

Together

Together We Can

Newsletter of the Joan Karnell Cancer Center at Pennsylvania Hospital

Are Clinical Trials for *You?*

According to the American Cancer Society, about 1,284,900 new cancer cases will be diagnosed this year. If you are one of these patients, you should be aware of the various treatment options available to you – including clinical trials. At the Joan Karnell Cancer Center at Pennsylvania Hospital, patients can participate in national clinical trials, which offer the opportunity to receive new, and potentially more effective, treatment options.

Surprisingly, 85 percent of cancer patients are not aware that participation in a clinical trial may be a treatment option, according to the Coalition of National Cancer Cooperative Groups, a national network of cancer clinical trial specialists. “My work includes helping to identify patients who may be eligible to participate in a clinical trial,” says Holly Kilpatrick, RN, one of many clinical research nurses at the Joan Karnell Cancer Center. “We have more than 60 protocols currently available. The

majority of the studies are government funded while others are funded by pharmaceutical companies.” Many of these trials are available to us through our membership in the University of Pennsylvania Cancer Network.

WHAT IS A CLINICAL TRIAL?

Before the Food and Drug Administration (FDA) can approve a new drug or treatment protocol, it must undergo three phases of clinical trials. The first phase begins after extensive laboratory research, trials on animals and the filing of an Investigational New Drug application with the FDA. 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, which generally involve fewer than 100 participants, are used to determine if the new treatment actually has a positive effect against cancer. In general, according to the Coalition

of National Cancer Cooperative Groups, if at least 20 percent of patients respond to the treatment, the new protocol moves on to Phase III.

It is during Phase III that most patients would become involved in a clinical trial. Here, a large group of participants is needed to determine how the new drug or protocol compares to the best existing treatment currently available.

WHAT TO EXPECT

“It’s important that patients realize that by participating in a clinical trial they are not guinea pigs. Actually, they are offered the best possible care that is currently available — and perhaps even the best possible treatments options for the future,” says Kilpatrick. “During the trial, participants are assigned a specific research nurse who can help answer questions and provide close, personal follow-up care for their conditions.”

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Gynecological Clinical Trials Available

The Division of Gynecologic Oncology at Pennsylvania Hospital participates in clinical trials as a member of the University of Pennsylvania Medical Center. The trials are conducted through the Gynecologic Oncology Group in association with the National Cancer Institute. This group consists of physicians and nurse specialists who conduct research on the various types of gynecologic related cancers throughout the country in order to develop advances in treatment and technology.

Here at Pennsylvania Hospital, we offer several Clinical Trials for the most common types of gynecologic cancers:

- Advanced Stage Ovarian Cancer
- Early Stage Ovarian Cancer
- Advanced Endometrial Cancer (cancer of the uterus)
- Cervical Cancer

In addition, we offer trials for some of the more uncommon gynecologic tumor types, as well as the latest advances in surgery and radiation therapy. We are also one of the only institutions in the area to offer surgical and medical expertise for cancer patients who choose not to receive blood or blood products.

If you would like more information about any of the available clinical trials or the Gynecologic Oncology Program at Pennsylvania Hospital, please contact Angela Toro, MSN, CRNP at 1-800-789-PENN. •

Joan Karnell Cancer Center at

Pennsylvania
 **Hospital**

University of Pennsylvania Health System

1-800-789-PENN

Nutrition & You:

The Importance of Food Safety

Debra DeMille, RD, Nutrition Counselor

The Joan Karnell Cancer Center at Pennsylvania Hospital has received a grant to study the effects of diet — specifically safe food handling, preparation, cooking and storage — and the incidence of neutropenia (the drop in white blood cells) during chemotherapy. Bacteria consumption through food is minimized by thoroughly cooking meats, fish and poultry as well as using cooked or canned fruits and vegetables. This pilot study will proceed through June 2002.

Even when blood counts are normal, food safety principles apply to everyone. In particular, individuals with cancer should be aware of food safety because their immune systems are often weakened by chemotherapy. Healthy individuals who have food borne illness may have some uncomfortable gastrointestinal symptoms such as diarrhea, cramps and vomiting. For the cancer patient, food borne illness can be very dangerous and may cause more serious complications. Be sure the food that you eat is safe. Pay attention to the purchase, preparation, cooking and storage of foods to prevent food borne illness.

