Helping Families Cope with Cancer. Cancer Family Care.

Live longer by relieving stress in your daily life. Read more inside.
In the fall of 2010, J.P. sought out his primary care physician for what he thought was activity-related back pain. Eventually, after visits to his chiropractor, individual therapy offered minimal relief, and a series of x-rays and CT scans were ordered. “That’s when they noticed something else,” he explains. “They noticed a spot.” It turned out there were two spots: one on his lung and another on one of his lower ribs, dangerously close to his spinal cord.

When biopsies confirmed both spots were cancerous, he was referred to OHC medical oncologist Dr. Cynthia Chua and radiation oncologist Dr. Jennifer Gerson. Dr. Chua immediately started J.P. on a regimen of chemotherapy and radiation. Because of the location of his tumors, surgery wasn’t a safe option.

“The doctors at OHC are very honest,” J.P. says. “They’re open to questions and don’t hide things. They didn’t give me any false hope. So, every upward swing is honestly a good thing, and every good thing makes you feel better.”

For J.P., those good things came quickly. In just a few months, the tumor on his rib was undetectable. The tumor in his lung also shrank significantly, down to just 20 percent of what it was before his treatment plan began. But before he knew it, the man who couldn’t be stopped was dealt another blow.

In 2013, a persistent headache led to an MRI, which showed two more tumors. This time, the tumors were in his brain.

“Cancer is very difficult on the patient, but it’s actually much harder on the people who love you – the ones who are going to lose you. They, in some ways, have a lot more to lose than you do,” J.P. says.

He wasn’t ready to leave behind his wife of 31 years, Kimberly; or their children, 26-year-old daughter Caylee and her husband Morgan; 24-year-old son Greg; and 20-year-old son Maxwell. “I’m going some place better. But they have to stay and deal with it. I decided I was going to make it easier for them. Even when I’m not feeling great, even if I’m not feeling happy, even if I’m feeling a little depressed, I am going to try to keep a more positive outlook just for them.”

OHC’s cancer team identified J.P. as an ideal candidate for a leading edge procedure known as Gamma Knife, a non-invasive procedure to treat the brain tumors. J.P. and Dr. Chua were the first patients in Utah to undergo this procedure.

In 2014, J.P. and his family were overjoyed to learn that the Gamma Knife procedure had been successful and had shrunk the tumors in his brain. J.P. was able to return to his volunteer work with Utah’s Cancer Coalition.

“I’d really like to be a role model, and I hope that people who are facing a difficult time will know that they can do this, too,” J.P. says. “I’m going to continue to be a positive influence for people.”
radiosurgery procedure specifically designed for malignant and benign brain tumors. OHC radiation oncologist, Dr. David Pratt, treated J.P., along with a highly trained multi-disciplinary medical team.

Three to four weeks after the Gamma Knife procedure, the tumors had reduced in size. He was doing so well, just a few months later, he and his family took a vacation to the Grand Canyon. J.P. even hiked to the bottom and back up.

“I am going to be the guy who does the normal stuff and even pushes myself some,” he says. “I am going to be a cancer survivor.”

Following the Gamma Knife procedure, Dr. Chua informed J.P. about a promising clinical trial for lung cancer offered at OHC through its clinical research program. After a thorough medical evaluation, J.P. was eligible for enrollment and soon began receiving the trial drug Nivolumab. He remains on it today and says it’s helping him get the most out of his life.

As a result of J.P.’s response to this clinical trial drug and other enrollees, the FDA recently approved Nivolumab for the treatment of squamous cell lung cancer.

The experience at OHC inspired him to become a volunteer at the office several times a week. “I realized maybe this is something I can do that will make a difference in someone else’s life,” he says.

J.P. spends time with other patients: listening to them, comforting them when he can and sharing parts of his own experience along the way.

“When I see someone smile, I feel like I become part of the healing process,” says J.P. “I don’t know how you cannot benefit from that. You’re becoming part of something that is really great.”

He also loves volunteering because it gives him a chance to interact with the nurses at OHC, who he says made a lasting impression on him during the most difficult days of his treatment.

