

TOGETHER We Can

Newsletter of the Joan Karnell Cancer Center at Pennsylvania Hospital



Weighing the Benefits and Risks of

Clinical Trials



David Henry, MD

Many people may have heard the term “clinical trial,” but may not know what the term means or the impact of participating in a clinical trial could have on their health. For cancer patients, clinical trials are studies designed to show how particular treatment strategies can affect the people who receive it, particularly when compared to current, standard therapy.

“Clinical trials are an option for cancer patients, no matter the type or stage of cancer they have,” says Holly Kilpatrick, RN, BSN, OCN, CCRP, oncology nurse and clinical trial coordinator. “Clinical trials are a way to potentially get a treatment that may be better.”

In fact, parents of children with cancer often consent to clinical trials for that very reason—the possibility of receiving the latest cancer treatment.

“Approximately 95 percent of children with cancer participate in clinical trials,” says David Henry, MD, clinical professor of medicine and vice chair of the department of medicine. “Certainly, these parents don’t enter their children into clinical trials only to serve the greater good. What these parents realize is that participating in a clinical trial enables a patient to be even more closely monitored.”

What kind of care does someone in a clinical trial receive?

As participants in clinical trials, patients receive the standard treatment—the treatment that they are already receiving—plus or minus the drug or treatment that is being tested.

“Everyone receives standard-of-care treatment,” says Kilpatrick. “But by participating in a trial, they have the potential to get something better than standard care.”

What if their condition worsens?

All cancer center patients are followed closely by their oncology team. Clinical trial participants, however, are watched a little more closely. Their care involves more detailed follow-up on the part of their physicians, nurses and the research coordinator.

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CANCER CENTER ADMINISTRATOR

Mary Pat Lynch, CRNP, MSN, AOCN

Greetings and welcome to the Winter 2011 edition of our newsletter. This edition focuses on clinical trials and cancer research, vital components of our Cancer Center's mission to provide excellent cancer care. To access a list of clinical trials available at our center, click on the TrialCheck icon on our webpage PennMedicine.org/Karnell.

As we greet the New Year, I'd like to acknowledge the amazing staff of the Joan Karnell Cancer Center who combine clinical expertise and experience with compassion for patients and families facing a cancer diagnosis. Arthur Staddon, MD, medical director, and Deborah Staples, vice president for professional services, provide administrative direction and support for our team while creatively finding new avenues for funding programs and meeting high quality standards. Marylou Osterman, cancer center coordinator, is the heart of the Center, providing a welcoming presence for patients and families as well as ongoing support for all members of the team. She keeps our many programs and services running smoothly and excels at executing special events. Our social workers Dana Marcone, Carol Miller and Jenny Egg provide support, problem solving and a listening ear to countless patients. Nutritionists Debra DeMille and Carly Roop provide education and advice to help patients through treatment and into survivorship. Genetic counselor Beth Souders helps patients to understand their risk for developing cancer, and provides ongoing support to those living at high risk. Susan Kruse, oncology nurse navigator, is often the first point of contact for newly diagnosed patients and she helps navigate the complex arena of cancer care while decreasing the anxiety associated with a cancer diagnosis. Staff psychologists Mark Moore and Deborah Seagull, along with our psychology interns, provide emotional support and help patients to find meaning from diagnosis through survivorship. Clara Granda-Cameron, nurse practitioner and palliative care coordinator, provides expert pain and symptom management and is a tireless advocate for patients. Chaplain Marcia Lincoln-Heinz has a warm, empathetic approach to patients in distress. Music therapist Tony Meadows, art therapist Caroline Peterson and massage therapist Wayne Mylin offer complementary approaches to management of stress and relief of suffering.

As a team, this talented and compassionate group of professionals provides outstanding care to our patients and families. If you or your family could benefit from this support, please see the contact information on the left side of this page, and let us know how we can help.