Safe shopping: Don't buy dented cans or foods with damaged packages. Check expiration dates and put refrigerated or frozen foods in the refrigerator within an hour of shopping.

Safe storage: Check that your refrigerator runs between 34 and 40° F and the freezer temperature is less than 0° F. Keep raw meats, fish and poultry in a plastic bag on the bottom shelf of your refrigerator so they don't drip raw juices onto other foods.

Safe Handling: Wash your hands in warm soapy water for at least 20 seconds before handling foods and eating. Be sure to wash all counter tops, cutting boards and rags. Clean up spills in the refrigerator, microwave and oven. An effective sanitizer is one tablespoon of bleach to a quart of water (freshen daily). Rinse dishcloths in this solution and open them up to dry or replace daily with a clean sponge or dishcloth. Cleaning surfaces with dirty rags can spread bacteria.

Safe cooking: Cook foods thoroughly avoiding raw meats, poultry, fish and eggs. A meat thermometer is helpful to determine if the meat has been sufficiently cooked. Red meat should be cooked to 145° – 160° and poultry 160° – 170° F. After serving, place hot foods into shallow containers to cool. Leave hot foods out for no more than two hours and then refrigerate properly.

Bacteria thrive and grow quickly within 40° – 140° F. The smell and appearance of food does not necessarily tell you when it is no longer good to eat. Foods can be bad well before they start to smell bad. That is why it is important to chill properly and cook to a level that will kill any bacteria.

For leftovers, only reheat the amount of food you feel you are going to eat at that time. Reheat foods one time only. If you are using a microwave to reheat, be sure to turn the plate and stir the food as microwaves tend to heat unevenly. Use leftover meals within four days.

For more information on the study or food safety please contact Debra DeMille, M.S., R.D., nutrition counselor, at 1-800-789-PENN. •

HOW LONG CAN I KEEP IT?

HAVE YOU OFTEN WONDERED HOW LONG FOOD IS GOOD FOR ONCE IT'S IN THE REFRIGERATOR?

FOOD	REFRIGERATED	FROZEN
Bacon	7 days	1 month
Roasts, steaks	3-5 days	6-12 months
Ground beef	1-2 days	3-4 months
Poultry	1-2 days	9 months – 1 year
Eggs, fresh in shell	3 weeks	Do not freeze
Hard cooked eggs	1 week	Do not freeze
Canned ham	6-9 months	Do not freeze
Sliced ham	3-4 days	1-2 months
Hot dogs	1 week after opening 2 weeks unopened	1-2 months
Fish	1-2 days	6 months (lean fish) 2-3 months (fatty fish)
Ketchup (opened)	6 months	Do not freeze
Lunchmeats	3-5 days opened 2 weeks unopened	Do not freeze
Mayonnaise	opened 2 months	Do not freeze
Meat and poultry cooked	3-4 days	2-3 months
Pork	3-5 days	4-6 months
Salad dressing opened	3 months	Do not freeze
Salsa opened	1 month	Do not freeze
Spaghetti sauce opened	5-7 days	Do not freeze

Source: *A Quick Consumer Guide to Safe Food Handling, House and Garden Bulletin 248, August 1995* and *The Food Keeper: A Consumer Guide to Food Quality and Safe Handling, Food Marketing Institute, Washington, DC, March 1996.*

Be the Best You Can Be



Are you a cancer patient over age 65? Do you have questions about the financial impact of cancer? Nutrition? Health insurance? If you do, our seminar, Be the Best You Can Be is for you. Recognizing a need for information that reaches beyond cancer treatment, the Joan Karnell Cancer Center at Pennsylvania Hospital developed this program to help answer these questions for seniors. Experts in the fields of drug interactions, health insurance, financial information, nutrition, emotional and physical well being will discuss how to cope with cancer. The free program, which includes lunch, will be held on May 7 in the Conference Room at the Joan Karnell Cancer Center. To register, contact Helen Grosky at 1-800-789-PENN. •

New Cancer Resources

Located near the waiting room in the Joan Karnell Cancer Center at Pennsylvania Hospital, the Patient and Family Education Room offers current books, videos and information on cancer treatment. We continue to acquire new books that are categorized by subject and are available for loan. If you'd like to make a donation to the Patient and Family Education Room, you can specify that you would like a book to be purchased in your name. We'll use a bookplate to identify your book.

