

In sights



A PUBLICATION
OF THE
NORTHEAST
REGIONAL
CANCER INSTITUTE
VOL. 9 ISSUE 1

.....
this
issue...

Healthy Recipe:
Chili NON Carne

Diet tips for during &
after treatment
pg. 2

Cancer survivor
encourages screening

New fertility resource
for survivors
pg. 4

Smoking Cessation
resources
pg. 5

CANCER INSTITUTE NEWS

TCCAP Update
pg. 3

Cancer Institute
receives NEPA
award
pg. 6

MEMBER HOSPITAL NEWS

Wayne Memorial
now smoke-free
pg. 5

WVHCS holds
prostate screenings

GSWB presents
'Night of Humor'
pg. 6

Dress **C.A.S.U.A.L.**SM for a good cause!

Colon Cancer Awareness Saves Unlimited Adult Lives
In memory of Helen Phillips

Everybody enjoys a casual, dress-down day every once in a while. Now imagine if this simple (and comfortable) act helps to raise money and awareness for a good cause!

On Wednesday, March 28, 2007, you can take part in the Northeast Regional Cancer Institute 4th Annual C.A.S.U.A.L. (Colon Cancer Awareness Saves Unlimited Adult Lives) Day, an event in memory of Helen Phillips, a

courageous woman who fought a battle against colon cancer and died in 2002.

Individuals and businesses who are interested in participating in C.A.S.U.A.L. Day select a team captain, who is in charge of ordering and distributing C.A.S.U.A.L. Day t-shirts for \$15, and pins for \$5. Then on March 28th, your group dresses C.A.S.U.A.L. and spreads the word about colorectal

cancer prevention and screening.

All proceeds from C.A.S.U.A.L. Day support the ongoing efforts by the Cancer Institute to raise awareness about colorectal cancer risk factors and the importance of screening.

To sign-up to be a C.A.S.U.A.L. Day Team Captain, call 570-941-7984 in Scranton or 570-970-6543 in Wilkes-Barre, or visit www.cancernepa.org.

'See your doctor and get screened for colon cancer'

Jo-Ann Pellegrini's Important Message of Survival

A year shy of her 50th birthday, Jo-Ann Pellegrini felt weak, tired and discovered blood loss through her digestive system. "After my father was diagnosed with colon cancer I knew the symptoms and the importance of screening," said Jo-Ann Pellegrini, "So I called my doctor immediately to schedule a colonoscopy."

Jo-Ann's colonoscopy revealed a large tumor that looked suspicious and would need a surgeon's opinion.

"Just before I went into the operating room I blessed myself and prayed," recalls Jo-Ann. "God, we know I have cancer, but please help the surgeon find all of it so I can get this taken care of and carry on."

During surgery the surgeon palpated 2 lesions on her liver and found positive lymph nodes. "My heart sank when I found out my prognosis," said Jo-Ann. "I cried and couldn't even mouth the words Stage IV cancer."

With her family and friends support Jo-Ann prepared herself for the challenging regimen ahead - six months of chemotherapy and another surgery.

"I needed to be strong and have faith. Chemotherapy was the pits. However, great

meals provided by my family, friends and co-workers helped me through my treatments. All I had to do was mention that I had a taste for something and it was there for me," said Jo-Ann. "Also, through the grace of God and the excellent medical care provided by Doctors Richard Michelstein, Joseph Bannon and Christian Adonizio, along with support of my wonderful husband, family and friends I survived."

Jo-Ann wants everyone to know the importance of colorectal cancer screening.

"If you have a family history of colon cancer, don't wait for symptoms, see your doctor and get screened for colon cancer 10 years prior to the diagnosed age of your family member," urges Jo-Ann. "Since August 2005 I have been cancer free. I am truly blessed to be here today and I am looking forward to growing old with my husband, Tom, and being here with my children, Elena, Christopher and Sarah as they enter their adult years."

