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News and Information from Oncology Hematology Care

WINTER/SPRING 2022

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a Breast Surgical
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OHC
SPECIALISTS IN CANCER
AND BLOOD DISORDERS

Jennifer and Doug Lambert, ministers with Cincinnati Church of Christ and residents of Sharonville, Ohio, were preparing for a September 2019 trip to Europe to visit their son and his family to celebrate their grandson's first birthday.

When Jennifer's stomach began to bother her, she assumed she caught Doug's stomach bug but saw a doctor out of precaution prior to leaving the country.



Jennifer and Doug Lambert

SMALL BUT MIGHTY

FAITH-FILLED MINISTER CONFRONTS PANCREATIC CANCER

With mild symptoms and doctor's advice to avoid milk, Jennifer and Doug boarded a plane. Unfortunately, the journey ahead was one plagued by exhaustion and medical tests that revealed a tumor.

Four-to-five days after her arrival in Rome, Jennifer began experiencing additional symptoms that seemed unrelated to a stomach virus—pale stools, dark urine, and a lot of itching on her arms, legs, and abdomen. These did not stop her from flying to Madrid where there would be a can't-miss first birthday celebration for her grandson. Jennifer pushed through the fatigue but was approached by two of her son's friends who told her she looked yellow. One of them urged her to go to the hospital immediately.

Jennifer went to the emergency room of a nearby teaching hospital and her blood test showed her bilirubin level was 12 mg/dL. The normal range is 0.1-1.2 mg/dL. This explained Jennifer's jaundice, the yellow color in her skin and eyes. Further tests revealed a tumor that was pressing on her bile duct. "The doctors told me it was most likely cancer, but I wasn't concerned as I had always been so healthy," said Jennifer. After a five-day hospital stay where she had endoscopic surgery to place stents inside her bile duct to hold it open, Jennifer and Doug returned to the states.

The couple turned to their church network and the internet in search of recommendations for the best doctors to care for Jennifer. Their search led them to OHC medical oncologist and hematologist, Cynthia C. Chua, MD, and Mercy Health surgical oncologist, Shyam Allamaneni, MD. After reviewing a DVD of the medical imaging from Spain, both Dr. Chua and Dr. Allamaneni felt that Jennifer probably had pancreatic cancer. "Pancreatic cancer is typically diagnosed in its late stages," said Dr. Chua.

"It's location deep in the abdomen makes it difficult for doctors to see or feel a mass. Unfortunately, there are no screening tests for those without symptoms and the prognosis is poor for advanced cancer."

Dr. Allamaneni recommended a Whipple surgery, a complex procedure to remove the head of the pancreas, the first part of the small intestine (duodenum), the gallbladder, and the bile duct, which would give Jennifer an additional two-to-five years. Dr. Chua recommended chemotherapy.

On October 3, 2019, Jennifer endured the complicated life-saving surgery that left her with a nine-inch incision down her abdomen. "I was exhausted, had no appetite, and there were tubes coming out of me all over," said Jennifer. "My tumor was stage 2, but fortunately, the margins were clear and so were all 21 lymph nodes that were removed."

Although the cancer had not metastasized, Dr. Chua recommended seven rounds of Folfirinox, a powerful combination of five chemotherapy agents that is often the first line of treatment for patients with advanced pancreatic cancer. "Folfirinox is an extremely rigorous treatment, and many patients are unable to tolerate five rounds because of the side effects," said Dr. Chua. "Still, the latest research shows it's an extremely effective therapy at extending survival and Jennifer's tumor margins were very narrow."

"The chemotherapy was brutal," said Jennifer. "I was so tired, had neuropathy in my hands and feet, and a lot of mouth sores. Nothing tasted good and my weight dropped to 93 pounds. But, I had so much trust in Dr. Chua. She was extremely confident in the regimen and was so up-to-date on the research data."

Jennifer completed seven rounds of chemotherapy before stopping because of liver issues. Her final treatment was in February 2020. Since then, she

has had eight scans, and all were clear—most definitely a celebration as many pancreatic cancer patients do not receive such results.