“For the nurses here, this isn’t just their profession; this is their life,” J.P. explains. “You can see that all the time. They are all so positive. They are so instrumental in keeping your attitude positive, too.”

He says many of the nurses and doctors at OHC have become his friends, in particular Dr. Chua, who encouraged him to participate in the clinical trial. You can catch him around the office, delivering his homemade brownies and even challenging the staff to push-up competitions, for which he is famous.

“This is the job I always wished I had,” he laughs.

He’s making the best out of the situation and doesn’t plan to stop anytime soon. In fact, after hearing his story — the life-long obstacles he’s faced, his diet regimen, his dedication to fitness and his outlook on life — you’d swear J.P.’s entire life has been spent preparing for this journey.

For him, cancer is just another challenge he has to tackle. “I have cancer. I can’t change that. But it doesn’t mean I can’t keep living.”

He is proving again that nothing — not even cancer — can get in the way of something he wants to do.
Coping with your Emotions

The best prescription is knowledge.

Nearly 14.5 million Americans alive today have faced a diagnosis of cancer. Some of them have just been diagnosed or are going through treatment, while others no longer have active symptoms of cancer or are thought to be cured.

Everyone has their own way of coping with cancer. Anxiety (a feeling of worry or unease), fear, uncertainty, anger and sadness are common feelings that patients and families sometimes have when coping with cancer. They are normal responses to the many stresses of cancer.

You may have trouble with your family duties and the loss of control over events in your life. Changes in the way you look, or simply the shock of finding out you have cancer might lead to feelings of fear or anxiety. Many people feel uncertain about the future and worry about suffering, pain and the unknown. It’s normal to mourn changes in your body and maybe losing the healthy future you wanted. Fears about loss of independence, changes in relationships and being a burden to others can be too much to deal with all at once.

Family members may have these feelings because they, too, are uncertain about the future or maybe even angry that their loved one has cancer. They may feel guilty and frustrated at not being able to “do enough” as they care for the patient and family. Or it might seem like it’s too much to do everything they now have to do. Many caregivers feel stressed trying to balance work, child care, self-care and other tasks, along with this extra work. All of this is on top of having to worry about and take care of the person with cancer.

Sometimes, a person with cancer may become overly anxious, fearful or depressed, and may no longer cope well with day-to-day life. If this happens, it often helps the patient and family to get help from a mental health therapist or counselor.

What to look for

- Feeling anxious, swamped or overwhelmed
- Trouble thinking, solving problems or making decisions (even about little things)
- Feeling agitated, irritable, restless or panicked
- Feeling or looking tense
- Concern about “losing control”
- An uneasy sense that something bad is going to happen
- Trembling or shaking
- Headaches
- Being cranky or angry with others
- Trouble coping with tiredness, pain, nausea, and other symptoms
- Problems sleeping or restless sleep

What the patient can do

- Talk about feelings and fears that you or family members may have – it’s okay to feel sad and frustrated.
- Decide together with your family or caregiver what things you can do to support each other.
- Do not blame yourself or others when you feel anxious and afraid. Instead, look at your thoughts, concerns, and beliefs about what has been going on in your life.
- Get help through in-person or online support groups.
- Think about asking your cancer team to refer you to a counselor or mental health professional who can work with you and your family.
• Use prayer, meditation, or other types of spiritual support.
• Try deep breathing and relaxation exercises several times a day. (For example, close your eyes, breathe deeply, focus on each part of your body, and relax it, starting with your toes and working up to your head. When you’re relaxed, imagine yourself in a pleasant place, such as a breezy beach or a sunny meadow.)
• Cut down on caffeine (e.g. coffee, tea, energy drinks). It can make anxiety worse.
• Talk with your cancer team about medicines for anxiety.

