



**Joan Karnell Cancer Center**  
at Pennsylvania Hospital

# TOGETHER We Can

Newsletter of the Joan Karnell Cancer Center at Pennsylvania Hospital

Debra DeMille,  
MS, RD, LDN,  
Oncology Nutrition  
Counselor



## A Nutritional Journey:

### DIETARY NEEDS VARY ON PASSAGE FROM TREATMENT THROUGH RECOVERY

*Broccoli vs. brownies? Extra doses of mega-vitamins? Your dietary choices may not be as obvious as you may think.*

For some cancer patients, a diet that includes healthy food choices such as broccoli or whole grains may be part of the overall plan to help fight cancer. Other patients may focus on extra doses of nutritional supplements as part of their cancer-fighting arsenal.

Yet these methods may not be as beneficial as they first appear, says Debra DeMille, MS, RD, LDN, nutrition counselor at the Joan Karnell Cancer Center. Nutritional needs of patients are different, depending on whether they are in treatment or recovery. Patients undergoing chemotherapy and radiation therapy may have obstacles to eating a well-rounded diet. And some vitamin and mineral supplements can negatively interact with drugs taken for cancer treatment. That's why DeMille works individually with patients during treatment and provides ongoing services afterwards to tailor nutrition to specific needs.

During treatment, nutritional therapy can help patients obtain their nutritional needs to better tolerate treatment and prevent weight loss. "The priority during treatment is maintaining strength and minimizing side effects," she said. "If this means drinking milkshakes every day, that's

okay for now. Lifestyle and lifelong nutritional changes can be done after treatment is completed."

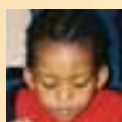
"During treatment may not be the time to make major alterations in eating habits," adds oncologist Lee Hartner, MD. "My goal is to make sure patients are not losing weight and are able to tolerate treatment." In general, he tells patients to eat what they like and supplement it with high protein/high calorie nutritional shakes. "The time to focus on healthier eating is after treatment is completed. There may be individual exceptions, however, since chemotherapy lowers blood counts," he says. These patients should eat foods rich in protein, iron, folate and B12, which may help stimulate red blood cell production. Meat also needs to be thoroughly cooked and produce washed well to avoid consuming bacteria.

#### Working with Patients during Treatment

Initially, DeMille sits down with patients and presents an overview of what can be expected from their specific treatment. "Everyone experiences side effects differently," she said, "but we want to make sure patients have the information they need to be proactive about combating problems. Then we develop a list of beneficial foods for each patient." If side effects occur, dietary adjustment (such as chicken rice soup for diarrhea or ginger tea for nausea) may help control them.

### Inside this Issue

Message from the Administrator . . . . .	2
Understanding Imaging . . . . .	3
Honors, Awards and Publications . . . . .	5
Psychological Services . . . . .	6
Events Calendar . . . . .	7
Special Events . . . . .	9
Summer Recipes . . . . .	10
Coming This Fall . . . . .	12





Message from the Administrator

Mary Pat Lynch, CRNP, MSN, AOCN

IMPORTANT NUMBERS

*Cancer Center Medical Director*

Arthur P. Staddon, MD  
215-829-6088

*Cancer Center Administrator*

Mary Pat Lynch, CRNP, MSN, AOCN  
215-829-6248

*Cancer Center Coordinator*

Marylou Osterman  
215-829-6466

*Oncology Social Work Specialist*

Helen Grosky, MSS, LSW  
215-829-5954

*Oncology and Sickle Cell  
Social Work Specialist*

Carol Miller, LSW  
215-829-6924

*Oncology Nutrition Counselor*

Debra DeMille, MS, RD, LDN  
215-829-6560

*Genetic Counselor,  
CREP Program Coordinator*

Jill Siegfried, MS  
215-829-6528

*CREP Program Administrative  
Assistant*

Theresa Alcorn  
215-829-3225

*Supportive Care Services*

Mark Moore, PhD, *Staff Psychologist*  
Tony Meadows, PhD, *Music Therapist*  
Wayne Mylin, *Shiatsu Bodywork Therapist*  
Diana Kaufmann, *Chaplain Intern*  
215-829-6466

Welcome to the summer issue of *Together We Can*, the newsletter of the Joan Karnell Cancer Center at Pennsylvania Hospital. The feedback from patients, families and staff about our new newsletter format has been very positive. We are pleased to provide more in-depth information on topics of interest, such as nutrition, as well as more photographs and reports about recent programs and events. We hope this will inspire you to participate in one of the many opportunities for support, education and screening that are offered by the Joan Karnell Cancer Center.

