ILLINOIS CANCERCARE

Free Patient Newsletter

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ILLINOIS CANCERCARE, P.C.

Specializing in Cancer and Blood Disorders

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Illinois CancerCare Volunteers Christmas Party

For the fifth year, Illinois CancerCare and Volunteer Coordinator, Laura Matus, held a Christmas party for all of the Illinois CancerCare volunteers as a way to thank them for their dedication throughout the year. Story and photos on page 7.

ILLINOIS CANCERCARE, P.C.
Specializing in Cancer and Blood Disorders

ILLINOIS CANCERCARE *foundation*

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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

Illinois CancerCare Retail Pharmacy Welcomes Jason Harlow

Jason Harlow, PharmD

In the fall of 2010, Jason Harlow, PharmD, joined the Illinois CancerCare team and the retail Pharmacy staff as the newest pharmacist. Jason joins Illinois CancerCare with a broad range of pharmacy experience and knowledge, which he enjoys passing onto patients. "My broad variety of pharmacy experience working in both the hospital setting and the home infusion setting helps me better understand IV meds," says Jason.

Before joining Illinois CancerCare, Jason began his pharmacy career working in retail pharmacy, upon his graduation from the University of Illinois College of Pharmacy with his Doctorate of Pharmacy (PharmD). Jason then worked at the OSF Home Infusion Pharmacy for over five years. He most recently worked at the Proctor Hospital Pharmacy for two years. Director of Pharmacy Services, Michele Rice, PharmD, BCOP, is excited about the addition of Jason to the staff. "With his prior experience, Jason has the ability to streamline the current processes as well as develop his skills as a clinical specialist in oral chemotherapy services." Jason enjoys the new challenges each position brings. "All of the positions I've had have the same core topic, but each one has some variation to what is needed so there is always a newness to the job."

Jason knew Illinois CancerCare was a great fit for him from the start. "At Illinois CancerCare, there is a patient's first attitude. The staff feels empowered to help the patients. I have been given the ability and flexibility to make sure patients have what they need to the best of my ability." He works hard to get the patients the medicine they need and communicate to them the necessary information to properly take their medication. "I don't know if people realize how unique that is," he points out. "For example, if a patient's co-pay is too high and they fill their prescriptions at a retail pharmacy, they have no options; but, at the pharmacy here, the staff will try to help the patient get medicine at a lower cost through patient assistance funds or co-pay assistance so they can still get what they need."

An important aspect of Jason's job is filling all prescriptions a patient needs not just the ones necessary for their treatments. "Our goal in having a full retail pharmacy has always been to provide value added services for all of our oral chemotherapy patients," says Michele. When Jason fills all prescriptions for a patient, he can see all of the disease states being treated and recognize if there will be any interactions with the different medications. If there are, Jason and the retail pharmacy staff work with patients to time out their medication correctly throughout the day. Jason and the staff can also communicate with the patient's primary care physician if needed or give the patient the tools to communicate with their physician if they feel comfortable.

"The patients of Illinois CancerCare will benefit from having two clinically-trained pharmacists working together to support the physicians and nurse practitioners in all aspects of pharmaceutical care," says Michele.

Jason and his wife DeeDee, have lived in Peoria for over 10 years. They have a son and two daughters ages 13, 10 and 8. When he is not working at the Illinois CancerCare Pharmacy, he is trying to keep up with his kids various activities.

"I like working at a place with a patients first attitude where I know all of the staff here feels it is a part of their job to help the patients get what they need."

If you have a chance, stop by the Illinois CancerCare Pharmacy to welcome Jason to the Illinois CancerCare team.

Investigator-Initiated Studies

By Marsha Kutter, CCRP, Research Business Administrator

Most of the clinical trials open at Illinois CancerCare (ILCC) are studies that are offered to the practice through our participation in various national cooperative groups or directly from pharmaceutical companies. These studies are already written, with the background and justification for the study laid out, with treatment regimens already defined as well as the parameters for modifying the drug doses, and the schedule for tests and evaluations are already defined. In other words these studies are ready to be activated once Illinois CancerCare decides we want the study for our patients and we obtain the required regulatory approval. However, since the summer of 2009, Illinois CancerCare has broadened its scope of available clinical trials through a means called investigator-initiated studies.

What are investigator-initiated studies? Through the course of treating patients and pursuing their continuing thirst for knowledge and means to help their patients, the physicians of Illinois CancerCare sometimes come up with ideas for treatments they would like to see studied. These ideas can be translated into investigator-initiated studies with the right combination of **initiative, cooperation, a source for the investigational drug, staff time, and funding.** It seems simple enough: come up with an interesting treatment approach in a disease that needs novel approaches and do it. Yet the actual process is very labor-intensive and requires a great deal of thought and attention to the details.