IMPORTANT NUMBERS

Cancer Center Medical Director

Arthur P. Staddon, MD
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Cancer Center Coordinator

Marylou Osterman
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215.829.5954

Geriatric Oncology Social Work Specialist

Dana Marcone DeDonato, MSW, LSW
215.829.6379

Oncology and Sickle Cell

Social Work Specialist
Carol Miller, BSW, LSW
215.829.6924

Oncology Nutrition Counselors

Debra DeMille, MS, RD, LDN, CSO
215.829.6560
Carly Roop, RD, LDN, CSO
215.829.6737

Genetic Counselor, Cancer Risk

Evaluation Program Coordinator
Beth Souders, MS, CGC
215.829.6528

Nurse Practitioner and Coordinator
of the Pain and Supportive Care Program

Clara Granda-Cameron, CRNP, MSN, AOCN
215-829-8023

Supportive Care Services

Marcia Lincoln-Heinz, Chaplain
Mark Moore, PhD, Staff Psychologist
Tony Meadows, PhD, Music Therapist
Wayne Mylin, Shiatsu Bodywork Therapist
Caroline Peterson, Art Therapist
Deborah Seagull, PhD, Psychologist
215.829.6466

(continued from page 1)

“I tell my patients it is kind of like the cell phone commercial where you see a large group of people standing behind the spokesperson,” says Dr. Henry. “There’s an entire network of people watching over you and following your treatment to the letter.”

If the treatment is not working, patients discuss other treatment strategies with their oncologist—just as they would if they weren’t a clinical trial participant.

“If it’s not working, we take you out of the trial. And if others are finding it not effective, you and your doctor will find out long before anyone else,” says Dr. Henry. “The safety monitoring committee keeps us very well informed.”

How much time does it take?

In general, the time commitment depends on the trial, although many trials don’t require much more time than the visits patients are currently making for treatment and follow-up.

“I didn’t feel that it took a lot of time,” says Nancy Efymow, a multiple myeloma patient and clinical trial participant. “Besides, even if it did, if it meant I could get better treatment, I would have agreed to it.”

Efymow did take some time to research the trial before agreeing to participate.

“I think it’s important to research the trial they are recommending for you. Weigh the pros and cons,” she says. “At the time, the whole clinical trial process was new to us.”

What’s in it for the patient?

Clinical trials help researchers discover or prove that a new drug or treatment is successful. Every drug or treatment that patients receive today once went through the clinical trial process. Yet for patients with cancer, knowing that their clinical trial participation may one day help someone else might not be enough of a reason to participate. After all, every patient’s primary focus is, understandably, maintaining their own health.

Ironically, that is the point of clinical trial participation: To give patients the tools to fight their disease while also equipping them with much more—knowledge, monitoring, and, potentially, the next best treatment.

“There’s no guarantee the treatment being tested will work for you,” says Dr. Henry. “But there is the potential for better treatment and that’s why so many parents of children with cancer do it—for the opportunity to receive, what might be, better care.”

The Three Phases of Clinical Trials

Before U.S. Food and Drug Administration (FDA) approval, a new drug or treatment must undergo three phases of clinical trials. Phase I trials are performed on small, select groups of patients to determine the correct dosage and evaluate any possible side effects. Phase II trials are used to determine if the new treatment actually has a positive effect against cancer. During Phase III, a large group of participants is needed to determine how the new drug or treatment compares to the best existing treatment currently available.

The Joan Karnell Cancer Center most often participates in Phase II and III clinical trials on site and refers patients to Penn’s Abramson Cancer Center for Phase I trials.

For more information about what trials are currently available, call **215.829.6117** or visit **PennMedicine.org/Karnell** and click on the Trial Check icon. More information is also available at **CancerTrialsHelp.org**.

For Efymow, that extra care helped to alleviate some of her anxiety and, as it turns out, the trial itself proved to be very beneficial for her.

“The drug on trial helped me; I have been in remission since January,” she says. “I feel like I received very good care. They followed me very closely. I would absolutely recommend at least checking out the clinical trials available to you.”

