

CONNECT

News and Information from Oncology Hematology Care

FALL 2022

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Bringing Hope
& Saving Lives
Through Cancer
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OHC

SPECIALISTS IN CANCER
AND BLOOD DISORDERS

BREAST CANCER
PATIENT CREDITS
OHC CANCER EXPERTS
AND EARLY DETECTION

WITH
SAVING
HER LIFE



OHC breast cancer patient Jacqueline Reckers is a warrior. While she had a tremendous support network of family and friends, they could not be with her during her appointments, chemotherapy, or surgeries because of the COVID pandemic.

In only nine months, Jacqueline Reckers went from having a clear mammogram to having two cancerous tumors in her breast. By being in tune with her body and diligent about her breast health, she was able to obtain an early breast cancer diagnosis and swift intervention from her OHC care team.

Jacqueline, now 42 years old, struggled with recurring benign breast cysts since the age of 26. "It was difficult to identify anything suspicious during my breast self-exams as I always felt cysts," said Jacqueline. She frequently had them drained by her doctor and began having annual screening mammograms around the age of 36. "My employer, Cintas, offered mobile mammogram visits every year so I took advantage of it," said Jacqueline. "I would get a follow-up call after every mammogram recommending additional ultrasound imaging. The ultrasounds always revealed cysts."

In 2019, Jacqueline had breast cysts that recurred shortly after being drained, and they were more painful than usual. Although she had a clear mammogram earlier that year, her doctor referred her to Nicole M. Melchior, DO, FACS, a breast surgical oncologist. Imaging showed a suspicious spot behind the cysts in one of Jacqueline's breasts. On January 30, 2020, she had a needle biopsy of the area. Three days later, Jacqueline received the results: stage 1A invasive ductal carcinoma.

"When Dr. Melchior called me at work with the biopsy results, I knew it was bad news," said Jacqueline. "But she had a calming voice, and I knew I would be comfortable with her treating me."

The testing on her biopsy specimen was positive for HER2, which means that the HER2 protein was fueling the growth of her cancer," said Dr. Melchior. Armed with this information, Dr. Melchior could select a treatment that would work best for Jacqueline's specific type of breast cancer. Under the direction of OHC medical oncologist and hematologist Mark E. Johns, MD, Jacqueline was treated with chemotherapy prior to surgery to shrink the tumor and a targeted therapy to block the activity of the HER2 receptors. Dr. Melchior

would then perform a bilateral mastectomy, or surgical removal of both breasts.

"OHC was a perfect fit for me," said Jacqueline. "I never felt rushed or like I was asking stupid questions. I remember crying to Dr. Johns and Hannah Kolish (an OHC advanced practice provider) and they would sit with me until I stopped. I wasn't just a number to them. I was an actual person."

Next year, Jacqueline will have breast reconstruction surgery. She continues to see Dr. Melchior, who now works for OHC, for follow-up visits and has regular appointments with Dr. Johns as she takes a hormone blocker to reduce her risk of cancer recurrence. "OHC's treatment plan and knowledge have me living cancer-free now," beamed Jacqueline. "That's what saved my life."

Jacqueline, a wife, mother of four, and grandmother of four, has become an advocate for women. "When something doesn't feel right, get it checked out by a doctor," she advises. "I'm comfortable sharing my

story. I have friends and co-workers who scheduled their first mammogram after learning about my experience."

To learn more about OHC's team of breast surgical oncologists or 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.



KNOW YOUR LEMONS



Know Your Lemons is the only global charity solely focused on early breast cancer detection. OHC's breast surgeons use this graphic as a visual educational tool for identifying the 12 symptoms of breast cancer. Visit knowyourlemons.org to increase your breast health knowledge and learn more about breast cancer risk, screening, and breast self-exams.

SOCIAL CONNECTIVITY

IS A POWERFUL PRESCRIPTION

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



John F. Sacco, MD

Over 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 concludes the series with his final pillar—social connectivity.