An important part of supportive care programming at the Joan Karnell Cancer Center is psychological counseling. We have recently expanded our psychological counseling services to include bereavement counseling. This program is under the direction of Edna Foa, MD, Professor and Director of the Center for the Treatment and Study of Anxiety at the University of Pennsylvania, Department of Psychiatry.

Dr. Foa and her associates provide direct care to patients and families, focusing on end of life and bereavement issues, on an individual basis. They are also assisting in development of support for children and adolescents who are facing an illness in their family. Dr. Foa and her group provide supportive services to the staff at the Cancer Center as well, improving the quality of care. These services are available at no cost to patients and families. For more information, contact the Joan Karnell Cancer Center at 215-829-6466.

On a recent Saturday, a group of families and staff members gathered for "Planting Seeds for Growth," a program designed for children ages 6 to 12 whose parents are facing a diagnosis of cancer. The day included a tour of the Cancer Center, so that children could better understand what happens when parents are here; time for parents to gather and learn about how to talk with their kids about cancer; time for children to gather and support each other through stories and art; and family time to create a healthy lunch and plant seeds to symbolize growing together as a family in coping with cancer. The program was well received by parents and children. We hope to provide more opportunities such as this, recognizing that cancer is a disease that affects not only the patient but the entire family.



Photos provided by: Integral

*How many times have you heard these terms: CT, CAT scan, MRI, or PET scan? These types of radiology tests are routinely ordered during the diagnosis and treatment of cancer.*

To help patients and their families better understand the various imaging techniques, the Joan Karnell Cancer Center newsletter presents a new series, *Understanding the ABC's of Imaging*. This issue features Positron Emission Tomography.

Positron Emission Tomography (PET) is a scan which provides diagnostic information unavailable from other imaging tests, such as computed tomography (CT) or magnetic resonance imaging (MRI). An MRI or CT provides images of the physical structure of the body. A PET scan provides imaging that shows how the body's organ systems function and how cells grow. PET is able to show whether tissue is normal or abnormal based on cellular metabolism. This information allows the doctor to assess chemical and physiological changes related to metabolism. Because metabolic changes appear before anatomic changes, PET images can show changes long before they are visible on a CT or MRI.

PET can precisely locate a tumor, tell if it is benign or malignant, and measure response to chemotherapy and/or radiation. In addition, it is used to help diagnose many neurological problems, such as Alzheimer's disease and epilepsy, and to identify certain types of coronary heart disease.

## *Understanding the ABC's of Imaging* POSITRON EMISSION TOMOGRAPHY

### Preparing for a PET Scan

A PET scan is painless and takes approximately two hours to complete. You should not do any strenuous exercising for 24 hours prior to the test. In regards to eating, patients must fast overnight or for at least six hours prior to the test. Diabetic patients should contact the PET center for more specific instructions. Everyone should drink plenty of water before and during the fast.

The PET scan procedure begins with a simple injection of flouro-deoxyglucose (FDG). This is a radiopharmaceutical that resembles glucose (sugar) already in your body. The FDG gives off signals which are picked up by the scanner. You will be asked to rest quietly while the FDG circulates throughout your body. You will then be positioned on the scanning bed. You must remain still as the images of your body are acquired. The imaging time usually takes 35-45 minutes.

The future for PET is extremely promising. New advances allow the PET and CT images to be used together to provide doctors with even more accurate information on the location of tumors. This information can be used to plan surgery and in radiation treatment. PET/CT fusion are already available at Pennsylvania Hospital.

*For more information on PET services at Pennsylvania Hospital, call 1-800-789-PENN (7366).*



### Frequently Asked Questions

#### **How much radiation exposure does a PET scan produce?**

Because the radioisotope used in a PET scan is short-lived, the amount of radiation exposure the patient receives is the same as from two chest X-rays.

#### **Do people experience any reactions as a result of a PET scan?**

Patients typically do not experience any reactions as a result of the PET scan because the tracer material is processed by the body naturally. Therefore, no side effects are expected.

#### **I've only heard about PET scans recently. Are they new?**

PET has been used for more than 30 years. However, only a few institutions had access to this powerful diagnostic tool. As the technology expands, this diagnostic tool is becoming more widely available.

#### **Will my insurance cover PET?**

Coverage of PET is limited. By itself, PET is an expensive test. Contact your insurance provider to not only learn if PET is covered, but also to determine which procedures are covered and under what circumstances.