DEVELOPMENT UPDATE:

Appreciative Wife Raises Funds and Awareness for Joan Karnell Cancer Center

In order to show her appreciation for the wonderful care provided to her husband at the Joan Karnell Cancer Center, Mindy Silver organized an event this past summer to raise funds and awareness for the Cancer Center's Sarcoma Program. On Sunday, July 25, Silver and her daughter Dorit held "Sandcastles for Sarcoma" at the Cove Beach in Cape May, NJ, in conjunction with International Sarcoma Awareness Week.

The sandcastle-building contest attracted 18 teams who paid a fee to compete for prizes in four categories (best child with no adult help, most original, prettiest, and best of the

beach). Each team was given from 9 am to noon to build the best possible sandcastle.

Silver and her supporters also sold bottled water, sandcastle building tools and raffle tickets for items donated by local merchants in a Chinese auction. The fun-filled competition even attracted the attention of the beach

tag attendant on duty who, instead of collecting the money from beach tag sales for the day, donated the funds to Silver's cause.

Thanks to Silver's hard work, Sandcastles for Sarcoma raised \$9,000 for the Joan Karnell Cancer Center. These funds were directed towards sarcoma research at the Cancer Center. The staff and administration of the JKCC would like to express their appreciation for her creative and fun way of raising awareness of sarcoma and funds for the Joan Karnell Cancer Center's Sarcoma Program. She is hoping this will become an annual fundraising event.

Events like this are just one of the ways to support the important work, and the patients, at the Joan Karnell Cancer Center.

To learn more about ways to help or contribute to the Joan Karnell Cancer Center, please contact Lindsay Rhodenbaugh, chief development officer, at 215.829.6499 or Lindsay.Rhodenbaugh@uphs.upenn.edu.



Mindy Silver organized a sandcastle building contest to raise funds for the Joan Karnell Cancer Center.



Each of the 18 teams who participated in 'Sandcastles for Sarcoma' created impressive structures, such as "Talking Heads" pictured above.



MEADOWS NAMED NEW EDITOR-IN-CHIEF OF *MUSIC THERAPY PERSPECTIVES*

Anthony Meadows, PhD, music therapist at the Joan Karnell Cancer Center at Pennsylvania Hospital, has been appointed the new editor-in-chief of *Music Therapy Perspectives*, a publication of the American Music Therapy Association (AMTA).

In addition to his responsibilities at the JKCC, Meadows is Director of Music Therapy and Chair of the Graduate Music Therapy Program at Immaculata University. He is also the editor of the recently published book *Developments in Music Therapy Practice: Case Study Perspectives*. Meadows recently developed a new resource for patients, "Guided Imagery and Music: Support during Chemotherapy." This new resource suggests music listening and guided-imagery CDs which can decrease stress and anxiety and promote relaxation and healing.

The guide can be obtained in the chemotherapy area, or at PennMedicine.org/Karnell/support/complementary.

Healing from Within

Spiritual counseling for patients and caregivers

Facing cancer can be frightening, anxiety provoking, and, at times, overwhelming.

"For some people, having cancer is the first time in their life they've faced a situation in which they have no control," says Marcia Lincoln-Heinz, chaplain. "The experience of cancer becomes an emotional and spiritual crisis as people try to understand why this is happening."

It is an uncontrollable situation but, "spiritual counseling can help people find peace," says Lincoln-Heinz. "It's not about preaching. It's about talking with a patient and sharing his or her journey."

That journey can include how cancer impacts their spirituality and their relationships, whether they are with spouses, children, or even colleagues at work.

An Interfaith Dialogue

Available at the Joan Karnell Cancer Center, spiritual counseling is akin to traditional counseling but with a spiritual overtone.

"We start with where they are and what they believe. Cancer has a tendency to shake a person's belief system and we talk through that," says Lincoln-Heinz.

Available in-person, by phone, or even email

Patients, and their caregivers, can receive spiritual counseling in a variety of ways: either in-person when they are receiving outpatient chemotherapy, in the hospital or by special appointment. Lincoln-Heinz also follows up with patients by phone and email.

