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# cancer CONNECTION

A FREE GUIDE FOR PREVENTION AND TREATMENT

## Introducing SIH Cancer Institute



Cancer is a complex disease, with countless combinations of types and stages that make every case unique. Nevertheless, most forms of cancer can—and should—be treated locally. Patients don’t have to travel to receive life-saving care, but in the past many southern Illinoisans have done just that.

In June, Southern Illinois Healthcare announced the official founding of the SIH Cancer Institute to address the need for patients to stay close to home during their illness.


their care—medical and radiation oncologists, surgeons, radiologists, pathologists, nurses and navigators—are collaborating closely to determine the best course of treatment based on national standards for care.

The Cancer Institute organizes SIH’s approach to cancer care to make it easier for patients to

For physicians, the SIH Cancer Institute helps unite cancer services and independent physicians into a larger clinical system to enable them to fulfill the needs of their patients more effectively. One way it accomplishes this is by providing better pathways to access a wide range of services, including a clinical trials manager here in southern Illinois.

find and receive the cancer service they need: prevention; early detection; diagnosis; treatment planning; treatment; support; end-of-life care; and survivorship.

For patients, the SIH Cancer Institute provides an assurance that the care they are receiving is well-coordinated, advanced and timely.

Jennifer Badiu, administrative director of the Cancer Institute, says that SIH is excited about these changes as the program constantly strives to meet the needs of local cancer patients. “You need your family; you need your friends. And... the caregivers need their friends and family, because it is very difficult for everybody. Not one person gets cancer—the entire family does,” said Badiu. 

Patients can be confident that when they choose to receive care through SIH Cancer Institute they will benefit from the latest technology—technology equal to that found in major metropolitan areas. They can also rest assured that the many specialists involved in





## Welcome to our new edition!

We all know or love someone who has been affected by cancer—and all of us at Southern Illinois Healthcare work hard every day to provide the highest standard of care locally, so that our patients can benefit from the comforts of home during their illness.

This summer saw exciting changes in the cancer program—the launch of SIH Cancer Institute, a new academic affiliation, and high-level accreditation of our Breast Center among them—and we are proud to share these advances with you in this double edition of Cancer Connections.

Our focus is to make quality, compassionate cancer care easily available to all patients and we hope you find the information here informative and helpful.

If you have questions about accessing cancer programs or services—we are here to help. Give us a call at 877-803-1212 and Cancer Institute personnel will be happy to address your questions.

Warm regards,

*Mary K. Rosenow, MD*

Mary Rosenow, MD

*Jennifer Badiu*

Jennifer Badiu, MHSA

## The Breast Center Receives National Accreditation

Three-year designation recognizes SIH's commitment to breast cancer care

Hundreds of thousands of women deal with a non-cancerous breast disease each year. Additionally, 192,370 patients will find out that they have invasive breast cancer, according to the American Cancer Society's estimates for 2009.


Diagnosing and treating these patients with accuracy, efficiency and compassion is a priority of The Breast Center. That is why the Center is pleased to have been granted a full accreditation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons.

NAPBC accreditation is given only to centers that have voluntarily committed to provide the highest level of quality breast care and undergo a rigorous performance review. To become accredited, the center must demonstrate fulfillment of the highest standards for treating women diagnosed with any breast disease.



### NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS

Receiving care at an NAPBC-accredited center ensures that a patient will have access to comprehensive care, including state-of-the-art technology; a multidisciplinary team of specialists who coordinate the best treatment options; information about ongoing clinical trials and new treatment options; and, most importantly, quality breast care close to home. The Breast Center joins a distinguished list of only 200 accredited centers in the U.S. and is the only such accredited facility in Illinois south of Springfield.

“The NAPBC accreditation recognizes the outstanding continuum of breast care given at the Breast Center,” said Mary Rosenow, M.D., medical director. “We are proud to be providing southern Illinois with the best.” 

# The BREAST center

## Coordinated Breast Program Expands

The Breast Center is well-known throughout the region for quality comprehensive care for breast health and cancer services.

Now, The Breast Center in Carbondale will serve as the hub for two new locations: The Breast Center of Herrin (formerly the Women's Diagnostic Center) and The Breast Center of Benton, a new screening facility opening October 4th, 2010.

These two new satellite facilities of The Breast Center will offer screening & diagnostic digital mammography. If further in-depth appointments are needed, patients will be fast-tracked through The Breast Center of Carbondale, where twenty-four hours from detection to diagnosis is a reality.

