

# CONNECT

*News and Information from Oncology Hematology Care*

SUMMER 2022

Summer Weather  
Reminds Us to Stay  
Hydrated & Cool  
During the Warm  
Temperatures.

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**OHC**  
SPECIALISTS IN CANCER  
AND BLOOD DISORDERS

# LOVING DAUGHTER SEEKS SECOND OPINION FROM OHC

FOR HER MOTHER'S  
CANCER THAT PUTS  
HER ON A PATH OF  
HEALING AND PATIENT  
ADVOCACY

Carol Pangallo, a family matriarch, is a ceaseless caregiver. In addition to taking care of her three children, she cared for her parents and worked with youngsters at her local YMCA. Putting her own health on the backburner, Carol pushed her vague stomach symptoms out of her mind. Two years ago, she had an unexplained weight loss of 40 pounds and could not bend over to play with the children at work because of gassy stomach pain and a knot in her side. After a treatment journey with a few twists and turns, her strongest advocate led her to receive a second opinion. Carol then met OHC gynecologic oncologist, Ajit Gubbi, DO, who got her on the path to healing.

Carol's journey started when she raised her concerns with her family doctor who ordered bloodwork and

scans. He suspected stomach cancer and referred her to a specialist in a local health system. The specialist diagnosed Carol with stage three ovarian cancer and gave her one year to live if she did not have treatment. Carol moved forward with the prescribed six rounds of chemotherapy followed by a hysterectomy (surgery to remove the uterus) and then an additional four rounds of chemotherapy.

"After treatment, I didn't have any more symptoms," said Carol. "I was clear for nine months and then a follow-up scan revealed that my cancer had returned." Carol would endure additional treatment with chemotherapy called Doxil.



Carol Pangallo with OHC gynecologic oncologist, Ajit Gubbi, DO

"I had trouble tolerating the Doxil," said Carol. "I was so tired, and I got pneumonia. I ended up in the hospital with blood clots and mitral regurgitation." Mitral valve regurgitation is a leak in a heart valve that can occur after exposure to chemotherapy.

Carol told her doctor that she could no longer take the chemo, and he indicated that Doxil was her only option. Carol's daughter and attentive caregiver, Angie Day, had always been one of Carol's strongest advocates. "I immediately wanted to get a second opinion," said Angie. "I did a Google search for 'best ovarian cancer doctors for a second opinion,' and Dr. Gubbi's name came up."

In less than a week, Angie took Carol to her first appointment with Dr. Gubbi, and they instantly knew they were in the right place. "Dr. Gubbi had already reviewed all of my records and he knew what to do the moment we came in," said Carol. "He sat down with us and talked to us and listened. I trusted him."

Dr. Gubbi started Carol on a monthly regimen of chemotherapy called Avastin. Prior to every monthly treatment appointment, Dr. Gubbi evaluates Carol's bloodwork to make sure her levels are where they should be to tolerate the therapy. "If my levels are off, I don't do the chemo, and I wait until next month," said Carol. "This chemo is so much better. Dr. Gubbi is heaven-sent."

Since November, Carol's scans have been clear. She is thriving in her caregiver role, relishing family dinners with her husband, Joe, three children, and six grandchildren at her home in Williamsburg, Ohio. Carol has also embraced her role as a patient advocate. "You have to listen to your body," she

cautioned. "It's easy to dismiss ovarian cancer symptoms as something less serious. A woman I always see at my local bank was complaining of stomach issues. I told her to make an appointment with Dr. Gubbi." Dr. Gubbi performed a surgical procedure on her that averted a cancer diagnosis.

OHC's leading cancer experts are highly sought-after thought leaders for patients seeking second opinions. Every patient should be confident in their diagnosis, treatment plan, and care team. To request a second opinion with one of OHC's cancer doctors, call 1-888-649-4800 or visit [ohcare.com](http://ohcare.com).