Jennifer's weight is now stable at 115 pounds, and aside from a pancreatic enzyme she takes to help digest protein, Jennifer does not require treatment. "I'm extremely fortunate to be alive 28 months following my diagnosis," said Jennifer. "The only side effect from chemotherapy is some remaining neuropathy in the soles of my feet. I'm doing better and better each day."



As Jennifer Lambert heals, she is elated to get back to enjoying some of her favorite activities, including quilting.



In addition to the support of her husband, son, and daughter, Jennifer has a worldwide fellowship of thousands of people praying for her. "I start each day with, 'Thank you, God. I'm alive,'" said Jennifer. She has follow-up visits with Dr. Chua every six months. "OHC is security, confidence, and comfort," said Jennifer. "It's hard to believe I feel so at home in a clinical setting."

As Jennifer anxiously awaits the arrival of her third grandchild, she and Doug are preparing for their retirement in May. They have already purchased a condominium in Williamsburg, Virginia.

OHC's leading cancer specialists use the most advanced technologies and latest therapies to treat all forms of cancer. Its nationally recognized cancer research program gives patients early access to novel therapies. To request a second opinion, call 1-888-649-4800 or visit ohcare.com.

TELL US YOUR STORY

If you would like to share your story, please email joan.manzo@usoncology.com or noel.balster@usoncology.com or tell an OHC team member.

OHC DOCTORS ADD BREAST SURGICAL ONCOLOGY PROGRAM

Pictured: OHC breast surgical oncologists, Nicole M. Melchior, DO, FACS, and Abigail M. Tremelling, MD, FACS

With an ongoing commitment to providing our region with comprehensive cancer care provided by a multidisciplinary team of leading experts, OHC is excited to announce the addition of a breast surgical oncology program. Nicole M. Melchior, DO, FACS, and Abigail M. Tremelling, MD, FACS, specialized breast surgeons who are board certified and fellowship trained, have joined OHC and are pleased to offer patients the full spectrum of breast care.

"On behalf of my OHC colleagues, I can confidently say that we are honored and elated to have Dr. Melchior and Dr. Tremelling on our team," said Randy



Drosick, MD, medical oncologist and hematologist and President of OHC. “Doctors Melchior and Tremelling bring years of extensive training and education in specialized techniques to our practice. Their surgical acumen is matched with compassionate delivery of care and a keen awareness that every patient’s condition and treatment plan is unique.”

Dr. Melchior selected her career path based on the field’s complexity and continual advancements. At the core of her patient care philosophy is her belief that every patient deserves individualized care.

“Every patient’s situation is different. It is extremely gratifying to form close relationships with my patients and partner with them to develop their specialized treatment plan.”

Dr. Melchior specializes in hidden scar surgery and treats patients using the latest wireless technology to provide them with more comfort and convenience on the day of surgery. She is pleased to treat patients at her Eastgate office.

Dr. Tremelling finds value in collaborating with a team of experts from a variety of specialized fields. She treats every patient as she would treat her own family members. “To heal someone through the art of surgery is a great honor, and to care for someone during their battle with cancer is an even greater privilege.”

Dr. Tremelling specializes in hidden scar surgery, including nipple sparing mastectomy, and the use of the latest wireless localization technology for performing partial mastectomies and excisional breast biopsies. She treats patients at her Blue Ash and Eastgate offices.

Doctors Melchior and Tremelling are available to help patients navigate their breast health concerns, including surgical interventions. To request an appointment or a second opinion, call (513) 751-2778 (BRST) or visit ohcare.com.



During National Cancer Survivors Month last June, we introduced a series on helpful tips incorporating integrative medicine into the healing process. The series focuses on Dr. John Sacco's, an OHC radiation oncologist and integrative medicine specialist, five pillars of good health: stress reduction, sleep hygiene, nutrition, exercise, and social connectivity. This issue will focus on his third pillar—nutrition.



John Sacco, MD

A collage of fresh food items including a large piece of salmon, a halved orange, a red bell pepper, a bunch of asparagus, a bowl of yellow pasta, and a brown paper grocery bag filled with vegetables like tomatoes and leafy greens.