**Cancer Family Care**

Cancer Family Care provides counseling, education and emotional support for cancer patients and their loved ones through the following:

**The Center for Individual and Family Counseling** – helps people cope with the effects of cancer by providing emotional support and facilitating communication among family members

**Treehouse Children’s Services** – helps children better cope with cancer and death from cancer by offering in-school group and individual counseling

**Coping Connection** – hotline for cancer information and resource connections

**Waddell Family Healing Hands** – offers free wigs, oncology massage and Healing Touch to cancer patients at a reduced rate for caregivers

For additional information, please call: 513-731-3346 or visit our website at www.cancerfamilycare.org
Cancer survivorship is living with, and beyond the diagnosis of cancer. Being a cancer survivor can impact patients, but also caregivers of those affected by cancer. Cancer survivorship includes a focus on a healthy physical, spiritual, social and emotional lifestyle.

Many people struggle with the transition back to a "normal life." Some people have referred to life after a cancer diagnosis as the "new normal" meaning the current state of being after a dramatic life change has occurred. The "new normal," brings feelings of relief, anxiety, hopefulness and gratefulness.

OHC offers support and guidance on cancer survivorship through treatment summary visits.

The treatment summary visits can help prepare patients and caregivers on what to expect after cancer treatment. Your OHC Advanced Practice Provider (APP) will discuss and share advice on living a healthy life through diet, exercise, and healthy life choices. For example, light exercise, such as a daily walk, can relieve stress and improve your well-being. The APP will discuss a patient's diagnosis, long term side effects of treatment, follow up schedule, and secondary cancer prevention and screening. OHC also offers financial navigator support to patients dealing with the financial impact of cancer.

Life after cancer doesn't have to be fearful or overwhelming. Your team at OHC is dedicated to helping you and your loved ones manage life after cancer. There are also national and local resources for patients and family members such as the American Cancer Society, Cancer Support Community and Cancer Family Care. These resources include support groups, wellness classes, education and other support services.

If you have any questions or would like additional information on cancer survivorship, please ask an OHC team member. Cancer Survivorship Online resources include:

- [http://www.cancer.net/survivorship](http://www.cancer.net/survivorship)
- [http://www.cancer.org/treatment/survivorshipduringandaftertreatment/index](http://www.cancer.org/treatment/survivorshipduringandaftertreatment/index)
Cancer Support Community

Our programs are based on evidence informed research, helping people through and beyond the cancer journey.

We offer the following programs for you, your family and children.

• Educational workshops and presentations (led by local leaders in the medical community)
• Professionally led, weekly psychosocial and emotional support groups
• Healthy lifestyle programs (yoga, Pilates, and tai chi offered across the city)
• Social activities (potlucks, barbecues and more)
• Open to Options (a service designed specifically to help you prepare questions for your doctor)
• Family and children specific programming

For additional information, please call 513-791-4060 or visit our website at: cancersupportcommunity.org

Dr. David Waterhouse, Director, OHC Department of Clinical Research, was recently featured in the June issue of the New England Journal of Medicine for one of the largest clinical trial enrollments for a new FDA-approved drug to fight lung cancer, Nivolumab. The drug was recently approved three months ahead of the FDA schedule.

The FDA approved Nivolumab because of the response that the clinical trial enrollees had to the drug (see patient story, page 1). J.P. Heiremans, an OHC patient and participant in the clinical trial, remains on the drug today. “While it’s an honor to have the results of this study featured in the New England Journal of Medicine, what matters most is the results we are seeing from Nivolumab with patients like J.P.,” states Dr. Waterhouse. “We are giving them hope and courage to fight cancer, and that is our mission.”

Congratulations to Dr. Rebecca Bechhold, OHC Medical Oncologist, for her recent publication in the August 2015 issue of Clinical Breast Cancer. Dr. Bechhold’s work was published for her participation in a Phase II breast cancer trial that evaluated the safety and efficacy of Trastuzumab, Ixabepilone and Carboplatin as a neoadjuvant treatment for HER2 positive patients. “Patients should always be offered the most current clinical trial options, and it is our practice to provide this type of research to our patients and to our community,” states Dr. Bechhold.
OHC on the Move

Our Wilmington Office Moves to a New Location A Block Over!

OHC officially opened its doors on July 6 to its new Wilmington location at 781 W. Locust Street.

