

SURVIVOR

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

TIMES

Cancer survivor Erika Hauer is "Straight Outta Chemo" as she rings the bell signifying her final treatment! See page 5.



*Ring the bell
Three times well,
Its toll to clearly say
My treatment's done
This course is run
And I am on my way.*

STRENGTH
does not come from
physical capacity.
It comes from an
indomitable will.
[GANDHI]

Where there is
great Love
there are always
Miracles.
And if it
comes back,
I'll keep
fighting.

"YOU HAVE
TO FIGHT
THROUGH
SOME BAD
DAYS TO
EARN THE
BEST DAYS
OF YOUR
LIFE."
**THERE ARE
FAR BETTER THINGS
AHEAD THAN ANY
WE LEAVE BEHIND**
C.S. Lewis

Letter from the Editor:



Bonnie Mehr

This edition's cover story of cancer survivor Erika Hauer demonstrates the saying that "a picture is worth a thousand words."

You can see the joy and excitement on Erika's face as she rings the MD Anderson Cooper Bell of Hope to signify that her chemotherapy journey is complete and she is moving on! One of the unique ways that Erika coped with her cancer diagnosis was to take part in a themed party – thrown by her friends and family – during each chemotherapy session. One of the many incredible things about Erika was that while her friends and family were inspiring her with these themed parties in the infusion unit, Erika's enthusiasm for each party was contagious among the staff and other patients receiving chemotherapy. Other patients in the unit were often swept up in the excitement and benefitted from Erika's exuberant way of coping with her treatment.

"Each and everyone's existence is deeply tied to that of others; life is not time merely passing by, **life is about interactions.**"
- POPE FRANCIS

WHEN LIFE GIVES YOU 100 REASONS TO CRY, SHOW LIFE THAT YOU HAVE 1,000 REASONS TO SMILE.
Unknown

YOU SURVIVED THIS... YOU CAN DO ANYTHING!
I'm here today. Today is a good day.

"When life looks you in the back, you'll be afraid."
- Ken Kesey

HOPE IS THE ONLY THING STRONGER THAN FEAR

No matter how you feel
Get up, dress up,
show up and
Never give up

Forget all the reasons it won't work and believe the one reason that it will.
UNKNOWN

HOPE SHINES BRIGHTEST IN THE DARKEST MOMENTS
You will rise above this.

The more you praise and celebrate your life, the more there is in life to celebrate.
- Oprah

I'M GOING TO MAKE THE REST OF MY LIFE THE BEST OF MY LIFE

"Surround yourself with only people who are going to lift you higher."
- Oprah

IT IS OFTEN IN THE DARKEST SKIES THAT WE SEE THE BRIGHTEST STARS.
RICHARD EVANS

Hope
Courage
Strength

"Hardships often prepare ordinary people for an extraordinary destiny"
- C.S. Lewis

I am a rock (but no island). It's important to reach out and give words of hope and encouragement to others. Although not every cancer survivor in treatment feels like having a party, Erika's story on page 5 reinforces the theory that sometimes when we least expect it, something or someone magical comes along and approaches a situation very differently than we could ever imagine. If we are open to receiving and learning from the shared experience of others, it may shift the way we perceive our own circumstances.

The quality of your cancer journey is important to us. If you or a loved one is living with cancer, you are not alone. If you are coming to MD Anderson Cooper for your cancer treatment and incredible supportive care services, you are already changing the course of your life for the better. As an MD Anderson Cooper patient, you have a wealth of support services at your fingertips. We know that cancer care is far more than just treatment. Cancer survivorship begins at the time of diagnosis and continues during and long after treatment. MD Anderson Cooper provides care and guidance to help you have the best quality of life, no matter where you are on the cancer journey. Our focus is to educate and support cancer survivors before, during, and after treatment. We believe that every patient deserves nothing less than excellent care.

No matter where you are in your cancer journey, the common denominator is quality of life. It is with this focus in mind that both Integrative and Complementary Medicine utilize evidence-based therapies that focus on the three pillars of a healthy lifestyle – nutrition, physical activity, and emotional health – incorporating complementary therapies focusing on mind, body, and spirit while supporting mainstream medical care. 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. All programs are free for cancer survivors. These programs, lectures, and activities offer patients access to social, educational, and support opportunities and allow survivors to connect, share their experiences, and draw encouragement from each other. Reaching out and interacting, not only with your care team but also with other cancer survivors, can help make a positive difference in the quality of your cancer journey.

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

Be Well...

Bonnie Mehr

Bonnie Mehr
Editor, *Survivor Times*
Director, Integrative Oncology Services
Director, The Dr. Diane Barton Complementary Medicine Program
MD Anderson Cancer Center at Cooper



Making Cancer History®

The Dr. Diane Barton Complementary Medicine Program

Becoming a cancer survivor starts the moment a patient is diagnosed, and at MD Anderson Cancer Center at Cooper we realize that physical healing is only part of our mission.

The Dr. Diane Barton Complementary Medicine Program enhances traditional cancer treatment by focusing on mind, body, and spirit. The program offers a variety of mind-body therapies performed by certified therapists and practitioners.

Our complementary therapies are designed to lessen the pain, stress, and anxiety associated with a cancer diagnosis. They also provide assistance in managing the side effects of traditional treatments, such as radiation and chemotherapy.



The following are available throughout the year in our Camden and Voorhees locations:

- Therapeutic Chair Massage
- Workshops and Reflexology
- Guided Imagery and Meditation
- Horticultural Healing
- Gentle Chair Yoga
- Seeds of Hope Project
- Creative Arts for Healing Classes
- Gentle Body Movement
- Mindfulness
- Nutrition Education
- Behavioral Medicine Workshops
- Educational Seminars
- Survivor Times Newsletter
- Tea Cart Program



Tea Cart Program

Program Highlights

- The Dr. Diane Barton Complementary Medicine Program has provided services to thousands of cancer survivors, at no cost, regardless of where they receive care, since its inception in 2004.
- The program has recently expanded to include chair-side reflexology and hand message services by The Chairside in our Camden and Voorhees infusion units.
- Surveys are conducted annually to measure the program's effectiveness in reducing stress and anxiety, and in patient satisfaction. The most recent survey conducted on Chair-Side Reflexology, and Creative Arts for Healing classes demonstrated a 100 percent satisfaction rating in all areas.

For any questions, please contact Program Director Bonnie Mehr at mehr-bonnie@CooperHealth.edu or 856.325.6646



Participants bask in a sense of community, nurturing friendships, and the mutual support they have experienced through The Dr. Diane Barton Complementary Medicine Program.



SUPPORT GROUP SERIES

US T00 Prostate Lecture Series (Voorhees)

Presentations led by medical professionals on the diagnosis, treatment options, and management of prostate diseases. There will be ample time to ask questions and share experiences. Significant others are invited to attend.

DATES: Sept. 12, Nov. 7

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

Women's Cancer Support Group (Camden & Voorhees)

A support group for women diagnosed with any cancer type. The group will provide a space in which female cancer survivors can provide emotional support for one another, share experiences, and express feelings and thoughts. A facilitator will be on hand to help guide the discussion.

CAMDEN

DATES: Sept. 8, Nov. 10

TIME: 10:30 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden, Two Cooper Plaza, 400 Haddon Avenue Room 4100/4101, Camden, NJ 08103

VOORHEES

DATES: Oct. 13, Dec. 8

TIME: 10:30 – 11:30 a.m.

