

cancer wellness connections

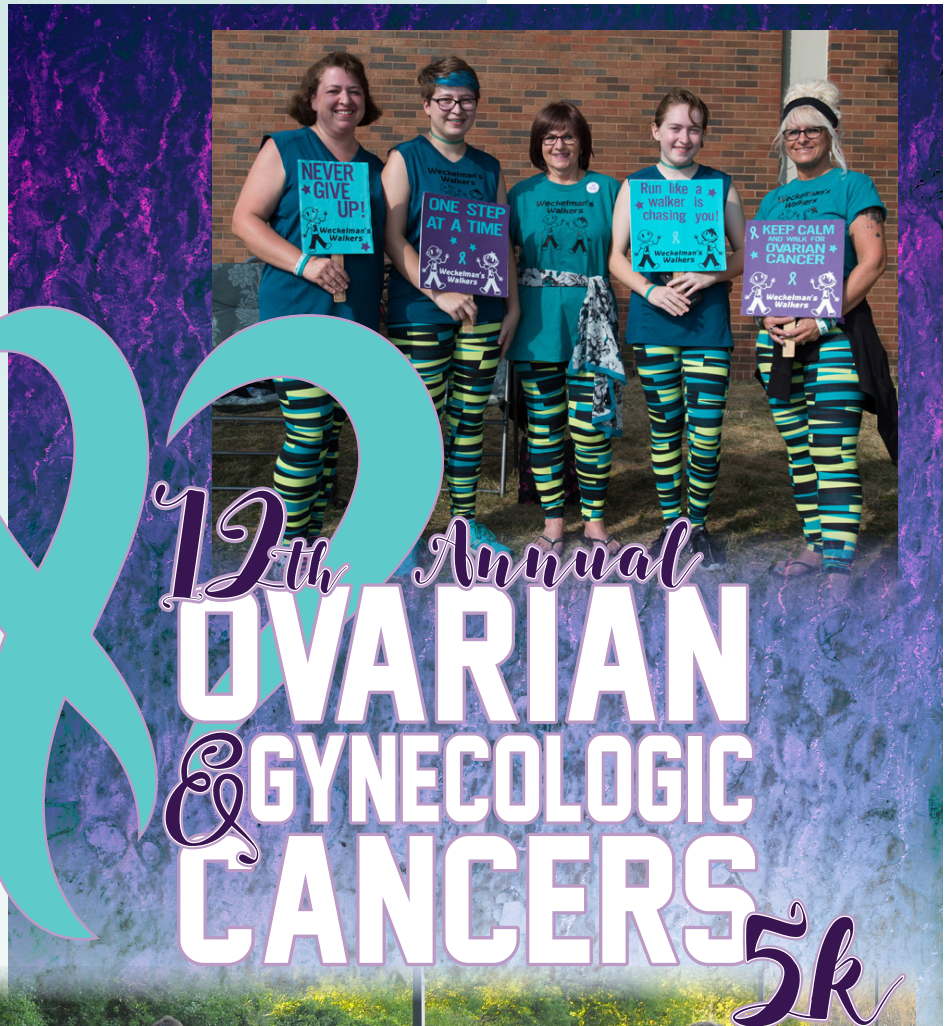


Summer 2019

CancerWellnessConnections.org

REGISTER NOW!

The 12th Annual Ovarian & Gynecologic Cancers 5k is on **Saturday, September 14th** at Monroe Community College. Our goal is to raise awareness of gynecologic cancers and to honor and celebrate the women and families impacted by these cancers. Lattimore of West Irondequoit Physical Therapy will be on hand to answer any questions concerning injury prevention, stretching, and exercise ideas, as well as handing out some cool swag. And this year we're even going to have a photo booth, complete with accessories, so that you and your teams can commemorate the event in style! To register go to **www.CancerWellnessConnections.com** and click on the registration link- and please consider starting a fundraiser!



