

July 2022



From the Director: Celebrating CoC Reaccreditation

It is my pleasure to announce that once again, the Cancer Program at UM Shore Regional Health has earned reaccreditation from the Commission on Cancer (CoC) of the American College of Surgeons. The CoC is a national consortium of professional organizations dedicated to improving patient outcomes and quality of life for cancer patients through standard-setting, prevention, research, education and the monitoring of comprehensive, quality care.

The CoC grants accreditation to cancer treatment facilities that deliver quality patient care through a variety of programs focusing on prevention, early diagnosis, cancer staging, optimal treatment, rehabilitation, life-long follow-up for recurrent disease, and end-of-life care. CoC-accredited programs also provide access to information on the availability of clinical trials and new treatments, genetic counseling, and various patient-centered services including support programs, a patient navigation process, and a survivorship plan of care. The CoC review process occurs every three years and I am very proud that we have maintained our accreditation continuously since 2015.

Our success in gaining reaccreditation is largely to the diligence of our Cancer Committee, a multidisciplinary team comprised of surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists and other oncology specialists. Working with the full complement of staff members in the Cancer Center and the Clark Comprehensive Breast Center, this team of health care professionals takes a comprehensive, multidisciplinary approach to treating cancer and providing patients with support throughout the entire cancer journey.

I am so grateful to everyone involved in making our continued CoC accreditation a reality. It validates our adherence to the highest standards in every aspect of care and support for our patients, from diagnosis through treatment, recovery and survivorship. I know I speak for our entire care team when I wish you a safe and healthy summer and fall.

Sincerely,

Jeanie Scott, BS, CTR
Director, Oncology Services

In Their Own Words: Cancer Survivors Tell Their Stories

Special thanks to survivors **Bonna Nelson**, **Jon Peterson** and **Michael Sudmeier** for sharing their stories of cancer diagnosis, treatment, recovery and survivorship! Nelson, a breast cancer survivor, and Peterson, a prostate cancer survivor, shared their stories via videos that are now posted on the UM SRH website, as follows:

Bonna Nelson - <https://www.umms.org/shore/health-services/cancer/services/breast-cancer-care>

Jon Peterson - <https://www.umms.org/shore/health-services/cancer/services/radiation-oncology>

Sudmeier's story, which focuses on his experiences receiving radiation treatment for cancer of the vocal cords, appeared in the Spring 2022 issue of *Maryland's Health Matters* and can be read online at this link: <https://www.umms.org/shore/community/marylands-health-matters>

New Faces in the Cancer Program



Since the last issue (January 2022) of Thriving & Surviving, the Cancer Center has welcomed four new staff members:

Katelyn Burke, MSW, Social Worker - Katelyn (shown at left) joined the Cancer Center's Social Work team after working for Talbot Hospice, University of Maryland Medical System in Baltimore, and Eastern Shore Psychological Services. During her career she also has held positions with North Spring Behavioral Health in Leesburg, Virginia, Community Services for Autistic Adults and Children in Montgomery Village, Maryland, and Worcester County Health Department in Berlin, Maryland. She holds both Bachelor's and Master's degrees in Social Work from Salisbury University.



Shiniqua Camper, Front Desk Coordinator - Shiniqua (shown at right) came to the Center from Easton Dermatology Associates and previously worked for Genesis Health Care in Easton and Shore Medical Center at Easton. She is a graduate of Easton High School.



Rochalla Jones, BSN, RN, Oncology Nurse Navigator – Rochalla (shown at left) came on board in February and is excited to be working with patients throughout the cancer journey from diagnosis, treatment and survivorship, helping them to manage symptoms and plan for healing and recovery. Previously, she spent seven years as Nurse Supervisor with UM Shore Medical Group – Urology, providing skilled nursing care to patients in treatment for varied urological conditions, including bladder and prostate cancers, and providing education to patients and their family members regarding their conditions and treatment protocols.