"I become a partner with them, helping them through the process in a non-judgmental way," says Lincoln-Heinz. "I've had couples where one spouse is facing cancer and I've worked with them together, through the whole process of treatment, recovery, and healing."

To learn more about spiritual counseling or to schedule an appointment with the chaplain, call Marylou Osterman at 215.829.6466.

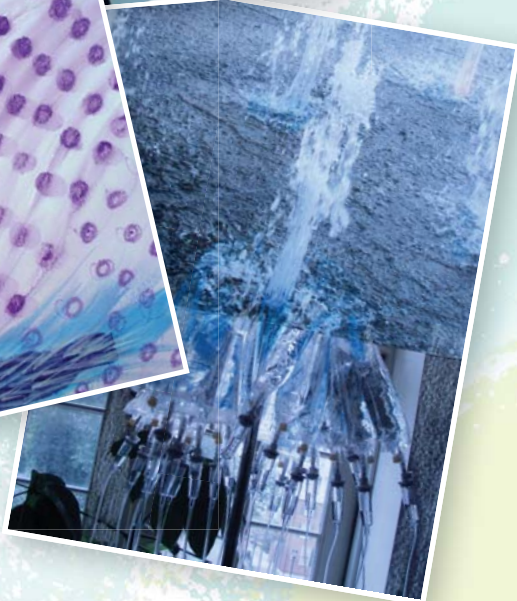
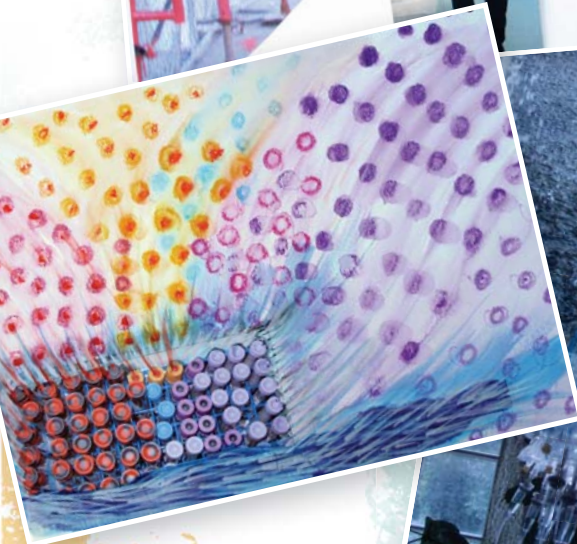
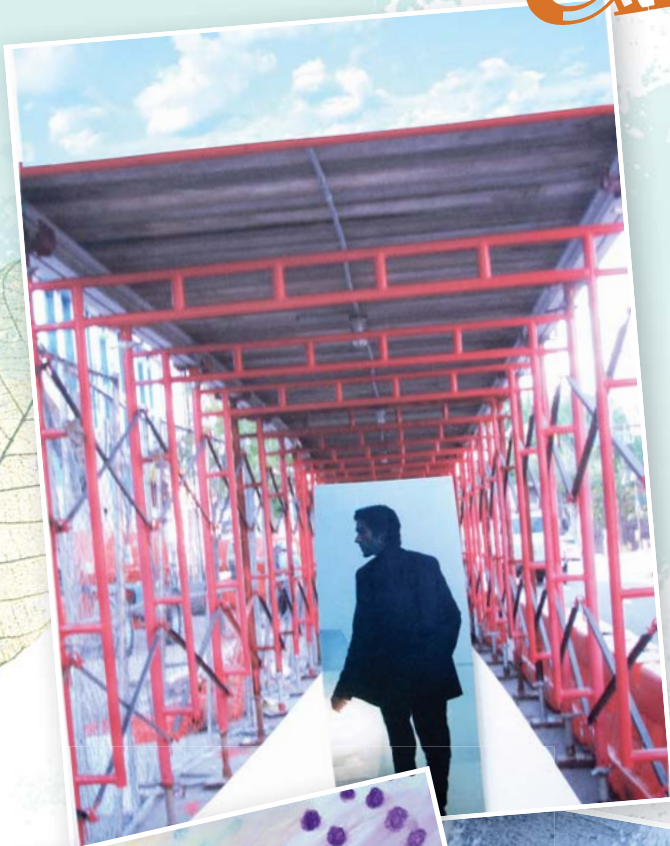


