a reply in itself: “what can I do now with a positive attitude?” ■



Anxiety and a Cancer Diagnosis

By Dr. Cori McMahon, Director, Behavioral Health, MD Anderson Cancer Center at Cooper



Cori McMahon

Most people outside of the mental health profession, and even some of those within, are not exactly sure what “behavioral medicine” is. So, when I meet patients for the first time, I assure them that I’ve simply been sent to make sure they’re behaving! My ice-breaker is usually well-received and I go on to explain why our services may be useful during this very difficult time in one’s life. The official definition of our little corner of the practice of psychology is:

“...the interdisciplinary field concerned with the development and integration of behavioral, psychosocial, and biomedical science knowledge and techniques relevant to the understanding of health and illness, and the application of this knowledge and these techniques to prevention, diagnosis, treatment and rehabilitation.”

(Society of Behavioral Medicine, 2011)

More practically speaking, the focus of behavioral medicine is to address the emotional challenges that result from medical illness. At MD Anderson Cooper, we specialize in helping patients from initial diagnosis through active treatment and into survivorship, using “evidence-based” approaches to treat-

ment; meaning the techniques we use in treatment are supported by health psychology research. When patients are referred to our team, oftentimes they’re concerned someone has labeled them “crazy” or is concerned they’ve “lost their mind” after breaking down during the last physician appointment. My response is that experiencing cancer can be “crazy” and because there is no good way to plan for it, expectations for what may occur can cause anxiety and we can help with more effective coping through the process.

It is not uncommon for patients we meet to report symptoms of anxiety including worry thoughts, nervousness, difficulty sleeping, heart palpitations or panic, for example. If you’ve experienced anxiety at any level of severity, you are not alone, this is very common, and cancer is anxiety-provoking! Patients often ask whether their anxiety is “normal” or if it is a “problem.” If the symptoms are causing other issues such as sleep problems, poor appetite, relationship problems, or interference with medical appointments or treatment, then they need to be addressed. We have found that mindfulness-based approaches are effective for addressing anxiety. These may include engaging in present-moment awareness, body scans or focusing exercises and learning about the practice of mindfulness in daily life. That is, how to decrease the control worry thoughts have over our emotions and behavior by increasing our attention to our internal and external environment.

The more we attend to our present

“My response is that experiencing cancer can be “crazy” and because there is no good way to plan for it, expectations for what may occur can cause anxiety and we can help with more effective coping through the process.”

moment, the less room there is for worry to take over. We don’t expect patients to become Zen masters within a few months, yet those who engage in regular mindfulness practice experience decreased anxiety and more effective coping with the very stressful events of cancer treatment. There is even some research to suggest that increased mindfulness helps improve immune function! It is impossible to be mindful all of the time, unless you decide to join a Buddhist monastery and it becomes your “job,” yet a few minutes each day results in more mindful, peaceful living, even in the face of cancer.

*“If you are depressed
you are living in the past.
If you are anxious
you are living in the future.
If you are at peace
you are living in the present.”*

– Lao Tzu

Please consider behavioral medicine an integral part of your medical team: 856-673-4254 ■

SURVIVOR TIMES • Volume 6, Issue 14 • Editor: Bonnie Mehr

Survivor Times newsletter is created and published through the Dr. Diane Barton Complementary Medicine Program. Print versions of the newsletter are available at MD Anderson Cancer Center at Cooper outpatient offices. Digital versions of current and past issues can be found on the Cooper University Health Care website at CooperHealth.org.

For more information about Survivor Times, contact Bonnie Mehr at mehr-bonnie@cooperhealth.edu or 856.325.6646.

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Cancer Center**

Making Cancer History®

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What Your Social Workers Want You to Know About Disability Benefits

By: Lisa McLaughlin, MSW
MD Anderson Cancer Center at Cooper

One topic of discussion that comes up frequently for social workers is the issue of disability benefits for those unable to work because of their cancer treatments. Here is a brief guide to some of the most common questions that come up. Please be aware that because the issue of disability benefits can be complex, this information should be taken as a guideline only, as your situation could be different.

My doctor says that I should stop working when I start chemo – what do I do next?

