

# THRIVING *and* SURVIVING



## Clinical Trials

### Why Should You Participate?

Clinical trials are a part of clinical research and at the heart of all medical advances. Clinical trials look at new ways to prevent, detect or treat disease.

Treatments might be new drugs or new combinations of drugs, new surgical procedures or devices or new ways to use existing treatments.

The goal of clinical trials is to determine if a new test or treatment works and is safe. Clinical trials can also look at other aspects of care, such as improving the quality of life for people with chronic illnesses.

People participate in clinical trials for a variety of reasons. Healthy volunteers say they participate to help others and to contribute to moving science forward. Participants with an illness or disease also participate to help others, but also to possibly receive the newest treatment and to have the additional care and attention from the clinical trial staff.

Clinical trials offer hope for many people and an opportunity to help researchers find better treatments for others in the future.

To learn more about our Clinical Trials Program, contact:  
Nina Weisenborn, BSN, RN, OCN, CCRC  
Clinical Research Nurse  
410-822-1000 X 2300

### Cabbage Roll Casserole

- 1 & 1/2 lbs. ground pork, beef or turkey
- 1 chopped onion
- 1 tsp. minced garlic
- 1/4 tsp pepper
- 3 cups instant brown rice
- 1 (16oz) bag of cole slaw (shredded cabbage)
- 1 (24-26 oz) jar healthy marinara sauce
- 1/4 cup light brown sugar

- 1) Preheat oven to 350 degrees. Coat large oblong dish nonstick baking spray
- 2) In large nonstick skillet, cook meat, onion and garlic until meat is done, about 8 minutes. Drain excess liquid. Add pepper and rice, mixing well. Spoon into prepared baking dish.
- 3) Top with coleslaw. In bowl, mix together marinara sauce and brown sugar. Pour sauce over cabbage.
- 4) Bake, covered, 1 hour and 15 minutes, or until cabbage is tender and rice is done.



## March COLON CANCER AWARENESS MONTH



preventable • treatable • beatable

### How can you prevent colorectal cancer?

#### Screening saves lives!

Screening is the number 1 way you can reduce your risk of colon cancer and rectal cancer.

With screening, colorectal cancer is one of the most preventable cancers. Colon cancer and rectal cancer are also highly treatable if caught early. That's why on-time screening is essential and lifesaving!

#### When you should be screened:

All men and women without a family history of colorectal cancer should begin colorectal cancer screenings at age 45, according to recommendations from the American Cancer Society. A person's individual risk factors—such as those with symptoms, a family history of the disease or certain medical conditions—may affect when and how often screening should occur.

Colorectal cancer (cancer in the colon or rectum) first develops with a few, if any symptoms. Be proactive and talk to your doctor.

## March 2020 Survivorship Resources

### Caregivers Coffee

1st Saturdays 9-10:30 am

Support for anyone who lives with, lends a hand or listens to someone going through cancer.

Facilitated by: Patty Plaskon, PhD, LCSW-C

For information call: (410) 820-6800

### Breast Cancer: SOS- Survivors Offering Support

Trained breast cancer survivor volunteers offer their support and knowledge to patients during or after treatment.

We would love to have you become a part of our team!

Inquire about the next training date.

For Information call:

Lisa Sheehan, SOS Coordinator (410)822-1000 ext. 7161

### Women Supporting Women Breast Cancer Group

Groups are held on the 4th Tuesday of the month at 6:30pm at the Christ Episcopal Church in Cambridge.

For Information call:

Bobbie Rideout, 410-228-3078

### CARES Patient Support Group

Group held on the 1st and 3rd Thursday of every month from 5pm to 7pm at the Cancer Center.

For Information call:

Sharon Loving (443) 254-5940

### Cancer Support Group-Chestertown

Groups are held the 4th Monday every month at 6:00pm.

For all persons with any type of cancer, an interest in cancer and/or caregiver of someone with cancer.

For Information call:

Chrissy Nelson, RN (410) 778-7668 ext. 2175

### Caregivers Support Group-Talbot Hospice House

Every Thursday, 1:00pm to 2:15 pm no registration required. Located in the administration building. For information call: (410)822-6681

**Pets on Wheels** visits SRCC every other Tuesday @ 10am

**Wig Room** available by appointment @ SRCC  
Contact Diana Evans at (410) 822-1000 ext. 5362.

3-13 **Prosthesis Clinic for Breast Cancer Patients**  
at Clarke Comprehensive Breast Center from 11am to 4pm. Contact: Elisa Lawson (410) 822-1000 X 7156

### Quality of Life TIPPS:

Individuals/Family sessions available by appointment. TIPPS: Treatment, Innovations, Innovations, Primary Palliative Support. Consultations on financial planning, employment, disability, personal goals and long term plans. Contact Patty Plaskon, PhD, OSW-C 410-820-6800

### Listen to Free CancerCare Connect!

Education workshops from the comfort of your own home!

Call to register: 1-800-813-4673

Each workshop includes a panel of experts. You can listen on the phone or over the internet. Opportunity to ask questions live at the end of the program, all times are Eastern Standard times, 1:30pm-2:30pm

3/2: Managing Eye and Vision Changes Related to Cancer Treatments

3/16: Progress in the Treatment of Colorectal Cancer

3/20: New Perspectives in Clinical Trial Research

3/25: Cancer and the Work Place: Understanding your Legal Protections, Part III of Life with Cancer: A Guide to getting the Best Care



St. Patrick's Day