The rise in digital interaction coupled with the isolation brought on by the COVID pandemic has led to increased feelings of

loneliness. Isolation, loneliness, or lack of social connectivity has been linked not only to an increased risk for coronary heart disease and stroke, but also to premature death. Science shows that the increased risk of heart disease from social isolation is practically the same as smoking, obesity, and lack of exercise. OHC's John F. Sacco, MD, hopes health care providers are counseling patients about the importance of staying socially connected.

"Social connection is the experience of feeling close and connected to others, and it is a critical component of interpersonal relationships across all cultures and ages," said Dr. Sacco. "When we

speak of social connection, we're not only referring to physically being present with others, we're more specifically referring to one's personal experience of feeling seen and understood by others," he added.

"Social connectivity is necessary for survival," said Dr. Sacco. "Humans are social creatures who are unable to thrive in an isolated environment." As far back as we can trace, humans have traveled, hunted, and thrived in social groups.

The research linking social connection to both physical and mental health benefits is abundant. A 2018 study led by researchers at the American Cancer Society examined data from more than 580,000 adults enrolled in a cancer prevention study in 1982-83. They were followed for mortality through 2012. Data revealed that social isolation can contribute to depression, insomnia, and cognitive decline. Moreover, it is linked to a higher risk of death including increased cancer mortality in men and women.

According to The Center for Compassion and Altruism Research and Education at Stanford University, social connections can:

- Lead to a 50 percent increased chance of longevity.
- Strengthen the immune system.
- Speed up disease recovery.
- Possibly lengthen life.
- Lower levels of anxiety and depression.
- Increase self-esteem and empathy.

What happens inside human bodies that are socially isolated? "Stress, cortisol levels, and inflammatory markers increase while immunity levels decrease and body systems break down," noted Dr. Sacco. Chronic inflammation can undermine the well-being of nearly every body system, including the brain. It is involved in chronic illnesses like cardiovascular disease, depression, and dementia. On the other hand, when we connect with others and express emotions, our brains release oxytocin (the bonding hormone), dopamine, and endorphins, which are

neurotransmitters responsible for happiness and mood. Mental health benefits include an increased level of happiness, a reduced stress level, improved confidence, and a decreased risk of suicide.

Some may believe that they are well-connected through social media and texting platforms, but face-to-face interaction is best. It is critical to recognize expressions in real-time. For those who are homebound and/or undergoing cancer treatment, getting medical care is often their only social time. "Social media can offer some benefits to these individuals, but I recommend FaceTime or Zoom calls to encourage face-to-face conversation," said Dr. Sacco.

Dr. Sacco offers these tips for becoming more socially connected:

- Turn to your place of worship.
- Engage in volunteer work.
- Take a class at a community center or join a group like a book club or hiking group that meets regularly.
- Participate in community events.
- Share meals to promote family bonding.
- Reach out to an old friend with whom you've lost touch.

Introverts who are extremely anxious about becoming more socially connected can seek help from a mental health professional or join a support group to learn strategies.

For a simple first step, put down the cell phone and turn off the TV to be present with your loved ones and friends. You'll realize tremendous health benefits.

BRINGING HOPE TO PROSTATE CANCER PATIENTS

THROUGH AN INNOVATIVE
CLINICAL TRIAL



Peter R. Fried, MD, is a board certified radiation oncologist with OHC. Dr. Fried serves as the Medical Director of the CyberKnife program at The Urology Group.

OHC is working with the region's leading urologists to bring a promising innovative treatment to men with metastatic prostate cancer. Offering hope to men with this disease, the SPLASH clinical trial is producing positive results and has the potential to influence the treatment landscape for a population of prostate cancer patients.

According to the American Cancer Society, other than skin cancer, prostate cancer is the most common cancer in American men. And, prostate cancer is the second leading cause of cancer-related deaths behind lung cancer.

The SPLASH study is for men with metastatic castration-resistant prostate cancer (mCRPC), which is prostate cancer that has spread (metastasized) beyond the prostate

gland and no longer responds to hormone therapy. When mCRPC does not respond to surgery, radiation, and hormone therapy, treatment options are limited.