## A Nutritional Journey...

(continued from page 1)

She also discusses alternative therapies such as herbal and nutritional supplements and asks patients about current usage. “Certain supplements can interact with drugs used in chemotherapy. For example, some cancer therapies work through the process of oxidation. Theoretically, they can be hindered by the use of high-dose antioxidants such as beta-carotene, vitamins C, E and selenium.” St. John’s Wort, available over-the-counter and frequently used for mild depression, also can interact with many medications.

### Taking Stock

For many people, a diagnosis of cancer is the time to take stock of their physical well being, including the foods they consume. DeMille helps patients analyze their nutritional intake and learn ways to enjoy a healthy diet. But the complexity of nutritional choices can be overwhelming, she cautions, especially when patients are beginning treatment.

“Patients want to make healthy changes in their diet, but they need to temper this with how they will be feeling during therapy. What is most

important is for them to get the best results they can from treatment and to control side effects,” she says. Nutritional therapy can be used to improve food intake in patients who have no desire to eat, or who are too fatigued to prepare meals. DeMille suggests strategies to help:

- Spread meals throughout the day.
- Eat smaller amounts of food more frequently.
- Eat what appeals to you.
- Make every bite count: choose foods high in protein and calories.

Families and friends are also key to helping cancer patients get the benefit of healthy foods. “When someone asks ‘how can I help?’ be specific,” says DeMille. “People prefer guidance. Let them know they can grocery shop or prepare dishes for you.” DeMille also educates family members on appropriate foods and the psychology of eating during treatment. It’s important that family members understand patients often find it difficult to eat. This should not be a point of conflict. “Gentle offering of food and encouragement is best,” she says.

### Ongoing Nutritional Services

When treatment is completed, Joan Karnell Cancer Center nutritional services continue. “Cancer is a life altering experience,” says DeMille. “Our services don’t end with your last doctor’s visit.”

“Nutrition can be empowering—an important part of the journey to improve our patients’ lives. That’s why we provide ongoing educational programs for cancer survivors.” She conducts guided grocery tours at the Whole Foods Market at 9th and South Sts., and provides programs such as “10 Foods to Consider: Incorporating Cancer Fighting Foods into Your Diet,” and “Eat Your Herbs.”

One of the most popular programs takes place at a demonstration kitchen in the Cancer Center. Philadelphia restaurateur Chef Joseph Poon donated his time to help design a table to fit the space, which was obtained through a donation from the Kathleen Maurer Memorial Fund. In the kitchen, DeMille demonstrates simple, tasty dishes with seasonal ingredients. “I like to fight the myth that if it’s good for you, it can’t taste good,” she says. Along with learning how to prepare dishes to maximize nutrition, the group learns how to shop, read labels, and make food tasty for kids. The next program, “Summer Time Fun,” will take place July 20 and 21.

“Healthy Balance” is a program for women who have been treated for breast cancer. Four sessions explore the mindfulness of eating and help women create a healthy balance in their lives through food, exercise and body awareness. This multidisciplinary approach includes Michele Hyman, PsyD, who discusses the mindfulness of eating, and Rob Fritch, PT, who discusses how women can overcome obstacles to increasing physical activity.

“Take advantage of these programs and the services of the nutritionist,” says Howard,\* who received treatment for head and neck cancer. “There are things you may think you know a lot about, but in the context of cancer—it’s a whole new experience.”

*\*Name changed to protect the patient’s privacy.*

**For a complete list of recipes, visit [pennhealth.com/pahosp/cancer](http://pennhealth.com/pahosp/cancer) and click on “Suggested Recipes.”**

## HONORS, AWARDS AND PUBLICATIONS

**Wayne Mylin, ABT, CP, AOBTA**, *shiatsu bodywork therapist*, presented a paper entitled "*Shiatsu Bodywork as an Intervention for Sleep Problems in Cancer Patients*," co-authored by **Mary Pat Lynch, CRNP, MSN, AOCN**, *Joan Karnell Cancer Center Administrator*, at the *First International Conference of the Society for Integrative Oncology* on November 17, 2004 in New York City.



Wayne Mylin, ABT, CP, AOBTA

**Patricia Ford, MD**, co-authored a poster "*Parenteral Iron for the Treatment of Iron Deficiency Anemia in Pregnancy*."

**Anthony Meadow, PhD, MT-BC**, *music therapist*, presented an educational session entitled "*Music Therapy Approaches and Interventions in Cancer Care*" at the *Annual Assembly of the American Academy of Hospice and Palliative Medicine* on January 21, 2005 in New Orleans, LA.