The first thing to do when advised to stop working is to contact your immediate supervisor and the human resources department. Employees who have worked at least 1250 hours in the past year at the same employer are likely eligible for FMLA (Family Medical Leave Act), which guarantees up to 12 weeks of unpaid leave. This is a federal program that applies to employers with over 50 employees.

The next thing to do is investigate short-term disability benefits. Most people who work in NJ have access to short-term disability benefits either



Lisa McLaughlin

through NJ Temporary Disability Insurance or a private short-term disability program that offers at least the same level of benefits. Short-term disability covers for roughly 6 months (or the amount of the claim) – if someone is still disabled after 6 months, there is no kind of extension for these types of benefits, although some people

have long-term disability policies that would then start at the 6 month mark. People who work outside of NJ do not have access to state-sponsored programs, but may have a private short term disability policy through work.

What about Social Security?

Social Security has two different programs for adults who are disabled. People can qualify for one or both of them, depending on their circumstances. Both depend on getting a determination of disability. Social Security considers someone disabled if they have been or will be unable to work for a year or more.

Social Security Disability Income (SSDI) is for workers who have worked enough to qualify for benefits. In general, one must have worked for at least 5 of the previous 10 years in order to qualify. Younger applicants have slightly different requirements. When approved, benefits start 6 months after the initial date of disability. When someone has collected SSDI for 2 years, enrollment in Medicare is automatic.

Supplemental Security Income (SSI) is based on disability and financial status. There are different scenarios as to how much income a person can have and still qualify for SSI, but generally the income limit is \$752 monthly for an individual and \$1107 for a couple. The limits are less if someone else is providing free room and board. Asset limits are \$2000 for an individual and \$3000 for a couple. Your house, jewelry and car are not counted as assets, but your cash, bank accounts and retirement accounts are.

Who can help me if I have a specific question?

Often, the best place to start is the Human Resources department or the union hall for workers under collective bargaining agreements. The website

www.cancerandcareers.org

has some wonderful information in an easy-to-read format. Or, you can also contact your social worker (see below) for specific questions you may have.

- **Frank DelRossi:** for patients with lung, digestive and urinary cancers 856.325.6779
- **Lisa McLaughlin:** for patients with hematological, gynecologic, skin and head & neck cancers 856.673.4268
- **Leslie Tarr:** for patients with sarcomas, brain and breast cancers 856.735.6257 ■

NEXT TIME: Working during and after cancer treatment



The Soundtrack of My Cancer

By: Barbara Dillon, *Cancer Survivor*

The recent “Concert under the Stars” event at MD Anderson Cooper got me thinking about music (go figure!) and what an important part it has played throughout my life. I remember my mother playing Motown while I was growing up, and also riding in the car with my dad, singing along to the radio. And who among us hasn’t sung mournfully to every sad song we knew when we had our hearts broken? Or danced joyfully for no reason? For me, the beat was important, but more often it was the lyrics which had the most impact. And if the band members were cute, well, that was a bonus.

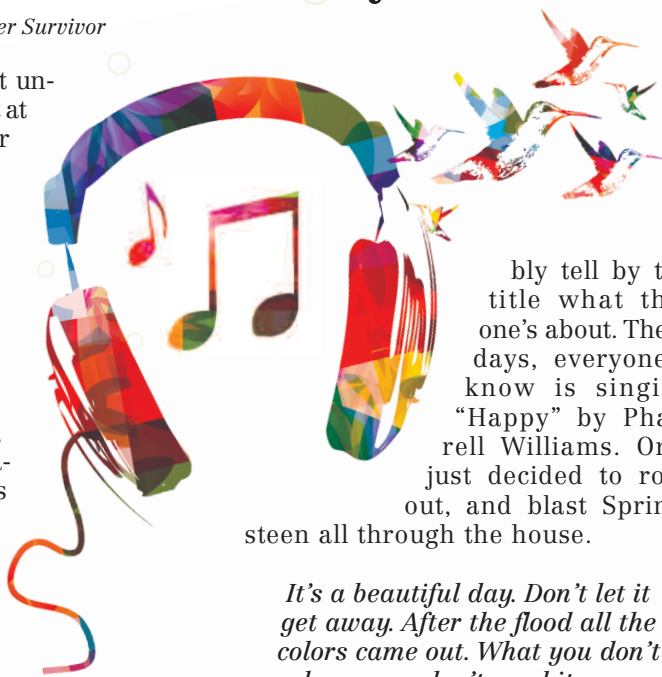
Music became even more important when I got sick. Suddenly, there were so many songs out there that spoke to me on that level. It wasn’t always the whole song; sometimes just a line or two that stuck out. It also didn’t matter what the song was really about. To me, someone was singing words that had meaning in the context of my disease.

