

ILLINOIS CANCERCARE

Free Patient Newsletter

September/October 2010 | Issue 5



ILLINOIS
CANCERCARE, P.C.

Specializing in Cancer and Blood Disorders



ARTICLES INSIDE

Ultra-low Temperature Freezer Making a Difference for our PatientsPage 4

Learn more about the impact our ultra-low temperature freezer is helping Illinois CancerCare with clinical trials she started giving back.

Illinois CancerCare PET/CT Scanner: the Latest Technology Available Right HerePage 7

Find out about the latest technology helping our patients right here at Illinois CancerCare.

A Note from the Illinois CancerCare Foundation Director, Kollet Koulianos Page 9

Our name has changed but our mission is still the same. Find out what the Illinois CancerCare Foundation is doing.

Why I Work Here: Pam Vermeil



*You've all seen her smiling face as you have entered the doors.
Read about why Pam works here on page 12.*



ILLINOIS
CANCERCARE, P.C.

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ILLINOIS CANCERCARE
foundation

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www.illinoiscancer.com

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OUR MISSION

To provide comprehensive, compassionate care that enhances the lives of patients and their families

OUR VALUES

- Patients first
- Treat others with respect and compassion
- Open and timely communication
- Commitment to research
- Invest in personal and professional development
- Take ownership in our practice
- Positive attitude



We Say Thanks to Our Relief Retail Pharmacists!

By Michele Rice, PharmD, Director of Pharmacy Services

Here at Illinois CancerCare Pharmacy, you may have been aware that we have had some recent staffing changes. In fact, we have hired a new permanent pharmacist that has just started. Watch for a full article about him in the next issue of this newsletter. The transition period has been a challenge for our staff, as we have searched for just the right person for this important function. I thought I would tell you a little bit about the relief pharmacists who have helped out the most during this difficult transition.

In a small pharmacy, the relief pharmacist plays a very important role. This allows the regular pharmacist to attend continuing education or professional association meetings, take vacation, or even schedule necessary personal medical care. In specialty pharmacy, that role is even more critical, since the products and services offered are, by nature, specific to that environment. In a regular chain or neighborhood store, an agency pharmacist can be called to provide temporary services during a time of shortage. However, a specialty pharmacy like Illinois CancerCare requires an expertise in oncology medications and a familiarity with the care of cancer patients that most pharmacists do not acquire in the course of their careers.

That is why our relief pharmacists have become so valuable to us. Jamie Chu, PharmD and Naziya Jaffer, PharmD have worked many extra hours to help cover the retail pharmacy recently. They have taken the time and the effort to understand oncology medications and cancer patients. Even though they only work here a few days a week, they care about our patients the same way that full time employees of Illinois CancerCare do. When our full-time pharmacist starts,

and Jamie and Naziya are only here a few days a month, they will still put the same knowledge, attention to detail, and caring into their work that they do today. Please join me in thanking Jamie and Naziya for being a part of our pharmacy team.



Jamie (right) has been a pharmacist for over 15 years and says Nancy Roberts (left), Pharmacy Technician, is one of the best and has been a blessing during the transition period.



Naziya Jaffer, PharmD, attended the Ernest Mario School of Pharmacy at Rutgers University (New Jersey).

Ultra-low Temperature Freezer Making a Difference for our Patients

"Illinois CancerCare is cutting edge in research and technology while still providing an intimate setting for patients. For over 30 years, the physicians of Illinois CancerCare have embraced research. They have made clinical cancer research a very important part of this practice," says Nancy Williams, Pharmaceuticals Trial Coordinator at Illinois CancerCare.

To participate in clinical cancer research trials, there is a stringent set of criteria. Some of the main criteria include a pharmacy with a pharmacist who has research experience, the space to keep commercial drugs separate from research drugs and a freezer to store the tissue samples, tumor blocks and blood samples necessary for studies. Additionally, an on-site PET/CT scanner and lab for quick testing of blood samples, make a location even more desirable for trials.

When most of us think of a freezer we think of our home freezer filled with ice cubes and food. This freezer is a technical piece of equipment needed to participate in cutting edge research studies. Although Illinois CancerCare had a freezer to store some of the necessary samples, without an ultra-low temperature freezer (minus 70 degrees or below) the research department found they had to decline participation in some research studies because of the inability to store samples as required by some research protocols. The Illinois CancerCare Foundation saw the need and provided the necessary funding to purchase an ultra-low temperature freezer to make studies possible knowing that ultimately it would help our patients.

What has happened in the year since the ultra-low temperature freezer was purchased? "In the first year, we've been able to open up 15 new clinical cancer research trials because we have the freezer," said Nancy. "Truly, all studies have benefited because we are able to keep more samples at a time and in a

more consistent environment."

The stored samples also allow for more targeted treatments for each patient. Research now allows for physicians and researchers to create a very specific treatment plan by looking at a patient's genetic makeup, Nancy explains. These studies not only provide another option for the patients enrolled in these studies, but also provide hope for future patients who will benefit from the results of these studies.

