

CarePackage

The Regional Cancer Center



The
Regional
Cancer
Center

In affiliation with

UPMC Cancer Centers

Stereotactic Radiosurgery Introduced

Stereotactic radiosurgery (SRS) is a new treatment recently launched at RCC using technology that focuses high-dose radiation upon a desired target with surgical precision.

SRS requires the collaboration of a multidisciplinary team of physicians bringing consultative expertise together on a single case with a radiation oncologist as point person. Brain and spine cancers are among the more intricate applications of SRS and involve area neurosurgeons Daniel Muccio, MD (Saint Vincent Health Center) and Isam Khoja, MD (Hamot Medical Center). Multidisciplinary collaboration for SRS enhances the technology available at RCC and brings new treatment options to select cancer patients who are not candidates for conventional surgery and those who have tumors that cannot be treated surgically.

Additional applications of SRS include cancers of the spine, lung, prostate, liver, head and neck and pancreas. SRS is an extremely precise radiation therapy, and an important alternative to minimally invasive surgery. The technique utilizes three-dimensional targeting, imaging and complex computer-assisted planning. Six coordinates are used to administer a high dose of radiation to a very specific area – accuracy is within 1 mm. The treatment system incorporates optical positioning technology that provides continuous confirmation of patient positioning in real time. For certain patients SRS has clear advantages over brain surgery because it is less invasive and there is significantly less recovery time.

Radiation oncologist at The Regional Cancer Center, Andrew Figura, MD, explains, “SRS represents a new generation in cancer care. Patients with tumors that are adjacent to vital structures can benefit greatly from these highly-precise treatments. Intensity modulated radiosurgery allows us to sculpt the dose precisely in order to conform to the tumor while sparing normal tissue. This substantially reduces side effects and improves patients’ quality of life.”

RCC’s Trilogy, a highly specialized radiation therapy machine, is used to deliver this radiosurgery. Some treatments require only a single visit of one hour or less and multiple lesions can be treated at the same time. SRS is now available to patients with particular cancers of the brain and base of skull. Additional applications of SRS are being developed for cancers of the spine, lung, prostate, liver, head and neck and pancreas. ■RCC



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Welcome, Dr. Wynn

Introducing the Executive Medical Director



Dr. Raymond B. Wynn, MD

The Regional Cancer Center is pleased to welcome Raymond B. Wynn, MD, FACR, as Executive Medical Director. In this role Dr. Wynn will lead the team of physicians along with the current clinical directors, Drs. Philip Symes and Conrad Stachelek. Dr. Wynn will also establish a radiation oncology practice in Erie. He will collaborate with the team of oncologists at the Center as well

as regional physicians to enhance patient services and delivery systems. Dr. Wynn will lead the Center with John Girard, the Director of Operations, and Sarah Kaveney, MSN, RN, the Director of Clinical Operations.

Dr. Wynn comes to RCC from the University of South Alabama Mitchell Cancer Institute (USA-MCI) in Mobile, Alabama where he has been Chief of the Radiation Oncology Service since 2005. While there he was also Associate Director and Elsie Colle Chair for Community Outreach, Education and Information. Dr. Wynn brings expertise in clinical research and community outreach experience, having directed the public education and health disparities research for the cancer programs for the USA-MCI. His academic perspective on cancer

care will contribute to RCC's work toward expansion of clinical trial opportunities for patients locally. Dr. Wynn is a cum laude graduate of Howard University in Washington, D.C. After receiving his undergraduate degree Dr. Wynn worked for several years as a registered radiation therapist delivering daily cancer therapy to patients. He later returned to school and earned his M.D. degree at Meharry Medical College in Nashville. Dr. Wynn completed an internship in internal medicine at the University of Louisville in Kentucky and a residency in radiation oncology at the University of Rochester School of Medicine and Dentistry where he was also Chief Resident. An American Cancer Society Clinical Oncology Fellow recipient, Dr. Wynn completed his fellowship in neuro-radiation oncology at the University of Rochester.

The appointment of an Executive Medical Director for the RCC furthers the activities of the management agreement between Hamot Medical Center and Saint Vincent Health Center, as owners of RCC, and UPMC Cancer Centers. Dr. Wynn's role will enhance the exchange of information and ideas to further integrate the state of the art and comprehensive cancer care available at RCC with the resources of UPMC Cancer Centers. Key to this integration, Dr. Wynn has also been named Associate Director of UPMC Cancer Centers' Radiation Oncology Network. ■RCC



Mission of The Regional Cancer Center Foundation

The Regional Cancer Center Foundation supports the work of The Regional Cancer Center. Its mission is to raise money and distribute funds to support: the development of new or improved services; continuous education for Cancer Center staff and the regional medical community; local research; provide services, assistance and education to patients and their families.