Dr. Prasad Kudalkar, Dr. Evan Lang, Natasha Clinton, MSN, APRN and Tiffany Jones, MSN, APRN continue the legacy of providing exceptional medical care to the Wilmington community. According to Dr. Lang, “It is a privilege to serve the community of Wilmington which OHC has done for over 30 years.” The Wilmington office is open five days a week, and patients can call 513-751-CARE (2273) or toll free at 888-649-4800 to schedule an appointment.

Our OHC Eden Park Up and Running

Eden Park welcomed OHC patients on May 18 to our brand new facility. We are also excited to welcome our newest OHC medical oncologist, Dr. Mauricio Escobar, who started July 6 with OHC at our Eden Park office. Tara Good, site director of Eden Park states, “We are thrilled to be in our new location and offer our patients a warm and caring environment.” OHC employees and referring physicians were invited to an open house hosted on July 18. To schedule an appointment at Eden Park, patients can call 513-751-CARE (2273) or toll free at 888-649-4800.
As your partner in care, we want to ensure quick and timely access when you need answers and immediate care. OHC, your physician and our staff members are your committed care team for your oncology medical needs. We have several options to quickly get your medical concerns answered and addressed. Please call us first when seeking medical advice or looking for answers around your cancer care.

- Same day urgent office visits 7 days of the week
- Triage navigation - Highly trained oncology nurses in our call center to receive your calls Monday-Friday from 7:00 am – 5:30 pm
- Weekend care for side effects or symptoms related to treatment or other symptoms that need immediate attention
- My Chart Patient Portal for medical questions that can be answered the same day by your OHC Oncology Medical Home care team

Our number is 513-751- CARE (2273) or toll free: 888-649-4800.

You should call us first when experiencing:
- Fever
- Nausea and vomiting
- Diarrhea
- Pain at your IV site
- Bleeding
- Any concerns or questions related to your medical care

911 Call: You should call 911 if you are experiencing:
- Sudden onset of shortness of breath
- Chest pain

We will be providing you with a wallet card at your next visit that contains the above information. Please be sure to ask your provider for your Oncology Medical Home contact card.
OHC Welcomes

OHC is proud to welcome two new physicians to its team of more than 70 renowned cancer experts.

Mauricio R. Escobar, M.D.
Medical Oncology/Hematology
Medical School: University of Miami Miller School of Medicine
Residency: University of Miami, Jackson Memorial Hospital
Fellowship: University of Miami Sylvester Comprehensive Cancer Center/Jackson Memorial Hospital
Certifications: Board certified in internal medicine and board eligible in medical oncology and hematology
OHC Location: Eden Park, 2025 Reading Road, Cincinnati, OH 45202
513-751-2273 (CARE)

Mark E. Johns, M.D.
Medical Oncology/Hematology
Medical School: The Ohio State University
Residency: Emory University
Fellowship: University of South Florida, H. Lee Moffitt Cancer Center
Certifications: Board certified in medical oncology, hematology and internal medicine
OHC Location: Anderson, 8000 Five Mile Rd., Suite 100, Cincinnati, OH 45230
513-751-2273 (CARE)

Join OHC in the fight against blood cancers at the Light The Night Walk!

Thursday, October 15, 2015—Sawyer Point
Registration opens at 5:30 p.m., Walk begins at 7:30 p.m. Remembrance Ceremony 6:30 p.m. Survivor Parade 6:50 p.m.

To make a difference, please join our team under the OHC tent! Click the link below to register and/or make a donation.

http://pages.lightthenight.org/soh/Cinci15/TeamOHC

All employees, patients and family members are welcome. For more detailed information, contact Karin Wiles at kwiles@ohcare.com or call 513-751-2273.
Upcoming Events

Shining The Light on Myeloproliferative Neoplasms (MPN’s)—Panel Discussion
Saturday, September 12, 2015
3:00 p.m. – 5:00 p.m.
Cancer Support Community
4918 Cooper Road, Cincinnati, OH 45242
Speaker: Dr. James H. Essell, Medical Oncologist, OHC
Medical Director, Blood Cancer Center