Here is one example of how we benefited from the ultra-low temperature freezer. Illinois CancerCare was selected as a site for a pancreatic cancer research study (one of the first 20 sites in the nation and the first in Illinois to participate in this study) offering hope to those afflicted with pancreatic cancer, which is one of the few cancers for which survival has not improved substantially over the past 30 years. "We would not have been selected without the ultra-low temperature freezer," Nancy said. There is currently seven stage IV pancreatic cancer patients at Illinois CancerCare enrolled in this study. One of those patients, a 40 year old woman who was told by her physician the study was her best option, is seeing positive results.

The physicians and staff of Illinois CancerCare and the Illinois CancerCare Foundation know that clinical cancer research is the ultimate hope for our patients. The ultra-low temperature freezer helps us make that hope possible.

The physicians and staff of Illinois CancerCare and the Illinois CancerCare Foundation know that clinical cancer research is the ultimate hope for our patients. The ultra-low temperature freezer helps us make that hope possible.

If you have participated in a clinical trial or given a donation to the Illinois CancerCare Foundation, we say thank you.

Managing Chemotherapy Side Effects

By Daniel Doddroe, PharmD Candidate, Southern Illinois University – Edwardsville

For many, the first thing that comes to mind with chemotherapy is side effects. Nausea, vomiting, hair loss, tiredness, appetite and weight changes, anemia, and nerve and kidney problems are just a few of the many side effects that can occur. These occur because chemotherapy drugs don't just kill the cancer cells; they affect healthy cells in your body as well. The side effects a patient experiences depend on many things including the type, amount, and duration of treatment as well as the patient's general health. Because of this, patients experience different side effects even when receiving the same type of chemotherapy. One important thing about chemotherapy to remember though is every patient doesn't experience every side effect, and some hardly get any.

Two of the most frequent and dreaded side effects are nausea and vomiting. There are antiemetic drugs that can prevent and/or control these side effects though. Often, patients must try a few of these to find one that works best. The good news is there's a larger variety of these medications than ever before.

Hair loss can be very upsetting; however, it will grow back. Sometimes it may take up to six months to occur though. Hair loss can occur on any part of the body, not just the head. Some important things you can do if hair loss occurs include: purchasing a wig, protecting your head with a hat, wig, or sunscreen, and informing family and friends about a possible change in appearance.

Weight gain or loss is another very common side effect for patients undergoing chemotherapy and should be managed with an individualized dietary plan. Some general important tips for those experiencing weight gain include: eating a balanced diet with fruits, vegetables, and whole grains,

limiting substances like alcohol, fat, and sugar, and performing a physician approved exercise program. A few general tips for those experiencing weight-loss include: eating smaller but more frequent meals as well as consuming foods high in protein such as: meat or fish, egg whites, lentils, and low-fat dairy products.

Patients who experience anemia may complain of tiredness, weakness, and/or dizziness. It is a common side effect of chemotherapy that occurs when patients have a low red blood cell count or the red blood cells can't carry enough oxygen throughout the body. Anemia is treatable. A simple change in your diet, an iron supplement, prescription drug, or combination of these may be prescribed by your doctor to improve anemia.

Nerve and kidney problems are also experienced by many receiving chemotherapy. Nerve problems include: pain, tingling, burning, and loss of sensation in the hands and feet. Neuropathy can become a lifelong problem, so, depending on the severity, your doctor may choose to switch to another chemotherapy drug. Signs and symptoms of kidney problems include: decrease in the amount of urine or frequency, blood in the urine, painful urination, and swelling in the legs and feet. These symptoms can often be treated with diet modification, prescription drugs, or both. Most side effects will go away once treatment is stopped, but some may take several months or longer. Remember, not all patients experience all the side effects of chemotherapy, and these side effects can be managed. Weighing the benefits versus the side effects of chemotherapy is part of the process when deciding on a regimen with your doctor.

**Daniel spent five weeks at Illinois CancerCare to complete an advanced clinical experience during June and July.*

Patient Photos Needed

Patient Photos Needed

ATTENTION Illinois CancerCare Patients

Effective Monday, September 13, 2010



Susie Smith
123 Smith Lane
Peoria, IL 61615
Physician: Dr. Michael Veeder



Susie Smith
234 Sunnyland Drive
Peoria, IL 61615
Physician: Dr. Gregory Gerstner

In response to upcoming insurance/governmental regulations we will be asking all of our patients to have their photos taken upon check-in.

Having these photos attached to your electronic medical records will provide safeguards for both the patients and staff.