## TELL US YOUR STORY

**If you would like to share your story, please email [joan.manzo@usoncology.com](mailto:joan.manzo@usoncology.com) or [noel.balster@usoncology.com](mailto:noel.balster@usoncology.com) or tell an OHC team member.**

## CELEBRATING NATIONAL CANCER SURVIVORS MONTH

**June is National Cancer Survivors Month.  
An individual is a cancer survivor from the time  
of diagnosis through the balance of life.**



OHC celebrates the nearly 17 million cancer survivors in our country and honors those who so valiantly battled the disease and are no longer with us. We are inspired by the strength you exhibit throughout the peaks and valleys of your cancer journey. We also recognize family members and caregivers who stand by survivors as they cope with challenges and celebrate milestones.



# CANCER PREVENTION IS ONE OF MANY BENEFITS OF EXERCISE

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



John F. Sacco, MD

**One year ago, 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 fourth pillar— exercise.**

The elixir to youth—that's how OHC's John F. Sacco, MD, a radiation oncologist and integrative medicine specialist, refers to exercise. Common sense tells us that exercise can help us lose weight, but does it

have the power to keep aging bodies healthy or prevent cancer?

While we exercise, there are amazing processes occurring in our bodies that offer tremendous physical and mental benefits. These processes have the power to prevent cancer and help those in cancer treatment and survivorship thrive.

Exercise reduces inflammation and improves immune function. "Too much inflammation can cause cells to multiply more quickly which increases cancer risk," noted Dr. Sacco. Exercise also reduces cortisol, the stress hormone. Cortisol has a negative impact on the immune system's ability to fight infection and disease." Staying active also reduces insulin levels. Living with high

levels of insulin causes weight gain, heart disease, and cancer.

Dr. Sacco offered an interesting insight on colon transit time, or the time it takes for food to travel through the colon. The longer it takes for food to pass through the colon, the more time the stool and gut wall are exposed to carcinogens, cancer-causing agents. By speeding up colon transit time, exercise can prevent colon cancer, the third most common cancer in Americans.

Dr. Sacco emphasized the importance of staying physically active before, during, and after cancer treatment. "Exercise offers several benefits, like improved sleep and general physical functioning, lower blood pressure, muscle mass preservation, and bone loss prevention, that are critical to helping us enjoy our best quality of life," said Dr. Sacco. In addition to these benefits, the American Cancer Society says regular exercise:

- Reduces fatigue, depression, and anxiety.
- Increases appetite.
- Maintains a healthy weight.
- Decreases the chance of recurrence in some cancer types.
- Reduces treatment side effects.

*"It may seem counterintuitive for cancer patients experiencing pain and fatigue to stay active; however, following physical activity recommendations can actually alleviate discomfort and provide an energy boost,"* said Dr. Sacco. Those who are active will notice an increase in energy level as more oxygen circulates throughout the body. Exercise increases the body's levels of endocannabinoids, natural chemicals that relieve inflammation and pain.

While endocannabinoids are busy fighting pain and inflammation, they are also putting you in a good mood. When physically active, these neurotransmitters are hard at work balancing your brain and body.

Another thing on the rise in your body as you exercise is dopamine, a mood enhancer, which reduces anxiety and improves depression.

Before beginning any exercise program, individuals should consult their healthcare providers. Physical activity might not be recommended for patients with balance issues or cancer that has spread to the bones. "Doctors will make physical activity recommendations for cancer patients based on how active they were prior to starting treatment," said Dr. Sacco. He usually recommends 150-180 minutes of sustained aerobic exercises divided into five sessions over the course of a week.

"I also recommend incorporating strength and resistance training to build up muscle mass lost during the course of treatment."

Following are some of Dr. Sacco's helpful tips for staying active:

- Start slow. Try two 10-minute sessions each day for a week and then slowly increase your time. Household chores are a great way to start.
- Get a good pair of walking shoes and work your way up to walking three miles in one hour.
- It is not necessary to join a gym. Purchase a set of light dumbbell weights and resistance bands.
- Take advantage of free videos on YouTube.
- Download the American College of Sports Medicine (ACSM) Guidelines for Exercise and Cancer: <https://bit.ly/3vM81yK>.