Marcia Lincoln-Heinz
Chaplain

UPDATE ON

Walk about

A New
Survivorship
Program



This past fall, the Joan Karnell Cancer Center launched a new post-treatment survivorship program for young adults with sarcoma and other cancers. Led by professional counselor Caroline Peterson, MA, ATR-BC, LPC, “Walkabout: Looking in, Looking out” has attracted young cancer survivors who are interested in addressing their current challenges, with words and images, as they transition through post-treatment to surviving well.

‘Walkabout’ includes key curriculum elements from the Mindfulness-Based Stress Reduction (MBSR) program, which focuses on developing skills to be more attentive and aware, less habitually reactive to challenging events, and more vitally engaged in day-to-day living. The group has worked on enhancing these skills through informal mindfulness practice, walking outside into the cityscape beyond Joan Karnell Cancer Center, and using photography to explore what draws their attention and what they find themselves moving away from. The pictures are then reflectively integrated in making collages.

“One of the individuals in our program likened his experience in the walkabouts to being a tourist,” said Peterson. “This is such a wonderful observation—what if we chose to bring the enthusiasm, presence and curiosity of the tourist to our own lives? ‘Walkabout’ encourages young survivors to slow down the pace of their lives enough to creatively explore how they make meaning of their life experience and see the choices they have as they move beyond a cancer diagnosis and treatment into the larger world.”

The program’s first sessions have ended, but ‘Walkabout’ will be offered again in the winter. Participants will have increased access to the program during the winter sessions with a monthly orientation workshop and weekly ‘drop-in’ meetings.

For more information, call 215.829.6466, or visit PennMedicine.org/Karnell.

Cancer survivors who participate in the ‘Walkabout’ program express themselves through photography and collaging.

Person-to-Person



A Patient Volunteer Program at the Joan Karnell Cancer Center

People who have been diagnosed with cancer may feel confused and frightened. They may also have many questions about their course of treatment. While family members are available to offer love and support, many patients also benefit from their interaction with others who have had similar experiences.

Through the Person-to-Person program, those who have recovered from cancer, or who are in remission, offer emotional support and encouragement through one-to-one interactions with those who are newly diagnosed. These volunteers have survived cancer and can help others who are just starting to cope with the disease.

Person-to-Person volunteers may meet face-to-face with patients while they are undergoing chemotherapy, or they may talk by phone or e-mail. The group

meets periodically to undergo training or continuing education and to share ideas and support.

Founded over 20 years ago by Helen Grosky, MSS, LSW, a recently retired oncology social worker at the Joan Karnell Cancer Center, this group of volunteers continues to offer support and encouragement to countless patients.

Now under the direction of Jennifer Egg, MSW, LSW, the Person-to-Person group has recently undergone a few changes. The group is now partnering with Volunteer Services at Pennsylvania Hospital to ensure compliance with hospital and national safety and quality standards.

The Joan Karnell Cancer Center encourages cancer survivors and/or caregivers, to consider volunteering their time through the Person-to-Person

program. There will be an informational meeting held on Tuesday, January 25 at 5 pm for all new and returning Person-to-Person volunteers.

For any questions or to RSVP to this event, please contact Jennifer Egg at 215.829.5459.



Person to Person volunteer Yvonne Shaw spends her time in the chemotherapy suite each week talking with patients and caregivers.

