



**Joan Karnell Cancer Center**  
at Pennsylvania Hospital

# TOGETHER We Can

Newsletter of the Joan Karnell Cancer Center at Pennsylvania Hospital



## Delivering the Latest Advances in Radiation Therapy

Patients generally receive only one gamma knife treatment and typically feel little or no discomfort. In fact, most patients go home the same day.

New technologies for radiation therapy are providing patients with certain types of cancer significant improvements in treatment options.

More than half of all people diagnosed with cancer use radiation as part of their treatment plan, according to the National Cancer Institute, as high doses of radiation are capable of killing cancer cells.

At the Joan Karnell Cancer Center at Pennsylvania Hospital, several new methods of delivering radiation therapy provide patients with additional treatment options. Among them, Gamma Knife® radiosurgery successfully treats many benign and malignant tumors in the head or skull base.

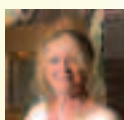
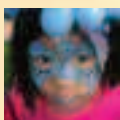
“Gamma Knife delivers very precise radiation to a specific area of the brain,” says John Glassburn, MD, chief of the Department of Radiation Oncology at Pennsylvania Hospital. “Because it is so precise, the healthy tissue around the lesion is less likely to receive any residual radiation.”

The Penn Gamma Knife Center at Pennsylvania Hospital, directed by John Y.K. Lee, MD, Neurosurgery, offers the most technologically advanced Gamma Knife available. It is a highly advanced machine that delivers 201 beams of radiation to a specific location in the brain or skull. This precise delivery of the radiation helps decrease the risk of exposure or damage to surrounding normal tissue. Before the surgery, physicians perform advanced mapping of the lesion using magnetic resonance imaging (MRI), computerized tomography (CT) scans and, in some cases, angiograms. Once the specifics of the lesion are determined, the patient undergoes the gamma knife procedure.

“The success of the procedure is dependent upon the type and size of lesion you are treating,” says Dr. Glassburn, “but the risk of damaging healthy tissue is much less with Gamma Knife than it would be in many cases with surgery.”

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## MESSAGE FROM THE ADMINISTRATOR

### Mary Pat Lynch, CRNP, MSN, AOCN

*Greetings and welcome to the Fall 2006 edition of "Together We Can" the newsletter of the Joan Karnell Cancer Center. In this issue, we focus on the new technology available at the Cancer Center, technology that is essential in the ongoing fight against cancer.*

*Summer is usually a time for regrouping and planning at the Cancer Center. The staff has been working on a strategic plan to clarify our goals. This also helps us to integrate the many components of the Cancer Center, such as screening, prevention, treatment and supportive care, into the programs and events in the coming year. Perhaps most importantly, it allows us to reflect on what we have accomplished and to re-energize for new events in the upcoming year. Our strategic plan for 2006-2007 focuses on four key areas:*

- *Administrative – retaining and supporting our current staff.*
- *Community Outreach – establishing outreach in cancer prevention and early detection as a priority.*
- *Development – recognizing that fundraising and development are essential to continuing current supportive care services.*
- *Supportive Care – focusing on evaluation of current services, assessment of needs and creative strategies for reaching greater numbers of patients and families.*

*Part of our strategic planning included a "mini-retreat" — time away from routine responsibilities to review goals, brainstorm and collaborate on new ideas. These sessions always result in good ideas for patients, families and the community.*

*A major focus for the Cancer Center during the upcoming fall and winter will be planning "Together We Can 2007," the major fundraising event for the Cancer Center, which is held every other year. This event has always been a fall event, but this year we are moving to spring, with the fundraiser to be held on April 14, 2007 at the Ballroom at the Ben. This event raises the funds necessary to offer our programs, support groups, individual counseling and educational programs at no charge to our patients and families. If you would like to be involved in this event or to support it in any way, contact me at the Cancer Center. We are looking forward to a fun and successful event in April 2007.*

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Jill Siegfried, MS  
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*Supportive Care Services*  
Mark Moore, PhD, Staff Psychologist  
Tony Meadows, PhD, Music Therapist  
Wayne Mylin, Shiatsu Bodywork Therapist  
Mary Gerrie, Art Therapist  
Elizabeth Wilson, Chaplain  
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Delivering the Latest Advances in

(continued from page 1) **Radiation Therapy**

Patients generally receive only one Gamma Knife treatment and typically feel little or no discomfort. In fact, most patients go home the same day.