LOCATION: The Ripa Center for Women's Health and Wellness, 6100 Main Street, Voorhees, NJ 08043

Head & Neck Cancer Support Group (Camden)

This group is for anyone (patients, families, caregivers) affected by cancers of the mouth, tongue, larynx, and nasopharynx.

DATES: Sept. 14, Oct. 12, Nov. 9, Dec. 14

TIME: 2:30 – 4 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden, Two Cooper Plaza, 400 Haddon Avenue, Room C1111, Camden, NJ 08103

Sister Will You Help Me (Camden & Willingboro)

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.

CAMDEN DATES: Sept. 14, Oct. 12, Nov. 9, Dec. 14

TIME: 6 – 7:30 p.m.

LOCATION: One Cooper Plaza, Roberts Pavilion 10th Floor, Room 1014, Camden, NJ 08103

WILLINGBORO DATES: Sept. 7, Oct. 5, Nov. 2, Dec. 7

TIME: 6 – 7:30 p.m.

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

Brain Tumor Support Group (Voorhees)

A support group for people with brain tumors and those who care about them. We will offer information about brain tumors, treatment, and an opportunity to meet with other survivors.

DATES: Aug. 2, Sept. 6, Oct. 4, Nov. 1, Dec. 6

TIME: 6 – 7:30 p.m.

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

Young Women with Breast Cancer (Voorhees)

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** at cdoorman_ysc@outlook.com or **856.630.6659**. www.youngsurvival.org/ysc-f2f

DATES: Sept. 19, Oct. 17, Nov. 16, Dec. 21

TIME: 7 – 8:30 p.m.

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

Latino Cancer Survivors (Camden)

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

DATES: Aug. 10, Sept. 14, Oct. 12, Nov. 9, Dec. 14

TIME: 11:30 a.m. – 1 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden, Two Cooper Plaza, 400 Haddon Avenue, Room C1111, Camden, NJ 08103

LLS Multiple Myeloma Group (Camden)

For myeloma patients and their loved ones.

DATES: Aug. 28, Sept. 25, Oct. 23, Nov. 27, Dec. 18

TIME: 10 – 11:30 a.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden, Two Cooper Plaza, 400 Haddon Avenue, Room C1111, Camden, NJ 08103

Look Good, Feel Better (Camden & Voorhees)

Program offered in partnership with the American Cancer Society to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment and regain a sense of self-confidence. Each participant receives a free cosmetics kit to use during the program and at home. To register you are required to contact The American Cancer Society at **1.800.ACS.2345**.

VOORHEES DATES: Aug. 21, Oct 16, Dec. 18

TIME: 4:30 – 6:30 p.m.

LOCATION: Cooper Clock Tower, 931 Centennial Boulevard, Voorhees, NJ 08043

CAMDEN DATES: Sept. 18, Nov. 20

TIME: 10 a.m. – 12 p.m.

LOCATION: MD Anderson Cancer Center at Cooper in Camden, Two Cooper Plaza, 400 Haddon Avenue Room C1111, Camden, NJ 08103

To register for these support groups, please call **1.800.8.COOPER (1.800.826.6737)**
or register online at events.cooperhealth.org (unless otherwise noted).

Call for cancellation information due to inclement weather.



Straight Outta Chemo

by Erika Hauer

Hi there! My name is Erika Hauer and I'm 41 years old and was diagnosed on December 13th, 2016 with Stage 2, Grade 3 TNBC breast cancer. I'm married with 3 children ages, 11, 13, and 15, all daughters, look out world! I'm also a nurse who absolutely loves her job, so being on the other side of it has been challenging to say the least. I was asked to write a little blurb about my story by Julie, an amazing massage therapist through the Dr. Diane Barton Complementary Medicine Program who I got to encounter during my first chemotherapy treatment on December 28th, just 15 days after discovering that I had the "Big C." Poor Julie happened to walk in with her cheerful self only to find petrified me in a full-force argument with my dear hubby who had decided it was perfect timing to go get coffee just prior to me walking into the infusion unit for the first time. Perfect timing!

To make a very long story short, my life now exists in two parts, before December 13, 2016, and after. Ever since being diagnosed, I have been surrounded by a village, the most wonderful support system in the entire world, seriously, I mean it... I could tell a million stories, so trying to stick to 500 words is proving difficult, but I think some things are important to say. People have been saying typical things such as, "You're a fighter," "You will beat this," "You are going to battle," and "You are a survivor." All wonderful little nuggets of advice and praise and positive thinking... but for me... I'm living, simply living. I'm doing what the doctors agree is the best path of medical treatment, I'm continuing to eat right, exercise (did I mention I do triathlons and marathons?) and EVERY SINGLE DAY when I wake up and look at my husband and children I know there is no other thing to do. Just live. No battling, no fighting, no beating, just living. This has become a full-time job for me, and my paycheck is not in the form of money, but in the form of life, my future, my family.

So after I met Julie, I had my little pity party and decided that it was not for me, instead I wanted a real party. Every single time I went to

chemotherapy, all 16 times... I wanted a party... a party for everything. In fact, I had a hair cutting party, I will be having an end of chemo party, a bye-bye boob party, and this list goes on and on. So while sitting hooked up to an IV and watching lifesaving poison (talk about an oxymoron) enter my body, I decided that every chemotherapy would be a party, a celebration, one step closer to being done. I spoke with my sister and voila! "Chemo Themo" was born! At my hair cutting party my sister made a calendar for my chemo sessions and developed themes which remain a surprise to me until treatment day. I had 40 people at the party and the list was full, there's even a wait list, and subs, and add-ons, for when people can't make it! The first theme was Mexican and consisted of chips, dip, sombreros, etc... Birthday theme with presents and cake and googly glasses... Italian theme with spaghetti and meatballs and pizza made out of chocolate... Superhero theme with everyone dressed to the nines as superheroes! Then race day theme with bib numbers, race day food, and matching outfits. Hippie-chick day with full outfits, cool glasses, and everything tie-dyed including cookies and food!

The nurses love it! People have been inspired; another woman going through similar treatments now has her posse joining in the fun. People stop by to see the theme, and I think it brings a little joy to an otherwise daunting day! I personally look forward to seeing what the theme is and who will be joining me each week. I have spent the most amounts of time with people, from coworkers, to family, to neighbors, to friends from elementary and middle school up to college... one-on-one and small group time. In crazy times where everyone has jobs, kids, and responsibilities, they are all taking time out for ME! And we spend that time with few interruptions. We talk, laugh, reminisce, and truly have fun. As a bonus, at the end of the day, I am one step closer to being done with 5 months of chemotherapy. What an accomplishment, what a party. How absolutely LUCKY am I? ■



Oncology Advanced Practice Providers – *How can I benefit from their care?*

Physicians at MD Anderson Cooper are pleased to collaborate with oncology Advanced Practice Providers (APPs) for the care of their patients. APPs, also known as Nurse Practitioners (NP) or Physician Assistants (PA), are professionals who have completed graduate-level education, are board certified in their specialty, and licensed by the state of New Jersey.