Thank you in advance for your cooperation
Illinois CancerCare Physicians and Staff

Sudoku & Word Search

P	Q	H	O	W	R	I	A	C	O	R	N	T	Y	L
K	U	A	H	B	G	F	R	V	D	I	K	J	E	M
D	W	L	A	Q	S	O	S	E	L	P	P	A	L	K
Q	I	L	O	C	T	O	B	E	R	J	V	F	O	C
Z	X	O	F	T	I	T	K	U	J	E	G	X	B	L
O	R	W	Q	F	I	B	H	L	S	G	F	D	S	A
S	Z	E	C	V	B	A	N	M	Q	W	E	H	T	Y
E	O	E	O	P	J	L	J	Y	Y	R	F	A	L	L
P	R	N	H	W	U	L	A	S	B	I	P	R	N	A
T	F	U	A	I	O	M	P	Q	O	W	E	V	R	B
E	A	S	Y	F	G	H	P	J	N	L	I	E	P	O
M	Z	X	R	C	V	B	N	K	F	M	N	S	M	R
B	P	O	I	U	Y	T	R	E	I	W	Q	T	I	D
E	A	S	D	D	F	G	H	J	R	N	K	L	P	A
R	Z	X	E	V	B	N	M	L	E	J	H	G	F	Y
P	W	E	I	N	E	R	R	O	A	S	T	Y	A	T

	5			9				
2		9	8			6	3	
4			5			1	8	
7			9	3				
	1		6		5		9	
6		5		4				8
		2			8		6	3
	8	6			3			7
5								1

September
Labor Day

October
Hayride

Fall
Weiner Roast

Pumpkin
Harvest

Leaves
Apples

Bonfire
Football

Halloween
Acorn

PET/CT Scanner

PET/CT Scanner

Illinois CancerCare Pet CT Scanner Latest Technology Available Right Here....



Illinois CancerCare offers many testing and treatment options on-site for the convenience of our patients. The GE Discovery RX PET/CT scanner is just one of the progressive technologies offered at our Peoria facility.

What sets us apart isn't having these conveniences on-site, but the caliber of the equipment and the dedicated, compassionate staff that does.

In 2008 we installed the newest version of a PET/CT scanner available on the market. Our GE Discovery RX PET/CT scanner has a 16 slice CT unit with LYSO crystals for the PET unit which is still the very latest technology available, anywhere. These LYSO crystals make it possible to acquire world class images (just

ask GE, they used several of our studies at National level symposiums). The PET scanner does 2D, 3D and 4D scanning. 4D scanning offers a technology called "respiratory gating", which simply means that when you are in the scanner and you breathe, the unit can track and record these breathing cycles and create a set of motion images out of static, (still), pictures. This helps the radiologist during the reading process to understand the relationship between different organs of the body that have historically been difficult to assess due to the motion of the lungs and upper abdomen with breathing. In the past, two or more small tumors grouped together may have appeared to be a single larger tumor due to the blurring effect of the breathing motion over the time of the scan. The goal of this and these other new technologies is to help reduce or eliminate this problem, and for the patient this could change their course of treatment.

Having this technology available, coupled with the benefit of having one of the most experienced Radiologists available, we believe anywhere, to interpret the results, gives our patient's peace of mind. Dr. Carter Young is at the forefront in his field. He takes the needed time to review all prior scans that the Illinois CancerCare team collects and sends along with the new scans, to form his opinions, which ultimately helps to guide our medical oncologists in making treatment decisions.

Illinois CancerCare is committed to providing our patients with state of the art cancer care, because Cancer doesn't care who you are...But we do.

LUNG CANCER IS THE #1 KILLER OF BOTH MEN AND WOMEN AND WE'RE FIGHTING BACK.

**NOW ENROLLING:
PATIENTS WITH NON-SMALL CELL
LUNG CANCER WHOSE TUMORS
PRODUCE MAGE-A3**



PICTURED ABOVE, LEFT TO RIGHT:
Dr. Greg Gerstner, Dr. Dale Mueller, Dr. Sachdev Thomas,
Shannon Foiles, MSN, APN, CNS, & Dr. Richard Anderson

Illinois CancerCare, HeartCare Midwest & Peoria Surgical Group have teamed up in this Clinical Research Study for the treatment of Non-Small Cell Lung Cancer.

The MAGRIT Clinical Research Study is testing an experimental immunotherapy treatment for patients with Non-Small Cell Lung Cancer. The purpose of this study is to examine if the study treatment can delay or prevent recurrence of lung cancer.

MAIN INCLUSION CRITERIA

Patients with Non-Small Cell Lung Cancer may be considered for participation in the MAGRIT study if the following conditions are met:

- Patient is at least 18 years of age.
- Lung tumor has been removed recently by surgery.
- Tumor tested for MAGE-A3, and test show that MAGE-A3 is produced by the tumor cells.
- Patient not affected by other health problems defined in study protocol.

The MAGRIT study is a worldwide, double-blind, randomized, placebo-controlled Phase III trial of MAGE-A3 Antigen Specific Cancer Immunotherapeutic (ASCI) as adjuvant therapy in Non-Small Cell Lung Cancer (NSCLC).