Welcome Back



The Joan Karnell Cancer Center is pleased to welcome back Clara Granda-Cameron, CRNP, MSN, AOCN, as nurse practitioner and coordinator of the Pain and Supportive Care Program. Granda-Cameron was the program coordinator from 2004 through 2009 and most recently worked as an advanced practice nurse in the Palliative Care Program at the Philadelphia VA Medical Center. In addition to her work at the JKCC, she is pursuing her doctorate of nursing practice at Drexel University College of Nursing and Health Professions. Granda-Cameron said she is excited to be returning to JKCC and looks forward to expanding the program's services.

Services provided through the Pain and Supportive Care Program include:

- Art therapy
- Bereavement counseling
- Music therapy
- Nutritional counseling
- Psychological counseling
- Social work assessment
- Shiatsu bodywork therapy
- Spiritual counseling
- Support groups
- Symptom management

For more information or to schedule an appointment, call **215.829.6466** or visit **PennMedicine.org/Karnell**.

TOGETHER We Can

SPECIAL EVENTS



During breast cancer awareness month Jenny Egg, Allen Bar, MD, Susan Kruse, RN, and Beth Souders, RN, organized a breast cancer screening held with the United Communities Clinic at the First African Presbyterian Church.

Also pictured are Donna Duncan and the intern from the Linda Creed Foundation who provided additional resources and information during this screening.



A Big Brass Benefit was a unique fundraiser held on November 7 at Millersville University. Attendees appreciated the wonderful evening of music performed by The Duke Street Brass and The New Age Brass. Proceeds will benefit sarcoma research at JKCC.



Together We Can Bake was a huge success thanks to all of the creative and gifted bakers at Pennsylvania Hospital. The sweet smell of homemade sticky buns, breads and cookies, and beautiful cakes drew staff, patients and family members who generously donated more than \$1,600 to benefit the holiday program. Kids and staff from Mill Creek School were enthusiastic volunteers on both days of the bake sale.



Over the past few months, Cancer Center staff and patients purchased t-shirts and canvas bags with this distinctive ribbon and Ginger, a snuggly soft little teddy bear. Ginny Fineberg, a successful business woman, cancer survivor and pet therapy volunteer at JKCC has created these products which are available for purchase at JKCC.

life
in the balance
comprehensive care
knowledge is power
smiles caring
family survivors
courage confidence
patience comfort
people helping people
a community of caring
making a difference
mind body spirit
quality of life
centered on you
advanced treatments
Joan Karnell
Cancer Center
at Pennsylvania Hospital
gaining strength
support groups
peace of mind
we celebrate life
spreading
hope
now
brighter future
education
saving lives
optimism
joy

FRIDAY, APRIL 15, 2011 | 6-11 PM

*The National Constitution Center
Philadelphia, PA*

TOGETHER

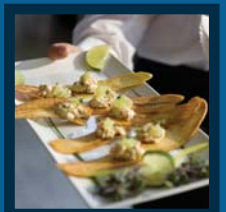
We Can

A BENEFIT FOR THE JOAN KARNELL CANCER CENTER AT PENNSYLVANIA HOSPITAL

For patients and families facing cancer, the Joan Karnell Cancer Center at Pennsylvania Hospital provides progressive, comprehensive cancer care. Through the generous support of donors, we have been able to offer supportive services which reduce suffering, relieve symptoms and provide hope. Your support allows us to continue this mission. We hope you can join us!

*For more information, contact Marylou Osterman
at 215.829.6466 or ostermam@pabosp.com.*

Visit our Web site at PennMedicine.org/Karnell.



SAVE THE DATE

CALENDAR OF EVENTS

ATTENTION CANCER SURVIVORS AND CAREGIVERS!

HOLISTIC LIVING Challenge

Continues in Spring 2011!

Education and support for a preventive lifestyle

This seven-week program is based on holistic and traditional Chinese medicine principles for building health and preventing disease. Participants are provided with simple and practical self-care strategies and receive ongoing support for incorporating these strategies into their daily lives.