Here are some of our most recent additions:

- Recovering from Breast Surgery, Exercises to Strengthen your Body and Relieve Pain
- The Cancer Recovery Eating Plan
- The What to Eat if You have Cancer Cook Book
- Advanced Breast Cancer, A Guide to Living with Metastatic Disease
- Second Opinions
- Fine Black Lines, Reflections and Facing Cancer, Fear & Loneliness
- Legal Rights of the Catastrophically Ill and Injured
- My Mother's Breast; Daughters face their Mothers' Cancer
- The Power of Hope, A Doctor's Perspective
- The Healer Within

(continued from front page)

Some patients may also be concerned about receiving placebos but in those clinical trials where placebos are used (and not all trials use them), patients still receive standard care. In other words, by not receiving the drug being tested, the patient is not missing part of his or her treatment. "The patient would always get the best care that's available," says Kilpatrick.

YOUR COMMITMENT

What's involved in committing to a clinical trial? In terms of cost, most treatment is usually considered standard by medical insurers and is often covered. In many cases, for those treatments not covered, the study will provide the funding to have patients treated. Even patients without insurance may be able to participate in a clinical trial, assuming they are eligible for the study.

Time is of the essence to everyone and, as a result, some patients may reject the idea of participation in a clinical study due to time commitments. In fact,

although the length of time a clinical trial can vary is anywhere from a few months to several years, the amount of time a patient needs to devote to check-ups and appointments is generally not that much more than what is required for typical physician visits.

Before committing to a clinical trial, be sure to read the information provided and make sure you understand it. Write down any questions you may have and discuss these with your doctor. A clinical trial is not the only treatment option available to you but it may be one of the best. Be sure you understand the potential benefits and risks before you commit.

"It's also important to realize that you're not just gaining access to the best possible care for yourself," says Kilpatrick. "You may actually be helping thousands of others afflicted with cancer. People might one day receive a new drug or treatment protocol because of your participation in the trial."

For more information on clinical trials at the Joan Karnell Cancer Center, contact Holly Kilpatrick at 215-829-6117. •



- Using Traditional Chinese Techniques
- The Gay Men's Wellness Guide
- Consumer's Guide to Cancer Drugs
- Coming to Terms with Cancer, A glossary of Cancer-Related Terms
- Cancer in the Family, Helping Children Cope with a Parent's Illness
- ACS Guide to Pain Control, Powerful Methods to Overcome Cancer Pain

Our Patient and Family Education room additionally features Internet access, a television and a VCR. A phone is also available for local calls. For children, we offer a play table with coloring books and puzzles to help pass the time. Our aim is to provide a quiet space for patients and their families to gather information. Be sure to check it out. •

Social Service Corner

Helen E. Grosky, MSS, LSW



The physical and emotional stress of coping with cancer can be compounded by well-meaning questions from friends and family. Unfortunately, this often comes at a time when you are least able to deal with others' questions, a time when energy is low and prognosis is uncertain. Yet, despite the questions and stresses facing you at this time, your top priority should be telling your children.

How do you tell your children that you have cancer? Children usually can sense when something is wrong, and sometimes take responsibility for the stress that they feel building around them. It is important to let them know that they are not responsible for your illness, that whatever they did or did not do could not cause your cancer. Here are some tips:

Be honest. Tell your child that your doctor has told you that you have cancer, and that you will be given treatment to help you

recover. Depending on your child's age more or less specific information can be given.

Be hopeful. Children will respond to the clues you give them, if you appear hopeful so will they.

Be aware. A cancer diagnosis often means that lives will be disrupted, role reversal may occur and family life will be unbalanced for awhile. This may cause children to act out both in school and at home. School guidance counselors and your child's teachers should be made aware of the situation. Above all, reassure your child that he/she is safe, that there will always be someone there to take care of them, and they are loved and valued.

For more information on explaining cancer to your children, contact the Joan Karnell Cancer Center at Pennsylvania Hospital at 1-800-789-PENN. •

Pennsylvania Hospital is dedicated to providing compassionate and personalized care to its patients. If you are a "people person" and enjoy feeling valued, respected and most of all needed, then historic Pennsylvania Hospital is the place for you! To become a volunteer or receive additional information about volunteering at Pennsylvania Hospital, please call the Volunteer Services office at 1-800-789-PENN. •

A GUIDE *to Your Hospital Stay*

There's no place like home. Yet, there are times when home is not the best place to receive medical care. There are times when you need the knowledge, the experience and the attention of a medical team to care for you. If, as a cancer patient, you find that your treatment will include a planned inpatient stay at Pennsylvania Hospital, there are several ways to prepare. Odds are that the more prepared you are, the more comfortable you will be during your stay.