GOOD NUTRITION FOR THE OPTIMAL PERFORMANCE OF THE HUMAN BODY

A SERIES BY OHC'S JOHN SACCO, MD,
RADIATION ONCOLOGIST AND
INTEGRATIVE MEDICINE SPECIALIST

Most everyone recognizes that nutrition is critical to good health, but do we understand why? When dietary recommendations seem to change every year, how do we know what guidelines to follow? OHC radiation oncologist and integrative medicine specialist, John Sacco, MD, offers advice and resources.

Dr. Sacco likens proper nutrition to putting quality gas in your car's tank. If you put low-quality gas in a car, you will notice sub-optimal performance. The same can be said for the nutrition, or fuel, that we put into our bodies. Good nutrition is related to a stronger immune system, longer life, lower risk for serious health problems, including cancer, increased energy, and improved mental health. For those with chronic illnesses, healthy eating habits can help manage conditions and prevent complications.

The key to proper nutrition is focusing on a diet high in nutrient density and low in caloric density. Obtain daily required nutrients from food and beverages that provide health-promoting components without exceeding your recommended daily calorie intake (the average amount for a healthy adult is 2,000 calories per day).

“Nutrient-dense foods are rich in vitamins, minerals, fiber, lean protein, and unsaturated fat,” noted Dr. Sacco. “Consider fruits, vegetables, whole grains, lean meats and poultry, seafood, and nuts.” A plant-based diet is nutrient-dense and low in calories, and populations with plant-based diets are known to have less chronic diseases. “Avoid processed foods, red meats, sugar-sweetened food and beverages, refined grains, and genetically modified foods,” added Dr. Sacco.

In addition to being nutrient-dense, the primary components of a good diet have to be:

- palatable
- affordable and accessible
- absorbed by the gut lining

“You can’t force someone to eat what they don’t like,” said Dr. Sacco. “If you eat at McDonald’s five times a week, begin to change your diet slowly and your palate will eventually change. Consider substituting a healthier option for the red meat once a week and work your way up.” Dr. Sacco also recommends using spices liberally.

It can be challenging to enjoy proper nutrition with a limited budget or a busy schedule. Purchasing produce at a farmers market can be a more affordable option for those seeking organic foods. “I do recommend eating as much organic food as possible as our bodies do not need additional exposure to environmental chemicals,” said Dr. Sacco.

Soups and crockpot meals can offer both affordability and convenience. Grocery delivery can save time for those with hectic calendars.

The food we eat affects the type of bacteria in our digestive tract and certain types of bacteria can lead to diseases. A proper gut micro-environment,

or biome, is critical for absorption to occur. Nutrient-dense foods are more absorbable.

It is particularly important for cancer patients to eat absorbable nutrient-dense foods. Chemotherapy drugs affect the gut biome as they are antibiotic based, and radiation therapy to the pelvis, abdomen, and esophagus can alter the integrity of the digestive lining. A diet rich in protein will help metabolism and smoothies are a convenient way to enjoy a variety of nutrients in one meal with minimal preparation.

For more information on diet and maintaining a healthy lifestyle, Dr. Sacco recommends these websites:

- nutritionfacts.org - a science-based nonprofit that provides free updates on the latest nutrition research through short videos
- pcrm.org - the Physicians Committee for Responsible Medicine is a nonprofit dedicated to improving lives through plant-based diets and ethical and effective scientific research
- drweil.com - Andrew Weil, MD, a world-renowned leader and pioneer in integrative medicine, has a section on his site dedicated to diet and nutrition
- ewg.org/foodnews - the Environmental Working Group provides a Shopper’s Guide to Pesticides in Produce that is updated annually and ranks the pesticide contamination of popular fruits and vegetables so consumers know which foods to buy organic

OHC’s leading cancer specialists strongly recommend good nutrition for cancer prevention and healing. Remember to consult with your doctor or a nutritionist before changing your diet.



FROM ANGUISH TO ADVOCACY:

AN OHC PATIENT'S JOURNEY TOWARDS HEALING AND EMPOWERMENT

For two years, Liz Hiles suffered with bladder pain and spasms and nocturnal accidents.