*Life’s too short to even care at all,
oh oh. I’m losing my mind,
losing my mind, losing control.
If I could find a way to see this
straight I’d run away,
to some fortune that*

*I should have found by now.
So I run now to the things they said
could restore me, restore life the way
it should be. I’m waiting for this
cough syrup to come down.*

Cough Syrup, Young the Giant

This is not to say I was wallowing in my illness to popular music—although I’d be lying if I said there was no wallowing, because I sure did my fair share! No, sometimes it was something that made me think of more carefree times in my life, or just a pleasant song, one to remind me that not everything is sickness. “Beautiful Day” by U2 comes to mind. You can proba-



bly tell by the title what that one’s about. These days, everyone I know is singing “Happy” by Pharrell Williams. Or I just decided to rock out, and blast Springsteen all through the house.

*It’s a beautiful day. Don’t let it
get away. After the flood all the
colors came out. What you don’t
have, you don’t need it now.*

Beautiful Day, U2

It was no different during my recovery. “The Cave” by Mumford & Sons seemed tailor made for that period. I spent the summer after my surgery having a daily lunch date with my son while we watched Big Time Rush. For those not familiar, BTR is basically a modern version of the Monkees—and I am a die-hard Monkees fan from way, way back. When I hear a BTR song today, it makes me think of that time with fondness because I got to spend it with my son, in some way sharing a long ago part of my life that was so far removed from my present.

*So make your
siren’s call,
and sing all
you want.
I will not
hear what
you have to
say.*

*Cause I need
freedom now,
and I need to know
how to live my life as
it’s meant to be.
And I will hold on hope
and I won’t let you choke. On the
noose around your neck.
And I’ll find strength in pain and
I will change my ways. I’ll know
my name as it’s called again.*

The Cave, Mumford & Sons

Then there are the rallying songs—the ones that make you say “I’m not beaten, don’t count me out just yet.” I heard that “What Doesn’t Kill You Makes You Stronger” by Kelly Clarkson has become that type of song for children with cancer. “Roar” by Katy Perry wasn’t out when I was sick, but it still spoke to me of that time period when I heard it.

*It’s time to begin, isn’t it?
I get a little bit bigger but then,
I’ll admit, I’m just the same as I was.
Now don’t you understand?
I’m never changing who I am.
This road never looked so lonely.
This house doesn’t burn down
slowly, to ashes, to ashes.*

It’s Time, Imagine Dragons

So what songs are meaningful to you? What music made you happy, sad, angry, determined, or just plain forget about it all for a while? What is the soundtrack of your cancer? I’m sure we could all come up with a playlist that would be special to us. Why not try to make one now?

*I got the eye of the tiger, a fighter,
dancing through the fire ‘cause
I am a champion and you’re gonna
hear me roar. Louder than a lion,
‘cause I am a champion, and
you’re gonna hear me roar.*

Roar, Katy Perry



Your Cancer Journey: Survivorship Care and Beyond

By Evelyn Robles Rodriguez RN, MSN, APN, AOCN

Director Outreach, Prevention and Survivorship, MD Anderson Cancer Center at Cooper

As you travel the path that begins with your diagnosis of cancer, you begin your journey as a survivor. Along this path, there may be forks in the road that can leave you feeling uncertain about the next step to take. Many survivors tell us that the moment when active treatment ends can be one of those times.



Evelyn Robles Rodriguez

When you are receiving active treatment, whether it is surgery, radiation or chemotherapy, you are being seen frequently by a member of the health care team. When these treatments end and the scheduled visits become less frequent, patients often express feeling abandoned by the team or become fearful that the cancer will come back. We at MD Anderson Cooper want to assure you

that we will always be a part of your healthcare team.