In the past Illinois CancerCare did not have the resources to even try to do investigator-initiated studies, but now, as part of her job duties, Nancy Williams of the research department is responsible for facilitating and helping bring to fruition the investigator-initiated studies the physicians of Illinois CancerCare want to pursue. In addition, the Illinois CancerCare Foundation has made it part of their mission to help with cancer research in this community and may provide funding support for investigator-initiated studies at ILCC.

Initiative – First the physician must come up with an idea for a study and make the time to write out the scientific and medical support for the treatment to help justify why the study should be done. This is not an easy task for physicians who are already very busy taking care of patients each and every day. Sometimes there are ideas that cannot be pursued simply because there is not time to develop the study concept, look up the required references to support the science, and get it all on paper in a research study format. Sometimes there simply are not enough hours in the day, but sometimes the idea persists and the time and initiative is found to begin the process of pursuing an investigator-initiated study.

Cooperation – Once a study concept is formed, the physician will work with Nancy and with the pharmaceutical company who manufactures the investigational agent the physician wants for the study. It is necessary to get "buy-in" from the pharmaceutical company because they may be able to provide not only the drug for the study, but also funding for study. Every pharmaceutical company has a medical science liaison who works with the physician and Nancy to help get approval for the concept for investigator-initiated study. The study also requires statistical input which is accomplished through a contractual arrangement with a statistician at The University of Illinois College of Medicine at Peoria. Cooperation among these groups is necessary for the study to proceed.

Source of investigational drug – Just because a pharmaceutical company approves the concept for the investigator-initiated study does not automatically means they will be willing or able to provide the study drug. Sometimes there are shortages in supply. Sometimes the company may be interested in the study but not interested enough to supply free drug. Obtaining a source of free drug for patients is critical to an investigator-initiated study. Resolving this issue often takes patience and persuasion.

Investigator-Initiated Studies (cont.)

By Marsha Kutter, CCRP, Research Business Administrator

Staff time – There are several detailed steps in the development of an investigator-initiated study before it can start enrolling patients. The entire protocol must be written and be consistent. A consent form document must be developed and written and include all Federally-required elements of a consent, which includes all known toxicities. The protocol must outline the background justifying the study, the objectives of the study (what are we trying to prove), the eligibility (what criteria must patients meet to enroll), the treatment plan (dosing, schedule, dose modifications, disease response criteria), and the statistical plan to determine if the treatment works. The pharmaceutical company supplying the study drug will, no doubt, have input on what they want to see included in the actual study document. The research staff proofreads the document for consistency, completeness, grammar and spelling. Data forms must be developed. The final version of the study must be presented to a local Board whose responsibility is to protect human subjects participating in clinical research. Once they approve the study and consent, the study can go for Federal approval.

Investigator-initiated studies must be approved by the Federal Food and Drug Administration (FDA). The FDA has regulatory documents which must be completed, often in triplicate, and they, too, have their input on what needs to be included in the study document. The FDA issues to the investigator and IND (investigational new drug) number for the specific study and the drugs used in it. The investigator becomes the holder of the IND. The investigator-initiated study cannot move forward without FDA approval.

Funding – Although listed last, the funding for a proposed investigator-initiated study must be secured as the study moves through the process of obtaining pharmaceutical, IRB and Federal approval. Sometimes the pharmaceutical company will offer partial funding, but sometimes all the pharmaceutical company can do is provide the study drug. Although this in itself is a generous offer from them, the study needs additional funding in order to proceed. There need to be funds for the non-routine tests and evaluations which may be required, funds to pay for the research staff as they oversee patient enrollment and study participation. The statistician will need to be paid for her work. **Fortunately, the Illinois CancerCare Foundation is available to offer grants to support investigator-initiated studies at Illinois CancerCare.**

Currently there are two investigator-initiated studies at Illinois CancerCare: ILCC#1 for 2nd line treatment for prostate cancer for men who have received prior therapy with an LHRH agonist and ILCC#2 for non-small cell lung cancer patients who have failed at least two prior chemotherapy regimens. Several more investigator-initiated studies are in development. Stay tuned.

Patient Service Advocates – We're Here for You.

You might have seen some of our staff walking around in navy t-shirts with green writing on the first Friday of each month, and wondered what that was all about.

They are the Illinois CancerCare Patient Service Advocates, and they are here for you.

The Patient Service Advocate program started after our quality assurance surveys showed there to be a need, and the physicians wanted to ensure our patients are heard. "The physicians also want this process to empower the Illinois CancerCare staff to work more proactively with our patients to address their needs", states Bridgette Heard, Director of Quality Assurance.