Frankly Speaking About Advanced Breast Cancer
Monday, September 14, 2015
6:00 p.m. – 7:30 p.m.
Cancer Support Community
4918 Cooper Road, Cincinnati, OH 45242
Speaker: Dr. Mark E. Johns, Medical Oncologist, OHC

Changing Landscape of Cancer Research
Thursday, September 17, 2015
6:30 p.m. – 8:00 p.m.
OHC West Office – 3301 Mercy Health Blvd., Suite 100
Cincinnati, OH 45211
Speaker: Nick Dennis, CCRC, OHC Research Trial Coordinator

Navigating the Cancer Experience—Panel Discussion
Saturday, September 26, 2015
11:00 a.m. – 12:30 p.m.
Cancer Support Community
4918 Cooper Road, Cincinnati, OH 45242
OHC Speakers: Ronda Bowman, Chief Clinical Officer
Arleen Wuestefeld, MSN, APRN, Advanced Practice Provider; Mollie Bryson, MSN, OCN, Nurse Navigator; Tamara Lorenzen, RN, BSN, Nurse Navigator; Alison Mulholland, Financial Navigator

General Cancer Networking Group - East
Monday, October 5, 2015
7:00 p.m. – 8:30 p.m.
Mercy Anderson HealthPlex
7495 State Road, Cincinnati, OH 45245, Room 1
Speaker: Lisa Ovesen, MSN, APRN, OHC Advanced Practice Provider

To register for the Cancer Support Community events above, please call 513-791-4060.

Herbed Orzo Salad with Summer Vegetables
Recipe courtesy of Rita Nader Heikenfeld, CCP, CMH
www.aboutEating.com

Salad
1 quart chicken or vegetable broth
1 1/2 cups orzo
15 oz can garbanzo beans, drained (optional)
2 generous cups red and yellow grape tomatoes or plain red grape tomatoes, halved, or regular tomatoes, cut into small pieces
1 cup finely chopped red onion (may not use all)
1 finely chopped cucumber
Generous handful fresh basil, chopped
Chopped fresh mint leaves to taste (start with a palmful and go from there)
Handful fresh chopped parsley
Toasted almonds (optional) and Feta for garnish
Salt and freshly ground pepper

Dressing:
(You may not need all of the dressing.)
Mix in blender or whisk by hand:
1/2 cup red wine vinegar
1/4 cup fresh lemon juice
1 tablespoon honey or to taste
Salt and pepper to taste
With machine on low, slowly pour in:
1 cup extra virgin olive oil

Directions
Bring broth to a boil. Stir in orzo. Keep at a boiling point and cook al dente, stirring frequently, about 7 minutes. Drain orzo and put in big bowl to cool. After it’s cooled completely, stir in above ingredients. Then toss with dressing. Taste and season with more salt and pepper to taste if you like. Serve at room temperature.

Enjoy!
What is Personalized Medicine through Next Generation Sequencing?

OHC is taking a personalized approach to cancer treatment. We are utilizing Next Generation sequencing to identify genetic alterations within a patient's tumor. This allows us to develop an individualized treatment plan tailored to the patient. Just as no two people are the same, each cancer is unique.

Next Generation sequencing is a test that is performed on a patient's tumor tissue that has been previously biopsied. The tissue is then prepared by a pathologist, and a sampling sent to the lab to undergo a test that matches up to 315 genes. Upon completion of testing, OHC receives a detailed patient report.

This report will display any genetic alterations that have been discovered, possible FDA approved drugs for the patient's particular tumor and any possible medications that are approved for treatment in another disease type. The report will also display clinical trials that are available for the specific genetic alterations.

Next Generation sequencing allows the oncology team to have a better view of the patient's specific cancer. Through this innovation, a targeted, personalized approach and treatment pathway can be developed to optimize the response and outcome.

If you have additional questions, please ask your OHC provider or contact Sabina Bollenbacher, BA, LPN, Research Personalized Medicine Navigator, at 513-751-2273, EXT. 12150.