Without medical insurance, she was not established with a primary care doctor and made multiple trips to the emergency room seeking answers and relief. After repeatedly being discharged with a urinary tract infection diagnosis and no improvement, frustration mounted. Confident she did not have a bladder infection and determined to become her own advocate, Liz vocalized her distress to an emergency room physician assistant who referred her to a urologist. This referral eventually led her to OHC, a path towards healing, and employment in the field of patient advocacy.

In 2016, urologist Rebecca Roedersheimer, MD, of The Urology Group, diagnosed Liz with bladder cancer. Her first step in the treatment process would be enduring a hysterectomy, a radical cystectomy (bladder removal), and a urostomy with stoma placement to create an opening in her abdomen and redirect urine out of her body and into a pouch worn on the outside of the body.

Following the surgical procedure, Liz met David M. Waterhouse, MD, MPH, an OHC medical oncologist and hematologist. "I knew I was in the right place during my first visit with Dr. Waterhouse," said Liz. "He was bubbly, supportive, and genuinely kind. I took a doctor friend of mine to the appointment with me, and he endorsed everything Dr. Waterhouse said."



Liz Hiles, OHC patient

In addition to treating Liz's cancer, Dr. Waterhouse assisted in setting her up with regular medical check-ups with a primary care doctor and gynecologist. "Because of my significant anatomy changes, pelvic exams were too painful to endure," said Liz. "My gynecologist recommended that I see Dr. Wrenn." Dené C. Wrenn, MD, MS, an OHC gynecologic oncologist, and Sarah Wilson, MSN, APRN, an OHC advanced practice provider, continued Liz's gynecologic care. Dr. Wrenn performs pelvic exams while Liz is under anesthesia to ensure patient comfort. "My visits with Dr. Wrenn and Sarah aren't always so serious," said Liz. "They understand my sarcasm and we laugh during my appointments."

After meeting Liz and learning her story, one can't help but wonder how she takes her situation in stride. She credits her professional experience as an administrative assistant in the gastroenterology department at Cincinnati

Children's with helping her cope as she was exposed to patients who had stomas because of bowel issues. "I was more upset about having chemotherapy than needing a urostomy," said Liz. "Handling the urostomy was more challenging for me physically than emotionally. I accepted it right away."

Although she completed chemotherapy in 2017, Liz continues to suffer with treatment side effects of pain, fatigue, and neuropathy in her feet and hands. "Walking can be hard sometimes, so I use a cane," said Liz. "I also experience 'chemobrain' and can forget things at times."

Despite this, Liz has turned her life-altering experience into something positive for patients. "When I was first diagnosed, I was lost and didn't have a voice to explain what I was going through," said Liz. All of that has changed with both personal and professional pursuits. Liz, a Cincinnati resident, is President of the Greater Cincinnati Ostomy Association and a contributing writer for several organizations

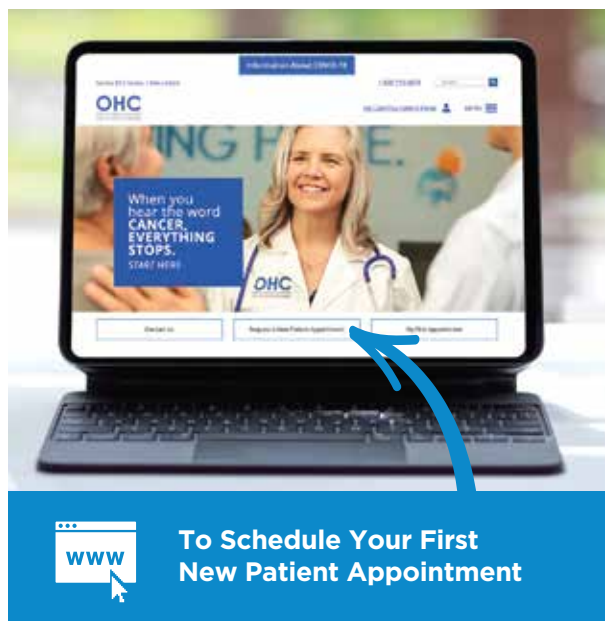
including BladderCancer.net. After her significant involvement with GRYT Health, a digital oncology company that offers virtual support for patients, Liz accepted a position as the organization's Engagement Specialist. Every day, she gives people with cancer a voice. "I can help others by sharing my experience and offering direction," noted Liz.