“We’ve seen a high success rate for patients with meningiomas, acoustic neuromas and arteriovenous malformations,” says Dr. Glassburn. The procedure is also being used to treat patients with pituitary adenomas, malignant brain tumors and benign tumors at the base of the skull.

“It may not be for every patient,” says Dr. Glassburn, “but it’s an important treatment option. We have one of most vigorous programs in the area and treat a higher volume of patients than most hospitals.”

The Joan Karnell Cancer Center at Pennsylvania Hospital also looks forward to offering the MammoSite® radiation therapy system. Generally used for patients with early and less aggressive breast lesions, MammoSite provides radiation therapy to a localized area of the breast, rather than treating the entire breast.

“The majority of breast cancer reoccurrences occur at the site where the original tumor was removed,” says Dr. Glassburn. “The idea with MammoSite is to reduce the risk to this area.”

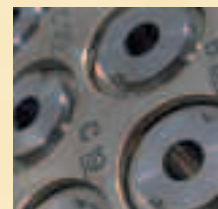
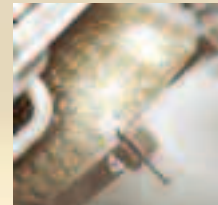
The procedure involves inserting a small, soft balloon attached to a thin catheter inside the lumpectomy cavity.

A tiny radioactive source in the balloon delivers radiation to the cavity. Generally, the procedure works best in locations not close to the skin in order to prevent any residual radiation damage to healthy tissues.

A typical course of treatment involves radiation delivery to the site twice a day for five days. “A normal course of radiation therapy for these patients would be 6-1/2 weeks,” says Dr. Glassburn. “So, MammoSite can be a much more convenient option for patients. And preliminary data suggests it is as good as standard therapy, if used for selected patients.”

*For more information about radiation therapy options at the Joan Karnell Cancer Center at Pennsylvania Hospital, call 800-789-PENN (7366) or visit [pennhealth.com/pahosp/cancer](http://pennhealth.com/pahosp/cancer).*

“...MammoSite can be a  
much more convenient  
option for patients...”



## HONORS, AWARDS AND PUBLICATIONS



Susan Kruse Sullivan, RN

**Susan Kruse Sullivan, RN, and Jill Siegfried, MS,** collaborated with other Cancer Center staff members on the following article:

*Sullivan, SK, Schuricht, AL, Siegfried, JD, Fede, JM, Victoria, T. Duodenal somatostatinoma and gastrointestinal stromal tumor associated with neurofibromatosis. Community Oncology, 2006; 3: 266-270.*



Jill Siegfried, MS

**Mary Pat Lynch, CRNP, MSN, AOCN,** Cancer Center Administrator, published the following article:

*Lynch, MP, Diagnostic Reasoning: Dyspnea. Clinical Journal of Oncology Nursing, 10 (3); 323-326.*

**David Mintzer, MD, Chief of Oncology/Hematology,** published the following articles:

*Janne PA, Wozniak AJ, Belani CP, Keohan M-L, Ross HJ, Polikof JA, Mintzer DM, Taylor L, Ashland J, Ye Z, Monberg MJ, Obasaju CK. Open-label study of pemetrexed alone or in combination with cisplatin for the treatment of patients with peritoneal mesothelioma: outcomes of an expanded access program. Clinical Lung Cancer 7: 40-6, 2005.*

*Davis A, Klitus M, Mintzer DM. Chemotherapy-induced amenorrhea from adjuvant breast cancer treatment: the effect of the addition of taxanes. Clinical Breast Cancer 6:421-4; 2005*

*Maguire WE, Mintzer DM, Stopyra GA, Stern J. Strongyloidiasis diagnosed by endoscopic biopsy in a patient with multiple myeloma. Community Oncology 3: 144-6; 2006.*

