

Journeys

News and inspiration for
Dignity Health Cancer Institute
patients and family

September and
October 2014

Discover the *Look Good Feel Better* Program at Mercy Cancer Center

Dignity Health Cancer Institute of Greater Sacramento has partnered with the American Cancer Society to host *Look Good Feel Better*, a program dedicated to improving the self-esteem and quality of life of women undergoing treatment for cancer. This free non-medical, brand-neutral public service program teaches beauty techniques to help manage the appearance-related side effects of treatment. Each session offers complimentary group beauty sessions that create a sense of support, confidence, courage, and community.



The program is open to all women who are undergoing chemotherapy, radiation, or other forms of cancer treatment. In the United States alone, more than 900,000 women have participated in the program, which now offers 15,400 workshops nationwide in more than 2,500 locations. Patient education is provided through workshops, individual sessions, or self-help materials. Free program materials include videos, patient guides, brochures, and makeup kits.

Thousands of volunteer beauty professionals support *Look Good Feel Better*. All are trained and certified by the Personal Care Products Council Foundation, the American Cancer Society, and the Professional

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Calendar of Events



Dignity Health
Cancer Institute
of Greater Sacramento

Look Good Feel Better, Continued

Beauty Association at local, statewide, and national workshops. Other volunteer health care professionals and individuals also give their time to the program.

Mercy Cancer Center is now hosting *Look Good Feel Better* sessions the second Wednesday of every month. **Registration is required. Please call 800.227.2345 to register, or for more information, talk to a Nurse Navigator at 916.962.8892.**



Healthy Eating Tips: Lactose-Free (mostly Dairy-Free) Frozen Desserts



If you find that you can no longer eat ice cream due to lactose intolerance (whether due to age, chemotherapy, radiation, or surgery), there are many new frozen desserts available which provide calories, calcium, protein, and fat to help you maintain weight, cool a sore mouth/throat, or just provide a creamy, icy, satisfying treat!

Coconut Milk Frozen Dessert

High in medium chain triglycerides from coconut milk, this frozen treat comes in a variety of flavors. A sample ½ cup serving: 130 calories, 6 grams of fat, 5 grams of saturated fat, 22 grams of carbs, 1 gram of protein (although some flavors have 170 calories, and 8-9 grams of fat).



Soy Milk Frozen Dessert

With a base of soy milk, this creamy icy treat is the lowest in fat and saturated fat of all the nondairy desserts. Per ½ cup serving: 130-140 calories, 3-4 grams of fat, .5 grams of saturated fat, 24-27 grams of carbs, 1-2 grams of protein.

Rice Milk Frozen Dessert

One of the sweetest nondairy frozen desserts due to its base of brown rice syrup and agave syrup, it is naturally lactose and gluten free. Per ½ cup serving: 180 calories, 7 grams of fat, 1 gram of saturated fat, 28 grams of carbs, 0 grams of protein.

Almond Milk Frozen Dessert

This sweet dessert comes in flavors ranging from butter pecan to mint chip and gets its healthy fat from almonds. Per ½ cup serving: 130 calories, 4.5 grams of fat, 0 grams of saturated fat, 26 grams of carbs, 1 gram of protein (a few flavors have 160 calories, 7-8 grams of fat).

Wayfare Frozen Dessert

A new dessert with an oatmeal base, safflower, and coconut oil, and great intense flavors (chocolate, maple, lemon, vanilla, and blueberry), this lactose-free treat tastes like ice cream (due to its high fat content). You would never guess it has oatmeal in it! Per ½ cup serving: 140 calories, 7-8 grams of fat, 2.5 grams of saturated fat, 18-19 grams of carbs, 1-2 grams of protein.

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Healthy Eating Tips, Continued

Lifeway Frozen Kefir

With active, live cultures, this GI-friendly frozen dessert (made from milk) provides probiotics along with its tangy, fruity taste (mango, original, strawberry, and pomegranate) and is **99%** lactose-free. Per ½ cup serving: 90 calories, 5 grams of fat, 1 gram of saturated fat, 18 grams of carbs, 4 grams of protein.

Cultured Frozen Yogurt

Many frozen yogurts do not have the live, active cultures of refrigerated yogurt, which will likely cause similar digestive issues as ice cream. Look for a frozen yogurt with active cultures. It may be better tolerated due to its reduced level of lactose

(the bacterial cultures convert some of the lactose to lactic acid). The new Greek frozen yogurts have more protein in addition to the probiotics. Per ½ cup serving: 140-150 calories, 2-3 grams of fat, 1-2 grams of saturated fat, 24-25 grams of carbs, 6-7 grams of protein.

Whatever the season, try one of the new alternatives to ice cream that leave out the lactose but not the taste!