APPs collaborate with physicians and other health care providers in the care of patients. They can also provide care to patients independent of physicians. According to the Oncology Nursing Society, these health care professionals increase access to care, improve cost effectiveness of care, and improve patients' quality of life. APPs at MD Anderson Cooper are also able to spend more time with patients, providing helpful patient and family education, concentrating on managing the side effects of cancer and its treatment, and helping to improve patient satisfaction through patient-centered care.

Recently, MD Anderson Cooper welcomed an NP in the Camden Infusion Unit, Staci Oertle. Staci has focused her services on optimizing the care of patients receiving medical treatment of their disease. Through her support, emergency



Carly Musto, PA and Staci Oertle, APN

room visits have declined for cancer patients, and patients who call with an urgent problem or feeling unwell have been able to receive same-day care. Patient and family/caregiver education focusing on symptom management is provided. Staci is also a support to other nurses in the Infusion Unit and a liaison between patients who are unwell and their treating providers to ensure continuity of care.

Another recent addition to MD Anderson Cooper is a PA, Carly Musto, who helps to improve the inpatient experience in Pavilion 5.

Carly has concentrated her efforts on seeing patients for oncology consultation during hospital admissions through a team-centered approach. She also helps to manage the care of oncology patients who are admitted to the inpatient unit, including addressing physical and emotional side effects, helping to coordinate discharges, and ensuring patients have a seamless transition to the outpatient oncology team.

As you receive care from the APPs at MD Anderson Cooper, take the time to get to know them. Our APPs are dedicated to the health and well-being of our oncology patients and look forward to providing you with excellent, optimal, evidence-based care. ■

MD Anderson Cancer Center at Cooper's Patient Family Advisory Council

is dedicated to creating a dialogue between patients, caregivers, and health care providers to enhance the delivery of patient- and family-centered care to our patients.

The Council is focused on improving communication, empowering patients and families to offer their views on care delivery, and working together to enhance MD Anderson Cooper's processes to put the patient first. The unique perspective that our advisors have as patients and family members is used to make the patient care experience better. The council members have been instrumental in enhancing new patient materials, bringing attention to patient educational needs for pre-procedural expectations, and working through process issues



within the Cancer Center.

Council members and the cancer center team meet quarterly at MD Anderson Cooper's Camden campus. ■

If you are interested in becoming a member of the Patient Family Advisory Council please contact Frances Lee at lee-frances@cooperhealth.edu or 856.735.6240.



The Expanding Role of Genetic Testing in Cancer Risk Evaluation and Treatment: *Understanding Different Types of Genetic Testing*

by Brooke Levenseller Levin, MS; Kristin DePrince Mattie, MS; and Jennifer Stone, MS, *Licensed Genetic Counselors*

There are different types of genetic testing that might be done for people diagnosed with cancer. Some of these tests are relatively new and have only been done clinically within the past few years. Not every person who is diagnosed with cancer will have genetic testing. Understanding the differences between the types of genetic testing can be helpful for patients and their caregivers when going through the diagnosis, treatment, and follow-up for a cancer diagnosis.

Cancer and Genes

We know that all cancers have gene changes (mutations). Genes are pieces of information that are present in every cell of our body. A mutation is a change in a gene that causes it to stop working properly. A doctor might suggest genetic testing to look for gene mutations in cancer cells (“tumor testing”) or in healthy cells (“hereditary testing”).

Most often the gene mutations in cancer are sporadic, meaning that they happened by chance over time. Factors that can contribute to sporadic mutations in cancer include increasing age, environment (such as chemical exposures), lifestyle (factors such as diet, smoking, or alcohol use), and genetic (factors we are born with, such as an increased risk for skin cancer for people with fair skin). It is important to note that sporadic mutations cannot be passed on to children because these mutations are present only in tumor cells.

For a smaller number of people, cancer might develop due to a hereditary cancer syndrome. Hereditary cancers are caused by a mutation that is present in a gene when a person is born. In families with hereditary cancer, people with the mutation have a higher chance to develop cancer than someone without the mutation. In hereditary cancer, the gene mutation that increases risk of cancer can be inherited (passed on from parent to child).

Types of Genetic Tests

Tumor testing: As noted above, many of the genetic tests looking



Three members of the Cancer Genetics Team (L-R): Jennifer Stone, Kristin DePrince Mattie, and Brooke Levenseller Levin.

for mutations in cancer cells are relatively new. Genetic testing on a tumor might help doctors to learn how likely a cancer is to return, whether a patient might benefit from chemotherapy, or whether a certain medication is more likely to be effective in treating cancer than others. In some cases, knowing the genetic mutations in a tumor can help doctors tailor treatment or learn about how the cancer might progress. Most genetic changes found in a tumor are not in a person’s healthy cells. However, in some cases, tumor testing can also identify hereditary mutations.

Hereditary testing: Genetic testing can also be done on healthy (non-cancer) cells to learn whether the person may have developed cancer due to a hereditary cancer syndrome. This type of testing is usually done using a blood, cheek cell, or saliva sample. For example, genetic testing for hereditary breast and/or ovarian cancer usually looks for mutations in two primary genes, BRCA1 and BRCA2. However, over the past few years, changes in technology have allowed for the option of testing multiple genes on a single sample. These “multi-gene panel tests” can look for mutations in varying numbers of genes associated with hereditary cancer syndromes.

Steps for Genetic Testing

Not all people who are diagnosed with cancer will need to have tumor and/or hereditary genetic testing done. A doctor orders tumor testing as part of cancer treatment when it is potentially helpful for a patient on a case-by-case basis. If tumor testing is performed and a doctor is concerned that a specific mutation may also be hereditary, or if there are different concerns about the possibility of a hereditary cancer syndrome in the family, the doctor may refer the patient to the William G. Rohrer Cancer Genetics Program at MD Anderson Cooper for a consultation. Hereditary genetic testing may be recommended based on the personal and family history of cancer, or to help learn whether a mutation found in the tumor is also hereditary. If hereditary genetic testing is warranted and a patient chooses to proceed, a blood or other sample will be taken during the visit to the Cancer Genetics Program to start the genetic testing process. Please note that medical insurance carriers may cover most if not all of the cost of hereditary genetic testing if medical necessity criteria are met. ■

If you are interested in learning more about the William G. Rohrer Cancer Genetics Program or would like to schedule an appointment, please call 1-855-MDA-Cooper and ask to speak with Vicki Atkinson, Genetics Program Administrative Coordinator.



Volunteer Program

MD Anderson Cancer Center at Cooper volunteers are an important component in our quest to make cancer history. Becoming a volunteer is an opportunity to help us perform our most important work – the elimination of cancer.

A volunteer's role is to provide comfort, care, and support to patients and their caregivers, to share the considerable resources that MD Anderson Cooper has to offer, and to assist faculty and staff in meeting the needs of patients and caregivers.

MD Anderson Cooper volunteers may provide support in the following areas:

- Radiation Oncology
- Multidisciplinary Clinic
- Breast Clinic
- Infusion
- Dr. Diane Barton Complementary Medicine Program
- Music therapy
- Pet therapy
- Pastoral care
- Administrative/ clerical
- Special events

If you are interested in becoming a volunteer or would like more information, contact mdacc-volunteers@CooperHealth.edu or call 856.735.6315.

Volunteers have access to complimentary valet parking and receive meal vouchers to the Cancer Center's cafés.