Anthony Meadow, PhD, MT-BC

**Debra DeMille, MS, RD, LDN**, *oncology nutrition counselor*, received notification that her article entitled "*The Effect of the Neutropenic Diet in the Outpatient Setting: A Pilot Study*," co-authored by **PrisCilla Deming, RN, MSN**, and **Linda Jacobs, PhD, RN**, was accepted for publication in *Oncology Nursing Forum*. This study was funded by a grant from the *Oncology Nursing Foundation*. It is anticipated that the article will appear in the January 2006 issue of the journal.

**Mark Moore, PhD**, *staff psychologist and interim Palliative Care Program coordinator*, presented an educational session entitled "*Varieties of Applied Hypnosis in Palliative Care*" at the *Annual Assembly of the American Academy of Hospice and Palliative Medicine* on January 23, 2005 in New Orleans, LA.



Mark Moore, PhD

## Psychological Services

### FOR CANCER PATIENTS

***Being diagnosed with cancer has significant affects upon both physical and mental well being. Cancer treatment is a life-altering ordeal that can be eased through the use of psychological services. The Joan Karnell Cancer Center at Pennsylvania Hospital offers a wide range of psychological support to help patients throughout the course of their treatment.***

The team at the Joan Karnell Cancer Center excels in treating cancer patients medically and psychologically. The psychologists have a specific interest in treating patients with cancer. The therapists are expertly trained in helping people of all backgrounds to ease their adjustment into cancer care. In addition, they realize that the discovery of cancer not only affects the patient, but family and friends as well; therefore, individual, family and group psychotherapy services are offered. Patients have the opportunity to talk to others with similar illnesses and learn new coping methods in the various support groups offered.

Individual psychotherapy is provided at no cost to patients and their family members for the first six sessions. Many patients continue with psychotherapy beyond that time, or they are helped in finding a referral to another provider. In addition to providing psychotherapy, the Joan Karnell Cancer Center has recently introduced a team of psychologists who specialize in bereavement issues and a psychiatrist to aid with evaluation and medical treatment of patients with specific psychological concerns.

According to Mark Moore, PhD, staff psychologist and interim Palliative Care Program coordinator, there are a variety of stages in which patients enter psychotherapy at the Joan Karnell Cancer Center. Upon being diagnosed, an individual is referred to the treatment center if they appear to be struggling or distressed.

---

***“In addition to the initial shock of diagnosis, this can also be a time of great uncertainty and confusion for patients,” says Dr. Moore, “and patients need assistance to help realize that this is manageable and that they can get through this difficult period.”***

---

During treatment, patients can feel overwhelmed as they adjust to a new schedule, new roles at home and work, and physical side effects. Working with a psychotherapist at this time can aid the patient in strengthening their resilience and fostering necessary hope. After treatment is finished, patients may, for the first time, feel the full emotional impact of cancer and live in fear of a recurrence or struggle to make sense of the changes that have occurred in their life. Learning to live without fear and to construct meaning out of one’s cancer experience can be a rewarding outcome of continued psychotherapy at this time.

Patients are encouraged to discuss their issues and concerns with a member of the psychology team at Pennsylvania Hospital in order to get through this emotionally trying time. Furthermore, Dr. Moore strongly urges those with a prior history of depression, anxiety or substance abuse, or patients who lack motivation or zest for life, to visit the clinic. Changes in appetite and sleep or feelings of terror, excessive fear, and worry are also indicators that psychotherapy would be helpful. If patients feel suddenly confused, have trouble thinking straight, or have thoughts of hurting themselves or others, they should contact a psychiatrist at Pennsylvania Hospital immediately.

Cancer affects not only the physical self, but also life experiences including work and personal relationships. The psychotherapists at the Joan Karnell Cancer Center teach patients that their lives can continue accordingly.

For more information about our psychological services, please call 215-829-6466.