THE PREP WORK

Plan in advance for your care. You can begin by contacting your medical insurance carrier. If your hospital stay is planned, your hospitalization may need to be pre-certified by your insurer. Some insurers do require this approval in advance. Be sure to bring your health insurance card, referral forms and any other necessary paperwork with you to the hospital.

Under state law, you can communicate your healthcare preferences in a document called an Advanced Directive, which states how you want medical decisions made if you lose the ability to make those decisions for yourself. If you have an Advanced Directive, you should provide a copy to the hospital, your physician and any appropriate family members before you enter the hospital. You may also want to designate one family member to communicate with doctors and nurses.

Your physician may ask you to complete some tests before being admitted into the hospital. If pre-testing is needed, find out when and where the tests need to be completed

and if there are any special instructions (fasting, for example) that you should perform before the test.

WHAT TO BRING

Packing a suitcase for a hospital admission is a lot different than packing for other overnight trips. First, it is best to pack lightly. For clothing, you can bring your own pajamas or other loose comfortable clothing – and don't forget to bring a set of comfortable clothes to wear home. Bring a bathrobe and slippers with non-slip soles. If you don't have slippers, we can provide them for you. Pack personal items like your toothbrush, toothpaste, comb, brush, deodorant and shampoo. If you wear glasses, dentures or a hearing aid, please bring them with you. Bring \$10 or less for items you may want to purchase like newspapers or magazines. Be sure to leave valuable items like credit cards and jewelry at home.

Any medication you have been taking at home should also be brought to the hospital and given to your nurse when you are admitted. In fact, a list of all medications (both prescription and over-the-counter) and supplements is helpful to both your physicians and nurses as they care for you. Be sure to note any allergies you may have to medications.

YOUR ARRIVAL

Once you arrive at the hospital, your first stop will be to the admissions department. It is located on the first floor of the hospital, right past the Welcome Desk. Here, you'll be asked to sign forms that permit the hospital staff to treat you and to release medical information to your insurance company. After the forms are complete, you'll be taken to your room.

The Oncology Unit is located on the 5th floor of the Cathcart Building. The atmosphere on the inpatient unit is peaceful, dignified and supportive. The unit has 42 beds, 36 semi-private rooms, six private rooms, a family meeting room and a waiting area. Private patient rooms are generally reserved for those requiring isolation, however, in some cases, arrangements for a private room (when available) can be made through the admissions department for an additional charge. Our Oncology Unit serves patients age 13 and older who are afflicted with a variety of cancer or blood-related diagnoses.

DURING YOUR STAY

Within the context of a nurturing environment, our team strives to care for the physical, social, emotional and spiritual needs of you and your family. Your attending physician will be in charge of your care with the assistance of residents, interns and medical students. The nursing staff consists of chemotherapy and oncology-certified nurses who are well-versed in pain and symptom management. A primary nurse will help coordinate your care and a nurse and nursing assistant will be assigned to you during each shift. Care is also delivered by a multidisciplinary team including a range of medical and surgical physicians, radiation oncologists and therapists, social workers, home care and hospice professionals, physical, occupational and speech therapists, pharmacists, nutritionists and pastoral care professionals.

While in the hospital, your well-being and safety are our primary concerns. Be sure to take extra pre-

cautions if you feel weak or tired. Use the nurse call button if you need help. Remember to use the controls to lower your bed before attempting to get in or out of it and be aware of any wires or tubes that may be nearby. Keep things you need within easy reach. The grab bars in the bathroom and shower and the handrails in the hallways are designed to help steady and support you. Be sure to use them.

If there is anything from home that would make your stay more comfortable, please bring it with you. We offer televisions, VCRs and DVD players and a collection of movies to help you pass the time while you are hospitalized.

GOING HOME

To provide the time necessary to complete the appropriate arrangements, your treatment team will discuss your discharge plans with you in advance. Your discharge instructions may include follow-up care, in-home nursing or other needs. If you live alone or have a special need, our social worker can work with you to coordinate your care. She can also identify support groups and other organizations that can assist with financial and other concerns.