In order to improve your cancer experience, we are beginning Survivorship Clinics this fall. The End of Treatment Survivorship Clinic will be a group visit to which you will be invited at the end of your active treatment. During this visit, you will meet with an advanced practice professional

who will update your medical history, perform a brief exam, and give you a copy of your treatment summary and care plan. This will be followed by a group education from members of our team including a dietitian, social worker, behavioral medicine psychologist, complementary medicine provider and the advanced practice professional. Among

other topics, we will discuss the Treatment Summary and Care Plan, common side effects, frequently asked questions at the end of treatment, social and economic concerns, psychological concerns including fear of recurrence, and give you time to ask any questions you may have.

This visit is important because your Treatment Summary will be a record you can carry with you and share with all your healthcare providers and other people of concern. It will provide the details your cancer, including the type of cancer, its stage and the treatment you received. This information can be updated as needed. The Survivorship Care Plan details for you what care you will receive in the future as a follow-up of your cancer and treatment, long and short-term side effects you may have or could develop and how to manage them, and what you should be doing in the future to ensure continued good health.

Based on the type of cancer you had, your oncology provider may refer you after the end of active treatment or a few years later to a one-on-one Survivorship Clinic. This clinic will be run by an advanced practice professional who will provide you with similar care as you received from your oncology team and will focus on keeping you healthy and addressing the individual needs you may have based on your past cancer diagnosis, treatment and side effects. Your oncology provider will continue to be a part of your healthcare team and if the need ever arises, you will be referred back to them for evaluation and treatment.

The number of survivorship clinics continues to rise throughout the nation as the number of survivors increases. We continue to learn from our experience and survivors that survivors have unique needs that require unique care but are not being addressed properly. We want to provide you with the individualized care you need for years to come. As you reach that tough spot in your path at the end of your active treatment, remember that our healthcare team will be there to address all of your survivorship needs. ■



Support Group for Latino Survivors at MD Anderson Cancer Center at Cooper

Our Latino Survivors Support Group is a great way for you to get to know other Latinos who are going through a similar diagnosis. On the second Thursday of every month, our group meets from 11:30 a.m. to 1 p.m. in Room 1005 Pavilion at Cooper University Hospital. Our meetings include education on health and emotional concerns and lifestyle recommendations for healthy living. We celebrate life and give each other emotional support while debating topics of interest. We would love for you to be a part of this awesome group. Come join us and make lifelong friends.

Grupo de Apoyo Para Sobrevivientes de Cáncer Latinos MD Anderson Cancer Center at Cooper

Nuestro Grupo de Apoyo Para Sobrevivientes de Cáncer Latinos es una maravillosa manera de conocer a otros sobrevivientes Latinos con una diagnosis similar. El segundo jueves de cada mes, nuestro grupo se reúne de 11:30 a.m. a 1 p.m. en el Hospital Cooper, Pavilion 1005. Nuestras reuniones incluyen educación sobre temas de salud física y emocional al igual que recomendaciones para vivir saludable. Celebramos la vida y nos damos apoyo emocional mientras discutimos temas de interés. Nos encantaría que formara parte de este grupo estupendo. Reúnase con nosotros y haga amigos de por vida.





The commitment of two with a focus on one. You.

A Team Approach to Cancer Care

A collaborative approach to cancer care starts with teams of cancer professionals who work together to develop the ideal treatment plan for each patient through multi-disciplinary, disease-site specific cancer programs.

Advanced Technology

Advanced cancer diagnostic and treatment technologies are available to aid in diagnosis and treatment, including:

- CyberKnife® radiosurgery
- Gamma Knife Perfexion radiosurgery
- Intensity-Modulated Radiation Therapy
- Brachytherapy
- PET-CT
- Digital mammography
- MRI and MRI-guided biopsy
- Senobright contrast enhanced spectral mammography
- daVinci® Robotic surgery

Supportive Care Services

Support services assist patients from treatment to recovery and through survivorship, including complementary medicine, behavioral health, palliative care, nutrition, and social work services.

Cancer Education, Prevention and Screening

Community events and educational programs focus on cancer awareness, prevention, detection and treatment. Educating practicing physicians through continuing medical education events is a priority. MD Anderson Cancer Center at Cooper also offers competitive fellowship training programs in medical oncology and gynecologic oncology.

