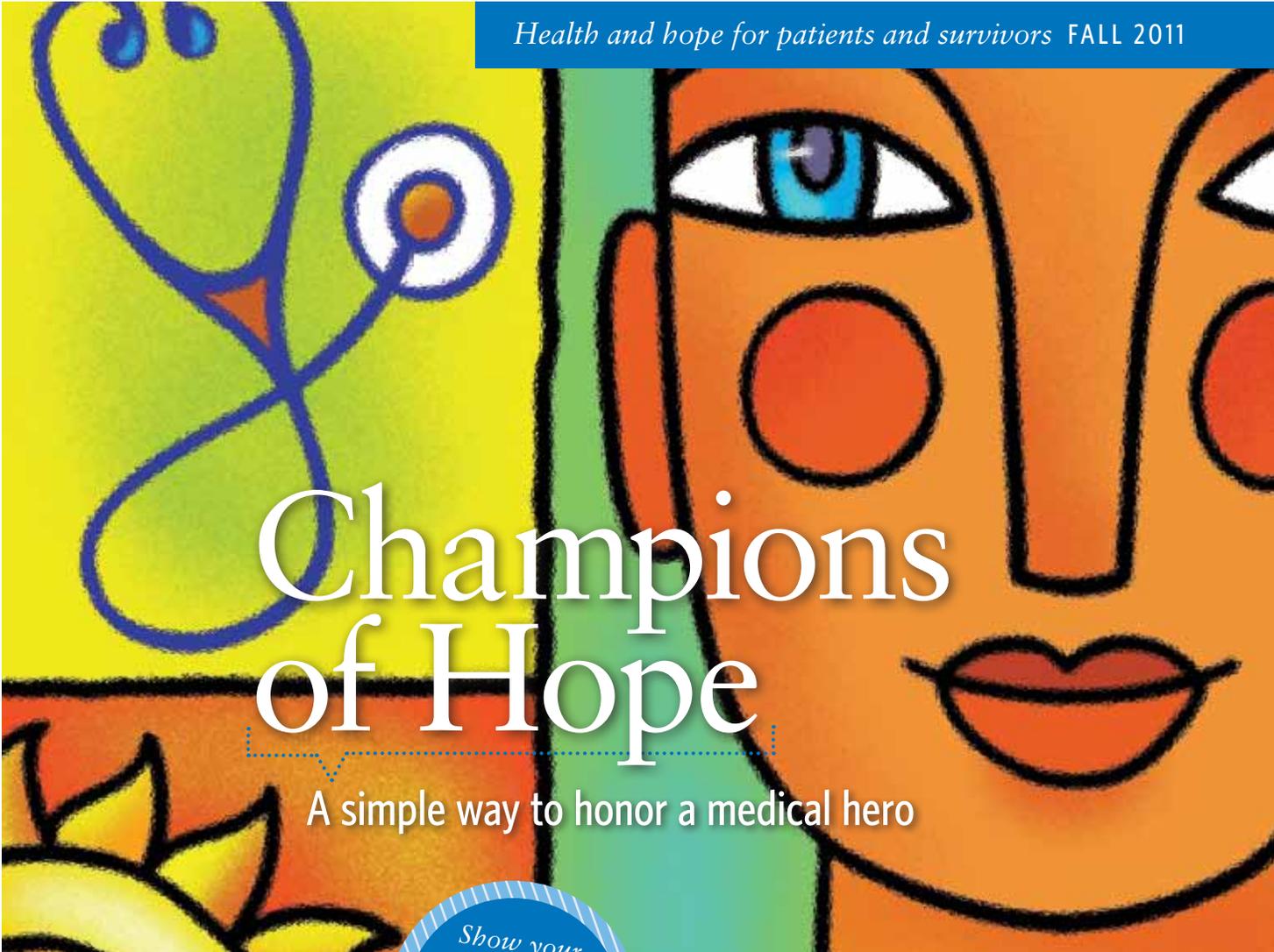


Restore

Health and hope for patients and survivors FALL 2011



Champions of Hope

A simple way to honor a medical hero

Anyone who's been through treatment for cancer or another serious illness will agree: There's a lot more to the patient experience than dealing with symptoms and fighting off disease. It's also about the kind people who help out along the way.

Patients often express how grateful they are for the personal touch that helped get them through, whether it's from a physician,

Show your gratitude to someone who helped you in your journey.

a technician or a patient navigator.

Maybe it's the volunteer who offered you a warm blanket with a smile when you felt cold, the nurse who sat with you through

an especially tough night or the doctor who patiently answered all your family's questions. Many survivors get through their cancer journeys deeply wishing they could give back to these special health heroes.