If you are having trouble getting started or staying motivated, find an exercise buddy. "Social engagement is one of the most successful motivators," said Dr. Sacco.





BRINGING A CURE  
FOR CANCER  
**THROUGH  
RESEARCH**



Patrick J. Ward, MD, PhD, OHC medical oncologist and Director of OHC's Cancer Research and Clinical Trials Program

Every May, OHC celebrates National Clinical Trials Month, an opportunity to more formally recognize our research team and honor patients who selflessly participate in OHC clinical trials. Every treatment starts in a clinical trial, and when a cure for cancer is discovered, it will be through a clinical trial.

"By participating in a clinical trial, patients gain access to the newest, most promising treatments that otherwise are not available to the public," said Patrick J. Ward, MD, PhD, OHC medical oncologist and Director of OHC's Cancer Research and Clinical Trials Program. "They courageously volunteer to make a contribution to advancing science, giving hope to individuals across the globe."

As the region's leader in cancer research, OHC carries out 40-60 clinical trials at any given time. OHC partners with US Oncology Research, an experienced network of more than 800 dedicated researchers that has played a role in more than 100 FDA-approved therapies for cancer patients throughout the world.

Perhaps some of the most exciting advancements have been in the field of CAR-T (chimeric antigen receptor T-cell therapy). In 2018, OHC's pioneers in research brought the revolutionary CAR-T to the region, making us the first, most experienced, and only certified independent adult cancer practice in the region to bring this immunotherapy to patients. One

of the most exciting and promising cancer treatment breakthroughs in recent years, CAR-T stimulates the body's immune system to fight cancer.

It uses genetically engineered immune T-cells, either from a patient (autologous) or a donor (allogeneic) to recognize specific proteins on tumor cells. Presently, six CAR-T therapies are FDA-approved for various blood cancers.

Following are some recent highlights in OHC research:

- **LidERA trial**- Earlier this year, OHC announced the opening of a trial evaluating a promising therapy for patients with estrogen receptor-positive (ER+) breast cancer. This is the first adjuvant (treatment given after the primary treatment) endocrine trial in quite some time, and OHC is the only practice in Ohio and one of 18 sites in the U.S. to offer it.
- **FDA approval of Verzenio in October 2021**- OHC participated in the monarchE trial that led to the approval of this therapy in combination with endocrine therapy following surgery for the most common subtype of breast cancer, HR+/HER2-.
- **FDA approval of Lenvima plus Keytruda in August 2021**- OHC participated in the CLEAR/KEYNOTE-581 trial evaluating this treatment combination for advanced renal cell carcinoma.
- **FDA approval of Keytruda in July 2021**- OHC participated in the KEYNOTE-522 trial investigating the use of this drug plus chemotherapy versus chemotherapy alone for patients with triple-negative breast cancer (TNBC). This Keytruda combination is the first immunotherapy regimen approved for high-risk early-stage TNBC.
- **ANTLER trial** - One year ago, OHC was among the first in the world to participate in this trial evaluating CB-010, a new allogeneic CAR-T for B-cell non-Hodgkin lymphoma.
- **FDA approval of Breyanzi in February 2021**- In 2019, OHC offered this treatment option, a CAR T-cell therapy, to patients with diffuse large B-cell lymphoma

through a clinical trial and submitted evidence to the FDA that was influential in granting the approval.

With more treatment options in their arsenal, cancer doctors and researchers are using tumor genomic profiling to discover new drug therapy combinations that afford patients the best outcome. Through tumor profiling, doctors take a sample of patient cancer cells and evaluate it for gene changes specific to the patient's individual cancer that help it grow and spread. Using this information, they select a therapy or combination of therapies that will most effectively attack the patient's cancer while minimizing side effects.

