



GOSHEN
CENTER FOR CANCER CARE

200 High Park Avenue, Goshen, Indiana 46526

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The Link for Hope

A newsletter of the Goshen Cancer Survivor Network June 2010

photo by Sibyl Deacon



inthisissue

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The Cancer Survivor's Guide to Herbs

Join us for this four week series of Healthy Cooking with Herbs taught by Becky Overholt, RD. Fresh herbs add flavor to food without adding salt, and provide various phytochemicals for cancer prevention. Classes will be held July 12, 19, 26, and Aug 2, from 5:30 p.m. - 7:00 p.m. Overholt will demonstrate how to cook with fresh herbs, and you will be able to sample the dishes that have been prepared and take the recipes home to try.

There is no cost to attend and you may bring a guest, but registration is required for each class. You may attend one class or several. Early registration is recommended since class size is limited to the first 15 registrants. Call Ashley at 574.535.2561 to register for the classes you plan to attend.

All sessions will be held in the Goshen Center for Cancer Care upper level conference room. Take the cancer center elevator to the 2nd floor and proceed through the lobby to the conference room on the right. We hope to see you there! ■

Monday, July 12: Basil

Monday, July 26: Rosemary

Monday, July 19: Oregano

Monday, August 2: Thyme



From New Orleans to Goshen

by Roberta Knopfer

When I meet new people they often ask me “Why did you come to Goshen?” I spent most of my adult life in New Orleans and was enjoying life with my friends and my dogs when in 2005, Hurricane Katrina came along. When JoAnne Yoder, my best friend suggested we both move back to the Midwest, I knew it was a good idea. By then JoAnne had become like a sister, and her family who lived in this area had been supportive throughout the years.



Roberta with special friend Rosie.

During my years as a clinical social worker, I developed many friends and it was hard to think about leaving them. But one of the biggest issues about moving to Indiana was periodic trips to Texas for my follow up care for metastatic melanoma. Dr. Nicolas Papadoupolas from MD Anderson Cancer Center, Texas was my medical oncologist for over twenty one years! Papa, as many of his patients referred to him, brought me through my first surgery in 1985 and again

through my recurrence in 1997. The move to Indiana meant I would leave him behind and possibly trust my care to a new oncologist. Considering the path I traveled to get well, it was an important decision.

My melanoma journey began in 1984 when I lived in the French Quarter. I had finished my Masters degree at Tulane University and was working at Baptist Hospital in New Orleans. I had a mole removed from my right hip and the next year it reappeared. When the original biopsy slides were compared to the new ones, they both revealed Stage 4 melanoma. It was at this point that I learned “You live one day at a time, but you learn to live.” My cancer diagnosis brought a flood of cards and flowers from my friends and my co-workers at Tulane and Baptist Hospital. I went to MD Anderson and my first surgery was December 17, 1985. JoAnne my primary caregiver remained my source of strength throughout it all. My New Orleans family continued to support me throughout the coming years. We celebrated birthdays, Hanukkah and Christmas! We laughed together and cried together, my friends were an enormous and important part of my cancer journey. I might add here that

although raised in Orthodox Judaism, I have, since coming to Goshen, converted to Christianity and have acquired an additional family of friends.

After my surgery in 1985, I was vigilant to keep my follow up appointments. For many years I had CT scans of the abdomen, pelvis and chest; MRI's of my brain, chest x-rays and blood work. Twelve years later during a routine scan, they once again found cancer. I had never felt better in my life. I was walking four miles every day. This time I was battling metastatic melanoma with a tumor in my right inguinal lymph node. My treatment plan was aggressive: three rounds of inpatient chemotherapy with Cisplatin, Velban, Interferon, Interleukin 2 and Darcabazine. The chemotherapy regimen had been successful and the tumor had shrunk 40%. On November 6, 1997, I returned for surgery to remove the tumor and 12 lymph nodes. One week after surgery my incision site reopened and I was taken back to the hospital. It was November 26, 1997 when I finally returned home to share a very special Thanksgiving meal with my New Orleans family.

Much has happened since 1997. Hurricane Katrina caused me to leave my New Orleans family. I originally planned to continue my follow up care at MD Anderson but when I moved to Goshen I learned about Dr. Douglas Schwartzentruber. I spoke with Dr. Papadoupolas who knew of his reputation and the research work he had done. We both agreed that I would be in good hands at Goshen Center for Cancer Care. I now see Dr. Schwartzentruber each year for my follow up care. I have found that the staff at Goshen is professional yet caring and warm. I now serve as a member of the Coordinating Committee for the Goshen Cancer Survivor Network and also as a Buddy to new patients. I feel it is a privilege to be able to help others along this journey just as my friends helped me. ■

DEFEATING MELANOMA

Douglas Schwartzenruber, MD, FACS, Medical Director of the Goshen Center for Cancer Care, was recently honored by TIME magazine as one of the 100 most influential people in the world. This honor came as the result of Dr. Schwartzenruber's efforts as the lead author and principle investigator of an eight year clinical trial to show the effectiveness of vaccine against metastatic melanoma cancer.

Although most of us will not contribute to the fight against melanoma in the same way Dr. Schwartzenruber has, there are practical things we CAN do.