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How Chemotherapy Fights Cancer

Inspirational Words from Rev. Dr. Terry Irish

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A Unique Way to Say Thanks

City of Hope recently set up the Champions of Hope program to help patients do just that. Whether it was a social worker, physician, volunteer, physical therapist or other health professional who made a difference, Champions of Hope is an avenue to say “thank you.”

Through this program, patients and family members may make donations to City of Hope in tribute to the staff members who are their personal Champions of Hope.

Champions of Hope is an avenue to say “thank you.” Honorees will be celebrated publicly in a variety of ways.

Staff members get a commemorative pin that recognizes this honor and identifies them as a Champion of Hope. Honorees will be celebrated publicly in a variety of ways.

The Benefit to Future Patients

The Champions of Hope program represents City of Hope’s attempt to acknowledge the difference these health professionals make. It serves as a reminder that patients appreciate what they do. At the same time, donations from survivors strengthen the research and treatment efforts that make it possible for more people to return confidently after therapy to their lives and their families.

Any City of Hope employee who works directly with patients is eligible to be recognized as a Champion of Hope. — *Wayne Lewis*



Cancer, the Flu and You

During flu season, no one is safe from loitering germs. But cancer patients and survivors in particular should take extra precautions, as they are at increased risk of serious flu-based health complications.

“I believe everyone who can, should get vaccinated,” says Annemarie Flood, R.N., B.S.N., C.I.C., Infection Control Program coordinator at City of Hope. “But check with your physician to see if it’s appropriate for you.”

If your doctor advises against a vaccination, encourage those around you — especially family members, friends and caregivers — to get a flu shot. Be sure they receive the shot and not the nasal spray. The nasal spray contains live viruses that can be shed by the recipients, putting those around them with weakened immune systems at risk.

Prevention is just as critical for those currently undergoing chemotherapy, Flood says. To avoid getting sick, the standard rules apply: Wash your hands; avoid touching your eyes, nose and mouth; get sufficient sleep; and eat a balanced diet.

“Clean hands and flu shots save lives,” says Flood.

Should you experience flu symptoms such as fever, body aches, cough or chills, call your doctor right away

because there may be treatment options available that can reduce the severity of the illness. — *Colleen Ringer*

Uncovering Chemotherapy

You know it fights cancer, but how?

Chemotherapy — often shortened to chemo — is the use of chemicals to treat many diseases and disorders, but it is usually associated with cancer treatment.

Why is chemotherapy used?

Depending on the type of cancer and its stage, chemotherapy can fight cancer in these ways:

- Eradicate all cancer cells and cure cancer.
- Slow the growth of cancer cells and keep cancer from spreading to other parts of the body.
- Shrink tumors that are causing pressure or pain (palliative chemotherapy).

Chemotherapy can be used along with surgery, radiation therapy or biological therapy through these strategies:

- It can shrink a tumor so that doctors can perform surgery or provide radiation (neoadjuvant chemotherapy).
- It may eradicate cancer cells that may remain after surgery or radiation therapy (adjuvant chemotherapy).
- It can eradicate cancer cells that have come back (recurrent cancer) or spread to other parts of the body (metastatic cancer).

How does chemotherapy work?

Chemotherapy attacks rapidly dividing cells. Rapid, uncontrolled cell division and growth are hallmarks of cancer. Chemotherapy works this way:

- It stops cell division, which stops cells from multiplying.
- It can target the food source of cancer cells so they can no longer grow.
- It can stop the growth of new blood vessels that supply blood to cancer cells.
- It may trigger cancer cells to commit suicide.

How do doctors decide which chemotherapy to use?

Oncologists use the latest research and guidelines to select the best therapy for their patients. City of Hope physicians helped set the standardized treatment guidelines for specific cancers that are used by doctors nationwide. A physician's decision also is guided by other factors:

- The type and severity (stage) of the cancer.
- The patient's age.
- Other anticancer treatments received by the patient in the past.



- The patient's general health and the presence of other health problems, such as diabetes or heart disease.

How are new, targeted therapies different from chemotherapies?

Targeted therapies focus on cancer cells in these ways:

- They disrupt the activity of specific molecules that help cancer cells to grow, divide and spread throughout the body, while standard chemotherapies act on all rapidly dividing cells, including healthy cells.
- They are deliberately designed to precisely attack cancer cells by interfering with mechanisms unique to cancer.
- They have fewer and less-toxic side effects than standard chemotherapies or radiation because they cause little or no collateral damage to normal cells.

Sources: American Cancer Society, National Cancer Institute

➔ CITY OF HOPE ON YOUTUBE



Watch online videos on subjects ranging from National Cancer Survivors Day 2011 to step-by-step instructions for a breast self-exam at www.youtube.com/user/cityofhopeonline.