A group of staff representing all departments throughout Illinois CancerCare have been selected to serve on the Patient Service Advocate program. "The Patient Service Advocates worked together to create a training program which was rolled out to the entire staff which shared proven effective ways to provide patient service in the healthcare setting and how to handle potential issues effectively and in a timely fashion", Bridgette shared. Mark Bugaieski, Director of HR, shared that the advocates also helped create a system that gives them the opportunity to recognize their co-workers when they go above and beyond in providing excellent patient care, which ultimately helps with camaraderie.

On a quarterly basis, the entire Illinois CancerCare team is invited to attend lunch and learn sessions in an ongoing continuing education series aimed at providing our patients with an excellent patient service experience while under our care. The 31 Patient Service Advocates wear their shirts the first Friday of every month to show their support for the program and to give you an opportunity to see who they are. Feel free to address any needs, questions or concerns with them or dial the patient resource line at 309-243-3456.

"This program is a win-win for both patients and employees because it creates a positive cycle," says Mark, "We are here to serve our patients and this program gives our staff the needed tools to serve our patients better."

(l-r) Tricia Endres, Dawn Moore, Karen Smith, Bridgette Heard, Angela Price, Shellee Long, Jenny Reffett, Sharon Williams, Sarah Berberich, Becky Kunkel, Pam Gross and Jordan Maricle

(l-r) Gail Watson, Angie Earles, Pam Lind and Nicole Fehr

Not pictured: Amy Krus, Amy Fallings, Christy Carr, Debbie Bitner, Erica Grandy, Joy Muir, Kollet Koulianos, Lauren Obalil, Lisa Palmgren, Mark Bugaieski, Mary Bradford, Michelle Langdon, Pam Starnes, Toni Bowen and Tracy Anderson

Illinois CancerCare Volunteer Christmas Party

Service Pins Awarded

For the fifth year, Illinois CancerCare and Volunteer Coordinator, Laura Matus, held a Christmas party for all of the Illinois CancerCare volunteers as a way to thank them for their dedication throughout the year. The Classroom was decorated for the party and the volunteers enjoyed lunch and goodies along with special gifts. "They say the holidays are the season of giving and that's exactly what we do here for our fabulous volunteers, give back to them for all they do, " says Laura, "And I have so much fun doing it too."

All of the volunteers gather for a group picture as the festivities are wrapping up

The volunteers who have given of their time for 5, 6 and 7 years were recognized at the party.

7 Year Service Pin Recipients
Left to Right: Shirley Johnson, Chuck Johnson (seated in front), Barb Waters, Bonnie Lang, Mary Schuck and Joan Williamson

6 Year Service Pin Recipients
Bottom Row (l-r): Margaret Allison and Ginny Mills; Top Row: Gladys Carter and Ed Bradford; Not Pictured: Verna Clatt

5 Year Service Pin Recipients
(l-r) Mary Remmus and Gen DuBois

All of the volunteers picked out a gift and were able to "exchange" with someone else before all of the presents were opened.

Dr. Le-Lindqwister thanks the Illinois CancerCare volunteers for their many hours of service and their wonderful support of Illinois CancerCare and its staff.

The volunteers enjoy the food, friendship and gifts at the Annual Volunteers Christmas Party.

Health & Nutrition

Recipes from Sharon

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

Lemon-Spiked Chicken

This microwaved dish is even more simple than the list of directions makes it seem. The light lemon flavor and rich mushrooms mix to create a wonderful flavor. **Makes 6 servings**

Ingredients

6 chicken breast halves, skinned and boned
2 tablespoons plus 1 teaspoon butter, divided
1 ½ tablespoons all-purpose flour
½ teaspoon dried tarragon
½ teaspoon salt, optional
¼ pound fresh mushrooms, thinly sliced
¼ cup hot water
1 teaspoon instant chicken boullion
½ lemon, thinly sliced
3 cups cooked brown rice

Instructions

Cut each chicken breast half into 8 to 10-inch strips. Place 2 tablespoons butter into a 2-quart glass casserole and microwave on high for 1 minute. Add chicken, then sprinkle with flour tarragon and salt. Cover and microwave on high for 4 minutes, stirring in 1-minute intervals. Place remaining 1 teaspoon butter into a 1-quart glass casserole and microwave on high for 1 minute. Add mushrooms, tossing to mix. Microwave on high for 1 ½ minutes, stirring after 1 minute. Add to chicken. Combine hot water and bouillon in a small bowl and stir until dissolved. Pour mixture over chicken and arrange lemon slices on top. Microwave on high for 5 minutes or until chicken is tender. Serve over rice.