*Treat J, Bonomi P, McCleod M, Christiansen NP, Mintzer DM, Monberg M, Ye Z, Chen R, Obasaju C. Administration of pemetrexed immediately following gemcitabine as front-line therapy in advanced non-small cell lung cancer: A phase II trial. Lung Cancer. 2006; 53(1):77-83.*

*Mintzer DM. The heart and mind of cancer care. Book review: A physicians' guide to pain and symptom management in cancer patients (2nd edition). Community Oncology 3, 29; 2006.*

*Mintzer D, Schwartzberg LS, Cobb P, Henry D, Fortner BV. Phase II trial of nanoparticle albumin + capecitabine in first line therapy of metastatic breast cancer. Proc ASCO 18S: 10731; 2006.*

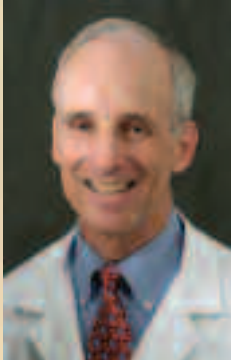


David Mintzer, MD



Anthony Meadows, PhD, MT-BC

**Anthony Meadows, PhD, MT-BC,** music therapist, was recently named assistant professor of music, Department of Music Therapy, Immaculata University. He is also a faculty member in the new Music and Imagery Institute at Anna Maria College in Boston. He is editing "Qualitative Inquiries in Music Therapy," Volume 3, to be published in September.



David Henry, MD

**David Henry, MD, Director of PENN HIV Oncology Program, published the following articles:**

Henry, D.H. Final results of a randomized study comparing two dosing regimens of epoetin alfa in patients with chemotherapy-induced anemia: 80,000 U every two weeks vs. 40,000 U weekly. Poster presented at 2006 American Society of Clinical Oncology (ASCO) Annual meeting.

Glaspy, J., Henry, D., Canon, J., Lam, H., Lillie, T. Darbepoetin alfa administered at varying intervals compared with weekly epoetin alfa for treating chemotherapy induced anemia: a pooled analysis of 20 clinical trials. *Proc ASCO* 18S: 18508; 2006.

Nagle, D., Henry, DH, Iagaru, A., Mastoris, L., Chmielewski, J., Rosenstock, J. The utility of PET scanning in the management of squamous cell carcinoma of the anus. *Proc ASCO* 18S: 4152; 2006.

Henry, DH, Shasha, D. Hematopoietic response to extended dosing of epoetin alfa 60,000 U every 2 weeks in anemic cancer patients not receiving therapy: Final results. *Blood (ASH Annual Meeting Abstracts)* 2005; 106; Abstract 3764.

Henry, DH, Xie, J., Woodman, RC. Randomized, Open-Label study of Epoetin alfa 40,000 U once weekly vs. 80,000 U every two weeks in anemic patients with cancer receiving chemotherapy. *Blood (ASH Annual Meeting Abstracts)* 2005; 106; Abstract 3772.

Fesnack, A., Mastoris, J., Ley, S., Henry, DH. Routine blood draw during chemotherapy does not cause significant iron deficiency. *Blood (ASH Annual Meeting Abstracts)* 2005; 106; Abstract 3720.

Grote, T., Yeilding, AL, Castillo, R., Butler, D., Fishkin, E. Henry, D., DeLeo, M., Fink, K., Sullivan, DJ. Efficacy and safety analysis of epoetin alfa in patients with small-cell lung cancer: a randomized, double-blind placebo-controlled trial. *J. Clin. Oncology*. 2005 Dec., 20: 23(36) 9377-86.

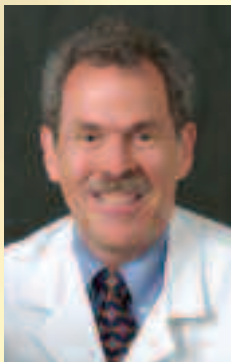
Glaspy, J., Henry, D., Patel, R. et al. Effects of chemotherapy on endogenous erythropoietin levels and the pharmacokinetics and erythropoietic response of darbepoetin alfa: a randomized clinical trial of synchronous versus asynchronous dosing of darbepoetin alfa. *Eur. J. Cancer*, 2005. May; 41(8): 1140-9.