Together with The Urology Group, OHC is one of 48 sites in the world and the only site in the region to participate in the SPLASH clinical trial to evaluate the use of Lutetium-177 (Lu-177) -PNT2002 in men with PSMA-positive mCRPC after they have failed an oral treatment but not yet started chemotherapy.

"To be eligible for the trial, the patient's disease must have progressed while on hormone therapy," said Marc Pliskin, DO, the Director of Clinical Research at The Urology Group and principal investigator of the SPLASH study. "Part of the screening process for the study involves testing candidates for the

PSMA (prostate-specific membrane antigen) protein using PET/CT imaging," said Dr. Pliskin. "A patient must test positive for PSMA as the therapy targets this protein which is expressed on the cancerous cells."

OHC's Peter R. Fried, MD, is the radiation oncologist administering the therapy in the study. A radiation oncologist is required to administer the Lu-177 to enrolled patients as the drug is a radioligand therapy. "Lu-177 is a radioactive drug given by IV injection," noted Dr. Fried. "This radioactive molecule seeks out the prostate cancer and specifically targets it." Patients receive a total of four treatments administered eight weeks apart.

While it is too early to report on any data gathered from the SPLASH trial, which OHC and The Urology Group started locally in February 2022, both Dr. Pliskin and Dr. Fried have an optimistic outlook. "Recent data on a similar study conducted in Australia provided compelling evidence that patients receiving Lu-177 responded favorably to the therapy," said Dr. Fried. "This treatment has the potential to give men long-term survival with better quality of life by avoiding the side effects that come with chemotherapy," said Dr. Pliskin.

Presently, The Urology Group has screened three patients for the SPLASH study and two have qualified. Three additional patients are currently in the screening process. Gary Cromer, a 70-year-old mCRPC patient, and resident of Reading, Ohio, considers himself lucky to have qualified for the trial. Gary takes care of himself by staying active and having annual physicals. In 2016, while on a golf trip, he began experiencing abdominal pain. "All day on the golf course, I had excruciating abdominal pain and I couldn't urinate," said Gary. "I came home from the trip a day early."

Fortunately, Gary's wife, Cindy, works for a doctor who recommended that Gary make an appointment with The Urology Group. Gary's urological exam revealed prostate cancer. "My bladder had crystalized and my PSA was 99," said Gary. PSA, protein-specific antigen, is

a protein secreted by prostate tissue. In general, a PSA level in the blood that is below 3.0 ng/mL is considered within the normal range, but levels can rise with age.

Gary received about 45 treatments of radiation and took Zytiga, an oral anti-androgen (anti-testosterone) medication. When this did not produce the anticipated result, Dr. Pliskin told Gary and Cindy about the SPLASH trial and Gary enrolled without hesitancy.

Gary is about halfway through the course of treatment and responding positively. His most recent PSA level was 13.

"I'm enthusiastic about the therapy," said Dr. Pliskin. "Enrolled patients are enjoying a good quality of life and functioning at a high level." "It's a game-changer for mCRPC patients," said Dr. Fried. "They've been treated for a long time prior to qualifying for the study, and they begin to lose hope after exhausting treatment options. We have the opportunity to administer therapy to them prior to chemotherapy and it offers pain relief without the harsh side effects."

Gary reports that he feels better and has no pain. He continues to enjoy golf and does yard work and chores around the house. He remains diligent about his annual physicals and has influenced his three sons to do the same. Gary offers this advice to any patient presented with the opportunity to participate in a clinical trial: I know it's a little scary, but sometimes you have to take a chance.

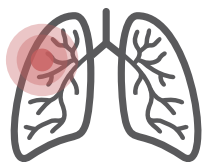
OHC's nationally recognized clinical trials program gives patients early access to the latest treatments. To learn more about SPLASH or OHC's clinical trials, call 1-888-649-4800 or visit ohcare.com.



Gary and Cindy Cromer

PROTECT YOURSELF FROM LUNG CANCER

According to the American Cancer Society, lung cancer is the second most common cancer and, by far, the leading cause of cancer death. Fortunately, because more and more people are quitting smoking and we have advances in both treatments and early detection, the number of new lung cancer diagnoses is decreasing.



