



Celebrating Cancer Survivor's Day: June 6, 2021

On Sunday, June 6, 2021 – National Cancer Survivors Day® – cancer survivors and supporters around the world unite to recognize cancer survivors, raise awareness of the ongoing challenges cancer survivors face, and celebrate life. The staff and volunteers of the Cancer Center at UM Shore Regional Health invite you and your loved ones to celebrate, "virtually," by visiting these links:

Special Music: pop, rock, country, dance, oldies, reggae, soul and more:

<https://open.spotify.com/playlist/52TdSmIFs3d6Gng5WU4IR8>

Art and Meditation Project: <https://www.umms.org/health-services/cancer/network/national-cancer-survivors-day/diy-art-projects/artful-meditation>

Self-Care Videos:

Stress Relief by Patty Plaskon - <https://www.youtube.com/watch?v=uUA0FWmsgG0>

Relaxation Techniques - <https://www.youtube.com/watch?v=q1UJEy0nlvs>

Dr. Lilly Serves Clark Comprehensive Breast Center as Interim Director

Roberta Lilly, MD, FACS has returned to the Clark Comprehensive Breast Center as Interim Medical Director. Dr. Lilly is handling all surgical consults and surgeries related to breast cancer and other breast health issues while the search for a new director is in progress.

Dr. Lilly served as medical director of the Center for more than eight years prior to her retirement in January 2020. As a dedicated breast surgeon, Dr. Lilly has expertise in the full array of benign and malignant breast diseases with a special interest in delivery of quality, patient-centered care. She also has authored and co-authored over scores of original articles, book chapters, and research studies on issues related to breast cancer.

A graduate of the University of Colorado Medical School, Dr. Lilly completed a general surgery residency at the University of Colorado Hospital, a transplant fellowship at the University of Pittsburgh Medical Center and a breast surgery fellowship at Johns Hopkins Hospital. She also earned a master's in public health from George Washington University. She is a Fellow of the American College of Surgeons and a member of the American Society of Breast Surgeons, the Association of Women Surgeons, the American Public Health Association, and the American Medical Association.

Salon Inspire's Kim Hardesty for Volunteer Services to Cancer Patients

For years, Kim Hardesty of Salon Inspire was an American Cancer Society (ACS) "LOOK GOOD, FEEL BETTER" volunteer the Cancer Center at UM Shore Regional Health. When ACS discontinued the program in 2019, Hardesty was determined to continue helping cancerpatients going through appearance changes due to cancer treatment. In collaboration with Cancer Center Oncology Social Work Coordinator Patty Plaskon, Hardesty came up with the "Improving Your LOL" (Looks and OutLook) program, which she continues to provide in her private salon.

Through LOL, Hardesty offers free make up samples and tips to brighten up someone's face and enhance their eyes and eyebrows when they lose their hair. She also offers a free haircut to women who are preparing to lose their long locks due to chemotherapy, including a "buzz cut" for those who would prefer a smooth look right away, and even a first hair style when that post-chemo hair finally comes back. Hardesty most recently started fastening hair as a halo or bangs into hats.

"If you can help other people by doing what you love to do, that's my definition of true success," said Hardesty. "I had to stop during the COVID period when salons were closed, so now that we are open again, I am very happy to be able to offer my services to patients fighting cancer – it's something I really enjoy."

Since April was Volunteer Appreciation Month, the Cancer Center staff wanted to thank Hardesty for her efforts and dedication, presenting her with a citation at her Salon Inspire in Trappe. "Kim's service for cancer patients supports their confidence as they go through their chemotherapy journey," said Plaskon. "We are so fortunate to have her talent and caring as a resource for our patients."

To schedule an appointment at Salon Inspire, call 410-476-6125.

Prevention is the Key to the Most Common Type of Cancer



During May – Skin Cancer Awareness Month – members of the Cancer Center team are distributed informative skin cancer awareness flyers to retail outlets and community locations that draw people whose work or recreational pursuits keep them outdoors in the summer months. These include landscapers, watermen, farmers, construction workers and utility workers, lifeguards and beachgoers, gardeners, and golf and tennis players, or anyone who spends time in the sun.

The Cancer Center treats patients with melanoma as well as basal cell and squamous cell carcinomas of the skin. According to Whitney Anders, Clinical Data Assistant at the Cancer Center, women age 50 and younger have the highest rates of melanoma.

“Among younger and middle-age women, the popularity of tanning is a big factor in the increase of melanoma,” she said.

