



Southern
Illinois University
School of Medicine

SimmonsCooper Cancer Institute at SIU

The SimmonsCooper Cancer Institute mission is to serve the people of central and southern Illinois addressing their present and future cancer care needs through a comprehensive approach of education, research and patient services.

Winter 2009

Side-by-Side Program

Rhonda Johnson, Ph.D., Division of Psycho-Oncology

The **Side-by-Side Program** at SimmonsCooper Cancer Institute provides support in conjunction with other health-care providers in the treatment of people living with cancer and their families. Its primary focus is twofold:

- Addressing the emotional, social and physical responses of patients to cancer and those of their families and caregivers;
- Addressing those same concerns as they may influence the long-term survival following their treatment.

SIU's program works side-by-side with patients, families, caregivers and health care providers to address all aspects of cancer that influence outcome with an understanding that people experience illness through their physical, emotional and spiritual reactions and that each one influences the other.

Many patients respond differently to the diagnosis of cancer depending on the individual's situation and support network. This program offers a variety of resources to help patients:

- A **therapist** provides counseling services, acts as a patient advocate, and helps patients use their own resources to be a partner alongside their health-care team during the treatment of the cancer.
- **Social workers** help individuals navigate the health care system and identify resources to help the patient get optimal care.
- A **nutritional counselor** is available to offset treatment-related nutritional deficits and to train patients to use diet as a way to decrease risk of cancer recurrence or development of new cancers.
- For those who wish to include **spiritual healing** in their cancer treatment, pastoral care counselors are also available through the Side-by-Side program.

The Mind-Body Connection

One of the strategies for fighting cancer is tapping into the mind-body connection. In the past few years we have come to understand that mind-body therapies can make a difference and allow cancer patients to participate in their own care in a meaningful way.



Research indicates that patients who work on improving their mind-body connection may significantly reduce stress, enhance immunity, and improve their quality of life. These mind-body connections are important to both the cancer patient and his or her caregivers.

Relaxation is the most basic of mind-body techniques. Physiologically, relaxation means a reduction in the sympathetic nervous system and a decrease in the level of stress. It is physically impossible to be both anxious and relaxed at the same time. Relaxation is a learned response and it can be powerful medicine.

Relaxation techniques include breathing exercises, meditation or guided imagery. I'm available to help survivors learn to use these techniques. Compact disc players with CDs that teach these relaxation techniques will be available during chemotherapy at SIU.

Relaxing 15 to 20 minutes twice a day can lower levels of adrenaline and cortisol; decrease blood pressure, heart rate and respiration; enhance immune functioning; and balance the activity in the right and left hemispheres of the brain. Repeating the relaxation exercises is the key to successful learning to reach a relaxed state.

Relaxation done on a regular basis has impressive results for people with cancer. It results in decreased levels of stress and increased immune functioning; decreased pain, faster recovery from procedures; fewer side effects from chemotherapy, and less anticipatory nausea and vomiting before chemotherapy; and decreased anxiety, improved mood and less suppression of emotions. Relaxation also helps you to gain perspective on every aspect of your life and to feel less overwhelmed by it.

If you need references and/or information for other sources for relaxation please call Dr. Rhonda Johnson at (217) 545-5408.

www.siumed.edu/psych/html/psycho-oncology.html

Director's Message

K. Thomas Robbins, M.D., Director



Two months ago, we were disappointed to learn that the supplemental appropriations bill submitted to the state legislature for operating funds to open the new cancer building did not make it out of the Illinois House committee and therefore was not approved for funding. Ours was one of several important

programs that were not approved during the fall veto session.

While we recognize the serious budget deficit our state faces, it is indeed unfortunate that our recently completed building remains closed to the public. It is our hope that our leaders and representatives will see the logic in providing the operational funds for a 22 million dollar investment that will lessen the burden of cancer in downstate Illinois.