**"I am very optimistic about the future of oncology research, particularly in expanded use of CAR-T as it continues to provide blood cancer patients faced with only six months to live hope for extended remission," said Dr. Ward. OHC's cancer research team will soon expand the use of CAR-T for solid tumors, including breast, esophageal, and lung cancer.**

**For more information on OHC's nationally recognized cancer research department and clinical trial eligibility, call 1-888-649-4800 or visit [ohcare.com](https://ohcare.com).**

Scan this code for more information on OHC's CAR-T program.





UNITED BY BIRTH  
AND CANCER,  
**TWO**  
SISTERS  
USE THEIR JOURNEY  
TO PROMOTE  
GENETIC TESTING

Chances are, you know a pair of sisters who share a special bond. From birth, they were playmates and confidants. There is an undeniable connection between sisters Katie (Kickel) Hernandez and Colleen (Kickel) Greller, birth sisters bound together by a genetic link that comes with a family and personal history of cancer but has inspired them to give back to those touched by the disease.

When Katie was diagnosed with breast cancer at age 42 in 2017, she questioned doctors if there was a possible genetic cause as her paternal aunt died of ovarian cancer at age 53. "It always haunted me, but doctors told me there wasn't a link because my aunt was on my dad's side of the family," said Katie. While

seeking a second opinion, Katie found a breast surgeon who did not hesitate to order genetic testing, which revealed that Katie had the BRCA1 gene mutation.

Everyone has BRCA1 and BRCA2 (BRest Cancer genes 1 and 2) genes. When functioning properly, they repair DNA mistakes. If these genes mutate, or change, they increase one's chances of getting breast or ovarian cancer.

In December 2017, Katie had a bilateral mastectomy (surgical removal of both breasts) with reconstruction to remove her cancer and had both of her fallopian tubes and ovaries removed to drastically reduce her risk of developing ovarian cancer.

After Katie and Colleen encouraged their father to be tested, his genetic results came back positive for the BRCA1 gene mutation, so after having a baby in May 2019, Colleen decided to get tested. After learning that she also carried the mutation, Colleen had a preventative hysterectomy (surgical removal of the uterus). Pathology from the procedure revealed stage one ovarian cancer. Colleen received chemotherapy and had a preventative double mastectomy and reconstruction in October 2020.

Cancer survivors committed to sharing their stories and generating awareness and funding for genetic testing, Katie and Colleen founded K.I.C.K.- Knowledge is Cancer's Kryptonite. Specifically, K.I.C.K. is a nonprofit dedicated to empowering, educating, and encouraging those with a personal or family history of cancer to seek genetic testing. Their organization will help finance women and men seeking knowledge about their genetic cancer risk when faced with a personal or family history.

According to K.I.C.K., in the U.S., approximately 10-20 percent of ovarian cancer and six percent of breast cancer diagnoses are caused by inherited BRCA1 and BRCA2 gene mutations. Sadly, only 20 percent of eligible American women have undergone genetic testing. The sisters have established a vast network of genetic counselors to cast a wide net and help as many as they can. "Genetic tests cost about \$200," noted Colleen. "To date, we've funded over 100 life-saving genetic tests in 20 states and three countries," Colleen added.

Heather Weaver is one of K.I.C.K.'s beneficiaries. Suzanne M. Partridge, MD, an OHC medical oncologist and hematologist, diagnosed Heather with breast cancer and recommended that she take advantage of the OHC Genetic Risk Evaluation and Testing Program (GREAT), which offers testing and counseling for those who may be at risk for a hereditary cancer syndrome. Heather met with Elizabeth Burneka, MSN, APRN, an OHC cancer genetic specialist who assessed her and recommended genetic testing. Unfortunately, Heather's insurance did not cover the expense of testing. Liz referred Heather to K.I.C.K. who agreed to fund the cost.

"I'm blessed to have come into contact with K.I.C.K.," said Heather. "The girls were amazing, and they told me what they had personally gone through."