This coordinated care offers the most advanced digital mammography, highly-trained technicians and radiologists for breast imaging— closer to home for residents of Franklin and Williamson counties. The Breast Center of Benton is also proud to be the first digital mammography unit in Franklin County.

**October is National Breast Cancer Awareness Month**



**Schedule your mammogram:**

The Breast Center—Carbondale  
800-360-6902

The Breast Center—Herrin  
618-942-2171 ext. 35398

The Breast Center—Benton  
888-508-3192

## SIH and SIU Cancer Institutes Announce Affiliation



A new agreement between SIH Cancer Institute and Simmons Cancer Institute (SCI) at Southern Illinois University School of Medicine will enhance specialized cancer treatment for southern Illinois.

Benefits of the affiliation include the availability of advanced cancer care for those needing highly specialized surgery or treatment, provided in a coordinated system. When needed, SIH patients can receive care from SIU specialists in Springfield but will still have most of their treatments close to their home.


“This is the kind of partnership that can occur when two very strong institutions, dedicated to high-quality patient care and research, decide to share their resources. It will build on the valuable relationship that SIH already has with the SIU School of Medicine and the SIU Carbondale campus,” said Rex Budde, president and CEO of Southern Illinois Healthcare.

“We look forward to the expanded and efficient access to tertiary care that now will be available to those patients who can't be cared for locally. We also will benefit from the educational opportunities the affiliation provides our medical community and the development of peer-to-peer relationships with SIU specialists,” said Dr. Mary K. Rosenow, SIH Cancer Institute director. SIH currently has more than 700 new cancer cases each year with about 10 percent needing specialized consultation or treatment options not available in southern Illinois.

Rosenow added that the affiliation will help with recruitment of additional subspecialists who provide oncology services to southern Illinois because of the added incentives of academic appointments to the medical school and the collaboration opportunities with SIU.



SIU's Simmons Cancer Institute currently has 20 open clinical trials and its staff will help with the establishment of a clinical trials office at SIH. There are an additional 100 cancer trials available to SIU and SIH patients through other community oncology programs like Central Illinois Community Clinical Oncology Program (CCOP), most of which are National Cancer Institute sponsored. SCI also has basic and translational research underway on both SIU campuses. The 75 clinicians and researchers in Springfield and Carbondale who are SCI members have been awarded more than \$20 million in national multi-year grant funding as of 2010.

The two partners will work toward multidisciplinary consultation using videoconferenced meetings to discuss newly diagnosed patients. Other benefits of the affiliation include evidenced-based research, population science, genetic counseling and psycho-oncology programs such as meditation and relaxation. 




## Marion man, Tim Rodgers, named Cancer Star Survivor of the Year during fourth annual Survivor Day Celebration

Twenty years ago, Tim Rodgers was given only two weeks to live after a diagnosis of lymphoma and testicular cancer. Friends and relatives said their goodbyes, but giving up was not an option. Tim soon earned the nickname “Miracle Man” from the doctors when he regained his strength and made a full recovery.

Last year, Tim beat the odds again and became a two-time cancer survivor. Through these experiences, he has had an overwhelming desire to share his hope with others. In addition to counseling patients and their families, Tim tells his story to as many people as possible.

In June, Southern Illinois Healthcare Cancer Institute recognized Tim Rodgers as the 2010 Cancer Star Survivor of the Year. The Marion resident threw out the first pitch at Rent One Park as part of the Cancer Survivor Day celebration.

SIH's Cancer Star Survivors are those southern Illinoisans who have turned an exceptionally difficult situation into something positive. Past recipients include Nancy Schmidt of Carterville in 2009, Toni Eggemeyer of Murphysboro in 2008 and Richard Fitzgerrall of Marion in 2007. 



## Cover Feature!

Coping with Cancer magazine is written by and for the cancer community. It is published 6 times each year and read by more than 650,000 people as a source of knowledge, hope and inspiration. Coping is also a proud sponsor of National Cancer Survivors Day® (NCS D), providing official coverage of NCS D 2010 in cooperation with the National Cancer Survivors Day Foundation. The SIH Cancer Institute was pleased to have its Survivor Day celebration featured on this summer's cover. For more pictures, visit [www.copingmag.com](http://www.copingmag.com).