Nutrition Facts (Per serving)

Calories: 310 Total Fat 9.4 G. Cholesterol: 85.2 mg Protein 29.8 G. Dietary Fiber 2.2 G.

Source: Eating Well, Staying Well During and After Cancer

Soduku & Word Search

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

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

January
February
Twenty Eleven
Happy New Year
Resolutions
Noise Maker
Cupid
Love
Valentine's Day
Candy Hearts
Arrow
Snow
Super Bowl
Commercials

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. Michele 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 contact us page on our website.

Dr. Michele 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.

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Announcements

Provenge offers hope to advanced stage prostate cancer patients

Dr. Sachdev Thomas helped Illinois CancerCare secure a much sought after treatment for individuals suffering with advanced late stage prostate cancer. Illinois CancerCare is only the third sight in Illinois to be approved to offer the first ever vaccine treatment for cancer entitled ***Provenge.***

Prostate cancer is one of the most common cancers. Each year in the US, around 230,000 men are newly diagnosed with prostate cancer and 30,000 die of the disease.

A new form of immune therapy has shown a significant survival benefit in men who have metastatic androgen-independent prostate cancer, when compared to patients receiving placebo.

The treatment is called **Provenge** (APC8015), and Illinois CancerCare will be treating its first patient with Provenge in early February, 2011.

The caveat is that patients who qualify for treatment with **Provenge** must receive the treatment at our Ottawa facility only. Why?

The vaccine is produced from the patient's own cells and must be custom made for each patient individually. First, patients have their blood run through a machine (apheresis) for two or three hours in order to extract certain immune system cells, called antigen presenting cells (APCs). These cells must be sent to the pharmaceutical company and then mixed with a protein called prostatic acid phosphatase (PAP) that is commonly found on most prostate tumors. The PAP is fused with another immune-stimulating substance called GM-CSF.

Once the vaccine is mixed, it **must be able to be returned within a two hour period, and infused back in the patient,** hence the reason we must provide this treatment at our Ottawa facility only, since it is located within an hour of a major airport.

The basic science behind this first ever vaccine for cancer, **Provenge** is to alert the immune system that cells containing prostatic acid phosphatase, (i.e., prostate cancer cells) should now be attacked as if they were a foreign invader. This is exciting new ground and has opened new doors and provided hope to those who had none.

Salvatore J. LoCoco, MD

Dr. LoCoco, Gynecological Oncologist, joined the Illinois CancerCare team in early 2010. As both surgeon and medical treatment provider, Dr. LoCoco specializes in treating women with gynecological cancers here as well as serves as the chair of the Department of Obstetrics and Gynecology at the University Of Illinois College Of Medicine at Peoria.

Salvatore J. LoCoco, M.D.

Dr. LoCoco is an early adopter of robotic surgery in radical pelvic procedures for gynecologic cancers and has been instrumental in helping establish training guidelines for robotic surgery as a whole. In November 2010, he hosted a Continuing Medical Education (CME) accredited symposium on the use of robotic surgery for over 100 primary care physicians, nurse practitioners and nurses throughout central Illinois, in an effort to increase minimally invasive surgical rates for patients in the region to improve outcomes.

In September, Dr. LoCoco also hosted a symposium on cancer for the Texas Medical Association and was the guest editor for a CME accredited publication entitled Texas Medicine, which devoted the entire issue to covering the symposium on cancer.

Dr. Vukov rides again!

Dr. Allen Vukov of Illinois CancerCare, along with his wife Carol and Nurse Pam, hit the road on their Harley's again in a 500 mile motorcycle ride benefitting the kids of St. Jude! On September 19, 2010, 132 bikes left Peoria on a 3 day emotional journey which led them to St. Jude Hospital in Memphis Tennessee for a firsthand look at the facility, a chance to meet the kids that give them reason to keep fighting and a return trip to Peoria ready to do it all over again.

The Peoria to Memphis St. Jude Ride was co founded by Sheriff Mike McCoy and Brad Wiebler (Walter Brothers Harley Davidson) just 4 years ago and has grown from 19 riders to over 250 this year. Dr. Vukov has made the journey an annual commitment from the beginning marking his 4th ride, his wife made her 2nd journey and Pam, his nurse has made the trek on her bike for the 3rd time this year. Their purpose, along with the hundreds of others that joined in the procession as riders, passengers and those who tagged along in the motor coaches, was to join forces to raise money for kids touched with cancer.

And joined forces they did! Together, this year's group rose over $300,000 for the cause, with a combined total of nearly $900,000 over the previous 4 years. We are proud of the commitment Dr. Vukov, Carol and Pam have made by giving so much of their personal time to help with children afflicted with cancer.