Heather tested positive for the BRCA2 gene mutation and advised her sister, daughter, and nephew to obtain genetic testing. All of them also carry the mutation. "Now that they have this information, they can do what they need to do to reduce their chances of getting cancer," said Heather.

K.I.C.K. receives most of its funding from private donors. Katie and Colleen, both employed full time, create awareness for K.I.C.K. primarily through word of mouth and a social media presence. Colleen chuckles when she says, "We'll talk about it to anyone!" If you or a loved one is seeking funding for genetic testing, notify your genetic counselor who will contact K.I.C.K. To make a donation or learn more about K.I.C.K., visit [www.kickbrca.org](http://www.kickbrca.org).



Heather Weaver, an OHC patient and K.I.C.K. beneficiary

**OHC's team of cancer genetic specialists is committed to helping at-risk individuals make informed decisions in accordance with their healthcare needs, preferences, and values. To request an appointment with a specialist, call 1-888-649-4800 or visit [ohcare.com](http://ohcare.com). You do not have to be an OHC patient to request an appointment.**



# ANSWERS TO YOUR COMMON QUESTIONS ABOUT COLON CANCER



## Q & A

*Colon cancer is the most preventable of all cancers, but according to the American Cancer Society, it is the third most common cancer in Americans, excluding skin cancer. Furthermore, incidences are on the rise in young adults. Arm yourself with the most up-to-date information on colon cancer.*

### **Q. What is colon cancer?**

**A.** Colon cancer is a type of cancer that begins in the large intestine (colon or large bowel). The colon absorbs water and nutrients from food before excreting the waste.

### **Q. What causes colon cancer?**

**A.** More research will need to be done to identify the exact cause of colon cancer. There are many risk factors, and some you can control while others you cannot.

**Lifestyle changes you can make to reduce your risk are:**

- Staying active and maintaining a healthy weight.
- Eating a healthy diet with sources of vitamin D. Avoiding red meats and processed meats.
- Avoiding smoking and limiting alcohol use.

**Unfortunately, there are risk factors that you cannot change. Colon cancer is more common in:**

- People over 50.

- Those with a personal or family history of colon cancer or colorectal polyps, growths on the lining of the colon that can develop into colon cancer over time.
- African Americans and Jews of Eastern European descent.
- People who have type 2 diabetes or inflammatory bowel disease.
- Those with inherited gene changes.

### **Q. What is the best screening option?**

**A.** According to the American Cancer Society, the survival rate for colon cancer is 91 percent when discovered in early stages compared to only 14 percent when found in later stages. Those at average risk for colon cancer should begin regular screening at age 45. Discuss screening with your doctor who will make a recommendation after considering your medical history and family health history as there can be a genetic link to colon cancer.

Screening options include:

- Colon visualization tests, like a colonoscopy, allow a doctor to look inside the colon and rectum with a tiny camera. The colonoscopy is the gold standard in colorectal cancer screening because it is the most sensitive of all available tests.
  - o During the procedure, the doctor can remove polyps, which prevents a cancer from growing. This means that colonoscopy can detect and prevent cancer.
  - o If you are age 45 or older and at average risk for cancer, your doctor may recommend a colonoscopy every 10 years or sometimes sooner to screen for colon cancer.
- Stool-based tests, like Cologuard, require collecting a stool sample at home and sending it to a lab for evaluation.
  - o These tests are designed for detection, not prevention.
  - o False positives do occur and require a diagnostic colonoscopy to remove cancerous polyps. Cologuard is only about 42 percent accurate in detecting polyps.
  - o Stool-based tests are not indicated for high-risk patients or those with gastrointestinal symptoms.
  - o Some stool-based tests are done once a year. Patients will need to repeat Cologuard in three years.

For more helpful information on these tests, read OHC's recent blog: <https://ohcare.com/colorectal-cancer-screening-options/>.