*MAGE-A3 is a tumor-specific antigen present on 35-50% of NSCLC tumors **ASCIs are Investigational Compounds



Recipes from Sharon

Red pepper, tomato and chicken pilaf

This healthy revamp of a classic chicken pilaf stays true to its roots in simplicity and convenience. Using bottled roasted red peppers is a convenient, quick way to add extra flavor without adding extra time. Makes 6 servings

Ingredients

- 1 small onion, chopped
- 1 tablespoon extra-virgin oil
- 1 can (14.5 ounces) fat-free, reduced sodium chicken or vegetable broth
- 1 teaspoon paprika
- ½ teaspoon dried oregano
- ½ teaspoon freshly ground black pepper
- 1 jar (7 ounces) roasted red peppers, drained and chopped
- ¾ pound skinless, boneless chicken breast, cut into 1-inch pieces
- 1 bay leaf
- Salt (optional)
- ½ Cup frozen green peas
- 1 2/3 cups quick-cooking brown rice

Instructions

Preheat the oven to 375 degrees

In a 2-quart casserole dish, combine the rice, onion, oil, tomatoes, broth, paprika, Oregano, black pepper, roasted red peppers, chicken, bay leaf, and salt, if using. Stir, then cover and bake the casserole for 40 minutes. Stir in the peas and continue to bake, uncovered, for an additional 10 minutes, until All of the broth is absorbed. Remove the bay leaf and serve.

Nutrition Facts (Per serving): Calories: 229, Total Fat 4.G (less than 1.G saturated fat), Carbohydrates 32 G., Protein 17 G., Dietary Fiber 3 G., Sodium 441 MG.

Source: *the New American Plate Cookbook AICR*



Sharon Windsor

Sharon Windsor is a Registered Dietician for the Cancer Center for Healthy Living.

Word Search Puzzle Answers

P	Q	H	O	W	R	I	A	C	O	R	N	T	Y	L
K	U	A	H	B	G	F	R	V	D	I	K	J	E	M
D	W	L	A	Q	S	O	S	E	L	P	P	A	L	K
Q	I	L	O	C	T	O	B	E	R	J	V	F	O	C
Z	X	O	F	T	I	T	K	U	J	E	G	X	B	L
O	R	W	Q	F	I	B	H	L	S	G	F	D	S	A
S	Z	E	C	V	B	A	N	M	Q	W	E	H	T	Y
E	O	E	O	P	J	L	J	Y	Y	R	F	A	L	L
P	R	N	H	W	U	L	A	S	B	I	P	R	N	A
T	F	U	A	I	O	M	P	Q	O	W	E	V	R	B
E	A	S	Y	F	G	H	P	J	N	L	I	E	P	O
M	Z	X	R	C	V	B	N	K	F	M	N	S	M	R
B	P	O	I	U	Y	T	R	E	I	W	Q	T	I	D
E	A	S	D	D	F	G	H	J	R	N	K	L	P	A
R	Z	X	E	V	B	N	M	L	E	J	H	G	F	Y
P	W	E	I	N	E	R	R	O	A	S	T	Y	A	T

Sudoku Puzzle Answers

8	5	1	3	9	6	2	7	4
2	7	9	8	1	4	6	3	5
4	6	3	5	7	2	1	8	9
7	2	8	9	3	1	5	4	6
3	1	4	6	8	5	7	9	2
6	9	5	2	4	7	3	1	8
1	4	2	7	5	8	9	6	3
9	8	6	1	2	3	4	5	7
5	3	7	4	5	9	8	2	1

www.websudoku.com

Our Giving Community

Our Giving Community

ILLINOIS CANCERCARE FOUNDATION Message from the Director

OUR NAME HAS CHANGED, BUT OUR MISSION IS THE SAME.

Illinois CancerCare Foundation (Formerly Peoria Cancer Center Foundation) is working towards fulfilling its mission of "Making an impact in the lives of cancer patients in our community, while paving the way to a cure".

IT ALMOST SEEMS INEVITABLE, One way or another, cancer will enter into our lives, affecting us personally or someone we love. Being diagnosed with cancer is always emotionally devastating. But no longer is it always dire. With the progress made in the last 30 years through research, education and awareness, people are surviving in record numbers, living long, healthy and productive lives.

FOR THE FIRST TIME, CANCER DEATHS ARE ON THE DECLINE. Survival has increased from 30% in the early 1970's to 65% today. To what do we owe such progress? To the research initiatives of physicians at Illinois CancerCare and many others across the country—as well as the patients who've participated in scientific clinical cancer research trials.

KNOWLEDGE IS POWER. Along with research, the Illinois CancerCare Foundation believes in the powerful role education and awareness play in the fight against cancer. By understanding what early signs to look for, what foods and everyday materials contain carcinogens, what lifestyle changes to make...and to be aware of all the treatments and trials available should you or a loved one be diagnosed with the disease—can greatly increase one's chances for a positive outcome.