Prospective volunteers will be required to complete a personal interview and attend volunteer orientation and training specific to their assignment. Colleagues, patients, and visitors should feel confident that our volunteers are well prepared and educated regarding patient safety, privacy rights and confidentiality, patient satisfaction, and environmental policies and procedures.



Butterflies



by Debbie Klein

I watched the last monarch butterfly flutter away into the October morning sky. I had just laid my Mother to rest after a slow journey with a rare form of dementia, FTD; like the florist, but trust me; it's no bouquet of flowers! She loved butterflies. They had great meaning to her.

Her suffering was finally over. She was at peace. Her death made it 'official.' In reality, I'd 'lost' my Mother about 4-5 years earlier. Although I didn't realize it at the time, I'd also lost myself.

I'm an only child with no family, other than my dog, Daisy Eloise. For the last 13 years, I was a full-time caregiver to my Mother, who for most of my life was my best friend. I was alone.

For the first time in many years, I could reclaim my life. It had been 'on hold' all these years. I felt like an airplane sitting on the runway watching all the planes around me taking off for their destinations, but what was my destination? I'd stopped caring.

I felt fine, physically, so I thought I'd get my checkup. After that, I could finally "take off." Just when I was at rock bottom, the floor fell out from under me. I was diagnosed with breast cancer! On Black Friday! How fitting! I started my holiday shopping. I bought a will! No one on either side of my family had breast cancer. Both of my grandmothers died old, and with their boobs!

My holiday season was not too festive as I mulled the multiple choices I had. None of them were good. In my apathetic mood, I was inclined to do nothing. I didn't care anymore. As depressed as I was, I'm also not a "quitter." (I thought of my Father, who at 54 had a massive heart attack. He was given 15 minutes to live. He made it to three months shy of 85. He told his doctors he wasn't ready for his condo in "Dirt City" yet!)

I began the New Year with a bilateral mastectomy; or as I prefer to call it, "the whole shebang." As alone as I'd thought I was, I found out I wasn't so alone. Everyone I met at MD Anderson Cooper was like my family. My birthday was in February; not that I cared. All I saw on the TV was about that big Powerball jackpot. (I was watching a lot of television since having the surgery.) I thought to myself, what good would winning that do me? Getting a diagnosis of cancer changes your perspective in many ways. Later that night, the phone rang and it was my surgeon, Dr. Sunny Lee. She had the results of the pathology report. I was CURED! I sat quietly and let it sink in. The tears rolled down my face. It would be a 'happy' birthday, with or without boobs!

I celebrated Cinco de Mayo by getting my implants! I told



Dr. Newman he couldn't have any margaritas until AFTER my surgery! A week later I sold my house! By myself!

It was a few days later, and by coincidence, it was my Mother's birthday. She would have been 90. I was getting ready to go to my attorney's office to sign the Agreement of Sale for my house. As I stepped into the driveway to get in my car, a monarch butterfly flew by and circled around me a few times and then flew off.

Before I'd become a caregiver, when I still was living my "old" life, I wanted to live out West. After settlement, next April, I will head out to Montana to begin making my dreams a reality.

I still have many things that lie ahead. I don't know what the future holds. When I wake up in the morning, I count my blessings for not giving up. It feels good to care about things again.

My Mother always loved quotations. Like her, I do too. That

brings me to a quote I saw and felt was profound in its simplicity. I had it made into pendants to give to my doctors. I don't know who said it, but here it is. ***"The secret to having it all is knowing you already do."***

I want to thank everyone whose path crossed mine, and continues to, on this journey. Every doctor, nurse, assistant, receptionist; everyone who smiled, gave a hug, or an encouraging word. I thank you all; even to the ladies who weighed me! ■

A follow up note from Survivor Times Editor Bonnie Mehr: I received this lovely e mail from Debbie almost a year after she submitted this article to me and I wanted to share it with our readers. Debbie's theme of "What a difference a year makes" is truly profound and a great inspiration!

Dear Bonnie,

I hope this finds you in good health and that all is well in your world. I thought I'd touch base. I am now up in the Flathead Lake area of Northwestern Montana. The lake is the largest freshwater lake west of the Mississippi, 300 miles around. I am sitting on a rock at the lake's shore, listening to the water lapping on the rocks of the shoreline, feeling the wind blowing lightly through my hair, and looking out at the sun on the water. The lake is surrounded by mountains. If one doesn't believe in some kind of "Higher Power," they surely should look out at all this. I just rented a small place on the water up in the village of Bigfork, which is Montana's New Hope; very artsy. What an adventure!

The cliché, what a difference a year makes, does hold true. On May 5th, Cinco de Mayo, I was in Cody, Wyoming, sitting out on an outdoor deck at a Mexican restaurant having lunch and an icy cold margarita. It was a sunny warm day. I couldn't help but think back to the previous year on May 5th. I was on the operating table. What a difference a year makes! Well, I'll end for now. I'll quote my Mother here: "I wish you all that you wish for yourself."

Warmly, Debbie





Seeds of Hope

PROJECT

- The first harvest day at the Seeds of Hope Project in Voorhees was in 2016!
- We harvested 30 bags of mixed varieties of lettuce. They were washed, bagged, and tagged (grown with love by fellow cancer survivors for the Seeds of Hope Project) by a group of very enthusiastic cancer survivors!
- Our organic bounty was given out on the tea cart in Voorhees...the patients loved it!
- Our proud cancer survivors have worked joyfully to make our garden grow. *Please check out the new meeting & gardening dates for 2017!*
- For more information or to make a donation, contact Bonnie Mehr at mehr-bonnie@cooperhealth.edu or 856.325.6646.



CENTER FOR INTEGRATIVE ONCOLOGY

The Dr. Diane Barton Complementary Medicine Programs

Calendar of Events

*Enhancing Traditional Cancer Treatment by Focusing on Mind,
Body, and Spirit*



September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6  9 - 10 am Seeds of Hope Project (Behind Healing Garden)	7  12:30 - 1:30 pm Mindfulness	8
11	12  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Qi Gong and Meditation	13  9 - 10 am Seeds of Hope Project (Behind Healing Garden)	14  12:30 - 1:30 pm Mindfulness	15
18	19  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Guided Imagery and Meditation	20	21  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	22  1 - 3 pm Metastatic Breast Cancer
25  10 - 11 am Creative Arts for Healing	26  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	27  9 - 10 am Seeds of Hope Project (Behind Healing Garden)	28  12:30 - 1:30 pm Mindfulness <hr/>  5:30 - 7:30 pm Metastatic Breast Cancer	29

Locations

Program locations are color coded for quick reference.

Programs in **Camden will appear in red**. Programs in **Voorhees will appear in purple**.

Camden

MD Anderson Cancer Center at Cooper
Two Cooper Plaza
400 Haddon Avenue
Camden, NJ 08103

Voorhees

Cooper Clock Tower Building
931 Centennial Boulevard
Voorhees, NJ 08043

All Seeds of Hope programs are held behind the 900 Centennial Boulevard Healing Garden unless otherwise noted.

