



**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 October 2009

photo by Tony McNair



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Celebrating Life Luncheon October 31

Breast cancer survivors are invited to attend the *Celebrating Life Luncheon and Style Show* Saturday, October 31st at Goshen General Hospital's Arbor Conference Center.

Speakers will be Dr. Laura Morris, Medical Director of The Retreat Women's Health Center and Heidi Floyd from the Vera Bradley Foundation. Mrs. Floyd will speak about her journey through breast cancer while pregnant.

Doors open at 11:00 a.m., lunch will be served at 12:00 p.m. and vendor booths will be open from 11:00 a.m. to 2:00 p.m. Reservations are required as seating is limited to the first 150 ladies. Tickets are free to breast cancer survivors regardless of where they receive treatment. Other ladies may purchase tickets for ten dollars by calling Cindy Ghaster at 574.533.0626, extension 110.

Sponsored by Park Home Medical, Goshen Center for Cancer Care and The Retreat Women's Health Center, the afternoon will consist of dinner, speakers, vendor booths, style show of breast cancer swimwear, door prizes and more. ■



Pam Bergstedt and Jessica Hostetler at the 2008 *Celebrating Life Luncheon*.



GOSHEN RESEARCH DEPARTMENT Making international headlines.

Douglas Schwartzenruber,
MD, FACS, medical director
Goshen Center for Cancer Care
and lead author - principle
investigator for melanoma
cancer vaccine.

Breakthrough cancer research has been conducted right here in Goshen at the Center for Cancer Care. Dr. Douglas Schwartzenruber or “Doctor Doug” as many of his patients refer to him was the lead author and principle investigator of the eight year clinical trial to show the effectiveness of vaccine against metastatic melanoma cancer.

Goshen Center for Cancer Care (GCCC) acted as the coordinating center, and the only site in Indiana, for this multi-institute, national clinical trial. The trial came to Goshen six years ago when Dr. Schwartzenruber came to Goshen from the National Cancer Institute. The trial tested the effectiveness of combining the vaccine with high-dose Interleukin-2 (IL-2), a biologic therapy used to treat patients with metastatic melanoma.

Usually resistant to drugs, metastatic melanoma is very difficult to treat successfully. The clinical trial proved that the vaccine enhanced the effect of IL-2 by doubling the number of people who responded positively and delayed the progression of the cancer. The study also showed a trend toward overall improved survival. The result of the trial is good news and as Dr. Schwartzenruber said “this gives us hope that we are making progress

against cancer.” The next step may be a larger clinical trial to show the vaccine improves overall survival.

Dr. Schwartzenruber’s research team at GCCC is comprised of five full time staff including clinical trial nurses Rebecca Eickhoff RN, BSN, OCN and Betsy Garber BA, RN, BSN, two research associates Lydia Zimmerman LPN and Theresa Hochstetler, and regulatory coordinator Deborah Krienke.

The research team is currently engaged in the enrollment and monitoring of more than 40 clinical trials. Members of the team screen new patient data for possible participation in open trials and if appropriate the patient’s oncologist is notified of the possibility. The patient then receives the clinical trial information from their oncologist so they may help the patient make an informed decision about participation. If the patient is interested in enrolling in the trial, the research team will then approach the patient. Patients enrolled in clinical trials are closely monitored by the research team who typically conduct 50 to 60 patient visits per month.

More information about Goshen Center for Cancer Care’s clinical trials program is available on the web at www.goshenclinicaltrials.org. ■

Herbs & Spices

A pinch of flavor with big benefits.

By Becky Overholt, RD, CSO, CD and Marcia Prenguber, ND, FABNO

Herbs and spices have always added a pleasurable experience to eating, but research has recently confirmed the additional healthy benefits of herbs and spices beyond culinary. A small amount of an herb or spice provides phytonutrient rich antioxidants.

Some of you may still have fresh herbs from the garden. For those of you who do not - no problem! Both fresh and dried herbs & spices have health benefits. If you don't have experience cooking with herbs and spices, the following tips may be helpful:

Turmeric

- Add flavor and color to steamed rice or couscous with a sprinkle of curry powder.
- For a new twist to chicken salad, add a dash of curry powder along with nuts, fruit, or chopped apples.
- Lightly dust hot popcorn or snack mixes with curry powder for a new taste sensation.
- Turn tomato soup from dull to delicious. Add ½ teaspoon curry powder to 2 cups tomato soup.

Cinnamon

- Perk up your morning coffee with ground cinnamon. Sprinkle ½ teaspoon over ground coffee before brewing.
- Next time you make French toast, pancakes, waffles or muffins, try adding ½ to 1 teaspoon ground cinnamon to the batter.
- Give lunchbox sandwiches an unexpected flavor boost. Add a sprinkle of ground cinnamon to peanut butter and jelly sandwiches. Also tastes great on peanut butter and banana sandwiches!