Written by: Susan Liebert, MS, RD, CNSC, CDE, Clinical Dietitian



What's New in Thyroid Cancer Research and Treatment?

Important research into thyroid cancer is being done right now in many university hospitals, medical centers, and other institutions around the country. Each year, scientists find out more about what causes the disease, how to prevent it, and how to improve treatment. In past years, for example, evidence has grown showing the benefits of combining surgery with radioactive iodine therapy and thyroid hormone therapy. The results include higher cure rates, lower recurrence rates, and longer survival.

Genetics

The discovery of the genetic causes of familial (inherited) medullary thyroid cancer now makes

it possible to identify family members carrying the abnormal RET gene and to remove the thyroid to prevent cancer from developing there. Understanding the abnormal genes that cause sporadic (not inherited) thyroid cancer has led to better treatments as well. In fact, treatments that target some of these gene changes are already being used, and more are being developed.

Treatment

Most thyroid cancers can be treated successfully. But advanced cancers can be hard to treat, especially if they do not respond to radioactive iodine (RAI) therapy. Doctors and researchers are looking for new ways to treat thyroid cancer that are more effective and lead to fewer side effects.

Surgery

Surgery is an effective treatment for most thyroid cancers, and it can usually be done without causing major side effects, especially when done by experienced surgeons. Some people who have thyroid surgery are bothered by the scar it leaves on the neck. Newer approaches to surgery may help with this. For example, in endoscopic surgery, the surgeon operates on the thyroid by inserting long, thin instruments through small incisions in the neck instead of making one larger incision. In an even newer approach, the surgeon sits at a

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What's New in Thyroid Cancer, Continued

control panel and maneuvers robotic arms to do the surgery through an incision under the arm, so there is no scar in the neck. These approaches are much more likely to be used for thyroid conditions other than cancer at this time, but some doctors are now looking to see if they can be used for thyroid cancers as well.

Radioactive Iodine (RAI) Therapy

Doctors are looking for better ways to see which cancers are likely to come back after surgery. Patients with these cancers may be helped by getting RAI therapy after surgery. Recent studies have shown that patients with very low thyroglobulin levels three months after surgery have a very low risk of recurrence even without RAI. More research in this area is still needed. Researchers are also looking for ways to make RAI effective against more thyroid cancers. For example, in some thyroid cancers, the cells have changes in the BRAF gene, which may make them less likely to respond to RAI therapy. Researchers are studying whether new drugs that target the BRAF pathway can be used to make thyroid cancer cells more likely to take up radioactive iodine. These types of drugs might be useful for people who have advanced cancer that is no longer responding to RAI therapy.

Chemotherapy

Some studies are testing the value of chemotherapy drugs such as paclitaxel (Taxol®) and other drugs, as well as combined chemotherapy and radiation in treating anaplastic thyroid cancer.



Targeted Therapies

In general, thyroid cancers do not respond well to chemotherapy. But exciting data are emerging about some newer targeted drugs. Unlike standard chemotherapy drugs, which work by attacking rapidly growing cells (including cancer cells), these drugs attack specific targets on cancer cells. Targeted drugs may work in some cases when standard chemotherapy drugs do not, and they often have different (and less severe) side effects.

Tyrosine Kinase Inhibitors

A class of targeted drugs known as tyrosine kinase inhibitors (TKIs) may help treat thyroid cancer cells with mutations in certain genes, such as BRAF and RET/PTC. Many of these drugs also affect tumor blood vessel growth. In many papillary thyroid cancers, the cells have changes in the BRAF gene, which helps them grow. Drugs that target cells with BRAF gene changes, such as vemurafenib (Zelboraf®), dabrafenib, and selumetinib, are now being studied in thyroid cancers with this gene change. In one study, giving selumetinib to patients with thyroid cancers that had stopped responding to radioactive iodine (RAI) treatment helped make some patients' tumors respond to treatment with RAI again. It helped patients not only with BRAF mutations, but also with mutations in a different gene called NRAS. Other TKIs that have shown early promise against thyroid cancer in clinical trials include sorafenib (Nexavar®), sunitinib (Sutent®), pazopanib (Votrient®), cabozantinib (Cometriq), motesanib (AMG 706), axitinib (Inlyta®), and vandetanib (Caprelsa®). Vandetanib and cabozantinib are both targeted drugs shown to be helpful in the treatment of medullary thyroid cancer (MTC) in clinical trials, and are now approved for use against advanced forms of the disease. Some other TKIs, such as sunitinib, sorafenib, and pazopanib, are already approved to treat other types of cancer, and might be useful against MTC and differentiated thyroid cancers if other treatments are no longer working.