In November, Liz and Dr. Waterhouse celebrated five years of progression free survival during her appointment at OHC. "It is a pleasure and honor to work with Liz," said Dr. Waterhouse, who also serves as Co-Director of OHC's Research Department. "She has even helped me to be a better clinical researcher. I realized the advantage of having a patient advocate at the table." As Liz reflects on what OHC means to her, one word comes to mind—life. "I wouldn't be here without OHC."

For more information on GRYT Health and their extensive resources, including monthly member meetups, educational events, chatrooms, and the annual Global Virtual Cancer Conference (GVCC), visit grythealth.com.

NEW PATIENT SCHEDULING

OHC recently introduced a convenient way to schedule your new OHC patient appointment—online scheduling with OHC. If you were referred to OHC for the first time, there is a convenient way to contact us online and submit an appointment request through our secure platform. Save time while using your desktop or mobile device to schedule your new OHC patient appointment. Visit: <https://ohcare.com/request-an-appointment/> or click on the "Request a New Patient Appointment" button at ohcare.com. *We look forward to providing you with exceptional care!*



To Schedule Your First New Patient Appointment

CANCER SUPPORT RESOURCES

OHC understands the impact a cancer diagnosis can have on you, your loved ones, and caregivers. Integral to our comprehensive cancer care program is connecting you with cancer-focused community support resources to help alleviate your burden. Our goal is to make daily life easier so that you can focus on beating cancer.



YMCA of Greater Cincinnati
(513) 362-2885
livehealthy@MyY.org
myy.org

YMCA of Greater Cincinnati has joined forces with LiveSTRONG® to offer LiveSTRONG® at the YMCA, a research-based physical activity and well-being program for adult cancer survivors designed to help them reclaim their total health. Y staff trained in supportive cancer care help participants to achieve their goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. In addition to physical benefits, the program focuses on the emotional well-being of survivors and their families by providing a supportive community where individuals affected by cancer can connect during treatment and beyond.

LiveSTRONG® at the YMCA programming resumed at the Blue Ash YMCA in mid-February with the hopes of expanding to three additional locations in the following months. Cancer survivors can register by completing this form: <https://forms.gle/vzkl8ZpNPGWAdtG6>.



Pancreatic Cancer Action Network (PanCAN)
1500 Rosecrans Ave., Suite 200
Manhattan Beach, CA 90266
(877) 573-9971 / info@pancan.org
pancan.org

With a vision to create a world in which all pancreatic cancer patients will thrive, the Pancreatic Cancer Action Network (PanCAN) takes bold action to improve the lives of everyone impacted by pancreatic cancer by advancing scientific research, building community, sharing knowledge, and advocating for patients. They provide in-depth and personalized services including:

- One-to-one support
- Online education
- Connect with a pancreatic cancer patient
- Clinical trials search
- Access to precision medicine

RAISE YOUR CERVICAL CANCER

IQ

January was Cervical Cancer Awareness Month. It might seem like information about this devastating disease is constantly changing. Which screening test is best? Who needs to be screened? Is there a vaccine? Cervical cancer is highly preventable, and OHC provides the most up-to-date information on screening guidelines.

Q. What is cervical cancer?

A. Cervical cancer is cancer of the cervix, the lower end of the uterus (womb) that leads to the vagina (birth canal).

Q. What is the major cause of cervical cancer?

A. More than nine out of 10 cases of cervical cancer are caused by the human papillomavirus, or HPV. While over 80 percent of us will be exposed to HPV at some point in our lifetime, most infections will resolve. Persistent infections and certain HPV strains can cause cervical cancer. Other risk factors include:

- age- most cervical cancer diagnoses are made in women in between the ages of 35-44
- smoking
- having an immune system deficiency
- gave birth to three or more children
- used birth control for five or more years
- having certain sexually transmitted infections
- having a family history of cervical cancer
- had multiple sexual partners

Q. What is HPV?

A. HPV is a group of more than 150 related viruses, however there are a select few that are called high-risk types because they are strongly linked to cancer, including cancers of the cervix, vulva, and vagina, in women; and penile cancer in men. It is also linked to cancers of the anus, mouth and throat in both men and women.

