



COMMUNITY CANCER CENTER

The Leader in Cancer Care.

July 2010

Newsletter



American Society of Clinical Oncology
Making a world of difference in cancer care

Highlights from the American Society of Clinical Oncology (ASCO) Annual Meeting

The American Society of Clinical Oncology held its 46th annual meeting on June 4th-8th in Chicago, Illinois. Below are highlights from some of the research studies presented at that meeting that may have long lasting effects on future cancer treatment. For more complete information about these studies or other information presented, go to www.asco.org

- Researchers found that using ipilimumab in addition to a peptide vaccine nearly doubled the survival rates of patients with advanced melanoma at 12 and 24 months. Ipilimumab is part of a new class of drugs that allows T-cells to attack and kill cancer cells. Prior to this therapy, there were very few options for patients with advanced melanomas.
- A study has shown that practicing yoga can improve sleep quality and reduce fatigue in cancer survivors which drastically increases their quality of life. Survivors who participated in yoga decreased their use of sleep medication by 21% while the control group increased use by 5%.
- A new screening technique for ovarian cancer has presented very few false positive tests. A false positive test is one in which the initial test shows that cancer is present but subsequent testing proves no cancer is found. The Risk of Ovarian Cancer Algorithm (ROCA) is based on patient age and blood testing. The algorithm allows each individual woman to establish her own baseline for what is normal in her blood testing.
- Scientists have discovered that Rituxan maintenance therapy cuts the relapse risk in half for patients with follicular lymphoma. The results of this testing show that lymphoma, like many other diseases, may now be regarded as a chronic (long lasting) disease which can utilize chronic therapies to keep it in remission. Rituximab maintenance therapy was well received by patients and there was no negative impact on quality of life.

OUR MISSION

Our mission is to improve the health status of individuals by providing comprehensive, community-based cancer care.

LIBRARY HOURS

Monday-Friday
8 a.m. to 5 p.m.

Library volunteers
are available to assist
you from
9 a.m. to Noon
&
1 p.m. to 4 p.m.

UPCOMING EVENTS



LiveLoveLaugh



Someone to talk to...
who understands!

Us TOO® Bloomington/Normal

A Chapter of Us TOO®
International since 1999
Us TOO® Group meetings
are free and open to all men,
family, friends and health
professionals interested in
prostate cancer disease.

Group Meetings are held

at the Community Cancer Center on the 2nd Tuesday
in the Months of January, April, July and October.

TOPIC: "OPEN DISCUSSION GROUP MEETING"

Tuesday, July 13

7:00 - 8:30 p.m.

At the Community Cancer Center

An evening for prostate cancer patients to ask
questions and network with each other. Facilitators:
Candi Gray MSW, LCSW, OSW-C and Becky Powell
MS, RN, AOCN

Photo Contest to Benefit the Community Cancer Center

HURRY! Contest ends July 31, 2010

JMC Photo and Digital Services is asking you to show them life, love,
and lots and lots of laughter with photos, and you might win money in
this 3-month long photo contest!

Local residents and businesses are donating money for prizes, and
75% of all donations will be given to the Community Cancer Center
Foundation, while the other 25% will go towards prizes for lucky
winners that could be you!

The four winning photos along with six honorable mention photos will
be unveiled during a celebration at the Center where they will remain
on display for patrons and visitors to enjoy.

Information and rules about the contest are on JMC's website
www.jmcpds.com or call JMC at (309) 663-4677.

WILLIAM F. BRADY DAY OF THE DOZER

Saturday, August 28, 2010

10 a.m. – 4 p.m.

Interstate Center



The William F. Brady Day of the Dozer is scheduled for Saturday, August 28,
2010 from 10:00 a.m. to 4:00 p.m. at the Interstate Center. This event will allow
kids to explore an actual construction site and working equipment. Kids can ride
in a bulldozer, end loader or skid loader with a licensed operator, look up close at
a dump truck, and even crawl over a backhoe! Kids' advanced tickets are only \$5
and all proceeds will be donated to the Community Cancer Center Foundation to
fund support and medical services. Tickets are available at Interstate Center, Brady
Homes, RE/MAX Choice, the Community Cancer Center, the Interstate Center,
Isaacson Construction, Inc., MJE Construction Company, and Stark Excavating. To
donate or reserve tickets contact the Community Cancer Center at (309) 451-8500.



Education & Networking Group

This group is for patients and their caregivers
who want to learn more about living with a
Leukemia, Lymphoma and Multiple Myeloma
diagnosis.

MEET THE DOCTOR: "EXPLORING MYELOMA"

Monday, July 26

5:30 – 7:00 p.m.

Presenter: Pramern Sriratana, MD

This "Meet the Doctor" program is designed
to provide up-to-date information to patients
and their families who are living daily with the
challenges of coping with a Myeloma diagnosis.

In the Garden

The Community Cancer Center would like
to thank Peggy Swerdlik, her husband Mark,
Jaci Dixon and the Master Gardeners for
volunteering to beautify the Center's patio
areas and Butterfly Garden. We hope that
our patients, family members, and friends
will enjoy these areas this summer. The patio
doors are open, enjoy the fresh air!