YOU SHOULD KNOW. All administrative, general and fundraising costs incurred by the Illinois CancerCare Foundation are generously being underwritten by the physicians of Illinois CancerCare, allowing funds to be used for our mission of "making an impact in the lives of cancer patients in our community, while paving the way to a cure.

UPCOMING EVENTS YOU CAN LOOK FORWARD TO. The Illinois CancerCare Foundation is being honored as the charity partner for the Women's Lifestyle Show being held Saturday, October 30, 2010. Long sleeved JUST BEAT IT



Kollet Koulianos

t-shirts will be available at participating locations throughout Illinois (See list on page 11). Cost is \$20 and once purchased can be used as your admission to the show. These t-shirts have become our mantra here at the Illinois CancerCare Foundation. They were designed by a local Bradley University student, Alex Kareotes (Junior) who is a graphic design major. Get your t-shirt and help us beat this disease!

The Bradley University Association of Resident Halls (ARH) is once again hosting their Breast Cancer awareness week October 24-30, 2010. They will be raising funds for the Illinois Cancer Care Foundation to be used for Breast Cancer Research. Last year their efforts resulted in raising \$16,000! These dedicated, hardworking kids are motivated to help put an end to this devastating disease and are driven by their passion to honor their President of the University, Joanne Glasser, who is a recent survivor.

Illinois CancerCare Foundation is holding its first major event entitled CUREageous. This event will be an outrageous one of a kind party that will help us on our outrageous mission to find a cure. The event is being held on Friday, November 5th, 2010 from 6:30 – 9:00 pm at the Par-a-Dice Hotel with multiple sources of entertainment and an after party featuring the band United Groove Theory.

As a precursor to the event you can purchase a CUREtini from several participating restaurants/bars. Collect all 4 CURE glass charms and help support a great cause! For more information ask to speak to Kollet or Lauren from the Foundation office or log onto www.illinoiscancer.com/ cure

Until there are cures, we will continue to fight this disease with your support. Together we can and will win!

Kollet Koulianos, MBA
Executive Director

Our Giving Community

Our Giving Community

Outrageously **CURE**ageous

We Are On An Outrageous Mission To Find A CURE

All Proceeds will directly support clinical
research and education provided by



Join Us for a Party You Won't Want to Miss that Will
Honor Docs that Rock in the Field of Research

Friday, November 5, 2010 • Par-A-Dice Hotel
6:30 pm – 9 pm • After Party 9 pm – Midnight
Tickets – \$100 each or \$175/couple • After Party only – \$35 each

For tickets or more information,
visit www.illinoiscancer.com/cure
or call (309) 243-3320

After Party Band
United Groove Theory

Our Giving Community



*We're On an Outrageous Mission to Find a Cure!
Here's How You Can Help.*

In conjunction with CUREageous, the Illinois CancerCare Foundation is offering the opportunity to recognize your healthcare provider and team, acknowledge your caregiver, honor a loved one or support your survivor. All proceeds benefit the Illinois CancerCare Foundation.

Be a part of our program book by becoming a Whiz Kid (\$25-49), Hot Shot (\$50-\$99) and Superstar (\$100+). Names of Whiz Kids and Hot Shots will be listed in the program book. Superstars have the opportunity to write a message of up to 50 words (250 characters).

For an online donation form or a printable form, visit our website at www.illinoiscancer.com/cure and click on the "Wanna Be a Whiz Kid, Hot Shot or Superstar?" link.

Program books will be available at the CUREageous event on Friday, November 5th. Can't make

the party? Copies will be made available at the Peoria Cancer Center and online after the event.

Check out our some of our Superstar samples:

*To all the nurses in Pod D,
You guys Rock! You almost make it fun to come in here.
Thanks for all you do to make this bearable.*

Lance Armstrong

*George,
I can't imagine facing this without all
the support you have given me. You
are my rock and I love you very much.
Cher*

CALLING ALL CENTRAL ILLINOIS WOMEN!

Are you planning to attend this year's Women's Lifestyle Show? If so, consider attending with a mission in mind!!

The **Illinois CancerCare Foundation** has a mission of *Making an impact in the lives of cancer patients in our community*, while paving the way to a cure. All monies raised stay local and are used to fund cancer research, education, awareness and support for those touched by cancer.

You can continue to attend central Illinois' premier event for women, The Women's Lifestyle Show, while helping those who are afflicted with cancer right here in our community!

Just pick up your long sleeved JUST BEAT IT t-shirt at participating businesses for \$20 and the shirt will be your ticket into the show and the proceeds will benefit the Illinois CancerCare Foundation to support those who are touched by cancer in our community.

Help the Illinois CancerCare Foundation and Women's Lifestyle Show Beat This Disease!!

Pick up your shirts at one of the following locations:

- Peoria Cancer Center
- One World
- Basta Eastport—East Peoria & Basta O'Neil's—Washington
- HyVee



Our Giving Community

Our Giving Community



The Couch for the Cause volunteers pose on the couch before the Peoria Chiefs game begins.