Q. Can I get an HPV vaccine?

A. The HPV vaccine is a safe and effective way to lower your cervical cancer risk. It is recommended for boys and girls ages 9-12 and available to anyone ages 9-45. Contact your doctor to discuss vaccination.

quiz continued on next page

Q. What are the symptoms of cervical cancer?

A. In its early stages, cervical cancer might not cause symptoms. This points to the importance of having regular screenings. Symptoms to look for include:

- vaginal bleeding between periods and/or after intercourse
- heavier menstrual bleeding
- unusual vaginal discharge
- pelvic and/or back pain
- pain during intercourse.

Q. When should cervical cancer screening begin?

A. Some women may need screening beginning at age 21. It is important to discuss your screening schedule with your family doctor based on your personal medical history. Women should have an HPV test every five years. If not available, they should get screening with an HPV/PAP cotest every five years or a PAP test every three years. OHC maintains a list of up-to-date screening guidelines at ohcare.com.

Q. How is cervical cancer treated?

A. Treatment will depend upon the stage of the cancer and the patient's overall health. Typically, the earlier cervical cancer is discovered, the better the prognosis. Sometimes, surgery can remove all the cancer. Treatment may also involve one or a combination of the following:

- radiation therapy
- chemotherapy
- targeted therapy (drugs that target specific proteins on cancer cells that help them grow)
- immunotherapy (therapies using the power of the immune system to fight cancer).

Remember, you should continue with regular screenings even if you have received the HPV vaccine as the vaccine protects against most, but not all types of HPV that cause cancer.

For more information on cancer prevention and screening guidelines, call 1-888-649-4800 or visit ohcare.com.

OHC LEADERS IN CANCER RESEARCH EVALUATE A PROMISING BREAST CANCER TREATMENT



Patrick J. Ward, MD, PhD

According to the American Cancer Society, breast cancer is the most common cancer diagnosed among American women. "About two out of three breast cancers are estrogen receptor-positive (ER+)," noted OHC medical oncologist, Patrick J. Ward, MD, PhD. "Ongoing research is critical to develop new



treatment strategies as these patients often face treatment resistance and recurrence of disease.” OHC recently announced the opening of a new breast cancer clinical trial evaluating a promising therapy for patients with this type of breast cancer. The research team is excited to bring this trial to patients in the region as OHC is the only practice in Ohio and one of 18 sites in the United States to offer this promising trial (<https://clinicaltrials.gov/ct2/show/NCT04961996>).

“This trial, LidERA, is the first adjuvant endocrine trial in quite some time,” said Dr. Ward, the principal investigator for the trial who also serves as Co-Director of OHC’s Research Department. Adjuvant therapies are those given after surgery to reduce the chance of disease recurrence. Specifically, this phase 3 study will evaluate giredestrant, an oral therapy, in patients with ER+, HER2-negative early breast cancer.

Breast cancer is hormone receptor positive if its cells receive signals from the hormones estrogen or progesterone to grow. Estrogen encourages ER+ cancer cells to grow.

“There is an unmet need for the treatment of ER+ breast cancer as some patients experience a recurrence of their breast cancer despite effective endocrine treatments,” said Dr. Ward. “It is thought that certain gene mutations, or changes, make some cancer cells more resistant to traditional treatments. Giredestrant is being developed to overcome this resistance. Data from previous trials reveal that giredestrant is a safe, tolerable treatment with robust anti-tumor activity.”

OHC’s breast surgical oncologist Abigail M. Tremelling, MD, notes, “Having access to leading-edge clinical trials is a crucial component for our breast cancer patients who need further treatment after surgery.”

Through a steadfast commitment to research, and helping patients beat cancer, OHC’s cancer experts hope to find a cure for this devastating disease. The LidERA trial is currently enrolling patients at OHC.

For more information on any of OHC’s clinical trials or to request a second opinion, call 1-888-649-4800 or visit ohcare.com.