Treatment Advances

In recent years, immunotherapies and targeted therapies have brought hope to lung cancer patients. Immunotherapies use the power of patients' immune systems to fight their cancer. Targeted therapies are beneficial to those whose lung cancer carries specific genetic mutations/changes. Both treatments are typically better tolerated and can have fewer side effects than chemotherapy, giving patients greater quality of life.



NOVEMBER
LUNG
CANCER
AWARENESS
MONTH

Early Detection

OHC's cancer specialists recommend lung cancer screening with a low-dose CT scan for those at higher risk for lung cancer who meet the following conditions:

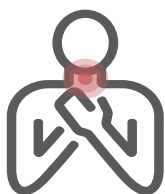
- Adults aged 50 to 80 years and in fairly good health *and*
- Currently smoking or have quit smoking in the past 15 years *and*
- Have smoked an average of one pack per day, or an average of 20 cigarettes per day, for at least 20 years or the equivalent (example, two packs a day for 10 years)

The American Lung Association offers a quick and easy screening eligibility quiz at this link: <https://bit.ly/3s1LI5n>. Results will let you know if you should discuss screening with your healthcare provider.

Quit Smoking

Cigarette smoking is the primary cause of lung cancer. It is never too late to quit smoking. Once you quit, your body begins to recover almost immediately. Consider these convincing figures from the American Cancer Society:

- 20 minutes after quitting - Your heart rate and blood pressure drop.
- A few days after quitting - The carbon monoxide level in your blood drops to normal.
- Two weeks to three months after quitting - Your circulation improves and your lung function increases.



Non-Smokers and Lung Cancer

According to the Centers for Disease Control and Prevention (CDC), about 10 to 20 percent of lung cancers are diagnosed in people who have never smoked or smoked fewer than 100 cigarettes in their lifetime. More research needs to be done to better

understand risk factors for these individuals, which most likely include environmental exposures and genetic and viral factors. We do know that it is important to avoid secondhand smoke, diesel exhaust, air pollution, and radon. Tests are available to determine if your home's radon levels are high.

November is Lung Cancer Awareness Month which reminds us to be aware of lung cancer risk factors and remain up to date on screening guidelines. OHC maintains a list of the latest cancer screening recommendations here: <https://ohcare.com/service/cancer-screenings/>.

Committed to finding a cure for cancer, OHC gives lung cancer patients access to the latest treatments through its clinical trials program. For more information on lung cancer research or to request a second opinion, call 1-888-649-4800 or visit 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.



Ovarian Cancer Alliance of Greater Cincinnati
PO Box 42277, Cincinnati, OH 45242
513-898-1009
cincyovariancancer.org

The Ovarian Cancer Alliance of Greater Cincinnati (OCAGC), a volunteer nonprofit organization, is committed to creating public awareness about the signs and symptoms of ovarian cancer. In addition, the Alliance provides support, resources, and education to ovarian cancer survivors and caregivers in the Tri-State area. By hosting social events and participating in fundraisers, the OCAGC raises funding for research focused on early detection and a cure.

The OCAGC might be best known for connecting patients and caregivers with other programs and organizations that provide educational resources and support. They have comfort baskets available to anyone in the Greater Cincinnati area diagnosed with ovarian cancer and going through treatment. As a member of the national Ovarian Cancer Research Alliance (OCRA), they have access to the Woman-to-Woman Program that pairs gynecologic cancer patients with trained survivor volunteers who provide one-on-one emotional support and mentoring.



Cancer Support Community
Greater Cincinnati-Northern Kentucky
Blue Ash Location
4918 Cooper Rd., Cincinnati, OH 45242

Cancer Support Community
Eastgate Location
601 Ivy Gateway, Cincinnati, OH 45245

513-791-4060
info@cancer-support.org
mycancersupportcommunity.org

Cancer Support Community Greater Cincinnati-Northern Kentucky (CSC) offers free support and services to

anyone affected by cancer so that no one faces cancer alone. The organization offers free community-based programs and services intended to provide non-medical care to anyone with any type or stage of cancer and their loved ones. CSC's efforts are designed to complement conventional medical care, enhance quality of life, strengthen survivor care, improve recovery, and facilitate communication with medical teams. Services include:

- Support groups
- Online support groups
- Survivorship classes
- Connect with a cancer patient
- Exercise
- Nutrition classes
- Meditation
- Social gatherings
- Yoga



Karen Wellington Foundation
3825 Edwards Rd., #103
Cincinnati, OH 45209
513-888-7183
www.karenwellingtonfoundation.org

The Karen Wellington Foundation (KWF) believes that having something to look forward to is an important part of the healing process. Supported by generous donors, KWF sends cancer patients LIVING with cancer and their loved ones on special vacations, relaxing spa days, concerts, and other FUN-ONLY activities.

OHC ADVANCED PRACTICE PROVIDER RECEIVES THE DAISY AWARD FOR EXTRAORDINARY NURSES



Tiffany (center) was humbled to receive The Healer's Touch sculpture from The DAISY Foundation. The sculpture was hand-carved out of serpentine stone by artists in Zimbabwe. OHC Manager of Nursing Services, Amy Sheldrick, RN, BSN, OCN, (left) and D. Randolph "Randy" Drosick, MD, medical oncologist, hematologist, and President of OHC (right), joined OHC team members in celebrating the honor with Tiffany.

"Tiffany demonstrates selflessness through her values and beliefs. Meeting patients where they are in their journey, she guides them with holistic plans of care. She walks into the OHC office with a welcoming smile

CONGRATULATIONS

on her face and greets patients positively.” These are the words of OHC Blue Ash treatment suite nurse Anita Logsdon who nominated her co-worker, OHC advanced practice provider Tiffany Jones, MSN, APRN, for The DAISY Award for Extraordinary Nurses. Tiffany was the proud recipient of the award this past August.

One way OHC recognizes the selfless care OHC nurses provide to patients is by participating in The DAISY Award program. An acronym for Diseases Attacking the Immune SYstem, the DAISY Foundation was created in November of 1999 by the family of J. Patrick Barnes who died at age 33 of complications from a blood disorder. The nursing care Patrick received touched his family and they created this international award to say thank you to nurses.

Patients, caregivers, and staff members can nominate an OHC nurse by submitting a nomination form. Entries are received and reviewed blindly by a committee comprised of OHC staff. They evaluate submissions based not only on examples of selfless patient care but also on admirable qualities including a passion for nursing care, empathy for patients and families, and trustworthiness. OHC awards the honor twice a year. Tiffany, who works at OHC’s Blue Ash location, was this year’s first winner.

At the age of five, Tiffany decided that she wanted to be a nurse, and she never wavered from that career choice. “I have a caring, nurturing sense about me,” said Tiffany. “My great grandmother was a nurse and my mother is in healthcare.” After receiving a Bachelor of Science in Nursing from MedCentral College and a Master of Science in Nursing from Northern Kentucky University, she began nursing in the Intensive Care Unit (ICU) at The Christ Hospital.

OHC gynecologic oncologist Marcia C. Bowling, MD, had patients that Tiffany cared for while working at The Christ Hospital. “I took care of a lot of her surgical patients as they recovered in the ICU,” said Tiffany. “I asked Dr. Bowling if OHC was hiring, and she got the ball rolling.”

Since joining OHC in 2013, Tiffany acknowledges that there have been some sad days when she lost patients with whom she had grown close, but she also finds her work rewarding since cancer treatment has come a long way. “Patients are living longer,” noted Tiffany. “I have the opportunity to build relationships with them over the years as they share their stories. They feel like an extended family to me.”

Integral to Tiffany’s patient care philosophy is focusing on being truly present with patients at one of the lowest moments in their lives. “My profession is not for the weak of heart,” said Tiffany. “I believe I offer comfort to patients by providing reassurance and hope. All of our OHC nurses give a lot of hope to our patients.”

OHC leadership and Tiffany’s co-workers honored her with The DAISY Award during a celebration at the Blue Ash office. “I was 100 percent surprised,” said Tiffany. “It’s humbling, and I was excited to be nominated. I love nursing and I’ve always been driven by my career goals.