Lori Brooks, Couch for the Cause photographer, takes a break from setting up her booth at the Peoria Chiefs game to kick off her second year of Couch for the Cause. The Peoria Chiefs players posed on the couch before the game and there was a balloon release before the game to recognize all cancers.



Illinois CancerCare employees, Sarah Kettler and Ronda Lambin, were the first two Care Champions recognized. They received their Care Champion pins at a Nurses/MOA meeting and the Illinois CancerCare Foundation received a generous gift to honor their outstanding efforts!

Why I Work Here – Pam Vermeil

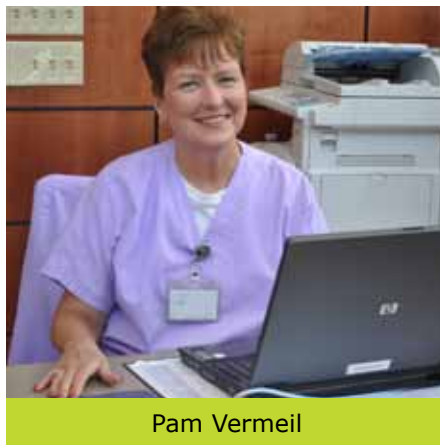
We all have a story to tell. Everybody has a reason for why they work at Illinois CancerCare – many of those stories includes a battle with cancer of a family member, close friend or even themselves. This recurring feature will tell the stories of the Illinois CancerCare staff and why they work here.

Name: Pam Vermeil
Position: Receptionist
Years at Illinois CancerCare: 9

You've all seen her smiling face as you have entered the doors. Pam started at Illinois CancerCare working in the scheduling area. When the practice moved in 2004 to the current building, Pam began working exclusively as a front desk receptionist.

Everyday Pam greets the patients when they arrive, gets the details of their visit, and ensures our patients get to the right place for their scheduled appointments. She makes sure the beginning of each patients visit goes smoothly. Pam says she enjoys working directly with our patients and likes the interactions she has with each one. As Pam puts it, "I get to know them better and get to see their progress."

Before working at Illinois CancerCare, Pam worked at Proctor Hospital for 27 years. In 1999, while still



Pam Vermeil

at Proctor, Pam was diagnosed with carcinoma in situ, a type of breast cancer. It was found during a routine mammogram. After a lumpectomy, Pam was told she would not need chemotherapy. Pam says, "I tell everyone how important it is to get your yearly mammogram. I wouldn't be here today if I hadn't gotten mine. Early detection and self examination is the key."

At her appointments, she noticed how efficient and kind the staff was. Pam says, "I began working here because I thought it would be an interesting place to work. I felt blessed to have the diagnosis I did which gave me the time to do it." Pam knows her experience as a patient at Illinois CancerCare has helped her in her work. She says when people

come through our doors her goal is to be compassionate, patient and friendly. "I've been on the other side of the desk and you are terrified; you don't hear half of what is said to you."

"There are a lot of people to admire who walk through our doors," says Pam, "They display strength and courage when I know they don't have any. When I see that, I realize some problems in our day to day living aren't really problems at all."

When asked about what advice she gives patients, Pam says, "Never give up hope – that's all you really have."

Retail Pharmacy

Retail Pharmacy

Illinois CancerCare Pharmacy Services

The Illinois CancerCare Peoria facility has a full retail pharmacy on-site, to manage all of your prescription (as well as some of the more common over the counter) needs.

Illinois CancerCare Pharmacy – The Right Choice for our Patients

Dr. Michelle Rice, PharmD, BCOP Director of the Illinois CancerCare Pharmacy Services, specializes in cancer and blood disorder drugs.

As a cancer or blood disorder patient the last thing you should have to worry about is the safety and interactions of your medications while on treatment. You can be certain that Dr. Michele Rice has the needed qualifications, along with her entire pharmacy team, to see that all of your prescriptions are managed and dosed properly.

When it's Something as Important as Your Cancer Care, We Invest the Time...

The Illinois CancerCare Pharmacy is reserved for use by our patients only, allowing the pharmacy staff the needed time to check and double check the prescriptions for dosing requirements, scheduling and drug interactions that chain store pharmacists don't have the daily working experience with nor the time to research drugs that they don't often fill prescriptions for.

The Illinois CancerCare pharmacy is open during regular clinic hours and stocks many of the hard-to-find cancer and blood disorder medications. Cash prices are comparable to the leading chain pharmacies and we accept most prescription insurance plans..

In addition to the on-site pharmacy, patients can order medication refills online. Just log in to our secure refill server and fill out the refill order form. Our pharmacist will send you an email when your request has been filled and is ready for pickup. Delivery service is also available in the Peoria/Dunlap area during the center's normal business hours or your medications can be sent by FedEx directly to your home.

You can speak with Dr. Rice and her team about any questions or concerns you may have at any time by visiting the pharmacy counter, calling (309)243-3404 or submitting an online question via the www.illinoiscancercare.com contact us page on our website.