Dr. Allen Vukov & his wife Carol

Pam Gross,
Illinois CancerCare nurse

Our Giving Community

ILLINOIS CANCERCARE FOUNDATION

Message from the Director

With 2010 behind us, it's important that we reflect on the year in review with regards to medical progress for the millions of people afflicted with cancer. With the passage of time and the blazing speed of change, it is hard to keep up with, but here's a sampling of the headlines that made the news in 2010:

- Combining Hormone Therapy and Radiation Therapy May Help Some Men With Prostate Cancer Live Longer….
- Drug Combination Increases Survival for Older People with Advanced Lung Cancer….
- Targeted Therapy Drug Slows Growth of Advanced Ovarian Cancer….
- ER, PR, and HER2 Status May Change in Breast Cancer Tumors That Have Spread….
- Dasatinib More Effective than Imatinib for People Newly Diagnosed With Chronic CML….
- Drug Improves Survival for Patients With Advanced Melanoma….
- New Drug Helps Manage Advanced Non-Small Cell Lung Cancer for Some Patients….
- Promising Screening Method for Ovarian Cancer Found….

Kollet Koulianos
Executive Director

As I was searching for these highlights, I was dreaming about what the headlines might read 50 years from today, in January 2061. This is what I envision them saying:

- Cancer is no longer life threatening....
- Cancer was a disease that.....

How do we get from here to there? The same way we got from then to now.

In the 1970's, when Illinois CancerCare opened, the average overall survival rate for cancer patients was approx 35%, today it is nearly 68%. This progress has been directly attributed to those physicians and researchers here at Illinois CancerCare and many others all around the world that dedicates their time and efforts to cancer research.

Just in the past couple of years, there has been monumental progress made and hopeful discoveries that have and will continue to lead physicians and researchers into new territory. Medical science is on the verge of tests that bring us closer to being able to look at the structure of cancer cells in patients and customize their individual treatments, rather than taking a global approach, in which failure rates have been clearly documented.

The Cancer Genome Project has allowed scientists and researchers to identify genes that are mutated and hence drive tumor development, which has been a central aim of cancer research since the advent of recombinant DNA technology. In layman's terms, they are using the human genome sequence as a way to identify genes critical in the development of human cancers.

Just this last week Johnson & Johnson and a handful of researchers from Boston, announced exciting news about a new test that can change the face of how physicians determine whether the current treatment protocols are effective in patients undergoing chemotherapy. Cancer patients with tumors, have cancer cells circulating in their blood stream, so inventors of this new test say it acts like a liquid biopsy, without the need for invasive tissue sampling. In the future, they hope it will offer a way to screen for cancer aside from the methods used now. But one of the immediate effects we could see as early as this year is doctors being able to monitor cell levels and adjust treatments for the best outcomes.

We are on the verge of breakthrough medicine to be sure. Now is not the time to cut back scientific clinical cancer research, but rather we should be doubling efforts. Unfortunately though, the government has continued to either cut or flat line the budget for cancer research.

So how do we get from here to the hopeful headlines I mention in 2061? We must continue to fund cancer research on a local, national and global level. The Illinois CancerCare Foundation mission is to make a difference in the lives of cancer patients in our communities, while paving the way to a cure. We accomplish this by funding clinical cancer research and education that is done right here in our community. In 2010 we funded in part or full 7 clinical trials being done by the physicians of Illinois CancerCare, (who were 1 of only 10 centers in the nation to be recognized by the American Society of Clinical Oncology (ASCO) in 2007 for their contributions to clinical research).

To continue on our mission, we need your support. Please consider making a tax deductible contribution to the Illinois CancerCare Foundation, where TOGETHER, WE CAN AND WILL MAKE A DIFFERENCE. www.illinoiscancer.com or call 309-243-3320

Our Giving Community

CUREageous

The first annual CUREageous event held on Friday, November 5th, 2010 and was a huge success with well over 350 people in attendance. The first six Rock Docs were honored along with a special award for our two original Rock Docs, Dr. Steve Cullinan and Dr. Jim Gerstner (Turn the page to read about our six Rock Docs).

Event attendees were treated to great food and dessert, including a candy bar, along with entertainment by DJ Craig Chladny and the band United Groove Theory as well as a magician, stilt walker, a photo booth and various dance groups from the area.

Over $125,000 was raised from the first CUREageous event benefiting Illinois CancerCare Foundation and will help us continue our Outrageous Mission to Find a CURE.

Thank you to all who donated, sponsored, attended and participated in CUREageous!

Save the Date for the second annual CUREageous on 11/11/11!

Many of the Illinois CancerCare physicians and their significant others take a break from the action of the evening to pose for a picture.