Other nominees for Star Survivor who were recognized before the game include:

- Marchetta Dewitt
- Judy Gotway
- Sheila Gaetz
- Maxine Snider
- Teri Isaacs
- Roxanne Pullum
- Deloris (Dee) Taylor
- Dave Graff
- Case Austin
- Liz Files
- Marilyn Smithpeters
- Linda Camp



**The 2010 National Survivor Day celebration** brought together more than 200 cancer survivors, their guests and the medical community to show life can be meaningful and productive after a cancer diagnosis. Cancer survivors and their families enjoyed a special picnic and recognized this year's nominees for Star Survivor before the Southern Illinois Miners battled the Windy City Thunderbolts.





On the 9th of every month, we remind you to do your monthly breast self-exam and then you call your buddy and remind her to do the same.

**Join today** and you and your buddy can begin receiving our monthly email reminder, plus a free Buddy Check 9 Toolkit with valuable breast health awareness tools.

To register, mail this form to SIH Cancer Institute, PO Box 3988, Carbondale, IL 62901 or sign up online at [www.sih.net/buddycheck](http://www.sih.net/buddycheck).

### Your Information

Your Last Name		Your First Name	
Address			
City, State, Zip			
County	Phone	Date of Birth	
Place of Employment or Student			
E-mail address			

### Your Buddy's Information

Last Name		First Name	
Address			
City, State, Zip			
County	Phone	Date of Birth	
Place of Employment or Student			
E-mail address			



**YES! Please mail this free quarterly publication directly to me.**

Mail this form to SIH Cancer Institute, PO Box 3988, Carbondale, IL 62901 or sign up at [www.sih.net](http://www.sih.net) and go to the "Request Information" section.

Last Name		First Name	
Address			
City, State, Zip			
County	Phone	Date of Birth	
Place of Employment or Student			
E-mail address			

## RECIPE

### Ginger-Carrot Soup



The American Cancer Society recommends 5 or more servings of fruits and vegetables a day to help prevent cancer. This easy, low-calorie soup is perfect for cooler weather.

#### Ingredients

- 2 Tbsp. cooking oil
- 3 cups thinly sliced onion
- 2 Tbsp. sugar
- 1/8 tsp. freshly ground black pepper
- 2 Tbsp. grated fresh ginger
- 8 carrots (about 1-1/4 lb.)
- 1 sweet potato
- 6 cups chicken broth
- 1 cup light cream

#### Directions

**1.** For caramelized onions, in a large skillet heat oil over medium heat. Add sliced onion, sugar, and pepper; reduce heat to low and cook, covered, for 30 minutes, stirring twice. Add ginger. Cook, uncovered, 20 to 30 minutes more or until onion is golden brown, stirring occasionally. Divide in half.

**2.** Meanwhile, peel carrots and sweet potato and cut in 1-inch pieces. In large saucepan or Dutch oven combine broth, carrots, and sweet potato. Bring to boiling; reduce heat. Simmer, covered, 40 minutes or until vegetables are very tender. Add half of the caramelized onions. Puree until nearly smooth with handheld blender or process 2 cups at a time in a food processor. Add cream; heat through. Season to taste with salt and ground black pepper. Top with remaining caramelized onions. Makes 12 (3/4-cup) side-dish servings.

#### NUTRITION FACTS

Servings Per Recipe: 6 (1/2-cup) servings. Calories 105, Total Fat 5g, Saturated Fat 2g, Cholesterol 9mg, Sodium 524mg, Carbohydrate 13g, Total Sugar 7g. Percent Daily Values are based on a 2,000 calorie diet.

# Art Therapy



When Peggy Altmix was diagnosed with breast cancer in 2001, she went through several stages of dealing with the news.

Friends came over to her house to talk and offer support through the difficult time, and although Peggy appreciated the encouragement, she mostly just felt numb.

“At that point you don’t really hear anything,” Peggy said. “You kind of just sit there and nod. You can’t take anything else in. It takes awhile to get through that point. There’s a process.”

Fortunately, Peggy has been cancer free since her radiation treatment with Dr. George Kao in April 2001. But during that difficult period, she learned that one of the most important ways she could cope with her cancer diagnosis was through art.

While Peggy was growing up, her father, a carpenter, taught her to cut and shape wood. This skill came in handy for her first creative endeavor—decorative art. One of her favorite subjects to carve and paint was Santa Claus, to whom she has dedicated almost an entire room of her house.


Peggy first started to take her talents seriously through the Little Egypt Art Association, where she took classes to develop her skills as a painter. Although art has always been a source of joy for Peggy, during her struggle with cancer it became much more. Art was an escape through the depression following diagnosis and the pain of treatment.