Dr. Michelle Rice, PharmD, BCOP, director of Pharmacy Services, specializes in Cancer and Blood Disorder medications. She brings the unique understanding of how our patients specific treatments interact with the medications they may be taking. A committed professional focused on providing the finest patient care possible and helping you win the fight against cancer and blood disease.



8940 N. Wood Sage Road | Peoria, IL 61615 | 309.243.3000 | 1.866.662.6564
www.illinoiscancercare.com

Calendar of Events

Calendar of Events

September 2010

September is Gynecologic cancer, Prostate cancer, Ovarian Cancer and Leukemia and Lymphoma Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 am – Online Support Group 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	2 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	3 9 am – Living Strong 10 am – Coping with Cancer Support Group	4
5	6	7 9 am - Gentle Aerobics with Beth	8 10:00 am – Online Support Group 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 5:30 pm – Beyond Cancer 6:30 pm – Beginner Tai Ji	9 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 4:00 pm – Cancer Basics 6:15 pm – Yoga with Lisa	10 9 am – Living Strong with Beth 10 am – Coping with Cancer Support Group	11
12	13 5:00 pm – Breath of Joy Yoga 6:30 pm – Tai Ji	14 9 am - Gentle Aerobics with Beth 6 pm - Stretch & Tone	15 10:00 am – Online Support Group 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	16 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa All Day – American Red Cross Platelet Apheresis Program	17 9 am – Living Strong with Beth 10 am – Coping with Cancer Support Group	18
19	20 4:00 pm – Look Good, Feel Better 5:00 pm - Breath of Joy Yoga 6:00 pm - Kids Connected 6:30 pm – Tai Ji	21 9 am - Gentle Aerobics with Beth	22 10 am – Online Support Group 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	23 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	24 9 am – Living Strong 10 am – Coping with Cancer Support Group	25
26	27 5:00 pm - Breath of Joy Yoga 6:30 pm – Tai Ji	28 9:00 am – Gentle Aerobics 6:00 pm – Stretch & Tone 6:00 pm – Healing Touch Workshop	29 10:00 am – Online Support Group 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	30 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa		

October 2010

October is Breast Cancer Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 am – Living Strong 10:00 am – Coping with Cancer Support Group	2
3	4 5:00 pm – Breath of Joy Yoga 6:00 pm – Kids Connected 6:30 pm – Tai Ji	5 9:00 am - Gentle Aerobics with Beth	6 10:00 am – Online Support Group 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	7 9:00 am – Yoga with Heidi 1:00 pm – Online Caregiver Support Group 4:00 pm – Cancer Basics 6:15 pm – Yoga with Lisa	8 9:00 am – Living Strong 10:00 am – Coping with Cancer Support Group	9
10	11 5:00 pm - Breath of Joy Yoga 6:30 pm – Tai Ji	12 9:00 am - Gentle Aerobics 6 pm - Stretch & Tone	13 10:00 am – Online Support Group 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 5:30 pm – Beyond Cancer 6:30 pm – Beginner Tai Ji	14 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	15 9:00 am – Living Strong 10:00 am – Coping with Cancer Support Group	16
17	18 1:00 pm – Look Good... Feel Better 5:00 pm – Breath of Joy Yoga with Lisa 6:00 pm – Kids Connected 6:30 pm – Tai Ji	19 9:00 am - Gentle Aerobics with Beth	20 10:00 am – Online Support Group 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	21 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	22 9:00 am – Living Strong 10:00 am – Coping with Cancer Support Group	23
24	25 5:00 pm - Breath of Joy Yoga 6:30 pm – Tai Ji	26 9:00 am - Gentle Aerobics 6:00 pm - Stretch & Tone	27 10:00 am – Online Support Group 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 5:30 pm – Reflexology Workshop 6:30 pm – Beginner Tai Ji	28 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	29 9:00 am – Living Strong 10:00 am – Coping with Cancer Support Group	30

Illinois CancerCare Social Services

Calendar of Events Descriptions

A description for each group and service are listed below.

For Cancer Center for Healthy Living (CCHL) programs, pre-registration is required. Please call 309-693-8139 to pre-register.

Support Group Information

Living & Coping with Cancer Support Group (CCHL/ACS) – A gathering of cancer survivors and their caregivers who discuss issues and concerns that come up from a cancer diagnosis and its impact on daily life.

Online Support Group (CCHL) – Join this group from the comfort of your own home. To register, call Debra at 309-243-3461.

Beyond Cancer Support Group – Held every 2nd Wednesday of every month from 5:30 – 7 pm. Please call Tenile Oderwald at 683-5324 for information.

Healthy Living Classes

All classes below are open to the general public with a \$5 per class fee unless specifically noted. All classes below are free to cancer survivors. Classes are located at the Cancer Center for Healthy Living office at 5215 N. Knoxville in the Hult Health Education building unless noted otherwise.

Yoga with Jean or Lisa – open to all yoga levels.