Cortesi, E. Gascon, P., Henry, D. et al. Standard of care for cancer-related anemia: improving hemoglobin levels and quality of life. *Oncology*, 2005; 68 Suppl 1: 22-32.

Henry, DH. Epoetin alfa for the treatment of cancer and chemotherapy-related anemia: product review and update. *Expert Opin Pharmacother*. 2005 Feb; 6(2); 295-310.

Lalezari, JP, Bellos, NC, Santhasivam, K., Richmond, GJ, Cohen, CJ, Myers, RA, Henry, DH. T-1249 retains potent antiretroviral activity in patients who had experienced virological failure while on an enfuvirtide-containing treatment regimen. *J. Infect. Disease* 2005, Apr. 1:191(7): 1155-63.

Henry, DH, Lucio, N.G., Charu, V., et al. Randomized, open-label comparison of epoetin alfa extended dosing (80,000 U Q2W) vs. weekly dosing (40,000 U QW) in patients with chemotherapy-induced anemia. *Current Medical Research and Opinion*, 22(7) 2006, 1403-1413.



Arthur Staddon, MD

**Arthur Staddon, MD, Medical Director of the Cancer Center, published the following article:**

Staddon, AP, Kilcoyne, S, Latham, JN, Henry, DH. Tolerability of pegylated liposomal doxorubicin 20 mg/m<sup>2</sup> every 2 weeks in the management of solid or hematologic malignancies. *Proc ASCO* 18S: 18500; 2006.

May 17, 2006



*The inaugural meeting of the Advisory Board of the Joan Karnell Cancer Center of Pennsylvania Hospital.*

This board is comprised of a distinguished group of volunteers who are committed to helping the Cancer Center enhance its mission, support its programs and services, participate in fundraising activities, including the Together We Can 2007 fundraiser, and work with the Cancer Center leadership to provide advice, counsel and other support within their areas of expertise.

Each of the board members has had personal experience with the Cancer Center and brings a wealth of diverse expertise, skill and enthusiasm to their roles as Cancer Center advocates.

In April, the Cancer Center joined the Department of Otorhinolaryngology-Head and Neck Surgery to offer the first Oral Head and Neck Cancer Health Fair and Screening. Held during Head and Neck Cancer Awareness Week, attendees learned about cancer risk factors and were evaluated for related signs or symptoms. Early detection saves lives.



*Healing artwork in the  
Chemotherapy Suite at Joan  
Karnell Cancer Center  
created by artist Lynne Lutrell*



In April 2006, a mural and fountain in the Chemotherapy Suite was dedicated in memory of Anne Nofer, a long-time supporter of the Cancer Center and member of the Auxiliary of Pennsylvania Hospital. Local artist and breast cancer survivor, Lynne Lutrell, created the mural titled Hope, Courage and Love. The piece incorporates colors and symbols representing different cancer diagnoses. It was partially funded by a grant from the Auxiliary.

## NUTRITION PROGRAM



On June 8, 2006, the first-grade class from the McCall School visited the Cancer Center for a lesson in healthy eating, creating smoothies with Cancer Center nutritionist Debra DeMille, MS, RD.

*June 8, 2006*

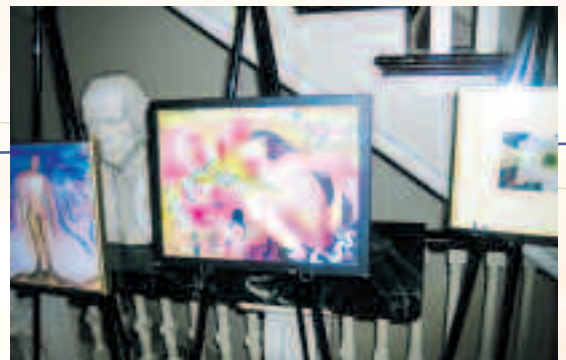
## NATIONAL CANCER SURVIVORS DAY 2006

Cancer survivors, their family and friends joined the staff of the Joan Karnell Cancer Center on May 17 to celebrate Survivors Day. This annual event celebrates the strength and courage of cancer survivors. This year the event was held in the evening in the Pine Garden at Pennsylvania Hospital. The celebration featured a performance by singer Lauren Hart and a moving testimonial about survivorship from Robert Karnell.