Despite the setback of the delay for opening the new building, we continue to work together to build the premier academic cancer program for central and southern Illinois. Recently our cancer care teams met to share their accomplishments over the past year and to lay out their goals for the coming year. Collectively, these teams are providing a tremendous service for our communities and propelling SimmonsCooper Cancer Institute (SCCI) forward toward achieving its vision. Currently, the institute supports cancer care teams for breast, lung, urologic, head and neck, gynecologic, advanced skin, and gastrointestinal cancers.

Relative to other cancer programs in the region, basic oncologic research is a unique feature of SCCI at SIU. We have invested heavily to establish a laboratory research program and this has proven to be a valuable asset. Despite the ever increasing competitiveness for national funding, our own basic cancer researchers have fared very well in this environment. To date in this fiscal year, a total of \$4,517,814 has been awarded to our basic science research team. Special note should be given to Drs. Nie, Watabe, Campbell and Rybak, all of whom have won the prestigious award of the R01 grant from the National Institutes of Health.

There are many other worthy stories for you to know and we will work to keep you informed. We are fortunate to have so many talented people on board with our program, who for me, reinforce the observation that we truly are moving forward and maturing to become a comprehensive cancer center.

Antioxidant for Good Health



Lycopene is a pigment that gives vegetables and fruits such as tomatoes, pink grapefruit and watermelon their red color. It also appears to have strong antioxidant capabilities. Studies suggest that consumption of lycopene-rich foods is associated with a lower risk of prostate cancer and cardiovascular disease.

Lycopene is not produced in the body, so you can only obtain its benefits by eating lycopene-rich foods. Canned tomato products, such as spaghetti sauce, tomato juice, ketchup and pizza sauce are by far the major sources of lycopene in the typical American diet. Other fruits and vegetables such as watermelon and pink grapefruit also provide lycopene, but in smaller amounts.

SCCI Cancer Care Teams



Dr. Robert Mocharnuk examines one of his patients in SIU's hematology/oncology clinic in Springfield.

Breast Center at SIU, 217-545-7432

Colorectal Cancer Clinic, 217-545-7230

Gynecologic Oncology Clinic, 217-545-0309

Head and Neck — HANOT Clinic, 217-545-6099

Hematology & Oncology Clinic, 217-545-5817

Melanoma Center, 217-545-2100

Pediatric Oncology Clinic, 217-545-5817

Prostate Center, 217-545-7422

**Lung — Thoracic Oncology Program Clinic
217-545-7422**

What are Clinical Trials?

Research studies are important in helping to find new ways to prevent, screen, diagnose and treat cancer. A clinical trial is a type of research study that involves only people who choose to take part and who also fit the select group of patients being treated in the study.

Testing various types of new drugs, radiation therapy or a combination of these treatments is one of the final stages of a long and careful cancer research process. If a new treatment proves effective in a study, it may become a standard treatment that can help others as well.

Clinical trials answer important scientific questions and often direct future research and offer patients access to cutting edge cancer treatment protocols. Research is the cornerstone of SIU's institute and what distinguishes it as unique in the region.

The physicians at SIU work together with national and local affiliates, such as the Central Illinois Community Clinical Oncology Program, Radiation Therapy Oncology Group, and the Children's Oncology Group, as well as pharmaceutical sponsors to offer our patients the leading cancer treatments available. Memorial Medical Center and The Cancer Institute at St. John's Hospital assist SIU in carrying out these clinical trials.

Information concerning clinical trial programs can be accessed online:

SIU School of Medicine

www.siumed.edu/cancer/researchpages/trialsMore.html

National

dcp.cancer.gov/programs-resources/programs/ccop

www.clinicaltrials.gov

Memorial Medical Center

www.memorialmedical.com/services/cancercenter/clinicaltrials.aspx

St. John's Hospital

www.st-johns.org/services/cancer_center/default.aspx

Specific information about SCCI clinical trials is available from the Clinical Trials Office, 217-545-1946.



Dr. Krishna Rao, Ph.D., conducts research in his laboratory at the SimmonsCooper Cancer Institute.

SCCI Butterfly Release



SimmonsCooper Cancer Institute at SIU invites you to celebrate in an expression of hope and peace.