BE INFORMED:

Melanoma most often occurs in people with:

- Blue or green eyes
- Blonde or red hair
- Light complexion
- Freckles
- Sun sensitivity
- Inability to tan

BE PREPARED:

Take practical steps to protect your skin:

- Avoid sun exposure between 10:00 a.m. and 3:00 p.m.
- Always use sun block of SPF 15 or more – not sunscreen
- Buy new sun block every summer, don't use an old bottle
- Reapply sun block every three to four hours in the sun
- Reapply sun block after swimming
- Wear lightweight clothing to cover your body
- Wear a wide brimmed hat
- Avoid tanning beds



Douglas Schwartzenruber, MD, FACS and Diane White, spouse.

BE ALERT:

Know the ABC's of moles that might indicate melanoma

- **A – Asymmetry.** Moles are usually similar on all sides. See your doctor if one half of the mole doesn't match the other half.
- **B – Border.** Moles usually have smooth edges. When the border or edges of the mole are ragged, blurred or irregular, see your doctor.
- **C – Color.** Moles are typically one color. When the color of the mole is not the same throughout or if it has shades of tan, brown, black, red, white or blue, have your doctor examine it.
- **D – Diameter.** Moles are usually small in size. When the width of the mole is larger than an ordinary pencil, ask your doctor to take a look at it.
- **E – Evolving.** Moles typically stay the same over the years. When the mole changes in any way, size or color, have your doctor look at it. ■

Summer Series: Living With Cancer

This free series provides education and support for cancer patients, family members, and friends in understanding and dealing with cancer. Groups are held Tuesdays through July 20, 2010 from 4:30 to 6:00 p.m. in the 2nd floor conference room at the Goshen Center for Cancer Care. Registration is not required.

Each meeting includes an educational component as well as an opportunity for group sharing and interaction. Groups are facilitated by PNI counselors Rita Gingrich, LCSW and/or Pat Shoemaker, MSW. For more information call 574.535.2561 or 1.866.711.2888. ■

- June 29 Reflections on Spirituality**
Shawn Gerber, M.Div.,
BCC, GHS Chaplain
- July 6 Nutrition Notes**
Tiffany Swartzenruber, RD
- July 13 Sun Safety**
Kristan Rheinheimer, NP
- July 20 Walking the Labyrinth**
Rita Gingrich, LCSW

Birdfeeder Memorial

Watching birds is a pastime enjoyed by people of all ages. For Doug Sheets, NIPSCO employee and cancer patient, it was a way to brighten his chemotherapy treatments. Family and friends gathered recently outside the Goshen Center for Cancer Care to honor Doug's battle against the disease.

Birdfeeders were purchased with memorial donations given by NIPSCO co-workers. Attending the dedication ceremony was: (photo right) Teri and Haley Sheets (daughter in law and granddaughter), Chris Sheets (son), Pam Hayes (NIPSCO), Lois Mullinix (NIPSCO), Sandra Carbone (cancer center), Elaine Sheets (former wife) and Alex (granddaughter) holding the birdfeeder. ■



Do you have a favorite family recipe that you always prepare for family gatherings?

Do you remember someone special in your life by serving their favorite dish for the holidays? Food has many purposes. Not only is good food necessary for a healthy life, but it also carries memories of important times in our

lives. If you have a favorite family recipe, you are invited to submit it for the *Favorite Family Recipes Cookbook*. Being compiled by members of the surgical oncology department, the cookbook will include recipes from cancer center colleagues as well as patients and family members.

Submit your recipe to Surgical Oncology, Goshen Center for Cancer Care, 200 High Park Avenue, Goshen Indiana, 46526 or email to cancernetwork@goshenhealth.com. You may also include a commentary of 50 words or less about the recipe's significance to your family. Deadline for submission of recipes is July 31, 2010.

If you are handy with a camera, photography and/or artwork to embellish the cookbook may also be submitted. The cookbook will be spiral bound and offered for sale at Thanksgiving. Any profit from the sale of the books will be donated to cancer related causes. **Categories for recipes are: Appetizers, Salads, Main Dishes, Crock Pot & Casseroles, Sides, Desserts, Beverages** ■



Coordinator's Corner

My favorite time of year is here: summer! I hope while you are enjoying your summer activities that you will pay particular attention to sun safety. Even on cloudy and overcast days, it is still possible to be burned by the sun.

So remember to purchase sunblock, not sunscreen. A sunscreen creates a chemical barrier to the sun but may disrupt hormones and decrease the effectiveness of the immune system. Avoid products which contain benzophene, homosolate, octy-methoxycinnamate, and octinoxate.

Instead choose a product which creates a physical barrier to the sun and contains zinc and titanium which will deflect the sun's rays. Look for non-micronized forms of zinc oxide and titanium oxide.

Check out these quality products to stay safe in the sun:

- Aubrey Organics/ Natural Sun SPF 25 and 30
- Burt's Bees/ Chemical Free SPF 30
- California Baby/Everyday Year-round SPF 30
- Jason Natural/Active Sunblock SPF 40 and Kid's Block SPF 46

Have a wonderful summer season! ■ Sandy

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