Topics include:

- Holistic overview
- Movement
- Breathing
- Relationships
- Sleeping
- Spirituality, purpose and meaning
- Nutrition
- Energy management

Participation in all seven Tuesday sessions is important. April 19, April 26, May 3, May 10, May 17, May 24, May 31. 2 – 3:30 pm
1st floor conference room

To register for this free program, or for more information, please call 215.829.6560.

Facilitated by Wayne Mylin, Dipl. ABT and Debra DeMille, MS, RD, LDN, CSO.

MONTHLY SUPPORT GROUPS

Navigating the Course: Esophageal Cancer Support Group

2nd Tuesday of each month
January 11, February 8, March 8, April 12, May 10, June 14
5 – 7 pm
1st floor conference room

To register, call 215.829.5954.

Learning to Live with Loss

Adult Bereavement Support Group

Facilitated and Sponsored by Wissahickon Hospice

Monday, January 10

For more information or to register, contact Cara Houlihan at 610-617-2478.

Facing Forward: Breast Cancer Support Group

Support and Information

January 18, February 15, March 15, April 19, May 17, June 21
5 – 7 pm
2nd floor conference room

To register, call 215.829.5954.

Person to Person

Peer Support for Cancer Survivors

Tuesday, January 25
5 – 7 pm
1st floor conference room

For more information, call 215.829.5954.

NEW! Walkabout: Looking In, Looking Out

A post-treatment program for young adults with sarcoma and other cancers

Beginning in 2011, Walkabout will be offered through a new format (see page 6 for more information).

Orientation program and workshop
Workshop Programs will be held on the 2nd Saturday of each month.

February 12, March 12, April 9, May 14
1 – 5 pm
Great Court conference room at Pennsylvania Hospital

Post-orientation weekly drop-in sessions
Following Orientation, Walkabout weekly drop-in meetings will be held weekly.

Wednesdays, 4 – 7 pm
2nd floor conference room

To register, call 215.829.8700.

Cancer Survivorship Support and information

Thursdays
5 – 7 pm
2nd floor conference room

Spirituality and Personal Growth
January 13

Stress Management
February 10

To register, call 215.829.6466.

Stress & Energy Management

Activating your natural capacity to calm the mind and body. A four-part series.

Thursdays
January 6, 13, 20, 27, 11:30 am – 1 pm
February 3, 10, 17, 24, 2 – 4 pm
March 3, 10, 17, 24, 4:30 – 7 pm
1st floor conference room

To register, call 215.829.8700.

Ongoing Mindfulness Practice Group

For graduates of the Stress & Energy Management Program and participants in Walkabout.

Thursdays in 2011
4:30 – 5:30 pm
1st floor conference room

To register, call 215.829.8700.

QUARTERLY & BI-MONTHLY GROUPS

Sickle Cell Support Group

Thursdays, January 27, March 31,
May 26, July 28, 2 – 4 pm
2nd floor conference room

To register, call 215.829.6924.

Sickle Cell Awareness Day

Wednesday, April 20, 10 am – 2 pm
2nd floor conference room

To register, call 215.829.6924.

One Step Ahead – A program for women at high risk for cancer

Mothers, sisters and daughters: When and what to discuss with family members about their risk for breast cancer

Wednesday, February 23, 5 – 7 pm
2nd floor conference room

To register, call 215.829.6528.

NEW! Coming Spring 2011 I Can Cope: Educational Classes For People Facing Cancer

I Can Cope offers free classes for adult cancer patients and their loved ones. Doctors, nurses, social workers, and other experts teach the classes and answer questions.

Patients can attend as many classes as they would like to attend. Each *I Can Cope* class talks about a different topic. Below is a list of a few of the upcoming topics:

- Learn the basics about cancer treatment
- Learn how to deal with fatigue
- Find out about treating cancer pain
- Learn how to deal with money issues
- Tips to eat healthy during and after treatment
- Find cancer resources
- Learn how to cope with feelings and concerns

1st floor conference room

For more information or to register, call 215.829.5954.