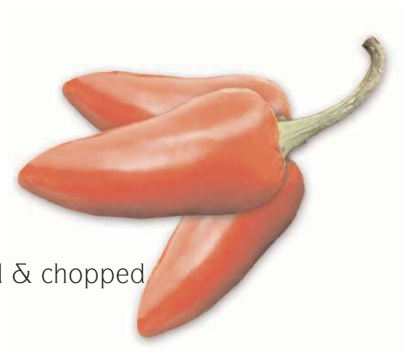




Healthy Recipe: Chili NON Carne

Provided by: Barbara Griggs Pratt, MA, RD, LDN, Wayne Memorial Hospital

- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1 tsp. olive oil
- 2 tbsps. chili powder
- 1/4 tsp. basil
- 1/4 tsp. oregano
- 1/4 tsp. cumin
- 2 cups finely chopped zucchini
- 1 cup finely chopped carrot
- 1 large can (28 oz.) tomatoes + 1 small can (14 1/4 oz) tomatoes, drained & chopped
- 1 can (15 oz.) kidney beans, undrained
- 2 cans (15 oz. each) kidney beans, drained and thoroughly rinsed
- chopped onions, tomatoes, lettuce, green peppers for garnish



In a large pot, saute onion and garlic in olive oil. Add a splash of water and cook until soft. Mix in chili powder, basil, oregano, and cumin. Stir in zucchini and carrots until well blended. Cook for about 1 minute over low heat, stirring occasionally. Stir in chopped tomatoes, undrained kidney beans, and drained kidney beans. Bring to a boil. Reduce heat and simmer for 30 to 45 minutes or until thick. Top with chopped onions, tomatoes, and lettuce or green peppers.

Makes 8 one-cup servings (Per serving: 117 total calories, 5 fat calories)

Eating during treatment and after you're cancer-free

No doubt that diet has some impact on the development of cancer. But what about after that? Is nutrition still influential in optimizing the odds for long-term survival? Unfortunately, that's where the research comes to a relative standstill.

What's good for the goose...It seems likely, say experts from the nonprofit American Institute for Cancer Research (AICR), that what affects the development of a primary cancer also affects its recurrence. But because the evidence is scant, many health professionals are reluctant to make dietary recommendations.

So where does this leave the ever-growing number of cancer survivors? Often confused and frustrated. In response to this pressing need, AICR has published a guide, *Dietary Options for Cancer*

Survivors, (\$12, available through www.aicr.org or by calling 800-843-8114). Covering 48 popular foods and supplements, it summarizes the research to date on diet and cancer - both positive and negative - to arm survivors with information they need to make decisions.

Dietary Advice for Preventing Recurrence

- * Choose mainly plant-based diet
- * Eat >5 servings of vegetables & fruits
- * Choose minimally processed foods
- * Limit red meat to < 3 oz. daily
- * Limit fatty foods
- * Use vegetable oils modestly
- * Cut back on salt
- * Limit alcohol
- * Maintain a healthy weight, and exercise

- from AICR guide

Spotlight on Support Groups

CancerCare

CancerCare online support groups can be accessed whenever you need them, 24 hours a day, 7 days a week. So if you're a caregiver who can't find a quiet moment until late at night, online support groups may be perfect for you.

What makes CancerCare different from other online groups is that each of CancerCare's groups is facilitated by a professional oncology social worker, so you can be sure that someone trained in cancer and emotional issues will guide the group discussion. This also means you have a caring person to consult if you have concerns that can't be addressed by the online group experience.

www.cancercare.org



Three-year TCCAP program draws to close; screening rates and lives saved increased

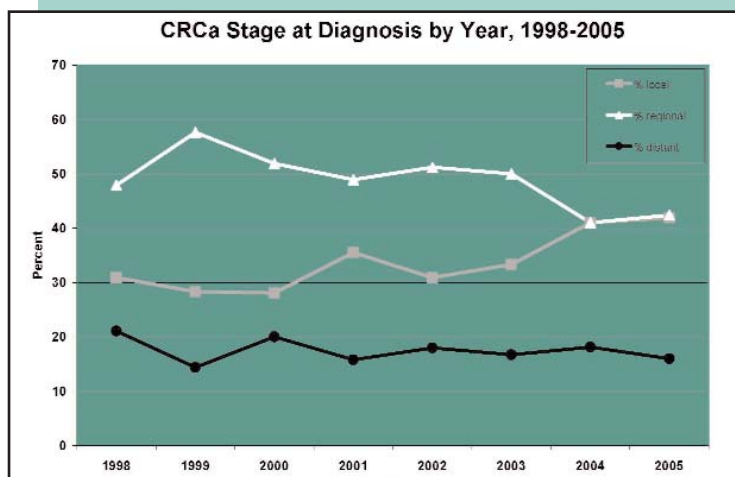
As the established timeframe for the Targeted Colorectal Cancer Awareness Program (TCCAP) is nearing to a close, Northeast Regional Cancer Institute researchers are proud to declare TCCAP a success. Preliminary findings indicate that colorectal cancer screening rates in NEPA increased from 33% to 41% over the duration of the program.