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What's New in Thyroid Cancer, Continued

Anti-angiogenesis Drugs

As tumors grow, they need a larger blood supply to get enough nutrients. They get it by causing new blood vessels to form (a process called angiogenesis). Anti-angiogenesis drugs work by disrupting these new blood vessels. Some of the TKIs listed above, such as axitinib, motesanib, sunitinib, sorafenib, pazopanib, and cabozantinib, have anti-angiogenic properties. Other anti-angiogenesis drugs being studied for use against thyroid cancer include bevacizumab (Avastin®), lenalidomide (Revlimid®), and lenvatinib.

Other Targeted Drugs

A recent early study found the combination of the chemotherapy drug paclitaxel (Taxol) with the targeted drug efatutazone could be helpful in patients with anaplastic thyroid cancer. Efatutazone targets a receptor called PPAR-gamma.

Last Medical Review: 02.24.14 | Last Revised: 03.20.14
American Cancer Society



Poem of Encouragement: “If I Had My Life to Live Over”

If I had my life to live over, I would have talked less and listened more. I would have invited friends over to dinner even if the carpet was stained and the sofa faded. I would have eaten the popcorn in the “good” living room and worried much less about the dirt when someone wanted to light a fire in the fireplace. I would have taken the time to listen when my grandfather rambled about his youth. I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed. I would have burned the pink candle sculpted like a rose before it melted in storage. I would have sat on the lawn with my children and not worried about grass stains. I would have cried and laughed less while watching television and more while watching life. I would

have shared more of the responsibility carried by my husband. I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for one day. I would never have bought anything just because it was practical, wouldn't show soil or was guaranteed to last a lifetime. Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle. When my kids kissed me impetuously, I would never have said, “Later. Now go get washed up for dinner.” There would be more “I love yous” and “I'm sorrys”. But mostly, given another shot at life, I would seize every minute, look at it and really see it... live it... and never give it back. Stop sweating the small stuff.

Written by: Erma Bombeck (after her cancer diagnosis)

Calendar of Events

September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy Labor Day	2 Nutrition Class Mercy Cancer Center— Sacramento 11 a.m. to Noon Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.	3 Legacy Cancer Support Group Mercy Cancer Center— Sacramento 11 a.m. to 12:30 p.m. Blood Cancer Support Group Mercy San Juan 5:30 to 7 p.m. Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	4 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m. Breast Cancer Support Group Mercy Cancer Center— Sacramento 6:30 to 8 p.m.	5	6 Ostomy Support Group Mercy San Juan 10 a.m. to Noon Multiple Myeloma Support Group Mercy San Juan 10 a.m. to Noon
7	8 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	9 Guided Imagery Mercy San Juan 8:30 to 9 a.m. Gentle Conditioning Mercy San Juan 9 to 9:45 a.m. Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. Caregiver's Support Group Yolo Adult Day Center 6:30 to 8 p.m.	10 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	11 Gentle Conditioning Mercy Cancer Center— Sacramento 9:15 to 10 a.m. Guided Imagery Mercy Cancer Center— Sacramento 10 to 10:30 a.m.	12	13
14	15 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	16 Guided Imagery Mercy San Juan 8:30 to 9 a.m. Gentle Conditioning Mercy San Juan 9 to 9:45 a.m. Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m. Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.	17 Caregiver's Support Group Mercy Cancer Center— Sacramento 11:30 a.m. to 1:30 p.m. Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	18 Prostate Support Group Mercy San Juan 1:30 to 3:30 p.m. Breast Cancer Support Group Mercy San Juan 4 to 5:30 p.m. Yoga Mercy San Juan 5:30 to 6:30 p.m.	19	20 Physician Esophageal CME Event
21	22 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	23 Guided Imagery Mercy San Juan 8:30 to 9 a.m. Gentle Conditioning Mercy San Juan 9 to 9:45 a.m. Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.	24 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	25 Gentle Conditioning Mercy Cancer Center— Sacramento 9:15 to 10 a.m. Guided Imagery Mercy Cancer Center— Sacramento 10 to 10:30 a.m.	26	27
28	29 Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.	30 Guided Imagery Mercy San Juan 8:30 to 9 a.m. Gentle Conditioning Mercy San Juan 9 to 9:45 a.m. Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.				