You can share in the endeavors of The Regional Cancer Center Foundation by sending a contribution to:

The Regional Cancer Center
2500 West 12th Street
Erie, PA 16505



Appointment Reminder System

The Regional Cancer Center has recently implemented an appointment reminder system for appointments scheduled in our Erie, Meadville, and North East, Ohio offices. Patients will receive an automated call two days before a scheduled appointment with the physician, physician assistant, nurse practitioner, lab, x-ray, CAT scan, PET scan, or our mobile mammography van. The message will be left on the patient's answering machine if he/she is not home.

The purpose of the appointment reminder system is to assist patients in staying on track with appointments scheduled and reduce the number of missed appointments. During the reminder call you will have the option to confirm the appointment, choose to reschedule or cancel all together. If you choose to reschedule or cancel the appointment RCC staff will call you back to make those arrangements.

The information stated during the call is HIPAA compliant and will protect patient health information. The recording will identify our office as "The RCC". The recording

includes the patient's date of birth, appointment date and time and the department where the appointment is scheduled. A single call will be placed that reminds patients of multiple appointments scheduled on the same day.

What patients need to do:

- Listen to the call
- Select to confirm the appointment, to be rescheduled, to cancel or to hear the options or message again
- Listen to the instructions in the message
- If you do not want to receive another appointment reminder call, please notify the registration/scheduling staff member at 814-838-9000. ■RCC



Physician Extenders

An Important Part of the Clinical Team

In order to meet your needs and see you in a timely manner, our physicians work with nurse practitioners and physician assistants, also called physician extenders. All of our physician extenders are certified and have spent months in training with our doctors. Because they work closely and are in regular contact with your doctor they are

truly an extension of his/her practice, and your doctor is confident in the care they provide you. Physician extenders manage side effects and complications of treatment, provide health education and instruction to patients and families, and perform follow-up after treatment. ■RCC



Kathy Claridge, MSN, FNP, CRNP



Kathy Foltz, MSN, CRNP



*Susan Roche, MSN, CRNP
APRN-BC, OCN*



Nicole Conrad, MPAS, PA-C



Brook Kramer, MPAS, PA-C



Build a Healthy Salad

Be creative – and adventurous – with refreshing green salads!

The Lettuce Layer

Many of us think of iceberg lettuce first when making a salad. But there are hundreds of salad greens available in our supermarkets. The nutrient content of the greens and

lettuces vary. Most of the darker colored greens, such as spinach, are good sources of the phytochemicals that have been shown to have cancer-fighting properties. All lettuces and greens contain plenty of nutrients, and most provide Vitamin A, Vitamin C and folate.

The next time you buy lettuce for a salad, consider the following choices:

- Cabbage (red or green)
- Raw spinach
- Romaine lettuce
- Radicchio (bitter flavor; red and white leaves)
- Arugula (bitter, peppery)
- Mixed baby greens
- Kale
- Boston Lettuce

The Next Layer

There are no wrong choices when adding vegetables to your salad. Traditional choices such as cucumbers, tomatoes, and onion add both color and flavor. Or, you can try sweet peppers, broccoli, cauliflower, leeks, olives, beets, corn, beans, jicama, or cilantro for more variety.

Color and Spice

To make your salad even more interesting, or transform it into a main dish, try adding:

- Fruit: berries, mandarin oranges, pineapple, peaches, apples
- Nuts: almonds, cashews, walnuts
- Beans: kidney, black, or garbanzo
- Proteins: beef, chicken, fish, eggs in small amount add protein and variety
- Cheese: many varieties will complement your salad
- Seeds: sunflower, pumpkin, flax, sesame

Add the Dressing

Top your salad masterpiece by experimenting with a variety of dressings. Limit the amount of dressing so that you don't undo the many health benefits of your salad.

Enjoy! ■ RCC

Green Salad with Mandarin Oranges and Feta Cheese

Dressing:

- 2 T. raspberry-flavored vinegar
- ¼ cup fat-free, reduced-sodium chicken broth
- 2 T. extra-virgin olive oil
- 1 tsp. Mild flavored honey
- ½ tsp. Fresh spearmint leaves, finely minced

Salad:

- 6 cups torn, mixed salad greens
- 1 cup watercress, stems trimmed and chopped
- ½ cup red onion, very thinly sliced
- 1 fresh peeled, chopped orange
or 1 can (11 oz.) mandarin oranges, drained
- 2 oz. crumbled reduced-fat feta cheese

To make dressing, blend vinegar, broth, oil, honey and mint at low speed until combined. Transfer to a jar with a tight lid; refrigerate until needed (up to 3 days). For salad, in large bowl, toss mixed greens, watercress, onion and orange.