Since the beginning of TCCAP, the proportion of colorectal cancer patients diagnosed with local stage disease has increased from 30% to 38.4%.

Overall, approximately 13 lives per year have been saved through the TCCAP initiative, or 39 lives total each life representing 5 years of greater longevity. In fact, PAC3 and the Appalachian Community Cancer Network are looking at TCCAP as a model program to use throughout the rest of Pennsylvania and the Appalachian region, including Kentucky, West Virginia, Ohio and New York.

Three years ago, when researchers at the Cancer Institute learned that the incidence of colorectal cancer in Northeastern Pennsylvania is more than 20 percent higher than national data, and that mortality rates are 25 percent higher than the national colorectal cancer death rate, the team leaped into action and developed TCCAP.

TCCAP was set up to be a multi-faceted community and professional education program designed to improve the detection of, and reduce mortality from, colorectal cancer by increasing awareness of colorectal cancer and



The chart shown above depicts the stage of colorectal cancer diagnosis by year throughout the duration of the TCCAP initiative. Cases of regional and distant diagnoses have decreased, while instances of local diagnoses have increased, indicating that people are being screened and the disease is being detected earlier.

compliance with current screening recommendations.

Working with a target audience of people aged 50 years and older and the health care professionals who care for them, this unique program was implemented in Lackawanna, Luzerne, Wyoming, Susquehanna, Wayne and Pike counties over the past three years.

Funding provided by the Pennsylvania Department of Health

TCCAP by the numbers	13 lives saved per year as a result of TCCAP	38,652,857 impressions as result of TCCAP media campaign	700 physician attendees at TCCAP healthcare education programs
	8 % of colonoscopy screening increase throughout TCCAP	41,510 educational mailings	300 physician office visits for TCCAP education outreach
	171 community programs conducted	5,662 surveys returned from mailing	300 pharmacists visited for TCCAP education outreach
	3,575 attendees at TCCAP community programs	22 CME programs held to educate healthcare workers	

'The screening that saved my life'

One cancer survivor speaks out about the importance of screening

"I was diagnosed with breast cancer 9 1/2 years ago," said Janet Prislupsky. "I had gone for my yearly mammograms at an early age since breast cancer runs in my family. In 1996 my mammogram results raised alarm."



Because the tumor was located toward the back of the breast and Janet felt no discomfort, the tumor was hard to detect. After a biopsy, Dr. Michael Sunday of Delta Medix, determined it was cancer and Janet was faced with an important decision to make about treatment.

"When I found out I had cancer, it was explained that my treatment

options were a lumpectomy or breast removal," said Janet. "I remember asking my husband his advice and him telling me this was my decision."

"Joseph, my husband, was so supportive when I decided to have the breast removed," said Janet.

Janet received chemotherapy for six months and only experienced minor side effects such as fatigue. "I think the most devastating thing was losing my hair!" Janet said. "I bought a wig, but never wore it. Instead I wore decorative hats, scarves and turbans."

"Then in 2004, I noticed a spot on my skin. To me it looked like a pimple that came, faded, and resurfaced," said Janet. "After much persuasion from my husband, I asked my doctor about the skin spot. My doctor wanted to do a biopsy immediately. The biopsy came back as cancer."

Luckily Janet had the skin spot removed and no further treatment was needed. "I credit my survival to my husband and the great care that Dr. Michael Rogan, my family physician from Geisinger Health System for more than 20 years, provided," Janet said.

Cancer screening saved Janet's life, and she always encourages family and friends to keep up-to-date on their screenings.