*Linda Piscitelli (far right) received a special award from Kim Consalvo, RN, and David Mintzer, MD, Section Chief, Hematology/Oncology. Piscitelli, a member of the Cancer Center staff and cancer survivor, was recognized for her work in helping other cancer survivors.*

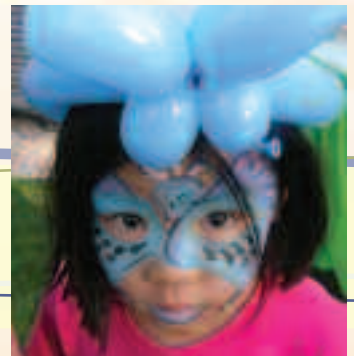
*Oncology on Canvas, Expressions of the Cancer Journey was displayed in the Great Court. The exhibit was sponsored by Lilly Oncology.*



*Eleanor and Robert Karnell enjoy the evening's activities.*



*Arthur Staddon, MD, Medical Director of the Cancer Center (left) and Survivor Larry Levy.*



*Face painting was just one of the activities children enjoyed at the event.*

# A Celebration

*Ruth Thomas, Jabrelle Thomas, Marlin Newsome, Jr. (MJ), Marlin Newsome and Judy Newsome attend their third Survivors Day event.*



*Advisory board member, Jane Altman shares a moment with Richard Lackman, MD, chair, Orthopaedic Surgery, and Christian Ogilvie, MD, Orthopaedic Surgery.*



*The Pennsylvania Hospital staff served up delicious food and smiles.*



*Lauren Hart, a cancer survivor and member of the Cancer Center Advisory Board, provided the evening's musical entertainment.*



*Guests enjoyed a beautiful spring evening in the Pine Garden at Pennsylvania Hospital.*

## Calendar of Events

### Special Events

#### Breast Cancer: Early Detection is the Key

Wednesday, October 25

9:30 am – 3 pm

Zubrow Auditorium, Pennsylvania Hospital

*To register, call 1-800-789-PENN (7366).*

#### Mindfulness In Motion: Complementary and Alternative Therapies Program

Wednesday, November 8

9:30 am – 3 pm

Hall Mercer Conference Room

*To register, call 1-800-789-PENN (7366).*

#### The Great American Smokeout

If you smoke, we can help you kick the habit.

Thursday, November 16

5:30 pm – 7:30 pm

Atrium Farm Journal Building

*For more information, call 215-829-6466.*

### Support Groups

#### Facing Forward: Breast Cancer Support and Information

(3rd Tuesday of each month)

Tuesday, October 17

Tuesday, November 21

Tuesday, December 19

Tuesday, January 16

Tuesday, February 20

Tuesday, March 30

5:30 pm – 7 pm

*To register, call 215-829-5954.*

#### Journaling Group

Beginner's Class

Thursday, October 5

9 – 11:30 am

1st floor, Conference Room

*To register, call 215-829-5954.*

### Healthy Balance

A program about food, exercise, and body image for women who have been treated for breast cancer. There are four sessions over 12 weeks. Participation in all sessions is important.

Monday, October 23

Monday, November 27

Monday, December 18

5:30 – 7:30 pm

2nd floor, Conference Room

Penn Medicine at Radnor

Monday, October 9

Monday, November 13

Monday, December 11

2– 4 pm

*To register, call 215-829-6560*

### Person to Person

Those who have recovered from cancer or who are in remission offer emotional support and encouragement on a one-to-one basis to those who are newly diagnosed.