The Cancer Prevention Program provides cancer risk assessments, screening exams based on genetics, age and gender, and personalized risk-reduction strategies, including chemoprevention. Free screenings for breast, cervical, prostate and colorectal cancer are provided to thousands of South Jersey residents each year. Our screening programs ensure that no one goes without critical cancer screenings because of financial barriers.

Would you like to talk with someone who's "been there"?

We are excited to announce a new program now available to MD Anderson Cooper patients through our new partnership with MD Anderson Cancer Center, in Houston

If you feel you might benefit from talking with someone who has "been there" the Anderson Network can match you with a cancer survivor who has the same or a similar diagnosis, treatment, or experience. They can also match caregivers!

If you are interested in exploring this unique one-on-one support program, simply call 713.792.2553 or 1.800.345.6324, or email andersonnetwork@mdanderson.org to get started.





Brunch Can Be A Lifesaver

Join the fight against breast & gynecological cancer!



Sunday, October 26, 2014
11 A.M. – 2 P.M.
Crowne Plaza • Cherry Hill, NJ 08002

Join Us in Honoring

Umur Atabek, MD
 Head, Surgical Oncology Program

Sucha Asbell, MD
 Radiation Oncology

Evelyn Robles Rodriguez, RN, MSN, APN, AOCN
 Director, Outreach, Prevention & Survivorship

Sue Maltman, MSN, RN, OCN
 Nurse Navigator, Gynecologic Oncology

Event Co-Chairs

Donna Forman • Janet Knowles • Sandy Levenson • Josephine McGinniss • Theresa Sentel • Mary Ann Todd • Sandee Vogelsson
 Kristin Brill, MD • Generosa Grana, MD • Tamara LaCouture, MD • Francis Spitz, MD • David Warshal, MD

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TICKETS _____ Number of tickets @ \$125 each

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Proceeds benefit breast & gynecological programs at MD Anderson Cancer Center at Cooper.

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If paying by credit card or payroll deduction, you may fax this form to: 856.342.2109.

Purchase tickets, sponsorships and ads online at www.foundation.cooperhealth.org/pinkandteal.

Questions: Please call 856.963.6704 or e-mail winderman-suzanne@cooperhealth.edu.





Behavioral Medicine Program

Having a diagnosis of cancer is a uniquely personal event – changing an individual’s life forever. At MD Anderson Cancer Center at Cooper we understand that *complete* cancer care means more than treating the disease itself, that why we created the Behavioral Medicine Program. Through this program our patients learn the skills needed to cope with the psychological stress they may experience at the time of diagnosis, throughout treatment and into survivorship.

Through the Behavioral Medicine Program, **Cori McMahon, PsyD, Director**, along with clinical psychology doctoral externs with specialized training in health psychology, partner with patients, their family members and the entire cancer treatment team to provide critical psychological care. Services include specially tailored individual therapy, a variety of psychotherapy groups, and individual and group smoking cessation treatment.

CLINICAL SERVICES

As a patient dealing with cancer, you may be facing many difficult concerns:

- Insomnia
- Stress
- Pain
- Lifestyle Alterations
- Weight Gain
- Relationship Issues
- Depression
- Intimacy and Sexuality
- Anxiety and Worry
- Role Changes
- Adjustment to Cancer
- Body Image

The Behavioral Medicine Program offers individual therapy services, and for a small fee, group activities to help address these issues.

If you are interested in learning more about our services or would like to schedule an appointment or have insurance questions regarding therapy, please call 856.673.4254.



Making Cancer History®



Women's Cancer Survivor Group

This group is for women who have completed active cancer treatment. This group focuses on a variety of issues including distress, coping, body image and role changes. Fee: \$48 (\$6/session)

This group meets for one hour per week for eight weeks.



Developing Mindfulness Skills

This group is geared toward cultivating acceptance and awareness of the fears, stress and joys of surviving cancer through the practice of mindfulness, learning how to relate differently to difficult experiences, and re-connecting with the things in life that matter most. Fee: \$36 (\$6/session)

This group meets one hour per week for six weeks.



Smoking Cessation

Whether you have been smoking for 3 or 30 years, it's not too late to quit and improve your health. This program is based on empirically-supported therapies that have been found to help people quit smoking. Fee: \$30 (\$5/session)

This group meets for one hour per week for six weeks.