"I preach about cancer screening to my daughter, granddaughters, sister, and friends," said Janet. "My doctor reminds me about upcoming screenings and I continually go for mammograms. Just recently, I had my colonoscopy and I keep an eye on changing skin spots."

"Cancer screening saved my life," Janet said. "If I was not screened, I may not be here today."

Cancer Screening Protocols: What You Should Know

NORTHEAST REGIONAL CANCER INSTITUTE
EDUCATION PROGRAM SPOTLIGHT

This free program provides information about the rationale for cancer screening and reviews screening recommendations for the most common cancers. Risks, benefits and limitations of screenings are also addressed. Resources for specific types of screening are provided to interested participants.

To learn more about this education program, or to set up this program with your civic organization or workplace, please call the Northeast Regional Cancer Institute at 570-941-7984 in Scranton or 570-970-6543 in Wilkes-Barre.

Fertility resource for cancer survivors now available

Fertile Hope has just published the 2006-2007 *Cancer & Fertility Resources Guide*. This publication contains a comprehensive listing of fertility services designed for cancer patients. Also contained within the resource are essays on fertility options and techniques by experts in the field.



Fertile Hope is a national nonprofit organization dedicated to providing reproductive information, support and hope to cancer patients whose medical treatments present the risk of infertility.

For more information about Fertile Hope, or to obtain a free guide, please visit www.fertilehope.org



Wayne Memorial Hospital goes smoke free

“A new era began at Wayne Memorial Hospital on October 1st. We became the region’s only hospital with a totally tobacco-free campus. And I am happy to report that compliance has been very high. People understand that this bold step was also a necessary step,” said David Hoff, Chief Executive Officer of Wayne Memorial Health System.

Wayne Memorial Hospital celebrated its tobacco-free campus initiative with a multi-department Open House and the unveiling of new tobacco-free signs, which are posted all around WMH parking lots, entrances, driveways and ramps.

WMH’s new policy was more than a year in the making and has received much support - both indirectly from the US Surgeon General’s report this summer that concluded there is NO safe level of exposure to second-hand smoke, and directly from local businesses and civic leaders, including the Wayne County Commissioners.




The Northeast Regional Cancer Institute was on hand with resources to aid in quitting smoking (*see box at right*). Representatives were also present from the American Lung Association, the American Cancer Society, and Pfizer Pharmaceuticals, with helpful anti-smoking information.



For a complete listing of local and national cancer resources please contact the Northeast Regional Cancer Institute to obtain your free copy of the *Cancer Resources Guide*. This publication can also be found online at www.cancernepa.org.

QUIT SMOKING NOW

Resources to help you quit

-  Smoking Cessation Programs at:
 - Marian Community Hospital
 - Community Medical Center
 - Mercy Hospital, Scranton
-  Carbon/Monroe/Pike Drug & Alcohol Commission
(570) 421-3669
-  Lackawanna County Commission on Drug & Alcohol
(570) 963-6820
-  Wayne County Drug & Alcohol
(570) 253-6022
-  Susquehanna County Drug & Alcohol Commission
(570) 278-1000
-  Luzerne-Wyoming Counties Drug & Alcohol Program
(570) 826-8790
-  Pennsylvania’s Free Quitline (PA Department of Health & American Cancer Society)
(800) QUIT-NOW (24/7)
-  National Cancer Institute
www.smokefree.gov
-  Lung Cancer Alliance Phone Buddy Program
(800) 298-2436
www.alcase.org
-  Candy’s Place
(570) 208-HOPE (4673)
www.candysplace.org
-  Northeast Regional Cancer Institute
(570) 941-7984
(570) 970-6543
www.cancernepa.org
- American Cancer Society
(800) ACS-2345
www.cancer.org



Community Participation



The Northeast Regional Cancer Institute was recently presented with the fourth annual John J. Luciani Regionalism Award from the Northeastern Pennsylvania Alliance. The award honors regional projects in Northeastern Pennsylvania. The Cancer Institute was honored for working in cooperation with eight hospitals and healthcare organizations to fight one of the most pervasive diseases in this region...together. Pictured are: Nancy Luciani, wife of John J. Luciani, former board chair of NEPA; Bob Durkin, Cancer Institute President; Ernie Preate and Anna Cervenak, NEPA board members.

