



# PUTTING MARYLAND



Proton therapy is now available in the state of Maryland.

## UM Greenebaum Comprehensive Cancer Center earns the National Cancer Institute's highest designation

bone marrow transplant. A person with breast cancer may be taking part in a clinical trial looking at a promising new radiation treatment technology invented by researchers at the University of Maryland. We're also focusing on cancer prevention in our community and educating the next generation of doctors and scientists.

"With fewer than 50 comprehensive cancer centers throughout the United States, this new designation places us in the very top tier of the most elite cancer centers in the country," says Kevin Cullen, MD, the cancer center's director, who also serves as the Marlene and Stewart Greenebaum Distinguished Professor of Oncology at the University of Maryland School of Medicine. "Becoming an NCI Comprehensive Cancer Center is a recognition of our hard work and growth in research into understanding cancer better and finding ways to treat and prevent it," Dr. Cullen says. The cancer center has been an NCI-designated Cancer Center since 2008. Now, a panel of experts has judged it as meeting the qualifications of a Comprehensive Cancer Center.

What this designation means to the people of Maryland is that the UMGCCC helps patients who have cancer today, develops prevention strategies to keep citizens from getting cancer tomorrow, and comes up with new treatments and therapies to help those who have cancer in the future.

### NEW TECHNOLOGY: A RAY OF HOPE

Another way in which we are building upon our reputation in fighting cancer is with a brand-new proton center—the only one in the Baltimore-Washington region. The Maryland

**T**he word "cancer" comes from the Latin word for "crab." Cancer and crabs might seem like an unlikely combination, although you may know the zodiac sign for cancer is a crab. At the University of Maryland Medical Center, we think the connection makes sense because we are striving for our state to be known for both our crabs and our cancer-fighting abilities.

### NEW DESIGNATION

Recently, the National Cancer Institute designated the University of Maryland Marlene and Stewart Greenebaum Cancer Center as a Comprehensive Cancer Center (NCI-CCC). This top honor was earned because of the everyday activities inside what is now known as the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center (UMGCCC).

Here, teams of experts are helping patients of all ages battle cancer. A child could be receiving chemotherapy while someone with leukemia may be recovering from a

# ON THE MAP

## FOR CANCER CARE

Proton Treatment Center (MPTC), located at the BioPark on the campus of the University of Maryland, Baltimore, and led by radiation oncologists from the University of Maryland, is one of fewer than two dozen proton centers in the country.

Proton therapy is a highly advanced and very precise form of radiation that is extremely effective in treating a wide variety of localized tumors. Most commonly, these are tumors found in the brain, base of the skull, head and neck area, eye, lung, prostate, liver, breast, spinal cord and gastrointestinal tract. The therapy is also a very important treatment option for children with cancer.

William Regine, MD, executive director of the Maryland Proton Treatment Center, who is also professor and Isadore & Fannie Schneider Foxman Chair, Department of Radiation Oncology, University of Maryland School of Medicine, says proton therapy is “a powerful tool in the cancer-fighting toolbox. When it comes to radiation oncology, at the University of Maryland, we are now able to offer our patients the most cutting-edge technology available to help them conquer cancer.”

Proton therapy delivers an increased radiation dose that stops specifically at the tumor site, which means much of the surrounding normal tissue is protected. Proton treatment is easily tolerated, noninvasive and often results in fewer side



effects than traditional radiation. It can also be used in conjunction with chemotherapy and surgery.

MPTC treatment rooms are equipped with what’s known as “pencil beam” or intensity modulated proton therapy (IMPT).

### WHAT IT MEANS TO BE AN NCI-CCC

- We offer leading-edge cancer treatments, some of which are available only here.
- We employ a growing group of some of the world’s leading cancer researchers and physicians.
- We develop new and improved therapies for breast, prostate and blood cancers (to name a few), which are making a global impact.
- We present more clinical trial options, which provide greater hope for patients. Also, minority participation in clinical trials, which is only about 2 percent nationwide, is over 30 percent at UMGCCC.
- We train the next generation of cancer doctors and researchers, including those from our community.
- We continually make discoveries that will lead to better cancer prevention.

Through the University of Maryland Cancer Network, cancer patients treated at other University of Maryland cancer centers benefit from UMGCCC’s expertise and growing clinical trials program.



This most advanced form of proton therapy allows physicians to “paint” the radiation dose onto the tumor, layer by layer.

Each appointment typically lasts less than an hour, but the actual time it takes to deliver the proton beam is only minutes. It is a painless outpatient treatment that typically takes place over the course of several weeks. Patients can continue with their daily lives, including going to work and school, while they are receiving treatment.

MPTC emphasizes care that puts patients at ease, with staff going above and beyond to deliver a great patient experience. That includes providing free valet parking as well as a concierge program to help patients with nonmedical needs. In addition, a goal of the MPTC is to remain cost-neutral to insurance providers. This means that patients pay the same for proton treatment as they would for other more conventionally available radiation treatments at the University of Maryland. “It is important that everyone have access to this type of treatment,” explains Dr. Regine.

## AMAZING WORK EVERY DAY

The elevated NCI designation as well as the newly opened Maryland Proton Treatment Center are just two examples of how the University of Maryland is building on its prominence as a destination for cancer care.

Maryland Gov. Larry Hogan also helped bring recognition to UMGCCC this past year when he very publicly battled B-cell non-Hodgkin’s lymphoma, proudly showed off his bald head and came out “cancer-free” after several months of chemotherapy. He often used

Twitter and Facebook to share his experience.