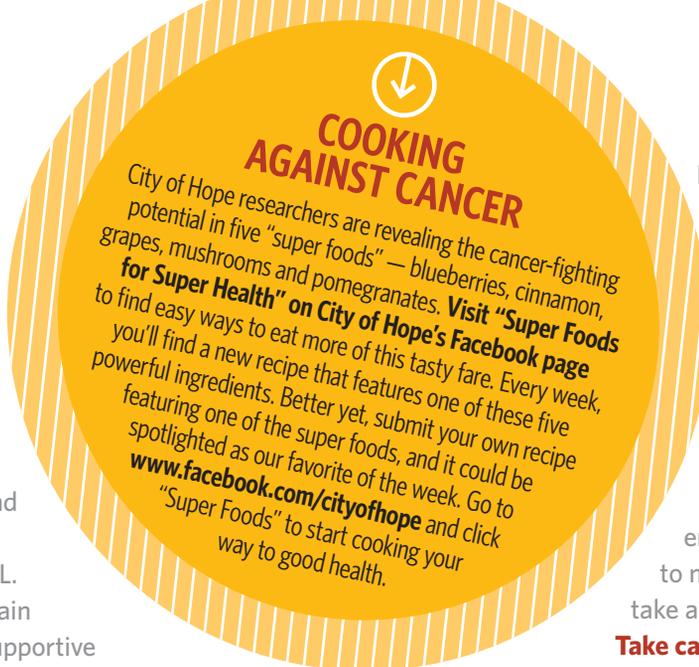
Heading Toward the Holidays

For those caring for a family member in treatment for cancer or another serious condition, the weeks between Thanksgiving and New Year's Day can be stressful and overwhelming.

Here are some ideas from Terry L. Irish, D.Min., board-certified chaplain in City of Hope's Department of Supportive Care Medicine, to keep caregivers going during the holiday season.

Adjust your holiday faith traditions. If taking care of someone keeps you from your usual holiday activities, give yourself permission to create new activities that are more convenient.

If your relative or friend is in the hospital at City of Hope during the holidays, you can call Spiritual Care Services at 626-256-4673, ext. 63898, for help in observing your spiritual or religious practices. Our Department of Clinical Social Work, 626-256-4673, ext. 62282, can provide information on resources in the community.



Conserve your energy. Prioritize your activities and choose only the most important ones to help restore your spirit and renew your energy.

Celebrate with others. However you celebrate, plan to include others. If big celebrations feel overwhelming or emotional, sit near an exit to make it easy to slip out and take a break.

Take care of your inner or spiritual self. Regardless of your definition of spirituality, take the time to renew your inner spiritual resources. Taking care of yourself now means you'll have more to offer others in the months ahead.

Establish reasonable expectations. Be realistic about what you can accomplish and keep your focus on providing the best care possible to your loved one — while staying connected to your family and friends.

Think about the future. Finally, write down some specific, realistic goals to care for yourself over the next year. You'll feel good when you reach these goals, and they'll help you keep a positive focus on your own well-being.

9/11-12/11

Unless noted, all classes and support groups meet at the Sheri & Les Biller Patient and Family Resource Center, City of Hope, 1500 E. Duarte Rd., Duarte, Calif. To sign up, call 626-256-4673, ext. 3CARE (32273). Full calendar listings can be found at www.cityofhope.org/patient_care/calendar. Class schedules are subject to change. Please call to confirm.

SPECIAL PROGRAMS

Restorative Yoga

Mondays, 3-4 p.m. , Wednesdays, 7-8 p.m.

Yoga in Spanish

Wednesdays, 3-4 p.m.

Hope Village activity room. For patients and caregivers.

Preregistration required. Learn various yoga postures, development of daily home practice and relaxation techniques.

Patient and Family Orientation

One-hour sessions, Tuesdays and Wednesdays, 11 a.m., noon and 1 p.m.; Thursdays, 11 a.m. and 1 p.m.

Learn valuable tips such as how to get the most out of your appointments, whom to call when you need help, how to navigate City of Hope and where to find valuable resources that can make life easier for patients and families.

Music Therapy

1st and 3rd Thursdays of the month, 2:30-4 p.m.

For patients and caregivers. Preregistration is encouraged. Nourish your mind, body and soul with the healing power of music. Music therapy can relieve pain, physical discomfort, stress and anxiety.

SUPPORT GROUPS

Hope Network Peer Support Program

Hope Network connects breast cancer patients and caregivers with peer volunteers whose similar experiences, diagnosis or treatment help them to uniquely understand the situation. Breast cancer patients and caregivers can talk with one of the peer volunteers by calling the Biller Resource Center or by emailing hopenetwork@coh.org.

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