President's Message –

Rochester is a great place to live. The US News and World Report ranks us in the Top 100 Best Places to Live in the U.S.. We may have had some points taken off for our winter weather, but all in all, Rochester really does have it all. Nestled in the Finger Lakes Region, our surroundings are top-notch. Area school districts are regularly ranked highly nationally. Rochester is affordable and is known for its innovative businesses and job opportunities. But most of all, it's the people who make Rochester special. We have a

great community, and there is no further proof needed than to look around at all of the people who come out in support of the Ovarian & Gynecologic Cancers 5k. It really is a celebration! And as you'll read in this edition, you'll see that we have some really exciting medical breakthroughs happening right here. URMG Gynecologic Oncologist Dr. Richard Moore's research is game changing! Everything you'll read in this edition of our newsletter will highlight local cancer innovations and other topics of interest for

cancer patients. If you have ideas for future newsletter topics, feel free to share them with us on social media. Look for "**Cancer Wellness Connections**" and "**Better Day Buddies**" on Facebook.



Betsy Twohig-Barrett

Blood Test Ably Identifies Ovarian Cancer Prior to Surgery, Clinical Trial Planned

By Jose Marques Lopes,PHD, from Ovarian News Today, reprinted with permission

A blood test successfully identified ovarian cancer from circulating cells, and may enable this cancer to be detected early and prior to surgery, results of the first phase of a clinical verification study show.

This first stage or pre-study was conducted at the University of Rochester Medical Center Wilmot Cancer Institute, and assessed Angle's Parsortix and HyCEAD Ziplex systems as a simple blood test to discriminate between benign and malignant pelvic masses. A method to identify circulating tumor cells so to screen ovarian cancer before surgery would help in determining the most appropriate surgical procedures to use, improving patient outcomes and easing overall healthcare costs, the company said in a press release. Blood samples of 26 Stage III/IV ovarian cancer patients and 28 healthy volunteers were analyzed in this pre-study. Parsortix harvested circulating tumor cells, and HyCEAD-Ziplex analyzed their RNA – the intermediate molecules between DNA and proteins. The systems' ability to differentiate women with ovarian cancer from healthy volunteers suggests both high



Dr. Richard Moore

sensitivity and high specificity, which refer to correct detection of cancer and low number of false positives.

These findings also support the start of a full clinical test planned in 200 women with a pelvic mass and scheduled for surgery. This verification study is expected to start in late 2019 and finish in early 2020. Enrollment is expected to be similar to the ANG-003 trial(NCT02781272), conducted at the same University of Rochester center. If successful, this study would support Angle's plans to market its ovarian cancer test.

"The performance of Angle's optimised sample-to-answer molecular solution for ovarian cancer in the pre-study is encouraging," Andrew Newland, Angle's founder and chief executive, said in the release. "We are excited about progressing the full clinical verification study which will help support the launch of a clinical assay at a clinical laboratory and/or via a commercial partnership."

Results presented in March 2018 at The Society of Gynecologic Oncology (SGO) Annual Meeting on Women's Cancer showed that the combination of the Parsortix and HyCEAD Ziplex systems in ANG-003 — also with 200 ovarian cancer patients — were highly accurate in predicting the presence of ovarian cancer. The test had higher sensitivity and specificity than any other available method for the same use.

<https://ovariancancernewstoday.com/2019/07/17/blood-test-identifies-ovarian-cancer-prior-to-surgery-angle-says/>



“Living” with Metastatic Cancer -The Wellness Connection-

By Diane Mason, this is an abbreviated version of a talk given at the Breast Cancer Coalition of Rochester

I was diagnosed with ovarian cancer, stage 3C with mets in December of 2016, right before Christmas. I am currently in my second recurrence in a little more than two years. Now, chemo is just once a month so I have three good weeks to see what I can get into!

When I heard the word cancer for the first time, my reaction, frankly, surprised me. I had always had a strong faith and I believed I could overcome anything. I took no medications other than vitamins and was active with my husband who took an early retirement, allowing us to train and race our harness horses. Yet, it was like all the blood in my veins instantly froze and I could no longer breathe without consciously thinking about it. And I lost my ability to see beyond that feeling.

At the time of my diagnosis, I had two sisters going through cancer treatment as well. My sister, Darla passed away the following March from lung cancer and my sister, Rosie passed away the next January from a rare bladder cancer. I was also able to take care of my birth-mother during her last months with esophageal cancer in 2001, so I knew what the dying part of cancer looked like. But, I had no idea how to live with it.