“I would like to thank the entire team at the University of MD Medical Center Greenebaum Cancer Center for their incredible dedication and the amazing work they do to save lives every day,” the governor wrote on his Facebook page.

Indeed, every day, lives are saved at the Greenebaum Comprehensive Cancer Center

as well as the Maryland Proton Treatment Center. When someone asks you what Maryland is known for, you may be quick to answer, “Crabs.” But hopefully now you will remember, too, that our state and the University of Maryland are known for tackling cancer. ♦



## LISTEN TO YOUR BODY

In our fast-paced, overstimulated world, there are so many things competing for our attention—our families, friends, jobs, school and even companies that want to sell us products. So many messages come at us daily that we’ve become experts at tuning out “noise.”

Unfortunately, this has also carried over to our health, and many people miss or ignore early warning signs their bodies may be sending. We have become accustomed to pushing through discomfort, and may attribute regular aches and pains to growing older.

Recognizing changes in your body can help in the early detection and treatment of serious medical problems. The earlier you catch a disease, the better your chances are at a full recovery. But you have to slow down and tune in to what your body is telling you. Learn how to listen to your body with these tips:

- **Get enough sleep.** Seven to eight hours of sleep per night is recommended for the average adult.
- **Write it down.** Keep a journal about how you feel throughout the day and how your body responds to foods, stress or different environments. You gain a better understanding of what’s normal for your body.
- **Take deep breaths.** Practicing deep breathing helps you release tension and relaxes both the mind and body.
- **Make time for yourself.** Step away from the chaos and simply spend time with yourself: Read a book, go for a walk or meditate.
- **Eat mindfully.** Turn off the TV, put away the cell phone and then sit down to enjoy a meal. Eat slowly and be mindful of when you are satisfied.
- **See your doctor.** If you notice changes in your health or notice unexplained symptoms, don’t delay seeing your doctor.

Listening to the messages your body sends may take practice, but the benefits are well worth it. What will you do to become more in tune with your body today?

# TAKE ACTION: GET SCREENED

For certain types of cancer, having regular screening tests increases the chances that the disease will be detected early, when it's most likely to be curable. Here are the tests the American Cancer Society recommends, along with when and how often to have them.

## Lung Cancer CT Scan

**Men and women 55 to 74:** If you have at least a 30 pack-year smoking history (defined as one pack a day for 30 years or two packs a day for 15 years) and you are either still smoking or have quit within the past 15 years, you should get a low-dose CT scan (LDCT) of the chest every year.

**NOTE:** If you are at high risk for cancer because of a family history or other factors, you may need to be screened at an earlier age or more frequently.

## Mammogram (Breast X-Ray)

**Women 40 to 44:**

A yearly test is optional.

**Women 45 to 54:**

A yearly test is recommended.

**Women 55 and older:**

A test every one to two years is recommended, as long as you are in good health and expected to live 10 years or longer.

## Colon and Rectal Cancer Screening

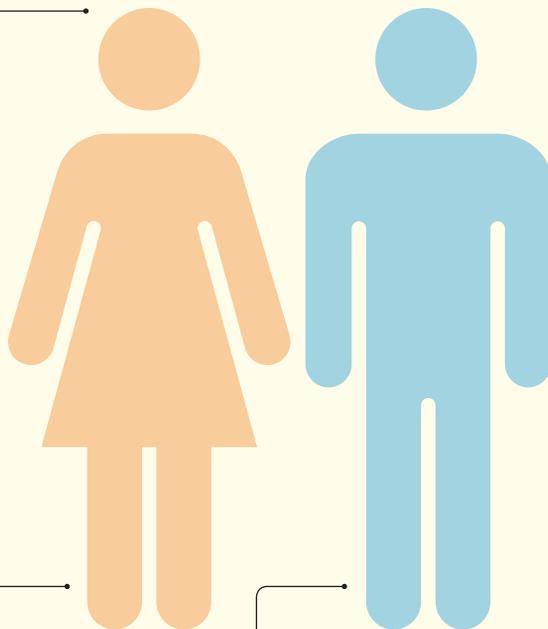
**Men and women 50 and older should get one of the following:**

- Colonoscopy (every 10 years)
- Flexible sigmoidoscopy (every five years)
- Double-contrast barium enema (every five years)
- CT colonography (every five years)

## Other Ways to Reduce Your Risk

Lifestyle measures can make a big difference in your risk for cancer. In addition to getting recommended screenings, the American Cancer Society advises:

- Don't smoke or chew tobacco.
- Achieve and maintain a healthy weight.
- Engage in regular physical activity.
- Eat a healthy diet with lots of fruits and vegetables.
- Limit consumption of alcoholic beverages.
- Protect your skin from the harmful rays of the sun.
- Understand your family history and personal risks for cancer.



## Pap Test

**Women 21 to 29:** Once every three years.

**Women 30 to 65:** A Pap test once every three years, or a Pap test and an HPV test once every five years.

**Women older than 65:** May stop testing if they have had normal results in the past 10 years.

## Prostate Cancer Test

**Men 50 and older:** Talk to a health care provider about the pros and cons of getting the prostate-specific antigen (PSA) blood test, with or without a digital rectal exam. Men who are African-American or who have a first-degree relative who had prostate cancer before age 65 should consider beginning tests at age 45. Those who have more than one first-degree relative who had prostate cancer at any age should consider beginning testing at age 40.