I highly recommend nursing as a career because there is a wide array of opportunities in different fields. It’s a rewarding career.”

To nominate an OHC nurse for The DAISY Award, complete a nomination form at any OHC location or at this link:
<https://bit.ly/3eTYTSy>.





GIVING BACK

WOMEN'S CHURCH FELLOWSHIP
GROUP USES CRAFTING SKILLS
TO SURROUND

OHC PATIENTS WITH COMFORT



Some of the talented and generous members of WinGS display a small portion of their handmade items for OHC patients.
Front row: Jody Shoemaker, Teresa Ping, Brenda Hill, Ann Musgrave.
Back row: Carol Hansford and Paula Middendorf.

In the spirit of fellowship, a group of women parishioners at the Loveland Heights Church of Christ had been meeting every other week to discuss the Bible when they decided they wanted to get involved in community service. One group member, Paula, recalled the care her father received at OHC, so last spring, the group agreed that OHC should be their first beneficiary.

Calling themselves WinGS, Women in God's Service, some members felt it would be fitting to put their crochet and knitting skills to good use. A few parishioners had expressed an interest in learning the craft, and cancer patients would benefit from the gift of cozy comfort items like blankets and hats. WinGS got to work and began meeting every Saturday morning.

"When all members arrive, we pause to say a prayer that the items offer comfort to people undergoing treatment," said Jody Shoemaker, a WinGS member. In only a few short months, the small but mighty group of fewer than ten crafters

has handmade enough hats, blankets, and shawls to fill three large bags for OHC patients.

The members take special care to affix a hand-sewn tag or a Bible verse in a prayer pocket to their handiwork. "We want patients to have a reminder that the Lord is watching over them," said Jody. WinGS members purchase their own materials to make the items.



Crocheted prayer pockets affixed to donated items contain a comforting prayer or Bible verse.

"Unfortunately, some chemotherapy treatment causes patients to experience cold sensitivity, and both chemo and radiation can cause hair loss," said OHC medical oncologist and hematologist Roma Srivastava, MD. "Our patients are most grateful when we share these donations with them to combat the chills or provide a sense of comfort in the treatment suite as they receive therapy."

Committed to their community service mission, WinGS and other church members have recently served at Matthew 25: Ministries and the Loveland LIFE food pantry. Their acts of genuine kindness remind us that the generosity of only a few can make a significant impact in our community.

WELCOME TO OUR NEWEST CANCER EXPERTS



Imran H. Chowdhury, MD, is a radiation oncologist who joined the OHC team in September and will care for patients at the Fairfield and Kenwood radiation oncology locations.

Dr. Chowdhury chose a career in cancer care because cancer is an enigmatic disease. "It causes suffering in patients and has a profound effect on their loved ones. I believe it is a privilege to be able to care for patients and their families during such a vulnerable time in their lives." While there have been incredible advances in cancer care, Dr. Chowdhury believes that there is still a great deal of work to do.

Dr. Chowdhury's approach to patient care involves fully understanding his patients and their treatment goals. "As oncologists, we must get to know our patients—what gives them joy, what their dreams are, what energized them prior to their cancer diagnosis. Only then, are we qualified to help our patients navigate through the highs and lows of their illness."

With clinical expertise in all disease sites, Dr. Chowdhury has special interest in central nervous malignancies. In addition to his formal medical training, he has a Master of Science in biomedical sciences.



Ameet Patel, MD, MMHC, is a medical oncologist, hematologist, and blood and marrow transplant specialist who began serving patients at OHC's Kenwood location in October.

He believes in OHC's mission and recognizes the importance of placing patients first for accessibility to cutting-edge treatment. "Dealing with blood cancer and blood disorders can be tough on patients. My personal mission is to provide the same level of compassion and expert level care for my patients as if they were my own family."

Dr. Patel has a special interest in CAR T-cell therapy and is published in numerous international peer-reviewed journals, such as *Blood*, *JAMA Oncology*, *Transplant & Cellular Therapy*, and *British Journal of Haematology*. He has presented at numerous national meetings, including the American Society of Transplant and Cellular Therapy (ASTCT) and American Society of Hematology.