OHC WELCOMES



Jayadev Mettu, MD

Jayadev Mettu, MD, is a board-certified medical oncologist and hematologist who joined OHC in October. While Dr. Mettu treats all types of solid cancer, his areas of special interest include

thoracic and genitourinary oncology. He believes the foundation of the patient-doctor relationship is communication and collaboration. Recognizing the rapid evolution of cancer treatment, Dr. Mettu feels privileged to provide his patients the latest information

in treatment options and prognosis while surrounding them with compassion during a time of uncertainty.

“I understand the devastation and disruption a cancer diagnosis may have on patients and their family members,” said Dr. Mettu. “My role as a cancer doctor is to alleviate the burden of anxiety and to work closely with each individual patient to meet their unique needs.”

When he is not treating patients, Dr. Mettu enjoys hiking, tennis, and badminton. He is pleased to see patients at the OHC Fairfield and Hamilton locations.

OHC WELCOMES OUR NEWEST CANCER EXPERTS



Kruti Patel, DO

Kruti Patel, DO is a board-certified medical oncologist and hematologist who joined OHC in November to be part of our blood and bone marrow transplant team.

Her areas of specialty include medical hematology, cancer research and clinical trials, and bone marrow transplant. Dr. Patel strives to provide the best comprehensive care for patients by developing a relationship with them and offering compassionate support throughout their journey.

Dr. Patel finds her work rewarding because she is inspired by the strength patients have as they fight their disease. "It truly is an honor to care for a patient fighting cancer," said Dr. Patel. "There can be a lot of ups-and-downs throughout a patient's cancer journey, and I have the opportunity to hold their hands and walk with them as they navigate their disease. I care for my patients as if they were my own family members."

In her free time, Dr. Patel enjoys travelling, hiking, and spending time with her family. She is pleased to see patients at OHC's Blue Ash and Kenwood locations.



Ashley Fields, MSN, APRN

Ashley is not a new face around OHC, but we welcome her to her new role with the practice. After providing compassionate care to OHC patients as an oncology

nurse for seven years, Ashley decided to pursue an advanced degree to become a nurse practitioner. With a commitment to keeping patients at the center of her work, Ashley is excited about providing a deeper level of care. "I look forward to being more involved with our patients and working with my colleagues to implement their personal treatment plan," said Ashley.

In her free time, Ashley enjoys her children's sporting events and horseback riding. She is pleased to care for patients at OHC's Fairfield office.



Courtney L. Hentz, MD

Courtney L. Hentz, MD, is a board-certified radiation oncologist who recently joined OHC and is excited to return back to her hometown. With a special interest in lung, brain, breast, and

gynecologic cancers; lymphomas, and sarcomas, Dr. Hentz chose a career in radiation oncology because it allows her to walk with patients every step of the cancer journey—from diagnosis through survivorship. "I cannot think of a more rewarding career than cancer care," said Dr. Hentz. "Having the privilege of caring for cancer patients during one of their most vulnerable and challenging times is something special."

Dr. Hentz enjoys working with both a multidisciplinary team of cancer specialists and a radiation team to offer patients the best treatment outcomes. "Radiation oncology requires a team approach—radiation therapists, dosimetrists, physicists, nurses, and doctors, among others—to create a treatment plan that is specific to each patient."

During her free time, Dr. Hentz stays active by spending time with her family and running, skiing, and hiking. She currently treats patients at OHC's Eastgate and Kenwood locations.

VEGETABLE STEW



The winter season calls for warm, hearty recipes. OHC radiation oncologist and integrative medicine specialist, Dr. John Sacco, enjoys this easy one pot vegetable stew recipe found on the Midwest Foodie blog as it packs a nutritional punch. He often customizes it by changing up the vegetables and spices he

uses. For example, he uses Asian mushrooms for immune modulation to help the body fight cancer, infection, and other diseases.

Ingredients

3 tablespoons olive oil	¼ cup balsamic vinegar
1 yellow onion, diced	2 tablespoons soy sauce
1 cup sliced carrot	16 oz. baby yellow potatoes, halved
1 cup sliced celery	1 cup split red lentils
16 oz. baby Bella mushrooms, halved (or Asian mushrooms)	1 (14.5 oz.) can tomato sauce
6 cloves garlic, thinly sliced	3 cups vegetable broth
2 teaspoons dried thyme	2 bay leaves
1 teaspoon dried oregano	Kosher salt
½ teaspoon dried sage	Fresh cracked pepper
2 tablespoons flour	

*Dr. Sacco recommendation: consider using broccoli florets and kale.