Ginger

- For a fresh fruit pick-me-up, try a light sprinkling of ground ginger on peaches, pears, cantaloupe, pineapple or honeydew melon.
- Add a hint of spice to frozen yogurt. Stir ½ teaspoon ground ginger into a softened pint of frozen vanilla yogurt. Refreeze for 30 minutes before serving.
- Quench your thirst with ginger lemonade. Add ½ teaspoon ground ginger to 1 quart freshly squeezed lemonade.

Red Pepper

- Sprinkle hummus or guacamole with paprika. Or, add a kick by stirring in ¼ teaspoon ground red pepper or crushed red pepper.
- Mix up your own spiced salt by mixing 2 tablespoons sea salt, 2 teaspoons paprika, ½ teaspoon ground cumin and a pinch of ground red pepper. Sprinkle over grilled or roasted meat, fish and poultry.
- Serve bread with olive oil like it's done in an Italian restaurant. Mix ¼ cup olive oil, 1 teaspoon grated Parmesan cheese, ½ teaspoon garlic powder, 1/8 teaspoon crushed red pepper and sea salt to taste in small shallow dish.

Oregano

- Add oregano leaves at the end of cooking your favorite spaghetti sauce.
- Sprinkle oregano on your pizza right when it comes out of the oven.

Rosemary

- Add sprigs and 1 tbsp olive oil to diced or wedged potatoes and roast on a cookie sheet in the oven @ 450F for 20 minutes.
- Throw rosemary sprigs onto hot coals while grilling fish or chicken
- Make rosemary lemonade: Boil water, sugar and rosemary together until sugar is dissolved. Strain out the rosemary leaves. Add to lemonade concentrate and chill.

Some of the big contenders:

Oregano has more antioxidant power than any other herb. It contains quercetin, a strong antioxidant being studied for its role in cancer prevention, specifically for breast, ovarian, & endometrial cancers.

Rosemary also has benefits as a cancer prevention agent. Rosemary extract added to meat before grilling blocks cancer compounds from forming. Rosemary is also an anti-inflammatory agent and aids digestion.

Turmeric contains the phytochemical, curcumin, which provides its color. Turmeric may also have potential in treating cancer by promoting cancer cell death. It is a potent anti-inflammatory and antioxidant. Curry powder contains turmeric.

Red pepper (Cayenne, Paprika) contains capsaicin, which may cause cancer cells to self-destruct while leaving normal cells unharmed. Red pepper also boosts circulation, fights infection and aids in digestion. Cayenne, ground red pepper & paprika should be stored in the refrigerator to retain their color, freshness and beneficial activity.

Ginger can be helpful in relieving nausea. Ginger also has antioxidant and anti-inflammatory properties.

Garlic contains antioxidants and potentially can lower cholesterol and blood pressure. Garlic is being studied as a potential cancer fighter.

Diabetics who took approximately 1/4 teaspoon of cinnamon a day decreased their blood glucose, cholesterol and blood fats by 30%. Cinnamon can also relieve indigestion, bloating, and flatulence.



Memorial Garden



Ruth Brant, survivor network member
in the Memorial Garden

Gardening is near and dear to Ruth Brant's heart. A visit to her home reveals one perennial flower garden after another, some new, some old, but all equally beautiful with color and texture. Always one to share her knowledge and blooms, Ruth plans to host the second annual perennial exchange next spring for her neighborhood association.

A two-time cancer survivor, Ruth was diagnosed in 2000 with endometrial cancer and underwent surgery followed by radiation treatments. In 2007 Ruth received the news that she had non Hodgkin's lymphoma, a cancer of the white blood cells, which was treated with chemotherapy.

Now as a member of the Goshen Cancer Survivor Network, Ruth is one of the volunteers who help tend the Memorial Garden outside the infusion room at the Goshen Center for Cancer Care. Network members gather several times throughout the growing season to plant, prune, weed, and trim the flowers and shrubs within the garden.

Established in 2007 by the Rinker Family Foundation in memory of Mrs. Beverly Rinker, the dedication plaque states the garden was created "In recognition of those whom we have the honor of caring for during their courageous fight against cancer." The garden is beautifully in bloom throughout the growing season and provides encouragement to the patients of Goshen Center for Cancer Care.

If you are a cancer survivor or family member who has a green thumb and would like to help maintain the garden call Sandra Carbone at 574.535.2922. ■



Coordinator's Corner: Learning to Dance in the Rain

Hello everyone and welcome to the fall edition of the Goshen Cancer Survivor Newsletter. I hope you are enjoying this newsletter and find it useful as well as encouraging as you walk the journey called cancer.

Many of you, thousands to be accurate, have finished your treatment and are now living the "new normal." Others are still on the treatment journey and dealing with the changes that treatment brings.

Regardless of where you are in your journey, I want to encourage you to live each day to its fullest. The providers and colleagues here at the cancer center know that your journey is not an easy one, but we are all here for you... to support you, answer your questions and help you along your journey.

As your cancer survivorship coordinator, I hope you will contact me if there is anything I can assist you with. As I tell people, I may not have the answer to your question, but I know the people who do... the fine providers and colleagues that I work with every day.

And now I leave you with a final thought "Life is not about waiting for the storm to pass, it's about learning to dance in the rain."

Wishing you the best dance possible, *Sandy*

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