Back row (l-r): Dr. John Kugler, Dr. Francois Geoffroy, Dr. Allen Vukov, Dr. Shawn Seibert, Dr. Steve Cullinan, Dr. Jim Gerstner, Dr. Greg Gerstner, Dr. Paul Fishkin, Dr. Sachdev Thomas, Dr. Patrick Gomez and Dr. Jim Knost

Front row (l-r): Becky Kugler, Dr. Denise Flynn, Carol Vukov, Julie Seibert, Patty Brignadello, Jan Gerstner, Tara Gerstner, LaDona Fishkin, Suja George, Neva Gomez and Debbie Knost

Event attendees enjoy the CUREageous event while slides run of the Rock Doc winners.

We were on an Outrageous Mission to Find a Cure at CUREageous and the room's atmosphere reflected that.

Members of the Bradley University's Hipnotiq were one of the many performers during CUREageous. The evening also featured a stilt walker, magician, mad scientist serving test tube drinks and a photo booth.

Our Giving Community

Illinois CancerCare Foundation Congratulates the 2010 Rock Doc Winners

Illinois CancerCare Foundation honored 6 physicians with a prestigious Rock Doc award at their 2010 CUREageous event held on Friday November 5th.

The following physicians have been recognized for their commitment to moving patient care forward in the field of Research in each of their prospective fields of medicine.

Dr. Dennis Garwacki is a Neurologist, specializing in Multiple Sclerosis (MS) with the Illinois Neurological Institute, OSF Saint Francis Medical Center. He has been in practice for 41 years and throughout his career has worked tirelessly to bring those diagnosed with MS hope through his dedication to research and patient care. Dr. Garwacki's greatest accomplishment includes establishing the INI Multiple Sclerosis Center. As a Center of Excellence, INI MS Center offers all current treatments for MS, including an infusion center and an extensive outpatient rehabilitation facility. Multiple clinical research trials can offer qualified patients innovative treatment not otherwise available.

Dr. James Knost is a Medical Oncologist/Internist with Illinois CancerCare in Peoria and Peru. He has been practicing medicine for 32 years, 29 of which, he has been extensively involved in clinical cancer research. His involvement includes an expert appointment with the National Cancer Institute, as well as principal investigator and investigator initiated scientific clinical cancer researcher. Dr. Knost has recently opened an investigator initiated study for those who have failed first line prostate cancer treatment that is showing promise. Offering patients hope who have no other options is what drives Dr. Knost to keep fighting for better treatments and therapies and ultimately a cure.

Dr. John Kugler is a Medical Oncologist/Hematologist with Illinois CancerCare in Peoria, Bloomington and Eureka. He has been practicing medicine for over 30 years and throughout his entire career has been very actively involved in scientific clinical cancer research. Dr. Kugler is the principal investigator of the Illinois Oncology Research Association and Illinois CancerCare, which was recognized in 2007 as 1 of 10 in the country by the National Cancer Institute for its contribution to research. Dr. Kugler was one of the original members of the North Central Cancer Treatment Group (NCCTG) with the Mayo Clinic to bring clinical cancer research to the community level and he also established a FACT accredited bone marrow transplant program with Methodist Medical Center.

Our Giving Community

Dr. Robert Sparrow is a Nephrologist with Renal Care Associates. He has been practicing medicine for over 26 years and has been involved in research well before that. Dr. Sparrow participated in bench research during his Fellowship and has been involved with clinical research since entering practice in an effort to improve treatments of patients with renal diseases. The overall goal for Dr. Sparrow and his partners is the acquisition of new knowledge that will advance their understanding of kidney biology and the pathogenesis and treatment of renal disease.

Dr. Michael Tarantino is a Pediatric Hematologist and founder of the Bleeding and Clotting Disorder Institute (BCDI) located in Peoria Illinois with clinics throughout the region. Dr. Tarantino has been in practice for over 17 years and has been actively involved in research from his fellowship onward, giving over 21 years of his life to research of bleeding and clotting disorders. BCDI opened in April of 2010 and within 2 months Dr. Tarantino received federal recognition as a center of excellence for the care of persons with bleeding and clotting disorders. He has become recognized as a leader throughout the United States. Dr. Tarantino spends countless hours educating his peers across the nation and around the world.

Dr. Carter Young is a PET/CT and Nuclear Radiologist with Central Illinois Radiological Associates at Methodist Medical Center in Peoria. He has been practicing medicine for over 27 years and has been heavily involved in research for over 32 years. Dr. Young specializes in Oncologic (tumor) and Women's Imaging. Dr. Young is a funded investigator for the National Cancer Institute as well as for research grants from General Electric, Philips, and Siemens Medical Corporations for the use of PET scanning in cancer. He is also involved in research dealing with the role of diet in breast cancer. Dr. Young is renowned throughout the nation and around the world as he trains physicians on PET Scanning and speaks at local, national and international meetings.