Member Hospital News

WVHCS holds prostate screenings

Wyoming Valley Health Care System recently held a free prostate cancer screening in the Radiation Oncology Department at Wilkes-Barre General Hospital.

More than 35 individuals were given PSA (prostate-specific antigen) blood tests and digital rectal exams (DRE), as well as information regarding the diagnosis and treatment of prostate cancer, which strikes one in six American men.



Shown from left are, front row: Bobbi Price, MSN, RN, OCN, Clinical Nurse Specialist; Jane Moran, RN, Radiation Oncology; Lindsey Davis, Phlebotomy; Laura Beth Ryan, Phlebotomy; and Connie Bogumil, RN, Radiation Oncology. Rear: Haragopal Penugonda, MD, Urologist, WVHCS Medical Staff President; Ira Grossman, MD, Chief of Urology; Robert Rostock, MD, Chairman of Radiation Oncology; Meghan Trichilo Spiegel, Community Outreach Coordinator, Northeast Regional Cancer Institute.

GSWB presents 6th annual 'Night of Humor'

Oncology Services at Geisinger South Wilkes-Barre (GSWB) recently hosted a special evening for patients journeying with cancer, their caregivers and families.

The 6th annual "Lifting Your Spirits; A Night of Humor" offered a welcome relief from the physical, emotional and spiritual struggles cancer patients, their families and caregivers face daily. The evening included entertainment by Mark Piazza, Magician; Susan Klein and A Family of Friends, Ventriloquist and Lab Technician with Geisinger; some humorous stories and games provided by Linda Szmál, RN, Pre-Admission Nurse at GSWB; Ruth Neely, RSM, "Light-Hearted Nun & Musical Entertainer;" and uplifting music, complete with props and costumes, performed by the oncology staff and accompanied by Chaplain Jim Clyde.



Shown are, kneeling, left to right: Lorraine Tricarico-Murphy, RN; Bishop Nobel, Volunteer; and Mark Piazza. Standing, left to right: Gina Adamczyk, RN; Linda Szmál, RN; Terri Wheeler, RN; Jackie Emmett, RN; Meghan Hizny, Department Secretary; Margie Eastwood, Unit Secretary and Elaine Whipple, RN and event coordinator. Back row, left to right: Janet Higdon, RN; Sally Salach, LPN and Chaplain Jim Clyde. Absent: Susan Klein and Ruth Neely, RSM.



Thank You to Our Sponsors



**The Blue Ribbon Foundation
of BlueCross of Northeastern Pennsylvania**
Independent Licensee of the Blue Cross and Blue Shield Association
Registered Mark of the Blue Cross and Blue Shield Association

Pennsylvania Department of Health

Margaret Briggs Foundation

Scranton Area Foundation ♦ Sordoni Foundation

The Harry & Jeanette Weinberg Foundation, Inc.

William G. McGowan Charitable Fund, Inc.

Frances A. Fuller Charitable Lead Trust

Procter & Gamble Fund

Blue Cross of Northeastern Pennsylvania

David Katz Foundation ♦ Gertrude Hawk Chocolates

Hospice Preferred Choice Foundation

Northeast Radiation Oncology Centers

Penn Security Bank & Trust Co.

Professional Radiation Oncology Partners

The Angeline Elizabeth Kirby Memorial Health Center

American Cancer Society ♦ Delta Medix, PC

Erwine Home Health & Hospice ♦ It'll Do Foundation

McCole Foundation ♦ McGrail Merkel Quinn & Associates

PCT Foundation

Bob Kearns & Family ♦ Commonwealth Telephone Enterprises, Inc.

Community Medical Center Healthcare System

Dr. Charles T. Grad/Lackawanna Medical Group

First Liberty Bank & Trust ♦ Goldye Weinberger

Hematology & Oncology Associates of NEPA, PC ♦ L & A Realty Development, LLC

Lackawanna Valley Dermatology Associates, Ltd. ♦ Laura & Peter Frieder

Mercy Health Partners ♦ Moses Taylor Health Care System

NEPA Area Health Education Center ♦ Pennstar Bank ♦ Roche Pharmaceuticals

Ross Family Foundation ♦ Scranton Hematology & Oncology

Susan G. Komen Breast Cancer Foundation

The Greater Wilkes-Barre Chamber of Business & Industry

The Richard C. Marquardt Family Foundation ♦ Wyoming Valley Health Care System

Chamberlin & Reinheimer Insurers, Inc. ♦ Colorectal Center of NEPA ♦ Drs. Oven & Padula

Employees of Gertrude Hawk Chocolates ♦ Environmental & Recycling Services Inc. (ERSI)

Gastroenterology Consultants, Inc. ♦ Genesis Health Care ♦ Healthcare Management Resources

Highland Associates - Architects/Engineers ♦ International Salt Company, LLC ♦ Kane Warehousing, Inc.