Dr. Patel has clinical expertise and special interest in cellular therapies, malignant hematology and benign blood disorders, and clinical research. In addition to his formal medical training, he has a Master of Management in Health Care.



Magen Brailey, MPAS, PA-C, joined OHC's team of advanced practice providers in September. Magen received a Bachelor of Biological Sciences from the University of Cincinnati and a Master of Physician

Assistant Studies from Mount Saint Joseph University.

Magen was drawn to the field of oncology after witnessing a loved one's battle with cancer and working as a patient care assistant in a hematology/oncology/bone marrow transplant hospital unit. She conducted undergraduate research in oncology and transplant sciences.

"I am most passionate about ensuring patients and their families understand their disease process and treatment options while having a sense of respect, support, and compassion during their healing journey. Practicing medicine is attending to both the mental and physical health of the patient." When Magen is not seeing patients at OHC's Eastgate location, she spends much of her time running with her dog and training for her next race.



SMALL BATCH PASTA PUTTANESCA

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

Here's a tried-and-true recipe to keep on hand for a quick supper or casual entertaining. This dish contains capers, and did you know poor man's capers are pickled nasturtium pods? Nasturtium flowers and leaves are peppery and contain vitamins, including vitamin C.

To make a full batch with one pound of pasta, double the ingredients. Always taste as you go. Adding more of any ingredient is easy, taking away is not.

Ingredients

1/2 pound pasta
3-4 tablespoons olive oil
1-1/2 teaspoons minced garlic (2 cloves)
1/4 teaspoon red pepper flakes
3/4 teaspoon anchovy paste*
14.5 oz canned diced tomatoes with juice or equivalent frozen/roasted thawed
1 tablespoon capers - drained, rinsed, then drained again
1/4 cup coarsely chopped or sliced Greek olives
Parmesan cheese and fresh minced parsley (parsley is optional)

**If you do not have anchovy paste, start with one large anchovy filet, smashed. Each filet equals about 1/2 teaspoon paste.*

Instructions

While pasta is cooking, make sauce:
Pour olive oil in large skillet over low heat.
Add garlic, red pepper flakes, and anchovy paste.
Cook, stirring constantly, just until garlic is fragrant but not brown (a couple of minutes). Take care not to burn the garlic.
Stir in tomatoes, capers, and olives and bring up to medium heat.
Cook until slightly thickened, stirring occasionally. The sauce should be done by the time the pasta cooks.
Drain pasta, pour sauce over, and garnish with parsley and Parmesan.

OHC IN THE COMMUNITY

OHC's cancer experts are dedicated to increasing cancer awareness and supporting cancer-focused community resource organizations. OHC hosts, sponsors, and supports several community events throughout the year to promote cancer awareness, cancer prevention, and patient support. Here is just a small gallery of recent events.



OHC's gynecologic oncology and cancer genetic specialists partnered with gynecologic specialists from Axia Women's Health-Seven Hills to host Gyn & Tonic Ladies Night Out events educating women about gynecologic health, cancer prevention, and genetics. OHC gynecologic oncologist Dené C. Wrenn, MD, MS, and cancer genetic specialist Liz Burneka, MSN, APRN, (pictured in the center) were part of the expert panel.



On September 17th, OHC was a proud sponsor of the Ovarian Cancer Alliance of Greater Cincinnati's Teal Power 5K. Along the walk route, OHC's Sarah Wilson, MSN, APRN, (left) caught up with OHC ovarian cancer patient Taylor Harris.



On October 6th, OHC and The Jewish Hospital-Mercy Health sponsored The Leukemia & Lymphoma Society's Light the Night event, which raises critical funds for blood cancer research. OHC team members put superhero capes on the survivors. OHC cellular therapy expert James H. Essell, MD, caught up with several patients and their family members.



OHC breast surgical oncologist, Abigail M. Tremelling, MD, FACS, (pictured with her husband, Tyler, pup, Callie, and mother, Leslie Mowry) spoke about breast cancer risk reduction at the first The Jewish Hospital-Mercy Health Pink Your Pup Fur Breast Cancer event on October 13th.