



Goshen Center for Cancer Care

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The Link for Hope

A newsletter of the Goshen Cancer Survivor Network

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Photo by Tony McNair



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WOMEN'S EXPO 2011

The Retreat Women's Health Center of IU Health Goshen invites you to their campus-wide **Women's Expo 2011** on Tuesday, October 4 from 12:00 p.m. to 7:00 p.m. It's an afternoon to relax with a massage, shop the wares and services of local vendors and sample delicious food. Pamper yourself while learning about your health and participating in important screenings. Located at 1135 Professional Drive, Goshen, Ind., the Expo is more than just a health fair. It's the perfect blend of something for your health and a little something extra for yourself.

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Save the Date:

**Survivor
Holiday
Luncheon
Dec. 16**

Sue with
sister Twila



Our Journey

by Sue Hooley

What can I say? Wasn't it *my* journey through cancer? Certainly, I was the one with the diagnosis of breast cancer. I was the one undergoing the biopsies and then the double mastectomy, the reconstructive surgery and chemotherapy. But in spite of all that, it was *our* journey. My cancer diagnosis affected the lives of all my family and my friends. It wasn't a journey I walked alone.

Raised in Eastern Kentucky with three brothers and five sisters, my parents were missionaries. I met my husband Bill while doing voluntary service with a local church. We married and now have three wonderful children, Eric, Karm, and Beth.

We began our cancer journey in 2005 when a radiologist saw suspicious images on a mammogram. That mammogram was followed by a biopsy which came back benign. Unfortunately, in the next few years there were more suspicious mammograms and more biopsies. I dreaded going for my annual mammogram, because I knew the chances were high that I would have another biopsy. I even asked if my breasts could be removed so I could stop having the biopsies! The answer was no, until February of 2010 when the radiologist said there were three suspicious areas that needed biopsied. Needless to say, this was not news I wanted to hear, but on March 16, 2010, I went to see Dr. Laura Morris - the breast surgeon at The Women's Retreat. After seeing the mammogram images, I knew they looked different from my previous ones, but I still wanted to postpone the biopsies. It was my husband Bill who said "If you're going to do it in six months, just go ahead and do it now." So once again, I went to the biopsy table. The following day, Dr. Morris called with the news that there was ductal carcinoma in situ (DCIS) in the right breast. After much prayer, Bill and I made the decision to have both breasts removed.

My family and friends immediately surrounded me with love and support. My sister Twila is a nurse in Pennsylvania. She wanted to help, but didn't know what she could do. I told her I needed information about

reconstruction, so I knew what was involved with that process. When I saw the plastic surgeon, Twila made sure I was well versed in silicone gel implants, expanders and the reconstruction process. That was a huge blessing!

My surgery on April 21st removed both breasts, and we thought the worst of the journey was over. Unfortunately, the tissue samples sent to the laboratory for examination after surgery revealed another 1.5 cm tumor, which meant I actually had invasive breast cancer, not just DCIS. I was now facing lymph node biopsies and possibly chemotherapy. The journey which we had hoped was over was truly just beginning.

Previous to my diagnosis, I was studying the Psalms and was also memorizing Psalm 139 with my mom and sisters. I wondered if God was preparing me for the future. One verse that particularly spoke to me was "The Lord hems me in behind and before. He has laid his Hand upon me." This verse became my comfort throughout the cancer journey.

My visit with Dr. Bruetman revealed one of the lymph nodes did indeed show cancer. Now the decision had to be made about chemotherapy. My father had died from leukemia and Bill's father from lymphoma. We knew what cancer could do, so we took no chances. I was scheduled for a nine week regimen of Cytosin and Taxotere to begin mid July. Needless to say, our journey through chemotherapy had some bumps. During my second infusion, I had an allergic reaction followed by a vagal response. I also experienced red blotches, chest wall pain, light headedness and hives - along with the more typical side effects. I was so blessed by the helpful and caring infusion room nurses and Dr. Bruetman. Thankfully, I was able to finish chemotherapy and move towards my last implant surgery on October 27th. My journey through cancer was finished and I was well. Looking back, I know that I would not have made it without the love and support of my friends and family. Now cancer free, I serve as a Survivor Buddy volunteer at the Goshen Center for Cancer Care to help new patients through *their* cancer journey. ■

Break through clinical trial for kidney cancer developed by Goshen oncologist

IU Health Goshen Center for Cancer Care (CCC) is now able to offer eligible patients with kidney cancer a newly developed Phase 1 clinical trial authored by Dr. Alexander Starodub, PhD, medical oncologist and Director of Clinical Research.

Based on the combination of the new medication TH-302, with the approved medication Sutent, laboratory testing has shown results far superior to those obtained with Sutent as a single treatment agent.

Dr. Starodub stated “Cancer grows so fast that it outgrows its own blood supply and becomes hypoxic, meaning it doesn’t have enough oxygen. The hallmark of cancer is that it can survive in a bad environment - it then learns how to subvert a person’s body and attract blood vessels. One way to block the cancer’s ability to attract blood vessels is to develop a drug that attacks when the cancer becomes hypoxic. The challenge was to develop a drug that was non toxic everywhere else and only activated by a hypoxic environment.”