Macy's ♦ Kost Tire & Auto, Inc. ♦ Lackawanna Mobile X-Ray ♦ Lear Von Koch, MD & Associates

Marian Community Hospital ♦ Mohegan Sun at Pocono Downs ♦ Morey & Sondra Myers

Network Ambulance Services ♦ Northwestern Mutual Financial Network ♦ Oppenheim Foundation

Pleasant Mount Welding, Inc. ♦ Rotary Club of Scranton ♦ Sallie Mae, Inc. ♦ Sanofi Pasteur

Stadium Club Restaurant & Sports Grille ♦ The Citizens' Voice ♦ The Stevens Family ♦ T-R Technical Solutions

United Gilsonite Laboratories ♦ VNA Hospice & Palliative Care Center of Lackawanna County

Northeast Regional Cancer Institute

.....
*Easing the burden
of cancer in
Northeastern
Pennsylvania*

Partner Healthcare Facilities

Community Medical
Center Healthcare System,
Scranton

Geisinger South
Wilkes-Barre, *Wilkes-Barre*

Marian Community
Hospital, *Carbondale*

Mercy Health Partners
Scranton

Mid-Valley Hospital,
Peckville

Moses Taylor
Hospital, *Scranton*

Wayne Memorial Health
System, *Honesdale*

Wyoming Valley Health
Care System, *Wilkes-Barre*

*If you would like to receive
Insights and are not on our
mailing list, or have received
this in error, please call
(570) 941-7984,
or email
editor@cancernepa.org.*



UNIVERSITY OF SCRANTON CAMPUS
334 JEFFERSON AVENUE
SCRANTON, PA 18510

63 NORTH FRANKLIN STREET
WILKES-BARRE, PA 18701

PHONE
(570) 941-7984 (SCRANTON)
(570) 970-6543 (WILKES-BARRE)
(800) 424-6724

WEB SITE
www.cancernepa.org

The Northeast Regional Cancer Institute is a non-profit community-based agency working to ease the burden of cancer in Northeastern Pennsylvania. Focusing on research, education, and survivorship, the Cancer Institute invests all of its resources in this region.

Partnering with the Cancer Institute to achieve its goals are community leaders, volunteers, healthcare professionals, and a cooperative network of eight partner organizations in Northeastern Pennsylvania.



**This publication was supported
by funding provided by the
Pennsylvania Department of Health**

Financial support for the Cancer Institute
educational programs and services is provided by the
Harry and Jeanette Weinberg Foundation

BOARD OF DIRECTORS

Barbara Bossi
Chair

Mary Erwine, RN, MSN
Vice Chairman

Joseph P. Bannon, MD
Secretary

W. Scott Lynett
Treasurer

Robert F. Durkin
President

Harold Anderson

Susan S. Belin

Harmar D. Brereton, MD

Thomas Campbell, DO

Michael M. Costello

Sherry Gardner, RN, BSN, OCN

Kathleen C. Graff

C. Richard Hartman, MD

Leo M. Hartz, MD

David Hoff

William R. Host, MD

Sue Kluger

Hon. Michael A. Lombardo

James May

Senator Robert J. Mellow

Shawn Murphy

Leah Nawrocki, RN

Hon. Terrence R. Nealon

Barry J. Pernikoff, MD

Paula Roos

Marguerite Salam, MD

Bette C. Saxton

Glenn Steele, MD, PhD

Curtis N. Stevens

Lisa C. Thomas, MD

Mary Theresa Vautrinot

NONPROFIT ORG.
U.S. POSTAGE
PAID
SCRANTON, PA
PERMIT NO. 347