October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Guided Imagery and Meditation	4	5  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	6
9	10  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Qi Gong and Meditation	11	12  11 am - Noon Medicare Is Not Just For Seniors <hr/>  12:30 - 1:30 pm Mindfulness	13
16  10 - 11 am Let's Talk About Caregivers	17  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Guided Imagery and Meditation	18	19  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	20  1 - 3 pm Metastatic Breast Cancer
23	24  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Qi Gong and Meditation <hr/>  5:30 - 7:30 pm Metastatic Breast Cancer	25  9:30 am - 1 pm Therapeutic Massage and Reflexology	26  12:30 - 1:30 pm Mindfulness	27
30  10 - 11 am Integrative Oncology Q&A	31  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Guided Imagery and Meditation			

November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2  12:30 - 1:30 pm Mindfulness	3
6	7  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Qi Gong and Meditation	8	9  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	10
13  10 - 11 am Creative Arts for Healing	14  9:30 - 10:30 am Laughter for Health <hr/>  11 am - Noon Guided Imagery and Meditation	15	16  12:30 - 1:30 pm Mindfulness	17  1 - 3 pm Metastatic Breast Cancer
20  10 - 11 am Creative Arts for Healing	21  9:30 - 10:30 am Get Moving <hr/>  11 am - Noon Qi Gong and Meditation <hr/>  5:30 - 7:30 pm Metastatic Breast Cancer	22	23	24
27	28  9:30 - 10:30 am Gentle Chair Yoga <hr/>  11 am - Noon Guided Imagery and Meditation	29	30  11 am - Noon Creative Arts for Healing <hr/>  12:30 - 1:30 pm Mindfulness	

December 2017



Thursday 12/7
1 - 3 pm
Holiday Open House



Friday 12/15
1 - 3 pm
Metastatic Breast Cancer



Tuesday 12/19
5:30 - 7:30 pm
Metastatic Breast Cancer

Welcome

Becoming a cancer survivor starts the minute a person is diagnosed, and at MD Anderson Cancer Center at Cooper we realize that physical healing is only part of our mission. Our program aims to enhance traditional cancer treatment by focusing on supporting the mind, body, and spirit. Therapies are designed to lessen the pain, stress, and anxiety associated with a cancer diagnosis and to assist in managing the side effects of treatments such as radiation and chemotherapy. All programs are free and open to **CANCER SURVIVORS ONLY**.

For more information about the Dr. Diane Barton Complementary Medicine Program, please contact:

Bonnie Mehr

*Director, Integrative Oncology Services
Director, the Dr. Diane Barton
Complementary Medicine Program
MD Anderson Cancer Center at Cooper*

mehr-bonnie@cooperhealth.edu

856.325.6646

How to use this guide

Look for these symbols to help you navigate the many program options we offer:



**Creative Arts
for Healing**



**Horticultural
Programs**



Physical Activity



**Emotional
Health**



Live & Learn



**Metastatic Breast
Cancer Program**



**Physical/Emotional
Wellness**

Locations

Program locations are color coded for quick reference. Programs in **Camden will appear in red**. Programs in **Voorhees will appear in purple**.

Camden

MD Anderson Cancer
Center at Cooper
Two Cooper Plaza
400 Haddon Avenue
Camden, NJ 08103

Voorhees

Cooper Clock Tower Building
931 Centennial Boulevard
Voorhees, NJ 08043

All Seeds of Hope programs are held behind the 900 Centennial Boulevard Healing Garden unless otherwise noted.

Registration

All programs are free and open to **CANCER SURVIVORS ONLY**.

Registration is required.

To register call **1.800.8.COOPER** (1.800.826.6737) or visit **events.cooperhealth.org** to register online.

Program Descriptions

Creative Arts for Healing

Practitioner: Andrea Meehan

Engaging with the creative arts can be a powerful healing experience. We believe that making art frees the body's healing powers — uniting body, mind, and spirit. Join us for a variety of fun projects.

Qi Gong and Meditation

Practitioner: Corinne Corcoran, EdD, NCBTMB, ARCB

This class combines two-centuries-old modalities. Qi Gong uses movement and breath as a way to increase, harness, and move the vital energy that is within and around us. It can increase circulation and relax you. Meditation can help nurture and support you through life's stresses and joys.

Guided Imagery and Meditation

Practitioner: Corinne Corcoran, EdD, NCBTMB, ARCB

Participants will learn how to use guided imagery and meditation to cultivate well-being, reduce stress and anxiety, promote healing, and develop inner peace.

Metastatic Breast Cancer Program

Presenters: MD Anderson Cooper experts

A special program designed specifically for those diagnosed with metastatic breast cancer. This series includes educational lectures, complementary medicine programs, and community support to help alleviate the stress and anxiety that comes with this diagnosis.

Live and Learn

Presenters: MD Anderson Cooper experts

Join us for a variety of educational presentations covering topics such as nutrition, behavioral health, and survivorship.

Gentle Chair Yoga, Get Moving, Laughter for Health

Practitioner: Julie Fischer

Join us for a series of classes that enriches the mind, body, and spirit. All classes are open to all levels of flexibility and experience.

Seeds of Hope Project

Join us as we harvest our organic vegetable garden. Our bounty will be shared through the Tea Cart Program with patients receiving chemotherapy. All classes will be held in the Healing Garden.

Therapeutic Massage and Reflexology

Come enjoy the mind-body-spirit benefits of therapeutic chair massage and reflexology. Our sessions run from 9:30 a.m. to 1 p.m. in Voorhees — register for the session but arrive when it works best for you.

Mindfulness

Practitioner: Corinne Corcoran, EdD, NCBTMB, ARCB

Mindfulness, or Mindfulness-Based Stress Reduction, is a consciousness discipline that is grounded in Eastern practices and focuses on awareness of the present moment. Using techniques developed by founder Jon Kabat-Zinn, PhD, it aims to teach people to deal more effectively with experience through awareness of feelings, thoughts, and bodily sensations. Participants learn to engage in mindfulness practices, such as body scan, simple yoga exercises, and meditation. Substantial research has demonstrated how mindfulness-based practice improves mental and physical health and can help people cope with stress, anxiety, pain, and illness.

The Dr. Diane Barton Complementary Medicine Program Holiday Open House

Stop by our open house to ring in the season, mingle with your fellow survivors and members of the MD Anderson Cooper support team, and indulge in some sweet holiday treats!

The Dr. Diane Barton Complementary Medicine Program, which is part of our Center for Integrative Oncology, utilizes evidence-based therapies that focus on the three pillars of a healthy lifestyle: nutrition, physical activity, and emotional health.



How Cancer Became My Cause

by Susan Bass-Levin, President and CEO, The Cooper Foundation

When I was diagnosed with ovarian cancer in 2003, there were many things I had trouble accepting.

Did I really have to tell my daughters? (Yes.)

Was I really going to lose my hair? (Yes.)

Did I carry the cancer gene? (No.)

And how could cancer be so random? (Still unknown, but researchers are working on it every day.)

I kept thinking that my cancer had to have a purpose.

For me, that purpose became clear before I even finished chemotherapy. I needed to speak out, to be an advocate, to help others through the fight of their lives so they could come out on the other side intact.

I held a press conference, urging women to be vigilant about screening, and calling for more research. Reporters wanted to know if I was dying (of course not).

We come together in solidarity to support each other, celebrate survivorship and continue to fight for a cure.

Cancer became my cause.

I became involved with a local group of ovarian cancer survivors who held a fashion show every year to raise money for a national ovarian cancer research organization. We were all volunteers, connected by our similar journey.