Calendar of Events

October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>Legacy Cancer Support Group Mercy San Juan 11 a.m. to 12:30 p.m.</p> <p>Blood Cancer Support Group Mercy San Juan 5:30 to 7 p.m.</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>2</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p> <p>Breast Cancer Support Group Mercy Cancer Center— Sacramento 6:30 to 8 p.m.</p>	3	<p>4</p> <p>Ostomy Support Group Mercy San Juan 10 a.m. to Noon</p> <p>Multiple Myeloma Support Group Mercy San Juan 10 a.m. to Noon</p>
5	<p>6</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>7</p> <p>Guided Imagery Mercy San Juan 8:30 to 9 a.m.</p> <p>Gentle Conditioning Mercy San Juan 9 to 9:45 a.m.</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p>Caregiver's Support Group Yolo Adult Day Center 6:30 to 8 p.m.</p>	<p>8</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>9</p> <p>Gentle Conditioning Mercy Cancer Center— Sacramento 9:15 to 10 a.m.</p> <p>Guided Imagery Mercy Cancer Center— Sacramento 10 to 10:30 a.m.</p>	10	11
12	<p>13</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>14</p> <p>Guided Imagery Mercy San Juan 8:30 to 9 a.m.</p> <p>Gentle Conditioning Mercy San Juan 9 to 9:45 a.m.</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p> <p>Living with Cancer Support Group Woodland Healthcare 7 to 8:30 p.m.</p>	<p>15</p> <p>Caregiver's Support Group Mercy Cancer Center— Sacramento 11:30 a.m. to 1:30 p.m.</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>16</p> <p>Prostate Support Group UC Davis 1:30 to 3:30 p.m.</p> <p>Breast Cancer Support Group Mercy San Juan 4 to 5:30 p.m.</p> <p>Yoga Mercy San Juan 5:30 to 6:30 p.m.</p>	17	18
19	<p>20</p> <p>Komen Making Strides Walk Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>21</p> <p>Guided Imagery Mercy San Juan 8:30 to 9 a.m.</p> <p>Gentle Conditioning Mercy San Juan 9 to 9:45 a.m.</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p>	<p>22</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>23</p> <p>Gentle Conditioning Mercy Cancer Center— Sacramento 9:15 to 10 a.m.</p> <p>Guided Imagery Mercy Cancer Center— Sacramento 10 to 10:30 a.m.</p>	24	25
26	<p>27</p> <p>Yoga Mercy Cancer Center— Sacramento 5:30 to 6:30 p.m.</p>	<p>28</p> <p>Guided Imagery Mercy San Juan 8:30 to 9 a.m.</p> <p>Gentle Conditioning Mercy San Juan 9 to 9:45 a.m.</p> <p>Cancer Support Group Mercy Hospital of Folsom 11 a.m. to 12:30 p.m. and 4 to 5:30 p.m.</p>	29	30	<p>31</p> <p>Happy Halloween!</p>	



Making Strides Against Breast Cancer

Mark your calendar and plan to join the Dignity Health Cancer Institute team. To learn more call Tami Hoar, Nurse Navigator, at 916.962.8892.

Sunday, October 19, 8 a.m.
West Steps of the State Capitol



Calendar of Events

Breast Cancer Support and Education Group

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
CR next to Russell Elevator

Prostate Cancer Support Group

Mercy San Juan Medical Plaza

UC Davis Medical Center
Cancer Center Auditorium

Caregiver's Support Group

Woodland Healthcare
Haarberg Cancer Center

Mercy Cancer Center—Sacramento
Large Conference Room

Cancer Support Group

Mercy Hospital of Folsom
Call 916.390.2661 for location

Legacy Support Group

Mercy San Juan Medical Plaza
(GC/GI)—Pulmonary Rehab

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
Call 855.637.2962 for location

Blood Cancer Support Group

Mercy San Juan Medical Center
Conference Room 2/Russell Tower
(next to cafeteria)

Living with Cancer Support Group

Woodland Memorial Hospital Cafeteria

Multiple Myeloma Support Group

Mercy San Juan Medical Plaza
Lukens Auditorium

Nutrition Class

Mercy Cancer Center—Sacramento
Large Conference Room

Ostomy Support Group

Mercy San Juan Medical Center
Conference Room 2 (next to cafeteria)

Yoga, Gentle Conditioning and Guided Imagery

Mercy Cancer Center—Sacramento
Large Conference Room

Mercy San Juan Medical Center
CR next to Russell Elevator

Locations

Mercy Cancer Center—Sacramento
3301 C Street # 550
Sacramento, CA 95816
916.556.3200

Mercy Cancer Center—Carmichael
6511 Coyle Avenue
Carmichael, CA 95608
916.863.8700

Mercy General Hospital
4001 J Street
Sacramento, CA 95819
916.453.4545

Mercy Hospital of Folsom
1650 Creekside Drive
Folsom, CA 95630
916.983.7410

Mercy San Juan Medical Center
6501 Coyle Avenue
Carmichael, CA 95608
916.537.3000

Mercy San Juan Medical Plaza
6555 Coyle Avenue
Carmichael, CA 95608
916.537.3000

UC Davis Medical Center
4501 X Street
Sacramento, CA 95817
916.734.5810

Woodland Healthcare
Woodland Memorial Hospital
1325 Cottonwood Street
Woodland, CA 95695
530.662.3961