Natalie Rupeiks, Radiation Therapist – Natalie (shown at right) is our most recent addition, having joined the Cancer Center team in June after graduating from the Community College of Baltimore County's JCERT accredited Radiation Therapy Program. During the course of her studies, she worked in radiation therapy settings at UM Baltimore Washington's Tate Center, Johns Hopkins Hospital, Franklin Square RadAmerica and most recently at the Cancer Center.



Breast Center's Robin Ford Honored as UM SRH Nurse of the Year



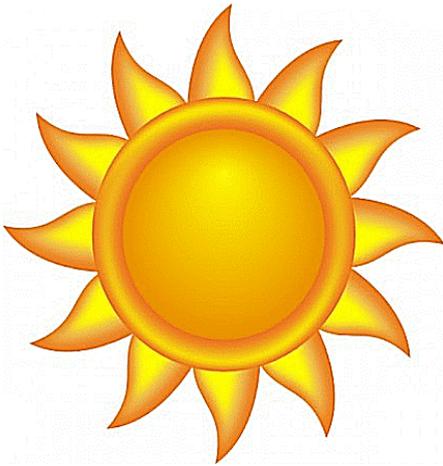
Shown at the Nurse of the Year presentation are UM SRH President and CEO Ken Kozel; Dr. Roberta Lilly, Medical Director of the Clark Comprehensive Breast Center; Jenny Bowie, CNO and Vice President of Nursing & Patient Care Services; Robin Ford, Nurse of the Year Award Winner; Jeanie Scott, Oncology Services Director and Brittany Krautheim, Nurse Practitioner.

The Cancer Program team was especially excited this spring when **Robin Ford, MSN, RN**, Nurse Navigator of the Clark Comprehensive Breast Center, was announced as the winner of the 2022 UM Shore Regional Health Nurse Excellence Award. The award was presented in May during Nurses Week, May 6-12.

Nominated by **Roberta Lilly, MD, FACS**, Director of the Clark Comprehensive Breast Center, Ford was chosen by the SRH Nurse Executive Committee from a pool of 30 nominees from units and departments throughout Shore Regional Health. This prestigious annual award recognizes nursing excellence achieved through leadership, professionalism, commitment to others, and commitment to patient experience.

In her nomination, Dr. Lilly wrote, “In her role as a Nurse Navigator, Robin brings SRH Heart behaviors with her to work every day. In countless ways, Robin helps to solve problems and improve patient experience. She goes out of her way to treat her team members and every patient with kindness and respect. I am so grateful to have Robin as part of my team.”

Summer Sun and Skin Cancer: What You Need to Know



SKIN CANCER TYPES - Three most common types of skin cancer are:

- *basal cell carcinoma* - forms in the basal layer of your skin (very common);
- *squamous cell carcinoma* - forms in the squamous layer of your skin (very common);
- *melanoma* - begins in the melanocytes (common), high potential for metastases.

The most preventable cause of skin cancer is overexposure to ultraviolet (UV) light, either from the sun or from artificial sources like tanning beds. UV rays are the strongest from 10 a.m. to 4 p.m.

Melanoma Symptoms – One or more of the following warrant attention from a health care provider:

- A - Asymmetrical (irregular shape with parts that look different)
- B - Border (jagged and irregular borders)
- C - Color (uneven color)
- D - Diameter (larger than the size of a pea)
- E - Evolving (changes in the last weeks to month)

Prevention – Reduce your exposure to UV rays by practicing sun protection as follows:

- **Stay in the shade when possible ...**
- **Wear sunglasses and a hat that shades your face, head, ears, & neck ...**
- **Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher**



Clinical Trials Update

By *Nina Weisenborn, BSN, RN, OCN®, CCRC*

Clinical Research Nurse

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HOW CLINICAL TRIALS

The Cancer Program is a partner in advancing the understanding and treatment of cancer through clinical trials and research studies of cancer patients. The goal of these studies is to find the best ways to treat, diagnose and prevent cancer so that people can live better and longer.

Shore's clinical trials investigators are: oncologists **Adam Goldrich, MD** and **Benjamin Bridges, MD**; urologist **John Foley, MD**; and radiation oncologists **John Mastandrea, MD** and **Emily Kowalski, MD**. At present, we are excited that 13 clinical trials are in progress, enrolling more than 40 of our patients. These trials are available to qualifying patients with breast, colon, lung, endometrial and oropharynx cancer.