# Calendar of Events

## **Navigating the Course**

*Esophageal Cancer Support Group*

**2nd Tuesday of the month**

5:00 - 7:30 pm

Tuesday, July 12

2nd floor Conference Room

*To register,*

*call 215-829-5954.*

## **Person to Person**

**Last Thursday of each month**

5:30 - 7:00 pm

Thursday, June 30

Thursday, July 28

2nd 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. Four Monday sessions over 12 weeks. Participation in all four sessions is important.*

**Summer sessions:**

**Monday, June 27**

**Monday, July 25**

**Monday, August 22**

**Monday, September 26**

5:30 - 7:30 pm

**Fall sessions:**

**Monday, October 24**

**Monday, November 28**

**Monday, December 19**

**Monday, January 23**

2nd floor Conference Room

5:30 - 7:30 pm

*To register,*

*call 215-829-5954.*

## **Sickle Cell Support Group**

**Thursday, July 21**

**Thursday, October 27**

2:00 - 4:00 pm

2nd floor Conference Room

*To register,*

*call 215-829-8549.*

## **Psychotherapy Group for Women with Breast Cancer**

*Six-week session for women who have been newly diagnosed with breast cancer.*

**New group forming now!**

**Wednesdays**

3:15 - 5:15 pm

1st floor Conference Room

*To register,*

*call 215-829-6022.*

## **Summer Time Fun**

*Summer Cooking Events*

**Wednesday, July 20**

5 - 7 pm

**Thursday, July 21**

2 - 4 pm

*Call 215-829-6560.*

## **Summer of Strength**

**Monday, July 25**

10 am - 2 pm

2nd floor conference room

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

**Wednesday, October 12**

9:30 am - 3 pm

Zubrow Auditorium at Pennsylvania Hospital

*To register,*

*call 1-800-789-PENN(7366).*

## **The Six Fundamentals of Health**

**Wednesday, November 9**

10 am - 4 pm

Zubrow Auditorium at Pennsylvania Hospital

*To register,*

*call 1-800-789-PENN(7366).*

*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 [www.pennhealth.com/pahosp/cancer](http://www.pennhealth.com/pahosp/cancer).*

## The Leiomyosarcoma Foundation

*The Leiomyosarcoma Foundation held its annual national meeting at the Downtown Club on April 8, 2005. Speakers presented updates on the ongoing research conducted at Pennsylvania Hospital. The Association's Board presented the Joan Karnell Cancer Center with a check for \$25,000 to continue to support research for this rare form of cancer.*



*(left to right) John Brooks, MD, Chair, Department of Pathology, Pennsylvania Hospital; Leiomyosarcoma Foundation board members: Boyce Adams; Lucy Rourke Adams, MD; Lori Hoag; Mary Pat Lynch, Cancer Center Administrator; LMS Foundation board members Ed Hoag and Harry Froling; and Jeff Cline, Director of Development, Pennsylvania Hospital*



*David Nazarian, MD  
and Leroy Simmons*

## Sickle Cell Awareness Day

*In April, the Cancer Center hosted Sickle Cell Awareness Day. This event, held every April and September, provides patients and their families with information about sickle cell disease, its treatment, programs, services and community resources.*

## SPECIAL EVENT

### *Planting Seeds for Growth*

On Saturday, April 16, the Joan Karnell Cancer Center held "Planting Seeds for Growth," a special program for children ages 6 through 12 whose parents are facing a diagnosis of cancer. The children had a chance to tour the Cancer Center and learn more about what happens when their parents are under our care. They also participated in art and story activities. Parents met to learn about how to talk with their children about cancer. The entire family came together to create a healthy lunch and plant seeds for growth.



*Families plant seeds as one of the day's many activities.*



## SPECIAL EVENT

### *Be the Best You Can Be: A Program for Older Adults with Cancer*

In April, the Cancer Center presented this program that provided information about health, financial, nutritional, emotional and physical well-being for patients with cancer over age 55. people attended the event, which included lunch in the historic Great Court of Pennsylvania Hospital.

*Hal Schwartz and Gerry Cutler*



## Nutrition Services at the Joan Karnell Cancer Center at Pennsylvania Hospital

### Perfectly Easy Parfaits

1/2 cup nonfat ricotta cheese  
1/2 cup fat-free cream cheese  
3 tbsp. sugar  
Fresh raspberries or blackberries  
Graham cracker crumbs or grape nuts  
Honeydew melon or cantaloupe  
Instant vanilla pudding  
Skim milk  
Fresh mint sprigs

Blend 1/2 cup nonfat ricotta cheese, 1/2 cup fat-free cream cheese and 3 tablespoons sugar. In four parfait glasses, layer fresh raspberries or blackberries with the cheese mixture and graham cracker crumbs or a grape nuts-type cereal for more crunch. Top with a few juicy berries.

Layer honeydew melon or cantaloupe with instant vanilla pudding (made with skim milk) in a parfait glass. Top with fresh mint sprigs.

Source: American Institute for Cancer Research Newsletter, Summer 1995, Issue 48, p. 7. [www.aicr.org](http://www.aicr.org)

### *Cooking Demonstrations*

See how easy it is to make delicious, healthy meals that everyone will enjoy.