Treating cancer is an involved process, one that requires the expertise of more than just one specialist. The inpatient oncology team at Pennsylvania Hospital offers you a closely integrated team of medical, surgical, radiation and related cancer specialists who use their knowledge and experience to help fulfill your physical, emotional, family and social needs. There may be no place like home but we'll make every effort to provide a caring, comfortable setting throughout your stay with us. •

News Anchor Works to Increase Breast Cancer Awareness

Marylou Osterman

Renee Chenault-Fattah presented the video "African American Women CAN Beat Breast Cancer," a video in which she appeared as the host and narrator.

Pictured are members of the team who helped coordinate "Breast Cancer: Early Detection is the Key." Front (l-r): Helen Grosky, Honey Cohen. Back (l-r): Marylou Osterman, Carol Miler, Nicole Stavely.



In recognition of Breast Cancer Awareness Month, the Joan Karnell Cancer Center offered the educational seminar, "Breast Cancer: Early Detection is the Key." The program featured Renee Chenault-Fattah, news anchor at Channel 10, who also appeared as host and narrator in the video presentation, "African American Women CAN Beat Breast Cancer." Held on October 10, the program opened with a presentation by Patricia Ford, MD, stressing empowerment, getting connected, assessing risk for breast cancer and learning early detection methods. Lisa B. Aiello, RN, MSN of Pennsylvania Oncology Hematology Associates presented information about genetic risk for breast cancer and Patricia K. Bradley, PhD, RN, delivered a motivating talk entitled "Empowering Ourselves, Getting Connected." Dahlia Sataloff, MD, a breast

surgeon at Pennsylvania Hospital, focused on current treatments for breast cancer.

During the health fair, participants learned about the proper techniques for breast self-exam, genetic risks for breast cancer, clinical trials and current recommended medical screening schedules. The Joan Karnell Cancer Center provided a luncheon in the historic Great Court at Pennsylvania Hospital. The Center is planning another Breast Cancer Awareness Program this fall. •

Patricia K. Bradley, PhD, RN was the keynote speaker who delivered a motivating talk, "Empowering Ourselves, Getting Connected."



Looking for a Few Good Men

During this year alone, prostate cancer will be diagnosed in 198,000 Americans and more than 31,500 men are expected to die of this disease. In Pennsylvania, 10,900 men will get prostate cancer and 1,700 men died from it in 2001.

According to Joseph Harryhill, MD, a urologist at the Joan Karnell Cancer Center and assistant clinical professor of urology at the University of Pennsylvania Medical Center, the Selenium and Vitamin E Cancer Prevention Trial (SELECT) is designed to study if selenium or a combination of selenium and vitamin E can combat prostate cancer. "The SELECT trial is a four-arm protocol, meaning that there are four different parts to the study. Some patients will receive selenium and vitamin E, some will receive selenium and a placebo, some will receive vitamin E and a placebo and some will receive two placebos. It is a blinded study; the physician and patient will not know which of the four options the patient is taking. The purpose of the study is to determine if one of these combinations can be used to prevent prostate cancer."

Medical researchers are looking for clinical trial participants whose efforts could help prevent cancer in our nation's sons and grandsons. Eligibility criteria for the SELECT clinical trial include:

- Men age 55 or older, age 50 or older for African-American men
- Men who have never had prostate cancer and have not had any other cancer, except for non-melanoma skin cancer, in the last five years
- Men who are generally in good health

"We'll be tracking participants over the course of seven to 12 years, depending on when they enter the trial, to identify the occurrences of prostate cancer and in which groups it appears," said Dr. Harryhill. Past studies suggest that taking selenium and vitamin E supplements twice a day may reduce the risk of developing prostate cancer.

If you're interested in participating in the SELECT clinical trial, contact Holly Kilpatrick, clinical research nurse at the Joan Karnell Cancer Center at Pennsylvania Hospital, 215-829-6117. •

Shiatsu Bodywork Therapy

Shiatsu, which literally means "finger pressure," is an Asian healing art in which the practitioner applies gentle stretches and pressure to specific points on the body. This ancient healing art is now available at the Joan Karnell Cancer Center at Pennsylvania Hospital on Wednesday mornings. Shiatsu can be a very helpful complement to cancer treatment.