While in my oncologist, Dr. Angel's office, I noticed the Breast Cancer Coalition pamphlet and immediately felt disappointed something so wonderful was only for breast cancer patients- so I thought. I'm very happy I picked it up on another visit to read further where it states gynecologic cancer patients were also welcome. When I finally felt up to checking it out, I went to Coalition seeking exercise through yoga with the hopes it would help my body feels better after some rough chemotherapy. However, I actually received quite a bit more. I found answers to the kind of questions medical staff could not answer, I received tools to help me find my inner peace and joy again, and I gained close relationships.

Cancer Wellness Connections has also been a shining light in my living on the cancer roller coaster. They have gifted me with amazing comfort during my chemo days with kind and generous pampering. The outpouring of sincere concern for my well-being by their volunteers is actually humbling. It has sometimes been an exercise in humility to accept the generosity of others. Then, I remember the blessings I receive when I'm able to give, so I accept it with appreciation and inspiration to pay it forward whenever possible.

And then, there is laughter. Laughter feels good. There's an old saying: "when the soap goes into the bucket, the dirt comes out." It can also be said that when laughter goes into our psyche, fear moves out, even if just momentarily. It feels good, really good, to just forget about cancer for a while.

That's what I get from networking with other women with metastatic cancers. I get opportunities for laughter, at times raw honesty and also a feeling of normalcy that I can take with me into living my best life as a wife, mother, grandmother, bonus mother and friend.

In the beginning, the other women I met were mostly just their stories to me. Quickly, many became close friends and sisters with whom I am able to share the most vulnerable part of myself.

It's my hope more people living with cancer will take part in the amazing opportunities we have in the Rochester area. I'm so thankful for the people who are genuinely happy to assist us in finding our joy in life again! I honestly don't know how anyone gets through this cancer journey without this kind of support and I'm so very grateful.



How HPV Vaccines are Reducing the Incidence of Cancer

In June, Desperate Housewives actress Marcia Cross revealed that she had been successfully treated for anal cancer. Ten years prior, her husband Tom Mahoney was treated for throat cancer. Her doctors suspected that the two cancers had been caused by the same strain of HPV. According to the Center for Disease Control, the human papillomavirus is the most common sexually transmitted infection (STI), impacting 79 million currently infected Americans. For some, these infections will lead to cancer, most commonly cervical, vaginal, vulvar, anal, penile, mouth and throat. The good news is that for most, the infection goes away on its own. The even better news is that a series of injections of Gardasil 9—so named because it prevents infections from nine different strains of HPV—at age 10 or 11 can provide protection against these cancer-causing infections. “Schools in Australia are providing the HPV vaccine, a part of a national program, which has led to a drastic reduction in HPV infections,” says Dr. Brent DuBeshter. In fact, according to a paper published in The Lancet (10/02/18), because



of these immunizations “cervical cancer could be considered to be eliminated as a public health problem in Australia within the next 20 years.” Yet in the US implementation of Gardasil 9 is stirring up controversy and is as a new target of the “antivaxxer” community. This frustrates URM’s Dr. William Bonnez, one of the scientists whose research lead to the development of the HPV vaccines. “There are 10 years of data compiled worldwide that show that there’s no significant complications from the vaccine, other than soreness or irritation usually associated with injection sites” says Dr. Bonnez. Some detractors cite moral objections, feeling that widespread use of the injection on pre-teens forces

parents to discuss sexuality with their child earlier than they would want or fear that it encourages promiscuity. Dr. Bonnez notes that a study conducted by the CDC shows that implementation of HPV vaccines did not lead to alterations in the sexual behavior of teenagers. And now the FDA has approved the injection of Gardasil 9 for ages 27 to 45. The injection won’t clear an infection but can prevent infections from strains adults haven’t yet been exposed to. In fact, a study in 2012 (BMJ 2012;344:e1401) showed that even administering the vaccine after successful treatment of cervical or vulvar cancer, reduced the risk of developing further HPV-related illnesses. There is plenty of information—and disinformation—on the internet about vaccines. Parents’ main concern is for the safety of their children, but as Dr. Bonnez reiterates, researchers across the globe have found Gardasil 9 to be safe and effective. And as the International Agency for Cancer Research reports that up to 5% of all cancers worldwide could be attributed to HPV viruses, preventing these cancers amounts to a giant step forward in reducing the incidence of cancer overall.