Shake vinaigrette until thoroughly reblended, drizzle over salad and toss lightly. Sprinkle crumbled feta over top and serve.

Makes 7 servings.

Per serving: 82 calories

- 5 gm total fat (1 gm saturated fat)
- 8 gm carbohydrate
- 3 gm protein
- 2 gm dietary fiber
- 143 mg sodium



(Source: AICR eNewsletter June 2009)



Urologic Center of Excellence

RCC has formalized an agreement with Allied Urology Associates to develop a urologic cancer care center of excellence at the Center. The urologists will collaborate with The RCC physicians, administration and staff by providing a urologic medical directorship to be spearheaded by Peter Lund, MD, and urologic consulting services. The physicians of Allied Urology will continue their practice at Saint Vincent Health

Center while becoming more involved in the patient care activities and community outreach efforts of the RCC. As Urologic Medical Director, Dr. Lund and his partners will provide overall direction and coordination of all urologic cancer services, facilitate best practices among physician colleagues based upon published data and established benchmarks, and collaborate with regional physicians on urologic cancer issues.

“Collaboration among physicians of multiple specialties is essential in state of the art cancer care,” explains Dr. Raymond Wynn, Executive Medical Director of The Regional Cancer Center. “With this new partnership we are bringing the benefits of interdisciplinary care to our urologic cancer patients behind the scenes. We will be working together to bring the most of what each specialty has to offer to our patients.” ■RCC

Claytopia...

Feel Good, Paint Pottery!



The owners of Claytopia are inviting patients of The Regional Cancer Center and their families to enjoy a free hour of painting. It's simple, you choose your

bisque, decide how to paint it and have fun painting! You only pay the price of the bisque. You then return to Claytopia one week later to pick up your masterpiece. What a great opportunity to make something special for yourself or a gift like no other for someone else.

You need a voucher to take advantage of this offer and can obtain one from the social work office at The Regional Cancer Center.



Claytopia is located at 2503 W. 15 Street, across the street from RCC, in the Yorktowne Plaza behind Giant Eagle. ■RCC



RCC Volunteers Dottie Romecki, Pat Thompson and Carol DiPanfilo.

Thank You, Volunteers

A vibrant corps of volunteers supports The Regional Cancer Center in many ways assisting both patients and staff. You have probably noticed them in their smocks facilitating in hallways and waiting rooms, in the infusion area and wherever they are asked to help. Their compassion, hard work and dedication shows and is appreciated. Please join us in thanking all of our volunteers for their contributions. ■RCC

Ann Bach
Doris Berry
Lucille Bova
Beth Cacchione
Lena Conway
Dee Covatto
Karen Cuzzola
Carol DiPanfilo
Barb Donato
Linda Dulabon
Gayle Elmer

Mary Fournier
Marilyn Grabill
Margaret Glover
Teresa Guyton
Rita Herold
Doug Hewitt
Carol Hillhouse
Daniel Hunt
Carol King
Judy Liebenritt
Ginger Loader

Mary Ann Marscharka
Donna Martin
Orinda Pulice
Willie Rahner
David Reichard
Dick Reim
Tracy Riedesel
Jerry Repman
Dottie Romecki
Mary Ann Sansone
Erin Schmidt

Patty Skonieczka
Delores Tavares
Mary Thompson
Pat Thompson
Kathy Weaver
Marcelle Yonkin

Just Thought You'd Like to Know...

RCC is incorporating the insight and experience of current and former patients in the planning of changes in the daily operations of the Center. We've reached out to patients of various backgrounds to participate in a pilot Patient Advisory Group that will soon begin meeting. The group will be convened at critical points in the decision making process of projects that impact patient service and accessibility.

For example, we are currently working on the restructuring of the RCC web site and the redesign of the reception area at the entrance of the Erie center. The Advisory Group will be asked for feedback from their perspectives on developing plans for these projects.

Our goal is to enhance the patient's experience as we further develop facilities, services and resources. ■RCC



The Regional Cancer Center Awarded \$36,000 Grant

The Regional Cancer Center was recently awarded a \$36,805.00 grant from the Pittsburgh Affiliate of Susan G. Komen for the Cure. Funds will be used to further the efforts of the center's mobile mammography program, which provides breast cancer screenings to women in their neighborhoods.