Thursday, October 26

Thursday, November 30

Thursday, January 25

Thursday, February 22

Thursday, March 29

5:30 – 7:30 pm

2nd floor, Conference Room

*To register, call 215-829-5954.*

### Guided Grocery Tours

Thursday, October 5

10 – 10:45 am

11 – 11:45 am

Whole Foods Market

2nd and South Streets

*To register, call 215-829-6560.*

*The 1st and 2nd floor conference rooms are located in the Farm Journal Building, 230 West Washington Square. Registration is required. For more information, call 215-829-6466 or 1-800-798-PENN(7366) or visit [www.pennhealth.com/pahosp/cancer](http://www.pennhealth.com/pahosp/cancer).*

*Supportive Care programs are offered throughout the year. Please be aware that this is only a partial listing. Dates may be subject to change due to scheduling conflicts or inclement weather. For the most up-to-date schedule, visit [pennhealth.com/pahosp/cancer](http://pennhealth.com/pahosp/cancer).*

### **Navigating the Course Esophageal Cancer Support Group**

(2nd Tuesday of the month)

Tuesday, October 10  
Tuesday, November 14  
Tuesday, December 12  
Tuesday, January 9  
Tuesday, February 13  
Tuesday, March 13

5 – 7:30 pm

1st floor, Conference Room

*To register, call 215-829-5954.*

### **Living with Loss**

A bereavement program with monthly meetings for families who need support.

(2nd Wednesday of each month)

Wednesday, October 11  
Wednesday, November 8  
Wednesday, December 13  
Wednesday, January 10  
Wednesday, February 14  
Wednesday, March 14

1st floor, Conference Room

*To register, call 215-829-3225.*

### **Look Good, Feel Better – A Day of Beauty**

Monday, October 16

10 am – 2:30 pm

2nd floor, Conference Room

*To register, call 215-829-5954.*

### **Self-Esteem and Healing Program**

Wednesday, October 18

11 am – 1 pm

1st floor, Conference Room

*To register, call 215-829-5954.*

### **New! Sarcoma Education and Support Group: A Program for Patients and Families**

- Network with other patients and families
- Question and Answer session with the medical team
- Learn about useful patient resources

Thursday, October 19

9:30 – 11:30 am

*To register, call 215-829-5954.*

### **Fall Into Step**

A demonstration cooking program

Thursday, October 19

5 - 7 pm

Friday, October 20

2- 4 pm

1st floor, Conference Room

*To register, call 215-829-6528.*

### **Sickle Cell Support Group**

Thursday, October 26

2 – 4 pm

2nd floor, Conference Room

*To register, call 215-829-8549.*

### **Eat Your Herbs**

Thursday, November 2

2 - 4 pm

1st floor, Conference Room

*To register, call 215-829-6560.*

### **Lung Cancer Education: A Program for Patients and Families**

Friday, November 10

Friday, January 5

Friday, March 2

Friday, May 4

11 am – 1 pm

1st floor, Conference Room

*To register, call 215-829-5954.*

### **Strength for Caring: The Cancer Survivor and Caregiver Partnership**

A program discussing the challenges of caring for cancer patients.

Tuesday, November 14

10 am – 1 pm

1st floor, Conference Room

*To register, call 215-829-5954.*

### **One Step Ahead**

An education and support group for women at high risk for cancer

Tuesday, November 28

5 – 7 pm

2nd floor, Conference Room

*To register, call 215-829-6528.*

# SPECIAL EVENTS

## Breast Cancer: Early Detection is the Key

Wednesday, October 25

Zubrow Auditorium

9:30 am – 3 pm

To register, call 800-789-PENN (7366).

This program will focus on basic breast health, breast cancer risk in minorities, and breast cancer prevention. Bring a friend or family member to our day-long community health seminar and fair. Learn more about your risk of breast cancer as well as the importance of early detection.

## Mindfulness in Motion Complementary and Alternative Therapies Program

Wednesday, November 8

9:30 am – 3 pm

Hall Mercer, Conference Room

To register, call 800-789-PENN (7366).

Mindfulness in Motion is a continuation of the “Six Fundamentals of Health” workshop series. Experience mindfulness practices that will rejuvenate and refresh. Activities will be modified for all levels of mobility at this one-day retreat, so come prepared to participate.

**Events are free, but registration is required.**

For more information, call 215-829-6466 or visit [pennhealth.com/pahosp/cancer](http://pennhealth.com/pahosp/cancer).



*Joan Karnell Cancer Center  
at Pennsylvania Hospital  
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*The Joan Karnell Cancer  
Center is committed to  
providing excellent cancer care  
in a supportive setting.  
We offer an interdisciplinary  
approach to diagnosis,  
treatment, research and  
education to help our patients  
and their families achieve the  
best quality of life.*