The SCCI's butterfly release is a beautiful way to honor the living and celebrate the memory of loved ones, by sponsoring a butterfly in their name.

The ceremony includes music, inspirational readings and the public reading of the names of those being honored/remembered and a magnificent release of monarch butterflies Saturday, June 27, 2009 in the Thomas Garden of Hope, located at SimmonsCooper Cancer Institute at SIU, at the corner of Rutledge and Miller Streets (one block west of Memorial Hospital).

The emergence of a butterfly is a sign of renewal of life and their flight symbolizes freedom and happiness. The community is invited to sponsor butterflies in memory of loved ones or in honor of someone special. Proceeds benefit the SimmonsCooper Cancer Institute at SIU.

Sponsorship opportunities are available. Call 217-545-0395 or email pwappel@siumed.edu for more information.

Men's Health Awareness

You can find the information you need to help keep your eye on the prize: a healthy future. If you're reading this as the manager of your family's health, share the online source with the men in your life; they will be glad you did. This advice comes from the National Women's Health Resource Center.

www.healthywomen.org/menshealth/index.html



Dr. Thomas Tarter talks with a patient and his wife during a clinic visit in Springfield.

Calendar of Events

February 19, 2009 — 5:30-7 p.m.

Breast Cancer: Finding Your Strength

Nancy Amicangelo, Executive Director
Breast Cancer Network of Strength
(formerly known as Y-Me Breast Cancer Organization)

Free seminar for cancer patients, survivors and families sponsored by SimmonsCooper Cancer Institute, Memorial Medical Center and St. John's Hospital
James T. Dove Conference Center, 619 E. Mason St., Springfield, IL

Light dinner refreshments will be served

For information, call JoAnn Lemaster, 217-545-7493

March 25, 2009 — 12 noon-1 p.m.

Free Colorectal Screenings

Sponsored by Regional Cancer Partnership of Illinois
James T. Dove Conference Center, 619 E. Mason Street, Springfield, IL

For information, call JoAnn Lemaster, 217-545-7493

May 10, 2009 — 7:30 a.m.

Mother's Day Annual Walk

Sponsored by Breast Cancer Network of Strength
Old State Capitol, Springfield, IL

For information, call JoAnn Lemaster, 217-545-7493

June 2 & 4, 2009 — 5-8 p.m.

Free Prostate Screenings

Sponsored by Regional Cancer Partnership of Illinois
Union Baptist Church
1405 E. Monroe, Springfield, IL

For information, call JoAnn Lemaster, 217-545-7493

June 27, 2009

SCCI Butterfly Release

SimmonsCooper Cancer Institute at SIU
At the corner of Rutledge and Miller Streets
Springfield, IL

For information, call Patsy Wappel, 217-545-0395

Cancer Resources

American Cancer Society (ACS)

A general informational site with news, support programs, links to local ACS and healthy living ideas
www.cancer.org | 1-800-ACS-2345

SimmonsCooper Cancer Institute at SIU

Cancer Institute news, events, physician health care CME programs, SCCI newsletter, clinical trial information, maps of campus and Side-by-Side Cancer Care Program
www.siumed.edu/cancer | 1-217-545-6000

National Cancer Institute (NCI)

Informational topics on each cancer type, clinical trial information, live online chat help and dictionary of cancer terms

www.cancer.gov | 1-800-4-cancer (1-800-422-6237)

National Institutes of Health (NIH)

A great web site with cancer information as well as health and wellness information, conditions and diseases, and procedures

www.nih.gov | 1-800-4-cancer (1-800-422-6237)



Dr. James Malone and SIU surgical residents check the progress of a patient during his visit to the head and neck oncology clinic.

Contact Information — SimmonsCooper Cancer Institute at SIU

217-545-6000 | www.siumed.edu/cancer

- Administration | 217-545-6818
- Basic Research | 217-545-8462
- Grants | 217-545-6822
- Community Relations | 217-545-0395
- Outreach | 217-545-7493
- Clinical Trials | 217-545-1946

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