### *Cooking Nutritious and Delicious Foods*

Offers hands-on experience in incorporating cancer-fighting foods into your everyday way of eating.

### *Guided Grocery Tours*

Visit Whole Foods Market, 9th and South Sts., with a registered dietitian to learn more about shopping for nutritious foods.

### *Healthy Balance for Breast Cancer Survivors*

Focuses on food, exercise and body image for women who have been treated for breast cancer.

### Tomato Arugula Salad

4 large handfuls arugula  
1 pound cherry or grape tomatoes, red and yellow  
2 tbsp. Chiffonade of basil (fine little ribbons)

Vinaigrette:  
1 tbsp. finely chopped shallots  
4 tsp. red wine vinegar  
4 tbsp. fruity olive oil  
1/4 tsp. salt  
Freshly ground black pepper to taste

Wash and dry the arugula and remove any large stems. Halve the cherry tomatoes and arrange them on a platter. Whisk together the vinaigrette in a small bowl and pour half of it evenly over the tomatoes, then strew with basil. Toss the arugula with the remaining dressing and place on top of and around the tomatoes. Yields 4 servings.

Adapted from Greens: *A Country Garden Cookbook* by Sibella Krause, Collins Publishers, San Francisco

### ***Nutrition Well-Being***

Discover the benefits of good nutrition during and after cancer treatment.

### ***Nutrition and Alternative Therapies***

Learn more about the role nutrition and alternative therapies can play in treating cancer.

### ***Nutritional Counseling***

Schedule a private appointment with a registered dietitian to develop a personal nutrition plan.

### ***Ten Foods to Consider***

Take a closer look at foods with cancer fighting potential.

For more information, call 215-829-6560 or 1-800-789-PENN or visit [pennhealth.com/pahosp/cancer](http://pennhealth.com/pahosp/cancer)



## on the Web

**For more information on the Joan Karnell Cancer Center including:**

- Upcoming events**
- Support Group schedules**
- Treatment information**
- Supportive Care Services**

Visit [www.pennhealth.com/pahosp/cancer](http://www.pennhealth.com/pahosp/cancer)

## June is AIDS Education Awareness Month

On June 23, 2005, the Joan Karnell Cancer Center team will have an information table display and giveaways on the 2nd floor, Farm Journal Building. The table will feature information to enhance people's knowledge of HIV/AIDS.

## Jicama, Cucumber and Citrus Salad

- 1 medium Jicama (about 1 pound to make 2-3 cups), peeled and cut into 1/4-inch matchsticks
- 1/4 cucumber (seeded and skinned) cut into 1/4" matchsticks
- 6 radishes, thinly sliced
- 1/3 cup thinly sliced red onion
- 1/4 cup chopped fresh cilantro
- 3 tbsp. orange juice
- 1 tbsp. fresh lime juice
- 2 tsp. olive oil
- 1/4 tsp. salt

In a large bowl, combine jicama, cucumber, radishes, onion and cilantro. Toss to combine. In a small bowl, whisk together orange juice, olive oil and salt. Pour over jicama mixture and toss. Serve immediately or cover with plastic and refrigerate up to 2 days.

Nutrition analysis: Serving size 1 1/2 cups

Source: *Shape* magazine

# Coming this Fall

## September

### *Prostate Cancer Screening*

Date to be announced

## October

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

Wednesday, October 12, 2005

9:30 am – 3 pm

Zubrow Auditorium at Pennsylvania Hospital

## November

### *Integrating Mindfulness and Healing: A Continuation of the Six Fundamentals of Health*

Wednesday, November 9, 2005

9:30 am - 3:30 pm

Zubrow Auditorium at Pennsylvania Hospital

For more information, call  
215-829-6466 or to register call  
1-800-789-PENN(7366) or visit  
[pennhealth.com/pahosp/cancer](http://pennhealth.com/pahosp/cancer)



UNIVERSITY OF  
PENNSYLVANIA  
HEALTH SYSTEM

*Joan Karnell Cancer Center  
at Pennsylvania Hospital  
Farm Journal Building  
230 W. Washington Square  
Philadelphia, PA 19106*

*For patients diagnosed with  
cancer or blood-related illnesses  
and their families, the Joan  
Karnell Cancer Center at  
Pennsylvania Hospital offers a  
comprehensive program  
that combines cutting-edge  
technology and broad-based  
expertise with the intimacy of a  
personalized medical practice.*