Meet Grace LaDelfa, Reiki Therapist

Grace LaDelfa is a Reiki therapist working with Cancer Wellness Connections at Rochester Regional Health’s Lipson Cancer Center at St. Mary’s. A massage therapist for over twenty years, she became aware that there was an underlying component beyond the physical muscles and tissues that could be pivotal in helping people heal both, leading her to study and become a Reiki master. Reiki is a Japanese technique of helping the body move into relaxation and stress reduction, which promotes healing. The therapist places hands gently on a person’s body, helping to raise what is called the “life force energy.” It works in conjunction with medical care, relieving side effects and promoting recovery. It is safe working in conjunction with any medical procedures. Most report feelings of relaxation

and pain relief. Grace notes that Reiki not only boosts the body’s healing ability, but also helps with energy levels and promotes a



positive mindset in managing the stress of daily life or transitions in life. And the effects of Reiki don’t just disappear when their session is over. Reiki therapists like Grace can

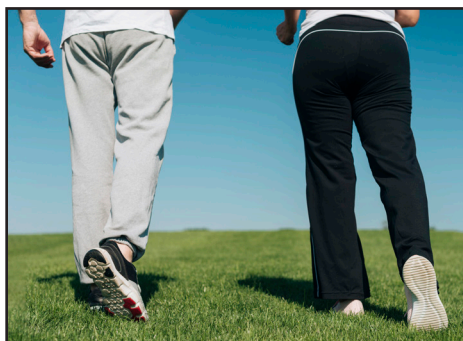
help provide guidance on how to tap into those feelings anytime.

Grace is a 10 year cancer survivor, and knows firsthand what it feels like to sit in the treatment center, facing fear and anxiety. She came to Cancer Wellness Connections looking for something to do, other than her career, to give more meaning to her life. “The patients I work with have given me the tremendous gift of entering into their space and helping them in any little way that I can. Sometimes all they want to do is talk or have someone listen to their stories. I believe I speak for all CWC volunteers when I say that we develop rapport with the patients, they know that we care, and they look forward to seeing us. I look forward to each and every day that I volunteer for CWC.”



5 surprising benefits of walking

The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you've been doing since you were about a year old is now being touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention. Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.



1. It counteracts the effects of weight-promoting genes.

Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine

how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. It helps tame a sweet tooth.

A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

3. It reduces the risk of developing breast cancer.

Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. It eases joint pain.

Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

5. It boosts immune function.

Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder. To learn more about the numerous benefits of walking, as well as easy ways to incorporate a walk into your daily routine, read *Walking for Health*, a Special Health Report from Harvard Medical School. Reprinted with permission, Harvard Health Publishing. For more information go to www.health.harvard.edu

Nutrition on the Go

When experiencing side effects from chemotherapy that make eating normally difficult, patients need to maximize the quality of food they are consuming. That's difficult when nausea, mouth sores, and other digestive distresses

make eating well challenging, so make every calorie count. An old childhood standby can help: the PBJ. Two tablespoons of peanut butter contains 7 grams of protein, essential for the body, but according to University of Pennsylvania's OncoLink resource site,

helps in "transporting many body compounds as well as medications". A peanut butter sandwich is portable, easy for a meal or a quick snack. And if you have a nut allergy, sunflower butter is a creamy and satisfying option.

Here are a few ways to change up your PBJ a little to avoid palate boredom:

Try different breads:

- Whole grain
- Raisin bread
- Waffles

Try different nut butters:

- Almond
- Hazlenut spread
- Tahini

Try different spreads:

- Marmalade
- Blueberry Jam
- Bacon Jam (!)

Add some yum:

- Sliced bananas, or apples
- Raisins or craisins
- A drizzle of honey



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