Partnering with Starodub and CCC for the clinical trial, Threshold Pharmaceuticals developed the new compound, called TH-302 that easily penetrates hypoxic tissues and

becomes toxic to the cancer cells. Starodub stated “Sutent is a blood vessel suppression drug that decreases the ability of cancer to attract blood vessels. It has revolutionized kidney cancer treatment. If we can make the cancer hypoxic and then use a hypoxic agent to kill it – we can eliminate the cancer. When TH-302 is combined with Sutent the results are very promising.”

Board certified in hematology and oncology, Dr. Starodub obtained his medical degree and PhD in biophysics from The Ohio State University. Dr. Starodub served as assistant professor of medical oncology at Duke University Medical Center, Durham, North Carolina before joining CCC as Director of Clinical Research. While at Duke, Dr. Starodub conducted extensive research into the use of the new class of antibody drugs used to slow or stop cancer growth. His research efforts on cancer therapies as well as prognostic biomarkers, which identify the aggressiveness of a cancer, have been published in numerous medical journals.

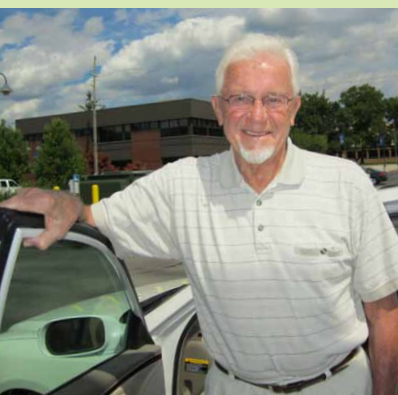
To learn more about clinical trials offered at IU Health Goshen Center for Cancer Care, call 1-866-857-4673. ■



Dr. Alexander Starodub, PhD

Drive a mile, save a life.

*by Kathy Deka
American Cancer Society*



*Ora Troyer,
Goshen area volunteer*

This year tens of thousands of people will be diagnosed with cancer. They will find themselves needing chemotherapy, radiation, and other medical care. They will also need support, educational resources, and compassion. The American Cancer Society (ACS) offers many programs free of charge to cancer patients and their families. Road to Recovery is one of these programs.

This ACS volunteer based driving program provides transportation to and from medical centers for cancer patients undergoing treatment. “Some people don’t have a car, can’t afford the gas, or have friends and family that live far away and can’t help,” said Karen Lowry, ACS Patient Resource Center manager. “Road to Recovery matches each patient with a volunteer driver in their area that comes to their house, drives them to their appointments, and safely takes them home again. It’s convenient and totally free.”

ACS is currently seeking volunteers for the Road to Recovery program. All you need is a vehicle and a few hours to make a difference in a cancer patient’s life. You can volunteer on a regular basis or only occasionally – you set your own schedule. Drivers are especially needed in the Nappanee and Millersburg area of northern Indiana.

Volunteers must:

- Own a safe and reliable vehicle
- Have a current, valid driver’s license
- Have proof of adequate automobile insurance
- Have a good driving record
- Attend Road to Recovery volunteer training

To learn more about Road to Recovery or to volunteer for this program, call ACS at 1-800-227-2345. ■

WOMEN'S EXPO 2011

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Health screenings and assessments available at the Women's Expo include:

- Urinary incontinence assessment
- Bone density heel scan
- Balance - fall risk assessment
- Sleep apnea risk assessment
- Ankle brachial index (vascular) screening
- Blood pressure monitoring
- Cholesterol screening
- Heart monitor patterns
- Body composition analysis
- Height and weight
- Fitness assessment
- Diabetes risk assessment
- Metabolic syndrome risk assessment

Available only by pre-registration, no cost screenings will be scheduled for mammograms (age 40+), pap tests (age 21+), lung health assessments and skin cancer screenings. Pre-registration is required for these specific screenings. Please call 877-566-4660 for availability.

Presentations and demonstrations will take place throughout the event.

Women's Wellness: Building a better breakfast

Dr. Laura L. Morris, *Breast Surgeon and Medical Director of The Retreat and Becky Overholt, RD, IU Health Goshen Center for Cancer Care*

Looking Gorgeous!

Quick and easy tips for applying gorgeous makeup
Hello Gorgeous! Hope, Inc.

Healthy Cooking

Dr. Marcia Prenguber, *Director of Integrative Care, IU Health Goshen Center for Cancer Care and Sandi Morris, RD, IU Health Goshen Hospital*

Fitness Demonstrations

IU Health Goshen certified fitness instructors

BREAST CANCER AWARENESS

Unveiling of The Retreat's 4th annual decorated bra event

EXHIBITORS

- Shop everything from jewelry and photography to environmentally-safe products
- Important health information
- Local non-profit organizations
- Goshen Cancer Survivor Network
- Massage therapists

For more information, please call 877.566.4660 or visit www.RetreatWomensExpo.org. ■



Coordinator's Corner

This month, I want to share with you two resources that are especially helpful for new patients and also for those who have finished treatment.

If you have not yet visited the Goshen Cancer Survivor Network web site, I hope you will take a moment to do so. Offering resources, education, and information about cancer related events, www.goshensurvivors.org is continually updated to keep you informed.

Also, if you are visiting the cancer center, take advantage of the patient resource area on the second floor. This area is equipped with desk, computer, printer, wireless internet, books, videos, direct phone line to the American Cancer Society and much more. I hope these resources make your cancer journey an easier one. ■

Wishing you an autumn filled with wonder,

Sandy



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