## **Q. What are the symptoms of colon cancer?**

**A.** In its earliest stages, colon cancer might not cause symptoms. This points to the importance of getting screened. Signs and symptoms to look for include:

- A change in bowel habits that lasts for a few days.
- A feeling that you need to have a bowel movement that is not relieved by having one.
- Rectal bleeding with bright red blood.

- Blood in the stool that might make the stool look dark brown or black.
- Cramping or belly pain.
- Weakness and fatigue.
- Unintended weight loss.

## **Q. How is colon cancer treated?**

**A.** When discovered early, colon cancer is very treatable. Treatment may involve one or a combination of the following:

- Surgery
- Chemotherapy
- Radiation therapy
- Targeted therapy (drugs that target specific proteins on cancer cells that help them grow)
- Immunotherapy (therapies harnessing the power of the immune system to fight cancer)

OHC's cancer research team evaluates the latest treatments through clinical trials.

**Remember to speak to your healthcare provider about your colon cancer screening recommendation. To review the latest screening guidelines, visit [ohcare.com](https://ohcare.com).**





## RESOURCES FOR CANCER PATIENTS AND THEIR FAMILIES

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.

### PINK RIBBON GIRLS

**Pink Ribbon Girls**  
**877-269-5367**  
**[www.pinkribbongirls.org](http://www.pinkribbongirls.org)**

Pink Ribbon Girls (PRG) is a nonprofit organization founded by breast cancer survivors that provides free healthy meals, rides to treatment, housecleaning services, cancer education, and peer support to breast and gynecological cancer patients and their families. Their mission is to assist those affected by cancer with coping and healing. Located in five regions, three of which are in Ohio (Cincinnati, Columbus, and Dayton), PRG's slogan is "No one travels this road alone." PRG strives to balance the fear and uncertainty that breast and gynecological cancer patients and their families can face as they battle the disease.

To request PRG services, patients should speak to their nurse navigator, social worker, or oncologist who will make initial contact with the organization. Patients can also reach out to PRG directly by calling 877-269-5367 or they can complete the form at this link:

<https://www.pinkribbongirls.org/receive-services>. *The patient's healthcare provider will need to complete a patient verification form to begin services.*



**American Cancer Society**  
**800-227-2345**  
**[www.cancer.org](http://www.cancer.org)**

The American Cancer Society is on a mission to free the world from cancer. They invest in life-saving research, provide 24/7 information and support, and work to ensure that individuals in every community have access to cancer prevention, detection, and treatment. For more information, visit [cancer.org](http://cancer.org). Services include:

- 24/7 cancer support helpline or schedule a video chat
- Online education
- Online interactive caregiver resource guide
- Online support groups
- Connect with a breast cancer patient through the Reach to Recovery app
- Affordable wigs, hats, scarves, and mastectomy products at [tlcdirect.org](http://tlcdirect.org)

# SAYING FAREWELL TO ONE OF OHC'S FIRST DOCTORS



After 37 years of oncology practice, OHC medical oncologist and hematologist, Cynthia C. Chua, MD, retired in June. Small but mighty, Dr. Chua used her tremendous clinical expertise and calming nature to put her

patients at ease throughout their cancer journey.

As an undergraduate at Mount Holyoke College in Massachusetts, Dr. Chua studied a lot of math and physics but was most fond of chemistry. "My father was a physician and wanted me to be a doctor, but I wanted to be a chemist," said Dr. Chua. After receiving a less than stellar score on her Graduate Record Examination (GRE), a prerequisite for a PhD in chemistry, Dr. Chua chose a different path for herself. She attended Duke University School of Medicine and selected the field of oncology as a resident at University Hospital in Boston. She moved to Cincinnati to begin oncology practice and joined OHC during its inception over 36 years ago.

In addition to providing superior care to each of her patients, Dr. Chua served as OHC's principal investigator

for gynecologic cancer clinical trials. She is a firm believer in the benefits of research that gives patients early access to treatment advances.

While her favorite memories include patient care, she enjoys reminiscing about the long-ago weekly after-hours pizza evenings with her fellow doctors. They shared challenging cases and solicited feedback from their peers.