Instructions

Heat oil in a large pot over medium heat. Add onion, carrot, and celery along with a couple pinches of salt and pepper. Cook, stirring occasionally for 8 minutes. Add mushrooms, garlic, thyme, oregano, sage, and a couple pinches of salt and pepper. Cook, stirring frequently, for 3-4 minutes. Add flour and stir to evenly coat everything. Cook, stirring frequently for 1 minute. Stir in balsamic vinegar and soy sauce to deglaze the pan, scraping the bits off the bottom. Add potatoes, lentils, tomato sauce, broth, and bay leaves, along with a couple pinches of salt and pepper. Bring to a simmer over medium-high heat, stirring occasionally so that the lentils do not stick to the pan. Turn heat to low and simmer gently for 10-15 minutes or until the potatoes are fork-tender. Season to taste with salt and pepper.

Garnish with fresh parsley and serve with mashed potatoes.



GOLDEN MILK WITH GINGER AND TURMERIC

*Recipes courtesy of Rita Nader Heikenfeld, CCP, CMH
Abouteating.com*

A warm beverage can provide comfort during the bone chilling winter. Golden milk is a time-honored drink that nourishes the body and soul. Raw honey contains beneficial enzymes and vitamins and packs a boost of natural energy. Tumeric and ginger are anti-inflammatory agents that help sore joints. Ginger, an antioxidant, also calms stomach upset while pepper aids in absorption of tumeric's nutrients.

Ingredients

Adjust ingredients based on taste

2 cups milk, dairy or non-dairy
1 tablespoon unpeeled and finely chopped ginger root or about 1 teaspoon of ginger paste or about 1 teaspoon powdered ginger
1 tablespoon unpeeled fresh turmeric or 1 teaspoon dried tumeric
Several black peppercorns
Honey to taste

Instructions

Place milk, ginger, turmeric, and peppercorns in saucepan. Simmer, covered, 10 minutes. Strain and sweeten.



DR. PAULA WEISENBERGER, A LEGACY IN CANCER CARE, RETIRES FROM OHC

OHC's beloved Dr. Paula Weisenberger retired in December after 41 years of oncology practice.

Dr. Paula, as she was lovingly known by thousands, is a legacy in cancer care—a pillar in the medical community who dedicated her life to serving patients.

Dr. Paula, a “Hamiltonian” at heart, was born and educated in Hamilton, Ohio. After completing medical school training at the University of Cincinnati, she began her career in Hamilton and Fairfield, Ohio. A loving mother and doting grandmother, Dr. Paula has provided care to thousands of patients with cancer and blood disorders at OHC's Fairfield and Hamilton offices.

On December 15th, family members, OHC staff, and colleagues gathered at a retirement party to celebrate Dr. Paula. “Dr. Paula has been an incredible role model for me,” said OHC medical oncologist and hematologist and dear friend of Dr. Paula's, Cynthia C. Chua, MD. “She is somebody who has been such strength for everyone—community, other physicians, and her patients.”

Highlighting the evening was a message to Dr. Paula from Pat Moeller, Mayor of Hamilton. Mayor Moeller presented her with a formal proclamation and officially named December 15 “Dr. Paula Weisenberger Day” in Hamilton. Watch Mayor Moeller's message: <https://youtube/aPZt8ZCxFaw>.

Dr. Paula, who was surprised by the gestures, said, “I first want to thank all of my colleagues who always answered a question or a call and offered assistance when needed. I will truly miss every single one of you, and of course, all of my patients.”

During retirement Dr. Paula plans to spend more time with family, including “The Triplets,” her endearing grandchildren, while catching up on reading and traveling.

OHC recently welcomed medical oncologist and hematologist Jayadev Mettu, MD, who worked closely with Dr. Paula for two months, to our Fairfield and Hamilton offices. To schedule an appointment or request a second opinion, call 1-888-649-4800 or visit ohcare.com.