"Give me odorous at sunrise a garden of beautiful flowers
where I can walk undisturbed." Walt Whitman



Please visit us on the web at www.cancercenter.org

Sarcoma Awareness

JULY IS SARCOMA AWARENESS MONTH

The American Cancer Society estimates about 10,660 new soft tissue sarcomas will be diagnosed in 2009 (5,780 cases in males and 4,880 cases in females). These statistics include both adults and children.

What is sarcoma?

- It is a cancer of the connective tissues, such as nerves, muscles, cartilage, joints, bone, or blood vessels.
- It can arise anywhere in the body, frequently hidden deep in the limbs.

How prevalent are sarcomas?

- About 1% of all adult cancers are sarcomas.
- Between 15-20% of all children's cancers are sarcomas.
- There are hundreds of thousands of patients and their families struggling with sarcoma world wide.

How are sarcomas treated?

- When possible, sarcoma patients have surgery to remove the cancer.
- Surgery is often combined with chemotherapy and/or radiation.

Why are sarcomas dangerous?

- They are often misdiagnosed. Sometimes they are thought to be sports injuries.
- When they are diagnosed, they may be large and difficult to remove surgically and they may have metastasized.
- Many sarcomas resist current treatments.

Useful Organizations and Websites:

Sarcoma Alliance
www.sarcomaalliance.com

National Cancer Institute
www.cancer.gov

B R A V O

Recently two research abstracts written by the Community Cancer Center's CyberKnife team were accepted for inclusion in the American Society of Clinical Oncology (ASCO) 46th Annual Meeting held in Chicago, IL June 4-8, 2010. It is quite an honor to be included in this prestigious gathering of more than 30,000 cancer specialists from around the world focused on the latest innovations in research, quality, practice and technology in cancer. The studies accepted at ASCO were outcomes of treatment to tumors near the eye and treatment to the area ("tumor bed") of a surgically removed brain tumor. Conclusions of these two studies suggest that hypofractionated stereotactic radiosurgery (CyberKnife) can be a safe and effective treatment options for these tumors. In addition, research is currently in progress in the CyberKnife department evaluating the outcomes of stereotactic radiosurgery to other areas of the brain and to the prostate. The team at the Community Cancer Center is committed to advancing the science which will lead to greater success in cancer treatment and control. They are honored to have their work recognized by the American Society of Clinical Oncology.



A Great Celebration

On June 6, 2010 the Community Cancer Center held its annual Cancer Survivors Day Celebration at the CornCrib, the new baseball stadium for the Normal CornBelts. Over 850 tickets to the game were given out to local survivors so they and their family/friends could take part in this special celebration. Cancer Survivors Day is a special day set aside to recognize the strength and courage of survivors and to pay tribute to the contributions made by survivors' families, friends, and their healthcare providers. Joe Elble pictured, was the winner of the "Throw Out the First Pitch" contest. Joe received 18 nominations and was chosen by a panel as this year's contest winner. A special thanks to everyone that sent in a nomination. At the bottom of the 7th inning, all cancer survivors were honored down on the field or in the crowd and were given a standing ovation by everyone in attendance. Overall, it was a beautiful evening and a great celebration at the ballpark!



COMMUNITY CANCER CENTER

407 East Vernon Avenue

Normal, IL 61761

(309) 451-8500

www.cancercenter.org

The Community Cancer Center, a joint venture of Advocate BroMenn Healthcare and OSF St. Joseph Medical Center, combines the resources of both to meet its mission of improving the health status of individuals by providing comprehensive, community-based cancer care.

- Medical Oncology
- Radiation Oncology - Cyberknife Service
- Promotion of Prevention, Early Detection and Screening
- Support Groups
- Nutrition
- Library
- Cancer Registry
- Coordination for Multidisciplinary Treatment Planning
- Comprehensive Breast Service
- Social Work
- Community Education

To receive this newsletter by mail, please fill out an address card at the brochure table in the entry room of the CCC or call (309) 451-8500 and we will put you on our mailing list.



UPCOMING PROGRAMS AT CCC

Look inside for further details on these upcoming programs.



Monday, July 26



The Center will be closed on Monday 5th in observance of the Fourth of July.

Have a safe and happy holiday!



Wednesday, August 4, 2010 and each Wednesday through August 25, 2010. 6:00- 8:00pm

re:NEW is a four week program for breast cancer survivors covering nutrition, exercise, and wellness after treatment for breast cancer. The four consecutive **re:NEW** classes will give you the basics of optimal nutrition, healthy exercise habits, and a positive body image. An optional monthly group to support and encourage the lifestyle changes is available after completion of the four classes. Recent research shows that these lifestyle changes may help to reduce the risk of recurrence of breast cancer. Seating is limited. **For more information or to reserve your seat, call 309-451-8500.**



Someone to talk to... who understands!

Tuesday, July 13

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