Tiffany Jones, MSN, APRN, an OHC advanced practice provider worked with Dr. Chua for the past nine years and shared a touching reflection: Dr. Chua has provided excellent compassionate care to her patients and she has been a wonderful mentor to me. She's always on the cutting edge of cancer treatment options for her patients. Dr. Chua has an uncanny way of remembering patient names and their stories. I've seen her treat generations of families, and her patients always come back to see her. The staff at OHC Blue Ash has been spoiled by Dr. Chua's delicious baking and will miss the treats she brings in on a weekly basis.

This fall, Dr. Chua plans to move to Seattle to live closer to her children and grandchildren. Her daughter, an architect, has designed plans for a home. She leaves her patients and co-workers with one piece of advice: Live life like there's no tomorrow and be thankful every day for what you have.

OHC welcomes medical oncologist and hematologist Roma Srivastava, MD, to our Blue Ash office where Dr. Chua practiced (see accompanying story). To schedule an appointment or request a second opinion, call 1-888-649-4800 or visit [ohcare.com](http://ohcare.com).

## OHC WELCOMES OUR NEWEST CANCER EXPERTS



### **Roma Srivastava, MD**

Roma Srivastava, MD, is an experienced and knowledgeable board-certified medical oncologist and hematologist who is joining our OHC Blue Ash team in early July.

Dr. Srivastava chose the field of oncology because it allows her to develop relationships with patients as she guides them along their treatment journey. “My patients are coping with a devastating life-altering disease and it is important that I develop trust with them as I educate them about their treatment plan and help them enjoy their best quality of life.”

Dr. Srivastava has clinical expertise in all disease sites and has a special interest in breast cancer, lung cancer, gastrointestinal cancer, and genitourinary cancer. Dr. Srivastava chose to join OHC because “Working with OHC’s multidisciplinary team of cancer specialists and their extensive research program is an ideal working environment and ensures my patients are receiving comprehensive care.”

Dr. Srivastava has extensive experience conducting cancer clinical trials that have provided patients with early access to the most innovative therapies. She also volunteers as a peer reviewer for the journals *Cureus* and the *British Medical Journal of Case Reports*.



### **Kelly Guthrie, PA-C, RD, LD**

Kelly Guthrie, PA-C, RD, LD, is an advanced practice provider who will join OHC’s Blue Ash office in July. She received a Bachelor’s of Science in Dietetics from the University of Cincinnati and a

Master’s of Physician Assistant Studies from Mount Saint Joseph University.

Working for several years as a registered dietitian for cancer patients inspired Kelly to pursue a master’s in

physician assistant studies. “Nothing has felt more rewarding than holding a patient’s hand through their cancer treatment,” said Kelly. “I truly value that I get to care for people during the hardest time of their lives and that they trust me to help guide them. I also appreciate the fact that I can give nuanced and personalized care to a patient the more I get to know them throughout the continuum of their cancer treatment.”

Kelly is an avid outdoors person, so when she is not caring for patients you can find her paddleboarding, camping, or backpacking.



### **Becky Jung, MSN, APRN**

Becky Jung, MSN, APRN, will be one of OHC’s newest advanced practice providers when she joins the Eastgate office in July. She received a Bachelor’s of Science in Nursing from Thomas More College in

Crestview Hills, Kentucky, and a Master’s of Science in Nursing from Northern Kentucky University.

Becky was drawn to the field of oncology for its complexity in diagnosing and treating patients. “It’s an ever-changing field with new and more targetable treatments to help cancer patients survive with excellent quality of life,” said Becky.

Becky’s special areas of interest include malignant hematology and bone marrow transplant. When describing her patient care philosophy, she states, “To build trust with patients, I always try to find at least one thing I have in common with them that we can discuss routinely.”

Outside of the office, Becky enjoys spending time with her family traveling, hiking national parks, and attending sporting events.