Caught promptly, skin cancers are treatable -- even melanoma, which if detected and treated early, has a five-year survival rate of 99 percent. Symptoms of skin cancer are often listed using the acronym, ABCDE:

- **A for Asymmetry** (if you draw a line through the mole, the two halves do not match);
- **B for Border** (uneven, jagged or notched edges);
- **C for Color** (multi-colored);
- **D for Diameter** (if the lesion is larger than a pencil eraser, although some melanomas can be smaller);
- **E for Evolving** (sudden changes in size, shape or color etc.).

Be sure to have an annual skin cancer checkup/screening with your health care provider, especially if you spend extended periods outdoors.



Anders, shown at left, also emphasizes prevention. “Skin cancer is so common and yet so avoidable with the right precautions,” she says. “Thoroughly examine your entire body monthly and see a dermatologist annually. Use sunscreen labeled SPF 30 or higher and reapply every two hours, especially after sweating or swimming, and use extra caution, such as long sleeves and a hat or visor, during the mid-day hours.”

For information regarding dermatology providers in the region served by UM SRH, contact Whitney Anders, 410-822-1000 ext.5097 or whitney.anderson@umm.edu.

Dr. Zhou Joins Radiation Oncology Team



The Cancer Center recently welcomed Dr. Sean Zhou, medical physicist (shown at left), to our Radiation Oncology team. Dr. Zhou comes from Rutgers – Robert Wood Johnson Medical School and previously (2013-2019) worked at the University of Maryland Medical System’s Upper Chesapeake site.

Dr. Zhou received his Bachelor’s in Biomedical Engineering at Tsinghua University from Beijing, China and his Ph.D. in Biomedical Engineering at Rutgers, the State University of New Jersey. His clinical expertise focuses on external beam therapy, including brain, breast, head and neck, lung, prostate, and HDR brachytherapy. He also has research interests in the development of applications

in image guided radiation therapy (IGRT), biomedical image analysis and modeling, computer vision, and machine learning.

Get Help Completing Your Advance Directive

An advance directive is a legal document that allows a person to make decisions about end-of-life care ahead of time. It gives you the opportunity to make your wishes known to family, friends and health care professionals. Margot Spies, Oncology Nurse Navigator is available by appointment to help you or your family members complete this important document. Having a completed advance directive before you need it avoids your family and loved ones from having to make decisions about your care

Spies can be reached by calling 410-822-1000, ext. 510 or via mail, mSPIES@umm.edu.

LiveSTRONG – The Road to Wellness for Cancer Survivors



The Cancer Center is proud to partner with the YMCA of the Chesapeake to offer LiveSTRONG, a free, 12-week program that helps cancer survivors “get back on their feet” and resume physical activity.

Open to patients with all types of cancer and at any stage, LiveSTRONG offers a holistic approach to wellness after therapies for a cancer diagnosis.

Read about LiveSTRONG at this link, <https://www.umms.org/shore/health-services/cancer/livestrong-partnership> or watch a video here, <https://www.livestrong.org/what-we-do/program/livestrong-at-the-ymca>

Sign up online or call the YMCA of the Chesapeake, 410-822-1515.

Clinical Trials Opportunities: What You Need to Know



The Cancer Center is a member of the Alliance for Clinical Trials in Oncology, ECOG ACRIN cancer research group and NRG Oncology, which enables the Center and our patients to participate in clinical trials. Patients may now be eligible to participate in clinical trials as follows:

- **Breast cancer** – registry, observational and treatment
- **Lung cancer** – observational and intervention
- **Endometrial cancer** – intervention for stage III-IVB or recurrent
- **Ovarian Cancer** - Observational and Intervention for recurrent
- **Colon Cancer** - Intervention

Why participate in a clinical trial? Clinical trials help find new ways to prevent and detect cancer, as well as to improve patients' quality of life. For more information, contact Nina Weisenborn (shown above), christina.weisenborn@umm.edu, 410-820-6800



A More Comfortable Mammogram Experience Now Offered at Queenstown

A more comfortable mammogram option is now open to patients on the Shore: the GE Senographe Pristina™ with Dueta, shown at left, at UM Shore Medical Pavilion at Queenstown's Diagnostic and Imaging Center.

The Senographe Pristina with Dueta is a patient-assisted compression device that offers more comfortable positioning and compression, and improves image quality as well. It also uses "3-D" digital breast tomosynthesis, which delivers superior diagnostic accuracy at the same low dose as a 2D mammogram. Thus you can be confident the images are high quality.