Here are some of its benefits:

- It feels good!
- Promotes relaxation
- Can reduce pain nausea, discomfort
- Stimulates blood and lymphatic circulation
- Boosts the immune system
- Helps to balance emotions and attitudes
- Eases depression
- Helps to create a positive relationship between body, mind and spirit
- Can provide a sense of involvement and empowerment in managing one's health

This treatment is provided each Wednesday morning to patients and their caregivers. To schedule your session, call 215-829-6466 or 1-800-789-PENN or stop by the front desk in the treatment area. •

Supportive Care Services CALENDAR

The Joan Karnell Cancer Center offers a variety of support groups to help cancer patients and their families cope with the diagnosis of cancer. Led by trained professionals, these groups offer emotional support, education, an opportunity to learn ways of coping with uncertainty and change, and a chance to meet others who face similar issues. One-day seminars are also regularly scheduled on a variety of topics for patients and families.

PERSON-TO-PERSON 5:30 – 7:30 PM

Thursday, March 28
Thursday, April 25
Thursday, May 30
Thursday, June 27

LEUKEMIA & LYMPHOMA SUPPORT GROUP 5:30 – 7:30 PM

Thursday, March 7
Thursday, April 4
Thursday, May 2
Thursday, June 6

OVARIAN CANCER SUPPORT GROUP 4:00 – 6:00 PM

Monday, March 11
Monday, April 8
Monday, May 13
Monday, June 10

FACING FORWARD: BREAST CANCER, SUPPORT AND INFORMATION 5:30 – 7:30 PM

Tuesday, March 19
Tuesday, April 16
Tuesday, May 21
Tuesday, June 18

LOOK GOOD, FEEL BETTER 9:30AM – 12:00

Monday, March 4

NUTRITION WELL BEING 10:00AM – 12:00

Tuesday, March 5
Tuesday, March 19

FATIGUE DAY 9:30 AM – 2:30 PM

Tuesday, April 2

I CAN COPE 5:30 – 7:00 PM

Wednesday, April 3,10,17,24

BE THE BEST THAT YOU CAN BE 9:00 AM – 3:00 PM

Tuesday, May 7

STRENGTH FOR CARING 9:30 AM – 2:30 PM

Tuesday, May 21

NATIONAL CANCER SURVIVOR'S DAY 12:00 – 3:00 PM

Sunday, June 9
in the Elm Garden

Meetings are held in the Conference Room, Farm Journal Building, 2nd Floor, 230 West Washington Square. Registration is required. For more information, call 1-800-789-PENN.

Look Good, Feel Better

To gain control over the cosmetic effects of cancer treatment, the American Cancer Society and experts from the cosmetic industry offer a special program for patients while they are being treated. This group is led by a registered cosmetic advisor who addresses hair and skin care issues and provides various make-up tips.

Nutrition Well Being

This workshop is designed for individuals with cancer and their loved ones in order to enhance nutrition knowledge and provide skills with an emphasis on the role of healthy eating in cancer treatment and recovery.

Fatigue Day

Several workshops are held throughout the year to help patients learn how to manage cancer-related fatigue by addressing the medical aspects of fatigue, energy conservation, relaxation, exercise and nutrition.

I Can Cope

Here healthcare professionals provide factual, straightforward information and answers about the day-to-day issues of living with cancer. Find out information about diagnosis, treatment, side effects, emotions, self-esteem and community resources. The workshop is led by Pennsylvania Hospital professionals in cooperation with the American Cancer Society. The group meets once a week through a four week series.

Be the Best You Can Be

Created for cancer patients over age 65, this seminar offers information about drug interactions, health insurance, financial information, nutrition, emotional and physical well being. A cancer diagnosis is a life changing experience. Be the Best You Can Be helps provide answers to questions for seniors who are coping with this disease.

Strength for Caring

A one-day seminar of education and psychosocial support for caregivers of cancer patients is offered periodically during the year. This program focuses on the needs of the caregiver, including education about cancer and its treatment, how to talk to your doctor, how to deal with common emotional issues such as anger and depression, time management skills and community resources.

National Cancer Survivors Day

Help celebrate life with National Cancer Survivors Day. Joan Karnell Cancer Center staff and patients (former and current) join together to honor cancer survivors and those who support them. The event further reveals how cancer survivors live active, productive lives despite the challenges they may face.



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