And then in 2010, I came to Cooper as President of The Cooper Foundation. My personal cause became my daily “fight song.” We expanded the community fundraiser to include breast cancer survivors, and now *Pink Roses Teal Magnolias* is a South Jersey movement – committed to raising funds for breast and gynecological cancer clinical and research programs at MD Anderson Cancer Center at Cooper.

Pink Roses Teal Magnolias is the only fundraiser that raises money for both breast and gynecological cancers.

However, just as important, *Pink Roses Teal Magnolias* is a sisterhood.

Our Host Committee members for the annual *Pink Roses Teal Magnolias Brunch* are cancer survivors, friends, and family of cancer survivors as well as those who have lost loved ones to cancer, community members committed to women’s health initiatives, business owners, and friends of friends.

We come together in solidarity to support each other, celebrate survivorship, and continue to fight for a cure.

There is no question that surviving cancer changes your life, and once treatment is over, it can be difficult for people to adjust to a “new normal.”

I know it was for me.

Yet recognizing I could help people by becoming an advocate and bringing individuals together for a common goal has been – and still is – an important part of my life after cancer.

It has given my cancer a purpose.

Get Involved

There are many ways to join the fight against cancer and support



Susan Bass Levin

research and care at MD Anderson Cancer Center at Cooper, including naming opportunities and tribute gifts.

This year, the 8th Annual *Pink Roses Teal Magnolias Brunch* will be held on Sunday, October 29 at the Crowne Plaza in Cherry Hill. You can get involved by joining the

Host Committee, selling raffle tickets, buying or selling ads in the ad book, collecting silent auction items, and sponsoring or purchasing tickets to the event.

There is no question that surviving cancer changes your life, and once treatment is over, it can be difficult for people to adjust to a “new normal.”

All the funds raised at Pink and Teal (as we fondly nickname this event) stay local, right here at MD Anderson Cooper, funding research projects, our complementary medicine program, supportive services, new technology, our Survivor Program and our Patient in Need fund that assists patients in financial distress with transportation, child care, prescription co-pays, and other immediate needs.

To learn more or to make a donation, visit <https://foundation.cooperhealth.org> or call 856.342.2222.

Cancer may be random, but 14 years after my initial diagnosis I am still not willing to accept that.

My cancer had meaning, and making it my cause has helped me to survive. ■



pinkroses

tealmagnolias



Metastatic Breast Cancer Program



Women faced with the diagnosis of metastatic breast cancer — cancer that has spread outside of the breast to other parts of the body — may feel uncertain and fearful about their future. Adjusting to ongoing cancer treatment may be overwhelming. But metastatic breast cancer is not a hopeless disease. Many women continue to live long, productive lives with breast cancer in this stage.

There are two important things to remember about a diagnosis of metastatic breast cancer:

- **You are not alone.** More and more people are living life to the fullest while being treated for advanced-stage cancer.
- **Our team is here to help you.** Not just your physicians and nurses — but our comprehensive team of nutritionists, behavioral health experts, social workers, complementary medicine practitioners, and other cancer experts are available to provide support, information, and practical tips.



At MD Anderson Cancer Center at Cooper, we recognize the physical, emotional, and social impact that this illness can have on women and their loved ones and have created the **Metastatic Breast Cancer Program** to help women with metastatic breast cancer adjust to their “new normal.”

Our program offers monthly support sessions that are combined with classes and activities. At each meeting we also include time for women to network and connect on a personal level.

At each group session we educate and promote health and wellness through the three pillars of integrative medicine — nutrition, physical activity, and emotional health. Our programs cover diverse topics and are as enjoyable as they are informative. Activities include meditation and guided imagery, nutrition classes, discussions about sleep issues and coping during the holidays, creative art projects for personal expression, and many more.

Sessions are available in both our Camden and Voorhees locations.

In addition to the monthly programs, we also have a dedicated Metastatic Breast Cancer Navigator who links women with supportive care services, educational resources, and other needed services. The program is open to women throughout the tri-state area, no matter where they receive their treatment. Bilingual translation services will be available for Spanish-speaking women.

For more information about this program, email Jen Jennings, Program Navigator, at Jennings-jennifer@cooperhealth.edu.

To register for Metastatic Breast Cancer Program sessions call 1.800.8COOPER (1.800.826.6737) or visit events.cooperhealth.org.

Funding for the MD Anderson Cancer Center at Cooper Metastatic Breast Cancer Center is provided through a grant from Pfizer Oncology and the Avon Breast Cancer Crusade. MD Anderson Cooper is one of 22 national grantees to receive these funds to address gaps in services faced by women with metastatic breast cancer.



CAMDEN

TIME:

1 p.m. to 3 p.m.

LOCATION:

MD Anderson Cancer Center
at Cooper
Two Cooper Plaza,
400 Haddon Avenue
Room 4100/4101
Camden, NJ 08103

DATES:**September 22, 2017**

- How To Use Social Media To Tell a Story
- Nutrition: Virtual Grocery Store Tour
- Gentle WOW: Woman On Weights

October 20, 2017

- Hot Topics: Managing Peripheral Neuropathy
- Creative Arts for Healing/Painting

November 17, 2017

- Hot Topics: Fear of Disease Progression
- The Benefits of Massage and Reflexology

December 15, 2017

- Hot Topics: Celebration of Life
- Qi Gong and Meditation

VOORHEES

TIME:

5:30 p.m. to 7:30 p.m.

LOCATION:

Cooper Clock Tower
931 Centennial Boulevard
Voorhees, NJ 08043

DATES:**September 28, 2017**

- How To Use Social Media To Tell a Story
- Nutrition: Virtual Grocery Store Tour
- Gentle WOW: Woman on Weights

October 24, 2017

- Hot Topics: Managing Peripheral Neuropathy
- Creative Arts for Healing/Painting

November 21, 2017

- Hot Topics: Fear of Disease Progression
- The Benefits of Massage and Reflexology

December 19, 2017

- Hot Topics: Celebration of Life
- Qi Gong and Meditation
- Holiday Cheer and Communication



To register for this program, please visit us online at events.cooperhealth.org or call 1.800.8COOPER (1.800.826.6737)

Metastatic Breast Cancer: News and Updates

Metastatic breast cancer (MBC) is cancer that has spread from the breast to other parts of the body such as the liver, lungs, and bones. It is also known as advanced breast cancer. In the United States, there are an estimated 150,000 to 250,000 women living with MBC. These women are balancing many challenges, including facing their mortality and dealing with chronic cancer treatment and side effects. Additionally, other issues impact their quality of life such as limited support, food insecurity due to costs or physical limitations, transportation and language issues, legal worries, financial and career concerns, and end-of-life matters.

In 2017, MD Anderson Cooper received an Avon/Pfizer Metastatic Breast Cancer Grant. Through this grant, an integrative-medicine based MBC support group was created in January 2017. This group meets monthly in Camden and Voorhees. MBC program participants do not have to be Cooper patients. The grant also allowed MD Anderson Cooper to hire our MBC navigator, Jenn Jennings. Jenn is available to discuss concerns or questions that women with MBC or their support persons may have and link them with available resources. Jenn

can be reached by phone at **856.292.5366** or via email at Jennings-jennifer@cooperhealth.edu.