CUREageous

We Are On An Outrageous Mission To Find A CURE

ILLINOIS CANCERCARE foundation

www.illinoiscancer.com/cure

Our Giving Community

Care Champions Recognized

Dr. Sachdev Thomas, Dr. Michael Veeder and the staff at the Ottawa Clinic were all recently recognized as Care Champions. Several patients recognized our staff for their outstanding care and consideration by making a donation to the Illinois CancerCare Foundation. In their honor, the Illinois CancerCare Foundation recognized each staff member and presented them with a Care Champion pin.

If you know a staff member at Illinois CancerCare that you would like to recognize as a Care Champion, you can contact the Illinois CancerCare Foundation at 309-243-3320 or fill out a Care Champion envelope located in waiting rooms, exam rooms and in the display in the Peoria Cancer Center entryway.

Donations to Illinois CancerCare Foundation will help support cancer research, early detection and prevention programs and patient support programs happening right here in our community.

Care Champion - Dr. Sachdev Thomas

Care Champions - Ottawa Clinic team

(l-r) Cheryl Matteson, Jackie Plumlee, Carrie Margis, Laurie Guether, Dr. Pankay Kumar, and Michelle Langdon

Care Champion - Dr. Michael Veeder

Trust in Hope fund helps families at Thanksgiving and Christmas

Once again, the Illinois CancerCare Foundation Trust in Hope fund provided Thanksgiving meals and Christmas gifts to cancer patients and their families. It was started with love, by Illinois CancerCare's Marti Williamson, a clinical medical office assistant and draw tech, to provide that extra compassion and support for some of our cancer patients and their families during the holidays.

Thanks to the support of the Illinois CancerCare staff and the generosity of many donors, this year 90 fully cooked meals were prepared by Kickapoo Creek Winery and delivered for Thanksgiving. At Christmas time, 14 families were provided with all of their Christmas gifts – both needs and wants - for their children (27 in total), along with a Walmart gift card for household needs.

Kenya Green, inventory control specialist at Illinois CancerCare, gets ready to deliver Christmas gifts to one of the families. Kenya and several other community members and employees volunteered to help buy and the distribute the gifts at Christmas as well as deliver the meals at Thanksgiving!

A very special thank you to all of the donors, volunteers and Illinois CancerCare staff who helped make the holidays a little bit brighter and easier for some of our patients!

Why I Work Here – Jeanne Adams

Jeanne Adams

We all have a story to tell. Everybody has a reason for why they work at Illinois CancerCare. This recurring feature will tell the stories of the Illinois CancerCare staff and why they work here.

Name: Jeanne Adams
Position: Lead Inventory Control Specialist
Years at Illinois CancerCare: 13

Why did you decide to be an Oncology technician?
While working in a busy retail pharmacy, I read the ad for an Oncology Pharmacy technician. The job description was intriguing to me. I became a member of the Illinois CancerCare team in 1997. When I started, I mixed chemotherapy two or three days a week. The rest of the time, I worked on the patient assistance programs, which allowed me to meet so many wonderful patients. I truly enjoyed interacting with the patients and helping the patients obtain drugs they could not afford. I also found oncology interesting and the pharmacy position was not seen as just a job, but a part of the Oncology team. Eventually, I became the inventory control manager for our main site and our 15 clinic sites. The best thing about working in a cancer center is that each day is different and never boring.

What are your primary responsibilities in your current position?
I am currently the lead technician over the seven other pharmacy technicians in our IV Prep area. Some of my responsibilities include:

- Assisting in supervising.
- Functioning as primary liaison with the drug wholesaler.
- Overseeing drug inventory for the practice, including price shopping for generics, and contract management.
- Covering personnel shortages (e.g., lunches, vacations) by being able to oversee the mixing area, answering questions and checking protocols.
- Working closely with our PharmD on numerous projects, including updating our clinics to comply with USP 797.

What do you enjoy most about being an oncology technician?
Wow, I could go on forever answering this question. Compared to the experience of technicians in other practice settings, the learning opportunity given to oncology technicians is phenomenal. I learn something new every day and I am never bored. I have a fantastic boss who happens to be a PharmD, BCOP. She has enhanced the duties of our technicians and expanded our roles in the practice by teaching and giving us guidelines to follow. We can ask any question we have about cancer, regimens, labs, etc. and she will not only explain she will test us on the questions we ask. I also like being part of a physician owned practice, where they value the employee. Education is part of the values. Our physicians and nurses are amazing.