You Have Cancer: *So what should you eat?*

Being diagnosed with cancer often gives you time to reflect on the past, staying focused on the present and making good choices for the future. Well balanced and nutrient dense foods can assist the body during active treatment and in the healing process.

The greatest challenge can often be staying properly hydrated:

- Water is the most vital nutrient in our body and makes up 60-70% of our body weight and all of our cells need it to function properly.
- Water transports nutrients throughout the body in the blood and eliminates waste by carrying it away from cells.
- It is extremely important to remain well hydrated as we want to push fluids in to help flush the chemotherapy out.
- Because the side effects of chemotherapy (vomiting or diarrhea) can cause a loss of fluids and electrolytes, it is important to replace those losses through fluids.
- Drinking your fluids 15 to 30 minutes after your meal can help decrease nausea or a feeling of fullness.
- If you can't maintain your fluids by mouth, you might require an IV for hydration.

So what are some fluid suggestions other than water?

Seltzer water, Gatorade, PowerAde, Ensure, Boost, Carnation instant breakfast, smoothies and shakes, decaf coffee and tea, herbal tea, unsweetened iced tea, lemonade, chicken broth, jello and ice pops can keep you hydrated.

Eating can be a challenge for some during treatment... if you are not hungry at regularly scheduled meal times, eat when you feel hungry. Small, frequent meals are often better tolerated than large meals, so eating 4 to 6 times per day is recommended.



FROM THE DESK OF:

Alicia Michaux, MS, RD, CSO
Registered Dietitian
Board Certified Specialist
in Oncology
MD Anderson Cancer
Center at Cooper

Many people say their appetite is better in the morning. Take advantage of this and eat the majority of calories during the day.

- If you can only tolerate a few food items, stay with them until your appetite for something else returns.
- Try a liquid meal replacement like Carnation Instant Breakfast, Boost or Ensure if you do not feel like eating.

Foods that are easy to open and prepare are more likely to be consumed when you are not feeling well.

Some examples of good snack ideas are:

- Peanut butter with a banana or apple
- Cheese and crackers, string cheese, cheese cubes, cottage cheese
- Soup, milk, custards, yogurt, hard boiled eggs
- Pudding – rice, tapioca, vanilla, butterscotch
- Raisins, fruit, applesauce

Doctors often recommend proper food handling and sanitation as a precaution when white blood cell counts are low and to help protect the immune system.

- Make sure to wash your hands frequently.
- Prepare meals on a clean work surface, using sanitized utensils.
- Keep hot foods greater than 140° and keep cold foods at 40°
- Avoid salad bars and buffet style restaurants where food may "sit out" for a while.
- Avoid raw or rare cooked meat, fish and eggs.
- Try applesauce, canned fruit cocktail, canned peaches and pears.
- Cook vegetables or steam them in the microwave. ■

Portabella Burgers with Avocado Spread

Per Serving: 338 calories, 10 grams protein, 19 grams fat, 36 grams carbohydrate

Ingredients:

- 4 medium-sized portabella mushrooms (about 4 oz. each), stems removed
- 1 medium onion, cut in 1/2-inch slices
- 3 tablespoons olive oil
- 3/4 teaspoon salt, divided
- 1/2 teaspoon ground black pepper, divided
- 1 fully ripened Avocado from Mexico, halved, pitted and sliced
- 2 tablespoons low-fat plain yogurt
- 1/2 teaspoon minced garlic
- 4 whole grain hamburger buns, toasted
- 4 jarred roasted red peppers



Directions:

1. Brush mushrooms and onion slices with oil; sprinkle with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper.
2. Heat large skillet or grill pan over medium heat until hot. Add mushrooms; cook until tender, 8 to 10 minutes, turning once.
3. Transfer mushrooms to plate, cavity side up; cover to keep warm. In same skillet, cook onion slices until golden, about 8 minutes, turning occasionally.
4. Meanwhile, combine in small bowl, 1/2 of the Avocado, yogurt, garlic and remaining 1/4 teaspoon each salt and pepper; mash until smooth.
5. Spoon onions and roasted peppers into mushroom cavities, divided equally. Spread smooth Avocado mixture on bottom of each bun; top each with stuffed mushrooms.
6. Top with remaining sliced Avocado. Cover with tops of buns.