"We are pleased to partner with The Regional Cancer Center in fulfilling our mission to eradicate breast cancer as a life-threatening disease," says Kathy Purcell, Executive Director of the Komen Affiliate. "We have been encouraged by the accomplishments of The Regional

Cancer Center's mobile mammography program over the years in advancing breast cancer screening and education, and we are pleased to contribute to its future."

Help Us Spread the Word

Women over 40 years old should have a mammogram once a year. The Regional Cancer Center's mobile mammography program provides breast cancer screenings to women in their neighborhoods. Funding is available for women without insurance. Komen Pittsburgh has been a partner in The Regional Cancer Center's mobile mammography program since it began in 2000.

■RCC



The Regional Cancer Center's mobile mammography program will be out and about in the following locations in the coming weeks:

Oct. 27	Second Baptist Church	757 E. 26th St, Erie
Oct. 28	Federated Church	11995 Main St. Springfield
Oct. 29	Downtown YMCA	31 W. 10th St, Erie
Oct. 30	GE	2901 East Lake Road, Erie
Nov. 3	Barber National Institute	100 Barber Place, Erie
Nov. 5	Franklin Terrace	2110 E. 10th St, Erie PA 16511
Nov. 9, 10, 11, 12	Adagio Edinboro	118 Plum St, Edinboro
Nov. 16, 17	St. Mary's East	607 E. 26th St, Erie PA 16510
Nov. 18	Adagio Erie	1611 Peach St, Erie PA 16501
Nov. 19, 20	Spartansburg Medical	132 Mechanic St.
Nov. 23, 24	RCC Meadville	1245 Park Ave, Meadville PA
Nov. 25	Presque Isle Rehab Center	4114 Schaper Ave, Erie PA 16508



Saluting the RCC Staff

When you are in and out of RCC receiving various services you may not realize the depth and experience of the staff providing your care. ■RCC



Congratulations to all RCC staff marking employment milestones in 2009!

20 years

Jim Hovis.....Radiation Therapy
Linda DaughertyDosimetry
Kathy Duncan.....Radiation Therapy
Gary TempleClinical Engineering

15 years

Connie FalveyLab
Karen OsbornLab

10 years

Kyle NoyerMedical Oncology
Lynn Cowell.....Meadville
Lisa Berry.....Tumor Registry
Kathy CoyleMedical Oncology

5 years

Linda PaternitiPharmacy
Rebecca Peterson.....Lab
Sue RocheMedical Oncology
Donna McNeishPatient Accounting
Sharon BurgertMedical Oncology
John Kingsley.....Medical Oncology
Maryann Frontino.....Social Work
Jamie Mahaffey.....Pharmacy
Karen Loomis.....Simulation/CT

lunch
LEARN



Mark Your Calendar for Lunch and Learn

RCC will sponsor the Lunch and Learn Series on the second Tuesday of the month beginning in January 2010.

The subjects and dates are as follows:

January 12 Community Services and Resources for Cancer Patients
Presented by the RCC Social Workers

February 9 Resources for Nutrition, and the Challenges of the Cancer Patient
Presented by Karen Schnaekel, RD

March 9 Claytopia presentation for patients and their families to enjoy the creative services of Claytopia
Presented by Claytopia staff

Please contact Ann Marie Cronk (814-836-2618) or Maryann Frontino (814-836-2636) to make your reservation.



Reminder

It is very important that you bring both your health insurance cards and any prescriptions cards with you to your appointments. The staff will be able to scan this information into your electronic medical record. The information can then be reviewed by our pharmacy, social workers, and authorization clerks to help assist you in obtaining needed prescriptions being ordered by your RCC physician. ■RCC



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Stop the spread of germs that make you and others sick.

- Cover your mouth and nose with a tissue or cough/sneeze into your upper sleeve, not your hands.
- Dispose of tissues properly
- You may be asked to put on a surgical mask to protect others if you have flu symptoms
- Wash hands with soap and water for 20 seconds or use an alcohol-based hand cleaner
- Clean your hands after coughing or sneezing



Hand sanitizer is available throughout the RCC to help stop the spread of the flu. Please use it when entering and before exiting the building and after touching surfaces others have touched.

CarePackage

The Regional Cancer Center

The Regional Cancer Center's mission is to provide comprehensive care for patients with cancer and blood disorders with a commitment to advanced care, research and optimal quality of life for patients and families.

CarePackage is published by The Regional Cancer Center twice a year to provide patients, donors and friends information on activities at the Center as well as updates on cancer treatment and education. Lisa Louis is the editor.

If you wish to remove your name from our mailing list, please either clip your mailing label or complete the coupon below and send it to:

Editor, Care Package
The Regional Cancer Center
2500 West 12th Street
Erie, PA 16505

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