“It just takes you somewhere else,” Peggy said. “When I do it, I don’t really hear anyone, I don’t see anyone - I’m in my own little world.”

Donna Crow, patient navigator at the Breast Center in Carbondale said these types of hobbies and activities can be very therapeutic for cancer patients.

“Psychologically, a cancer diagnosis is difficult to deal with,” Crow said. “An artistic outlet is so helpful for patients to express their hurts and frustrations in a constructive way.”

These days, it’s commonplace for Peggy to have four projects going at a time, which can include commissioned paintings for friends and civic organization, as well as pieces for herself or her family.

“I really think my art was something that was so important during that time,” Peggy said. “It’s so much a part of my life and a reminder of hope.” 

An artistic outlet is so helpful for patients to express their hurts and frustrations in a constructive way.

A vibrant pink and green poster for a breast cancer awareness event. The text reads: "BE MY BRA UNITE 2 FIGHT! JOIN US IN A BREAST CANCER AWARENESS EFFORT ON Saturday, Oct. 2 1-2:30 p.m. AT UNIVERSITY MALL IN CARBONDALE. EVENT IS PART OF THE ULTIMATE WOMEN'S EXPO. REGISTRATION DEADLINE Friday Sept. 24". The poster features illustrations of four people (three women and one man) wearing pink ribbons. Logos for University Mall, Mediacom, Southern Illinois Healthcare, and the Student Health Center are at the bottom.

**BE MY BRA**  
**UNITE 2 FIGHT!**  
**JOIN US IN A BREAST CANCER AWARENESS EFFORT ON**  
**Saturday, Oct. 2**  
**1-2:30 p.m.**  
**AT UNIVERSITY MALL IN CARBONDALE.**  
**EVENT IS PART OF THE ULTIMATE WOMEN'S EXPO**  
**REGISTRATION DEADLINE**  
**Friday Sept. 24**

SIU students are putting their creative prowess towards designing the most outrageous, thought-provoking brassiere to convey their stand against breast cancer.

## Programs & Services

**Herrin Hospital Cancer Support Group** 3rd Wednesday of every month, Herrin Hospital Conference Room 1C, contact Colleen Schloemann, 618.942.2171 ext. 35357 or Brian Harrison, ext. 35644.

**Strong Survivors** is a 12-week program that will empower cancer patients and survivors at all treatment stages to make proactive choices about food and physical activity. Classes offered throughout the year. Contact Tonica Andersen at SIH, 618.457.5200 ext. 67133.

**Women With Hope** is a breast cancer support group that meets at The Breast Center in Carbondale. Patients, families and friends welcome. Contact Donna Crow RN, CBCN at SIH, 618.521.3915.

**Breast Self Exam Training** 2 hour class taught by Donna Crow RN, CBCN, Breast Health Patient Navigator. Next Dates: Register with Valerie Baker at 618.457.5200 ext. 67128. Limit 8 per class.

**Memorial Hospital Cancer Center Van Transportation** is an SIH service that can provide rides for cancer patients to their radiation treatments in Carbondale or Marion and then home again. Contact either Memorial Hospital Cancer Center, in Carbondale, 618.549.0721 ext. 65700, or in Marion, 618.997.6695.

**American Cancer Society: Look Good, Feel Better Program** Women learn about makeup techniques, skin care, nail care and options related to hair loss such as wigs, turbans and scarves. Call Deb Newbolds for session dates and times at 618.549.0721 ext. 65616 or the local American Cancer Society office at 618.998.9898.

**Ostomy Support Group** For anyone with a colostomy, urostomy or ileostomy and their caregivers. The meetings will be at Herrin Hospital on the 2nd Thursday of each month in Conference Room 1C from 3-4 p.m. Registration preferred but not necessary. Contact Amy Stout, 618.942.2171 ext. 35257.

**Clinical Trials** If you are interested in participating in a clinical trial to help further cancer research, talk to your physician or contact the Clinical Trials Research Nurse at the Clinical Trials Office, 618-457-5200 ext. 67133.



For the following services contact your local American Cancer Society at 618.998.9898 and select option 3.

**Reach to Recovery**  
One-on-one support system where patients are paired with a breast cancer survivor.

**Road to Recovery**  
provides transportation for cancer patients to their treatments and home again.

# cancer CONNECTION

Southern Illinois Healthcare

1239 E. Main Street

PO Box 3988

Carbondale, IL 62901

Call Toll Free for  
Cancer Navigation  
877-803-1212