### **Elizabeth Sorosiak, MSN, APRN, FNP-C**

Elizabeth “Libby” Sorosiak, MSN, APRN, FNP-C, joined OHC’s team in April. She received an Associate’s Degree in Nursing from Owens Community College in Toledo,

Ohio, and both a Bachelor’s of Science in Nursing and a Master’s of Science in Nursing from Chamberlain University in Chicago, Illinois.

Always drawn to a career as a caregiver, Libby has prior experience working with developmentally disabled adults and nursing in interventional radiology with many cancer patients. Libby places special emphasis on developing close relationships with her patients. “Supportive care is my passion. My goal is to support my patients and their families completely. I love to laugh with my patients and put them at ease.”

In her free time, Libby enjoys music, art, and exercise. She is pleased to see patients at the OHC West office.

## **FAREWELL PARTY**



Dr. Chua enjoys her retirement party with two of her long-time colleagues, Patrick J. Ward, MD, PhD, and David M. Waterhouse, MD, MPH. As a farewell joke, the doctors switched up their name tags.



## **MIDDLE EASTERN LENTIL SALAD**

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

Lentils are rich in fiber, folate, and potassium, making them a good choice for heart health. Enjoying a heart-healthy diet is a smart choice for cancer prevention.

Lentils are complex carbohydrates, low in fat, and high in protein. As an added bonus, they contain iron and vitamin B1 and they are naturally gluten-free.

### **Ingredients**

- 1 pound lentils
- 6 cups broth, chicken or vegetable
- 1 teaspoon cumin
- 1/8 teaspoon allspice
- Salt & pepper to taste
- 1 bell pepper, chopped fine
- 1/2 cup onion, chopped fine
- Palmful fresh mint, minced
- 1/3 cup each olive oil and lemon juice
- 2 cloves garlic, minced
- 1/2 pound feta cheese, crumbled

### **Instructions**

In saucepan, bring lentils, broth, cumin and allspice to a boil. Lower to a simmer, cover, and cook until tender, about 20 minutes or so. Drain and then add salt and pepper to taste. Add bell pepper, onion, and mint. Mix gently. Refrigerate until ready to serve. Whisk together olive oil, lemon juice, and garlic. Pour over lentil mixture. Stir in feta and serve.

This recipe serves six. Feel free to add any torn greens you have to the salad.

## UPCOMING COMMUNITY EVENTS



### Teal Power 5K Run and 3K Walk

OHC is proud to partner with the Ovarian Cancer Alliance of Greater Cincinnati as a sponsor of its Teal Power 5K Run and 3K Walk to promote ovarian cancer awareness and honor those touched by the disease.

**Come visit us at our OHC tent!**

**Live Event:** Saturday, September 17, 10:00 a.m. at Summit Park

**Registration/Check In:** Opens at 8:30 a.m.

Enjoy the pre-race festivities.

**Virtual:** September 10-17

**More details:** <https://runsignup.com/Race/Info/OH/BlueAsh/TealPower5k>



### FREE Oral Head & Neck Cancer Screenings

OHC radiation oncologists are teaming up with Mercy Health ear, nose, and throat doctors to provide free oral head and neck cancer screenings.

**To register, call OHC at 513-751-2145. Feel free to leave a message and we will return your call to complete registration.**

#### Anderson

August 25, 2022

5:00-7:00 p.m.

7502 State Rd., Suite 4400

Cincinnati, OH 45255

#### Fairfield

October 13, 2022

5:00-7:00 p.m.

2960 Mack Rd., Suite 200

Fairfield, OH 45014

#### Kenwood

November 3, 2022

5:00-7:00 p.m.

4760 E. Galbraith Rd., Suite 108

Cincinnati, OH 45236

#### Clermont

September 29, 2022

5:00-7:00 p.m.

2055 Hospital Dr., Suite 310

Batavia, OH 45103

#### Green Township

October 27, 2022

5:00-7:00 p.m.

3301 Mercy Health Blvd., Suite 500

Cincinnati, OH 45211



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