To schedule a mammogram at Queenstown, call 410-822-1000, ext. 2600, and ask to schedule a mammogram at that location. Directions and scheduling information also may be found available by visiting umshoreregional.org

Coping with Cancer: Online Resources Can Help!

For 35 years, *Coping with Cancer* Magazine (offered online at <https://copingmag.com>) has served as a resource for cancer patients, their caregivers and loved ones. Patty Plaskon, Oncology Social Work Coordinator, recommends a recent article for those dealing with the impact of a cancer diagnosis and treatment on personal relationships:

<https://copingmag.com/your-most-personal-questions-about-post-cancer-relationships-and-intimacy-answered/>

Other “virtual” resources Plaskon recommends include:



Talk to a counselor by phone, Monday through Friday, 9 a.m. to 9 p.m., by calling 1-888-793-9355. You may also chat online with a counselor or join professionally moderated online support groups and discussion boards by visiting the Cancer Support Community's Helpline webpage.



Support groups for specific cancer types are offered over the phone by calling 1-800-813-HOPE (4673) or online by visiting the Cancer Care, Inc. Support Group webpage. You also may listen to educational topics related to your cancer diagnosis by calling 1-800-813-HOPE (4673) or by visiting the Cancer Care, Inc. Connect Education Workshops webpage.

Locally, don't forget about the **Cancer Caregiver Support Group** and the **Cares Cancer Support Group!**

- If you are a caregiver who would like to talk to others who have been in your shoes, join online or by phone -- call Patty Plaskon, 410-820-6800, for details about the Caregiver's Support Group.
- If you are in treatment for cancer or just received a cancer diagnosis, or a survivor dealing with cancer-related issues, contact Sharon Loving, 443-254-5940, for details about the Cares Support Group.

PortLife T-Shirts: Chemo Patient Turned Entrepreneur Ty Wongus Gives Back to Cancer Center



Last month, the Cancer Center team was surprised with an unusual and special donation from a chemotherapy patient and entrepreneur, Tyshetta “Ty” Wongus, shown at left.

After her initial course of chemo treatment for cervical cancer, Wongus started her own company, PortLifeTshirts, and obtained a patent for a shirt that allows easy, modest access to one's port for chemotherapy infusions. With the motto, “Making Access Easier” and through a website (portlifetshirts.com), Wongus sells her custom t-shirts online to people anywhere in the United States.

A native of Cambridge and graduate of Cambridge-South Dorchester High School, Wongus had worked for many years in sale with area automotive dealerships, including Koons and Preston Ford.

“I wanted privacy during my chemo treatment, and I thought I’d be able to buy a shirt that would provide easy access to my port. I was surprised that no such shirt existed,” she says. From there, Wongus designed and made shirts for herself, and decided to create a business that would supply t-shirts to others undergoing chemotherapy infusion.

The shirts, which Wongus makes “to order” in her home studio in Cambridge, are offered in children’s sizes as well as adult sizes small to 2XL. With a choice of long or short-sleeve sizes and left- or right-side ports, each shirt includes a colorful printed patch where a hidden zipper opens for easy access to the wearer’s port. Working solo, she can make between 15 and 20 shirts a day.



Beyond the challenge of starting and growing her own business, helping others is important to Wongus, pictured at left, with Patty Plaskon, Oncology Social Work Coordinator.

“Ty wanted to give back to local cancer patients with the proceeds from her sales,” said Plaskon. “She provided us with \$250 in VISA Gift Cards, to be distributed to patients who need help with medication, supplies, gas or other urgent needs related to treatment. Ty also has also donated extra shirts for patients coming to the Cancer Center for chemotherapy.”

Cancer Center social workers vet each patient in need to find appropriate resources, but when resources for emergency incontinence supplies, gas cards or food are not immediately available, donations fill the gap.

“We are so proud of Ty for her ingenious creation that will help chemo patients get their treatments more comfortably, and grateful for her support to her fellow cancer survivors here on Shore,” said Plaskon.

Cancer Center Earns Top Marks from Patients

The Cancer Center has earned a 99th percentile patient satisfaction rating, according to Pam Addy, Shore Regional Health’s Vice President, Ambulatory Services. “We are very proud that the vast majority of our patients say they would recommend the Cancer Center to others for their care,” said Addy. “It’s a testament to the dedication and professionalism of the entire team – the clinicians, social workers and support staff.”

And last but not least ... The Cancer Center and Clark Comprehensive Breast Center teams wish all our patients and their loved ones a Happy National Cancer Survivors Day!