Our Clinical Trials Program also has three national cooperative group affiliations, as follows:

- **The ECOG-ACRIN Cancer Research Group**, <https://ecog-acrin.org/> -- a network of nearly 1300 academic and community-based cancer centers and hospitals in the U.S. and around the world.
- **The Alliance for Clinical Trials in Oncology**, <https://www.allianceforclinicaltrialsinoncology.org/> - - develops and conducts clinical trials to develop optimal treatment and prevention strategies, as well as research methods to alleviate side effects of cancer and cancer treatments.
- **NRG Oncology**, <https://www.nrgoncology.org/> -- internationally recognized investigators serving on committees focused on breast cancer, gastrointestinal cancer, genitourinary cancer, gynecologic cancer, head and neck cancer, and lung cancer.

If you are interested in learning more about Clinical Trials, please call or email me, as above.

PROSTATE SCREENINGS SET FOR SEPTEMBER IN CHESTERTOWN, EASTON

In cooperation with UM Shore Medical Group-Urology providers and the Kent County Health Department, we are excited to offer prostate screenings this fall, as follows:

Easton: September 22, 5-7 p.m., Shore Medical Pavilion at Easton, 490 Cadmus Lane, #104

Chestertown: September 29, 5-7:30 p.m., 126 Philosopher's Terrace

To receive information about these two opportunities (including details about clinical trials, eligibility and registration, where applicable), please contact me, as above.



Survivorship Update

By Rochalla Jones, RN, BSN, Oncology Nurse Navigator
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Ensuring that every patient has the resources he or she needs during diagnosis, treatment and beyond is the focus of the Cancer Center's Survivorship Program. Much of this work is done one-on-one, sitting down with patients to review treatment plans and help resolve any problems they encounter along the way. I also maintain contact with oncology providers regarding patient care, reviewing the latest research, and finding new resources and information for cancer patients and their loved ones. Here are some useful tips:

MOVE MORE!

While cancer treatment can involve fatigue and discomfort, research increasingly shows that staying active during treatment, as well as after, supports better outcomes as well as improved outlook. Here is what the American Institute for Cancer Research (AICR) recently reported:

- *The guidelines recommend that cancer survivors engage in regular physical activity for its many health benefits. For adults with breast, colorectal or prostate cancer, greater amounts of physical activity were associated with lower risk of dying from their cancer.*
- *For some cancer survivors, regular physical activity may reduce the risk of dying from any cause. Since physical activity can also improve quality of life, fitness and physical function in cancer survivors, as well as reduce fatigue and some adverse effects of cancer treatment, all cancer survivors should be as active as they are able.*
- *The government recommends that individuals with cancer consult with their doctor or an exercise professional to determine what is the best type and level of physical activity for them.*

A patient tells his experience in the realm of exercise in this video: <https://www.ons.org/videos/get-get-moving-video>

Interested in getting more active but don't know where to start? The Cancer Program has partnered with the YMCA Chesapeake's "LiveSTRONG" program to help you get going. Open now to those still in treatment as well as those who have completed it, LiveSTRONG provides instructors who work with cancer patients to help them exercise safely and comfortably at the Cambridge, Chestertown, Denton, Easton and Salisbury Y facilities – if you'd like to enroll or learn more, please let me know.

THE NEW AMERICAN PLATE!

AICR also has updated recommendations regarding the impact of nutrition in reducing the incidence or recurrence of cancer. AICR's "American Plate" guidelines state:

- *AICR's New American Plate is a plant-based diet created to reflect research on reducing cancer risk. It emphasizes choosing foods with plenty of fiber, nutrients and plant compounds that may help protect against cancer; limits foods that increase the risk of cancer; and helps reach and maintain a healthy weight, which research shows can play a major role in reducing cancer risk.*
- *The New American Plate can be personalized to meet individual preferences while making healthy choices for the proportion of different foods on your plate and for the portions you eat.*
- *The goal is to have vegetables, fruits, whole grains and beans make up 2/3 (or more) of each meal, and animal protein to make up 1/3 (or less).*

Learn more by visiting the AICR website, <https://www.aicr.org/news/creating-plant-based-meals-with-aicrs-new-american-plate/>

WATCH YOUR MOUTH!