In March 2017, two of our MDA Cooper staff and one of our MBC support group members attended the Avon/Pfizer MBC Conference in New York. National MBC programs described best practices, and patients shared their experiences living with MBC. The common themes that emerged at this meeting were: the fear that this group faces but the amazing fortitude and positive attitude with which they face life; body image issues that are endured and the changes the body goes through due to frequent treatments and side effects; loneliness due to lack of support for the patient and caregiver and the interest in remaining as independent as possible; and the importance of food security and complementary services to relieve the burdens faced by this group.

As MD Anderson Cooper continues to develop programs to help our patients living with cancer, we hope that the MBC Program helps provide needed resources for women living with this disease. ■



Pick your own Theme of the Day!

by Julie Fischer, Practitioner, The Dr. Diane Barton Complementary Medicine Program

“Happiness can be found, even in the darkest times, if one only remembers to turn on the light.”

– ALBUS DUMBLEDORE

Erika’s “Themo Chemo” article in this issue has inspired me! Just to recap: A friend with a mystery theme appears at her door to take her to each scheduled chemo treatment, and she embraces it, whatever it is. Each theme was different, but the outcome was always the same: JOY. There was a whole lot of levity in her group, and it was contagious. Many helped with decorating tips. (Nurse Katie had the great idea of putting a mustache on the IV pole, a personal favorite of mine.) Patients wheeled around to peek, smiles and conversations broke out, food, hats and boas were shared.

These Themo Chemo parties served a multifaceted purpose, not the least of which is getting Erika to her treatments, but also this kind of playful nature is very helpful for mind and body. In the Laughter Yoga classes that we offer through the Dr. Diane Barton Complementary Medicine Program, one of the great points of it is that we don’t need a sense of humor, or to be in a great mood for it to be effective; we laugh and play because we can. The simple yet profound act of laughing commands the brain to release all kinds of feel-good, stress and pain relieving endorphins which also elevates our mood and outlook on life in a matter of minutes!

“Nothing can dim the light which shines from within.”

– MAYA ANGELOU

I often marvel at how amazing the infusion nurses are; they are a team of super heroes, I witness this every day. I also see incredible amounts of bravery, compassion,



Julie Fischer

flexibility and love in our patients and their friends and family as they go through the journey of cancer recovery together. The truth is, of course, that life is going to present itself in its unpredictable ways, but we always have a choice in how we respond to it. We all have so much within ourselves, all of these qualities we admire, and sometimes we don’t realize just how much until it’s pointed out. Cultivating these are key to our ability to be present and free.

“The world is but a canvas to the imagination.”

– HENRY DAVID THOREAU

So it struck me that we could heighten some of these innate and creative qualities by picking our own theme for the day. Perhaps we don’t need to wear a cape and giant “S” taped to our chest — but decide for yourself... Just pick an awesome quality, and like a soundtrack in a movie, let it set the tone and fuel your day.

So what if we picked our own theme each day? Let’s try it out.

1. Pick a theme word: One of these, or come up with your own! Joy, enthusiasm, super hero, peace, fun, artist, calm, magical, love...
2. Take a minute or two, close your eyes and FEEL your theme, embody it as best you can energetically.
3. Go rock your day with it! Tell people or don’t — see how many ways you can incorporate your theme, and let it radiate to others. Bring it into your activities, appointments, challenges, and playtime, and see what happens!

Theme on! ■

extraordinary PEACE FUN
laughter Joy courage
magical INSPIRE hope
calm LOVE believe

Should you be on a Plant Based Diet?

by **Linda Goldsmith RD**, *Outpatient Oncology Dietitian, MD Anderson Cancer Center at Cooper*

Public health guidelines encourage following a plant-based diet for general well-being. Evidence indicates this type of diet is useful for both cancer survivors and for those trying to prevent cancer. The American Cancer Society specifically encourages consumption of two and a half cups of fruits and vegetables every day.

Fruits and vegetable are rich in antioxidants and other cancer-fighting nutrients. They are high in fiber and relatively low in fat and calories. Increasing fiber in the diet promotes proper bowel function and makes you feel full longer. Therefore, consuming a plant-based diet can help patients achieve and maintain a healthy body weight.

So, with those benefits, why isn't everyone eating a plant-based diet? Convenience and taste can be major barriers that prevent people from meeting their fruit and vegetable goal. Fast food is on every corner, and it is much easier to eat a burger or a donut when you're rushing than to sit down to a nice salad. But what if you could just drink your veggies? Eating fruits or vegetables whole is the preferred option, but if you just can't meet



MD Anderson Cooper oncology dietitian staff. Joanna Myers-Casale, Linda Goldsmith

daily requirements, juicing and smoothies can be packed with all the stuff we RDs love about plants!

Juicing:

Juicing involves extracting the juice from fruits and/or vegetables.

Pros: Juicing can be a way to incorporate fruits and vegetables in a condensed form.

Cons: Because you lose the benefits of fiber through juicing, blood sugar levels can spike.

Smoothie:

Smoothies are thick beverage, made from fruits and vegetables; other ingredients such as juice, milk, or yogurt can also be incorporated.

Smoothies are often advertised as a healthy snack option, meal replacement, or post-workout supplement. However, smoothies purchased from restaurants, fast food establishments, gyms, or ice cream shops are often filled with added sugar.

But buyer beware! Per Smoothie King's Website one 20oz. Banana Boat Smoothie is made from bananas,



vanilla frozen yogurt, vanilla protein blend, and turbinado sugar. This smoothie contains 477 calories, 12g protein, 6g saturated fat, and 77g of sugar (*4 grams of sugar is equal to 1 teaspoon, making this shake 19 teaspoons of sugar!*).

Pros: When fruits and vegetables are blended, they utilize the whole fruit so you don't lose the fiber. Also, it is easy to incorporate protein into a smoothie.

Cons: As noted above, if you are not making the smoothies yourself, find out how much sugar is being added.

Recommendations for choosing the right smoothie:

Consider a vegetable-based shake: spinach, carrots, beets, etc.

Measure out fruit (just enough for flavor). Try frozen bananas, pineapple, apple, or lemon for strong flavor to hide vegetable flavors (baby spinach and carrots are the easiest to mask).

Add protein: with peanut, almond or cashew butter, yogurt, milk, or soy milk (watch for added sugars here if you are trying hard to skip the sugar).

Get creative and try adding oats, chia seeds, or flax seed into your shakes for additional fiber.