Look Good, Feel Better – A Day of Beauty

March 21, June 1, 10 am – 2 pm
2nd floor conference room

To register, call 215.829.5954.

Upcoming Special Event: National Cancer Survivors Day: A Celebration of Life

Living with, through and beyond a diagnosis of cancer

The Joan Karnell Cancer Center invites patients and their families to National Cancer Survivors Day to celebrate and show support for cancer survivors, their families, friends and health care providers. An individual is considered a cancer survivor from the time of their diagnosis through the balance of his or her life. Knowledge, hope and inspiration can help beat cancer. There's no better place to find optimism and encouragement than at a National Cancer Survivors Day event.

Reception includes:

- Live entertainment
- Words of encouragement
- Children's activities
- Light dinner

June 2011

Registration: 5 pm

Program: 6 – 7:30 pm

Elm Garden at Pennsylvania Hospital
800 Spruce Street

To register for Survivors Day, call 800.789.PENN (7366).

Smoking Cessation Program at Pennsylvania Hospital

- Physician referrals
- Community resources
- Alternative therapies
- Individual and group counseling

Sessions are held during the first two weeks of every month on Tuesdays and Thursdays, 4:30 – 7 pm
Garfield Duncan Building
700 Spruce Street, Suite 506

For more information or to register, please call Lisa Pasquarello, RRT, Smoking Cessation Coordinator, at 215.829.7467.

The first and second 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 visit PennMedicine.org/Karnell. Supportive care programs are offered throughout the year. Please be aware 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 PennMedicine.org/Karnell.

NUTRITION PROGRAMS

Healthy Balance

A program about food, exercise and weight management for cancer survivors. Six Wednesday sessions over 12 weeks. Participation in all six sessions is important.

Wednesdays

January 19, February 2, February 16,
March 2, March 16, March 30, 5 – 6:30 pm
1st floor conference room

Potential participants are asked to call 215.829.6560 to see if they are a candidate for the program.

Winter Warm Up!

Demonstration cooking Program

Wednesday, January 26, 5 – 7 pm
Thursday, January 27, 2 – 4 pm
1st floor conference room

To register, call 215.829.6560.

Eat Your Herbs

The culinary use of cancer-fighting herbs

Thursday, March 24
2 – 4 pm
1st floor conference room

To register, call 215.829.6560.

Green Cooking!

Demonstration cooking program

Wednesday, April 27, 5 to 7 pm
Thursday, April 28, 2 to 4 pm
1st floor conference room

To register, call 215.829.6560.



Healthy BALANCE:

A program about food, exercise and weight management for cancer survivors.

Debra DeMille, MS, RD, LDN, CSO, Nutrition Counselor
Carly Roop, RD, Nutrition Counselor

In the Healthy Balance program, participants learn how to cope with nutrition issues and learn about the importance of mindful eating and emotional support, which can help restore balance in your life. In addition, ways to increase your physical activity are discussed. Increasing physical activity can help maintain or enhance muscle mass, reduce stress and restore your energy level after treatment.

Participation in all six sessions is important. Please call to see if you are a candidate.

Wednesdays
January 19, February 2, February 16, March 2, March 16, March 30
1st floor conference room

For more information, call or 215.829.6560.

UPCOMING EVENTS:

Colorectal and Uterine
Cancer Awareness

Healthy Living

Stress and Energy
Management

I Can Cope

National Cancer
Survivors Day

FREE Oral, Head and Neck Cancer Screening

Symptoms of oral, head and neck cancer may include:

- Sores in the mouth that won't go away
- Sore throat or trouble swallowing
- Change in voice
- Growth or swelling in the neck

Risk factors include smoking, tobacco use and alcohol consumption.

Friday, May 13 • 11:30 am to 1:30 pm

Pennsylvania Hospital
Department of Otorhinolaryngology, Head & Neck Surgery
Adjacent to the Spruce Building

To register, call 800.789.PENN (7366).

OUR MISSION

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.