According to the National Institute of Dental and Craniofacial Research, more than one-third of all cancer patients develop complications that affect the mouth. These can be mild to severe side effects, including mouth sores, infection, dry mouth, sensitive gums and jaw pain.

Your oral health is an important part of your overall health, so make your dentist part of your cancer care team. If you don't have a regular dentist, use the ADA Find-A-Dentist tool to search for an ADA member dentist in your area.

The American Dental Association has a great website outlining the importance of before treatment, during treatment and after treatment dental visits. Visit <https://www.mouthhealthy.org/en/az-topics/c/cancer-dental-health> to learn more.

PLAN AHEAD!

Throughout Shore Regional Health, health care providers have been encouraging patients and their loved ones, regardless of their health status, to complete their advance directives. This is a way to ensure that your particular preferences regarding treatment and care are honored. It also spares family members and other loved ones the stress of making decisions in the absence of documentation that details a patient's wishes.

If you find understanding the various advanced directive documents a bit challenging, I am happy to help. Contact me, as above so we can set a time for you to come in or; or we can do it "virtually" via phone or Teleport.

P.S. Need a disability placard and/or license plate for your vehicle? You can find the application at this link: <https://mva.maryland.gov/Documents/VR-210.pdf>



Support Update

*By Patty Plaskon, PhD, LCSW-C, OSW-C, APHSW-C
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NEW RESOURCES OFFERED

Social Work has prepared detailed summaries of two important resources for cancer survivors: **Transportation Services** and **Online Peer Support Groups**. If you would like to have either or both sent to you, please email me as above.

GRATITUDE IN ACTION: HOW TO "GIVE BACK"

Research show shows that people who volunteer are more likely to feel fulfilled with a sense of purpose, gain energy from endorphins, and have lower rates of depression and mortality. As a cancer survivor, your listening, sharing or offering encouragement can be a priceless gift to a cancer patient. Below 10 ways you can help.

1. Become a trained mentor for those on a cancer journey with the same type of cancer. Patients and families coping with a cancer diagnosis can gain encouragement and clarity from another patient's perspective. Mentoring is done by phone, virtually, or in person. We have a database of over 30 disease-specific programs (for example, The Leukemia and Lymphoma Society, African American Women with Breast Cancer, etc.) that can provide a close match with cancer patients looking to talk to a mentor who has experienced the same site and stage of disease.

2. Offer your services to a local church, senior center or community group to provide rides to doctor appointments or treatments.
3. Find out how to fundraise or advocate for cancer research organizations.
4. Participate in a walk or other charity event that helps cancer patients with expenses. Locally, UM Memorial Hospital Foundation's Peggy Rosato Fund benefits cancer patients, as does the Patient in Need Fund established through the Oncology Nurse Society and managed by the Mid Shore Community Foundation.
5. Organize a Blood Drive or Bone Marrow Registry Drive.
6. Encourage others to get screened – in our five-county region, screenings for breast, prostate, colorectal and lung cancers are provided by referral through physician practices, diagnostic and imaging facilities and the Clark Comprehensive Breast Center.
7. Donate care kits for patients at the Cancer Center or hospital (call first to find out what is needed).
8. The next time you donate to a food bank, donate Ensure or Boost.
9. When it's your birthday or a holiday, encourage friends and family to donate to a cancer fund rather than giving you a gift you may not really need.
10. Become a volunteer at your local hospital, the Clark Comprehensive Breast Center or the Cancer Center.

If you are interested in more information, please contact me as above.

Thriving & Surviving is published twice annually on behalf of the Cancer Program at UM Shore Regional Health.

If you have questions about cancer care or support services offered through the Cancer Program, please contact Jeanie Scott, Director, Oncology Services, escott@umm.edu or 410-820-6800.