Smoothies and juices can be part of a balanced diet but be sure to incorporate whole grains and protein as well. Consider why you want to incorporate smoothies into your diet. You might be interested in weight loss or weight gain? Or maybe you are just trying to get more veggies into your diet in a very palatable way. No matter your motivation, smoothies may be right for you! ■



Super Smoothie Recipes

Kiwi Banana Smoothie

Roxyskitchen.com/kiwi-banana-smoothie-twist

Berry Beet Smoothie

Thefirstyearblog.com/berry-beet-smoothie

Pineapple Blueberry Raspberry Breakfast Layered Smoothie

Mygingergarlickitchen.com/pineapple-blueberry-raspberry-breakfast-layered-smoothie

Master Immunity Boosting Smoothie

Theawesomegreen.com/master-immunity-boosting-smoothie

Rainbow Smoothie

Thefirstyearblog.com/rainbow-smoothie

Layered Mixed-Berry Green Power Smoothie

Wholeandheavenlyoven.com/2015/04/21/layered-mixed-berry-green-power-smoothie

Cherry Mango Anti-Inflammatory Smoothie

Theprettybee.com/2015/07/cherry-mango-anti-inflammatory-smoothie

Lemon Blueberry Layered Smoothie

Breakfastdramaqueen.com/2015/06/22/lemon-blueberry-layered-smoothie

Layered Peanut Butter Chocolate Protein Smoothie

Leelalicious.com/layered-peanut-butter-chocolate-protein-smoothie

Strawberry Mango Smoothie

Bakerbynature.com/strawberry-mango-smoothie

Superfood Power Smoothie

Sallysbakingaddiction.com/2014/06/08/superfood-power-smoothie



The Dirty Dozen & Clean 15

by **Pallav K. Mehta, MD**, *Director of Integrative Oncology; Director of Practice Development MD Anderson Cancer Center Cooper; Co-Author of After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer*

Although an apple a day is purported to keep the doctor away, this may not be true!

Every year the nonprofit advocacy organization EWG releases a list of the 12 most pesticide-laden fruits and vegetables on the market. Unfortunately, the mythic apple turns up again and again because of the heavy use of pesticides in its agriculture.

Every year since 2000, EWG researchers have studied nearly four dozen popular fruits and vegetables chosen on the basis of pesticide-load reports from the USDA and Drug Administration. The database includes 60,700 samples taken over a 10-year period. It's important to note that all of the testing was conducted on fruits and vegetables that had been washed and /or peeled – the typical precautions taken by American consumers.

Some information is not included on the basic list. For example, while apples were ranked as the most contaminated overall, imported nectarines had a shocking 100 percent rate of positive pesticide test results, more than any other product. Bell peppers and grapes were contaminated with 15 different pesticides in a single sample – the highest overall diversity of contamination.

The EWG labels the 12 most contaminated products the Dirty Dozen. These fruits and vegetables are so contaminated with pesticides that you should not eat them when they are grown conventionally. On the positive side, there is an opposite end of the spectrum in what the

EWG calls the Clean 15. These are the 15 least contaminated fruits and vegetables. They can be safely eaten even when conventionally grown and are good options when organically grown produce is not available.

The Dirty Dozen include some of the most healthful fruits and vegetables available, with life-preserving nutrients, so you shouldn't eliminate them from your diet! The solution is to generally eat organically grown vegetables and fruits, to limit ones with exposure to pesticides overall. It is more important to buy the Dirty Dozen in organic form than to buy the Clean 15 in organic form. All 15 of these products are relatively free of pesticides even when conventionally grown.

In general, I advise that you buy and consume organic produce whenever you can. If you cannot obtain organically grown versions of these fruits and vegetables, you do still have some options to include them in your diet.

Peppers, squash, and cucumbers are sold covered with pesticide-impregnated wax. To eliminate pesticides from these vegetables, scrub or peel off this wax.

The Clean 15: Onions, Sweet corn, Pineapples, Cabbage, Sweet peas, Asparagus, Mangoes, Eggplant, Kiwi, Cantaloupe (domestic), Sweet potatoes, Grapefruit, Watermelon, Mushrooms.

The Dirty Dozen: Apples, Celery, Strawberries, Peaches, Spinach, Nectarines, Grapes (imported), Sweet bell peppers, Potatoes, Blueberries, Lettuce, Kale. ■



Pallav K. Mehta, MD

MD Anderson Cancer Center at Cooper INTEGRATIVE ONCOLOGY PROGRAM

Integrative Oncology outpatient consultations are now available with

Pallav K. Mehta, MD

Director of Integrative Oncology,
MD Anderson Cancer Center at Cooper,
Co-Author of *After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer*

Consultations are made by appointment by calling 1.855.632.2667. For more information, please talk to a member of your cancer care team.

MD Anderson Cancer Center  **Cooper**

Making Cancer History®

An Integrative Oncology consultation with Dr. Mehta can guide you through cancer diagnosis, treatment, and long-term survivorship with strength and confidence.

Dr. Mehta is a staunch believer that traditional cancer treatment, combined with a focus on strengthening the body through exercise and nutrition and empowering the mind to manage stress and anxiety, can result in optimized cancer treatment and a return to wellness.

The Integrative Oncology Program focuses on incorporating the three pillars of a healthy lifestyle – nutrition, physical activity, and emotional health – into the patient's care plan no matter where they are in their cancer journey.



THE THREE PILLARS OF A HEALTHY LIFESTYLE

An Integrative Oncology consultation can help you with:

- Symptom management.
- Nutrition.
- Understanding the benefits and risks of supplements.
- Exercise and physical activity.
- Physical rehabilitation.
- Emotional health and psychosocial needs.
- Incorporating complementary medicine options into your care plan.





Radiation Therapy:

What Every Patient Needs to Know.

CAMDEN

When:

This class is offered **every Wednesday** from 2–3 p.m.

Where:

MD Anderson Cancer Center at Cooper
Two Cooper Plaza
400 Haddon Avenue
Conference Room C1111
Camden, NJ 08103

Pre-registration is required for this class.

Please call **1.800.8.COOPER** (1.800.826.6737) or register online at events.cooperhealth.org



Chemo and Biologic Therapies:

What Every Patient Needs to Know.

CAMDEN

When:

This class is offered **every Tuesday** from 9:30–10:30 a.m.

Where:

MD Anderson Cancer Center at Cooper
Two Cooper Plaza
400 Haddon Avenue
Conference Room C1111
Camden, NJ 08103

VOORHEES

When:

This class is offered **every Thursday** from 2–3 p.m.

Where:

MD Anderson Cancer Center at Cooper
900 Centennial Boulevard
Building One, Suite L Conference Room
Voorhees, NJ 08043

Pre-registration is required for this class.

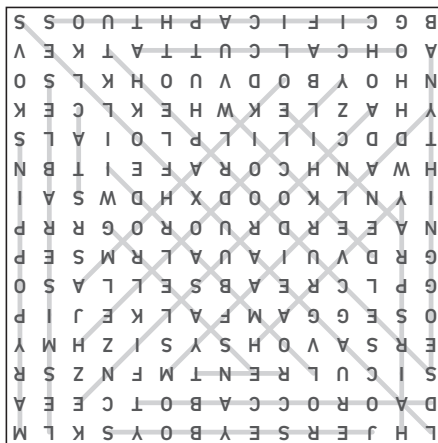
Please call **1.800.8.COOPER** (1.800.826.6737) or register online at events.cooperhealth.org

WordSearch

Theme: Broadway Shows

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

- | | |
|--------------------|---------------|
| A CHORUS LINE | LOMBARDI |
| ANNIE | MARY POPPINS |
| ANYTHING GOES | MY FAIR LADY |
| CATS | OH! CALCUTTA! |
| GREASE | OKLAHOMA! |
| HAIRSPRAY | RENT |
| HARVEY | SOUTH PACIFIC |
| HELLO, DOLLY! | THE PRODUCERS |
| JERSEY BOYS | TOBACCO ROAD |
| LA CAGE AUX FOLLES | WICKED |
| LES MISERABLES | |



SURVIVOR TIMES • Volume 9, Issue 2 • 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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