Yoga with Heidi – Class for beginners. Call Heidi at 309-692-8484 to register. Location: Joy Miller & Associates conference room at 7617 Villa Wood Lane

Breath of Joy Yoga with Lisa – Open to breast cancer patients and survivors only

Living Strong with Beth – strength training

Beginner Tai Ji – Led by Cara Murdoch

Gentle Aerobic s with Beth – Gentle exercise Club.

Special Programs

Cancer Basics 101 (ACS/CCHL) – This workshop is for those newly diagnosed with cancer and their caregivers and includes details about what cancer is, origins of chemotherapy and radiation, emotional and nutritional guidance and resources to help pay for treatment. The workshop is held free of charge at Illinois CancerCare in the Classroom.

Kids Connected – This support program is for children ages 5-18 whose parent, grandparent or caregiver has or had any type of cancer. Facilitated by professionals, this program provides them the chance to share their feelings, gain strength from one another and learn more about cancer in age-appropriate groups. Accompanying adults are welcome to join for dinner at 6 pm and can stay and visit or join their own adult support group. To participate, call 309-589-1800.

Look Good...Feel Better (ACS) – This seminar pairs licensed volunteer cosmetologists with cancer patients to teach them techniques to deal with issues such as hair loss and skin changes and helps to restore appearance and self-image during treatments. There is no charge to attend and patients will receive FREE cosmetics. Patients may bring a friend or relative to the session (they are able to participate but will not receive free make-up). All sessions are held at Illinois CancerCare. To register, call Catherine at 309-243-3635.

Reflexology Workshop (CCHL) – This hands-on workshop with Becky Cobb will show you how you can do reflexology yourself. You will learn how to relieve pain and nausea, decrease stress and improve circulation.

Healing Touch Workshop (CCHL) – Healing Touch is a relaxing, nurturing energy therapy. Becky Daily, Certified Healing Touch Practitioner, will be giving a program explaining the energy work of Healing Touch. A power point presentation along with a Healing Touch demonstration will be shared. Audience participation is encouraged.

American Red Cross Platelet Apheresis Program - During a platelet apheresis donation, blood is drawn into a machine which separates the platelets from the rest of the blood. The platelets are collected in a donation bag, while the rest of the blood is returned to the donor. Platelet donation helps, most especially, cancer patients, organ transplant patients and burn patients. The platelet collections are by appointment only. If you are interested in making a platelet donation or would like more information, please contact the American Red Cross tele-recruiter, Jennell, at 309-636-4281.

I would like more information about the following services:

ACS = American Cancer Society
CCHL = Cancer Center for Healthy Living

- Help for children coping with a parent who has cancer (Kids Connected)
- Individual counseling for the patient, family members, or caregivers (CCHL)
- Healthy Living classes (yoga, gentle aerobics, Tai Ji) (CCHL)
- Cancer Basics 101 class (ACS/CCHL)
- Financial assistance for treatment, medications, or medical supplies (ACS)
- Lifeline® Home Emergency Response System (monthly service fee) (ACS)
- Look Good, Feel Better® (ACS)
- Meal resources/home delivered meal programs (fee may be required) (ACS)
- Homemaker services, such as household cleaning, errands, general assistance (per service fees apply) (ACS)

Social services form for patients

- Support Networking groups (CCHL)
- Massage therapy for patients in treatment (\$30 fee/hr.) (CCHL)
- Nutritional counseling (CCHL)
- Living will/power of attorney directives (ACS)
- Transportation assistance for appointments (ACS)
- Wigs, hats, turban resources (ACS)
- Housing/lodging information (ACS)

More information on the reverse side

*All services are free unless otherwise noted.

Physicians



Physicians



Allen M. Vukov, M.D.



Rebecca Byler Dann, M.D.



Pankaj Kumar, M.D.



Paul A.S. Fishkin, M.D.



Francois J. Geoffroy, M.D.



Michael H. Veeder, M.D.



John W. Kugler, M.D.



Patrick L. Gomez, M.D.



James A. Knost, M.D.



Salvatore LoCoco, M.D.



Shawn Seibert, M.D.



Nguyet A. Le-Lindqwister, M.D.



Ken Hodel, M.D.



Sachdev P. Thomas, M.D.



Greg Gerstner, M.D.



Diane J. Prager, M.D.



Srinivas Jujjavarapu, M.D.

Illinois CancerCare Social Services

Illinois CancerCare is proud to partner with the Cancer Center for Healthy Living and the American Cancer Society to provide the services listed on the other side to our patients and their families.

Name: _____

Type of cancer: _____

Date of birth: _____

Today's date: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Would you like more information about or receive any of the following publications?

Clinical Cancer Research Trials

- Illinois CancerCare Treatments/Trends/Tomorrow magazine
- The Cancer Center for Healthy Living newsletter
- Illinois CancerCare monthly newsletter by e-mail
- No, not at the time

Information about programs & services on other side