Word Search Puzzle Answers

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

Soduku Puzzle Answers

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

Calendar of Events

Calendar of Events

January 2011

January is Cervical Cancer Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:00 pm - Kids Konnected 6:30 pm – Tai Ji	4 9:00 am – Gentle Aerobics 1:00 pm – Online Support Group	5 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	6 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	7 9 am – Living Strong 10 am – Coping with Cancer Support Group	8
9	10 9:00 am – Aqua Survivor 1:00 pm – Look Good…Feel Better 5:00 pm – Breath of Joy Yoga 6:30 pm – Tai Ji	11 9 am - Gentle Aerobics 1:00 pm – Online Support Group 6:00 pm – Stretch & Tone	12 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	13 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	14 9 am – Living Strong 10 am – Coping with Cancer Support Group	15
16	17 9:00 am - Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:00 pm – Kids Konnected 6:30 pm – Tai Ji	18 9 am - Gentle Aerobics 1 pm- Online Support Group	19 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	20 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	21 9 am – Living Strong 10 am – Coping with Cancer Support Group	22
23	24 9:00 am – Aqua Survivor 5:00 pm - Breath of Joy Yoga 6:30 pm – Tai Ji 7:15 pm – Journaling Workshop	25 9:00 am – Gentle Aerobics 1:00 pm – Online Support Group 6:00 pm – Stretch & Tone	26 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 5:30 pm – Aromatherapy Workshop 6:30 pm – Beginner Tai Ji	27 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	28 9 am – Living Strong 10 am – Coping with Cancer Support Group	29
30	31 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga 6:30 pm – Tai Ji 7:15 pm – Journaling Workshop					

February 2011

February is Screening and Early Detection Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	3 9:00 am – Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	4 9 am – Living Strong 10 am – Coping with Cancer Support Group	5
6	7 9:00 am – Aqua Survivor 1:00 pm – Look Good…Feel Better 5:00 pm - Breath of Joy Yoga 6:00 pm – Kids Konnected 6:30 pm – Tai Ji 7:15 pm – Journaling Workshop	8 9:00 am - Gentle Aerobics 1 pm – Online Support Group 5:30 pm – Hand Reflexology Workshop	9 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	10 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 4:00 pm – Cancer Basics 101 6:15 pm – Yoga with Lisa	11 9 am – Living Strong 10 am –Coping with Cancer Support Group	12
13	14 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga with Lisa 6:30 pm – Tai Ji 7:15 pm – Journaling Workshop	15 9 am - Gentle Aerobics 1 pm – Online Support Group 6 pm – Stretch & Tone	16 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	17 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	18 9 am – Living Strong 10 am –Coping with Cancer Support Group	19
20	21 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga with Lisa 6:30 pm – Tai Ji 7:15 pm – Journaling Workshop	22 9 am - Gentle Aerobics 1 pm – Online Support Group 6 pm – Chinese Tea Tasting	23 11:00 am – Yoga with Jean 1:00 pm – Living with Cancer Support Group 6:30 pm – Beginner Tai Ji	24 9:00 am - Yoga with Heidi 1:00 pm – Online Caregiver Support Group 6:15 pm – Yoga with Lisa	25 9 am – Living Strong 10 am –Coping with Cancer Support Group	26
27	28 9:00 am – Aqua Survivor 5:00 pm – Breath of Joy Yoga with Lisa 6:30 pm – Tai Ji					

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.

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

Aerobics – Gentle exercise with low impact. All levels welcome.

Aqua Survivor – Gentle Water aerobics. All levels welcome. Led by Kathy Smith at Landmark Health Club.

Stretch & Tone – A combination of stretching, pilates and yoga with Yinka. All levels welcome.

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 Konnected – 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.

Aromatherapy Workshop (CCHL) – Learn the benefits of using essential oils, simple ways to use them and how they work in the body. Also, you will learn what is inside the "first aid kit" of oils that should be in everyone's home! Oils will be available to smell at the workshop.

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.

Hand Reflexology Workshop (CCHL) – Our hands place a special role in our lives and are linked to much of what happens every day. Hands are much more accessible than the feet for many people and have the same type of maps for reducing stress, addressing issues such as carpal tunnel or just the daily repetitive use of hands for key boarding or other daily chores. And while some might be hesitant to get their feet worked on, who doesn't like to have their hands massaged! Come learn the benefits of reflexology in this "hands on" workshop.

Chinese Tea Tasting (CCHL) – Have you ever wondered why the Chinese are so healthy? According to Hong Ji, owner of Chinese Tea Ltd. it's because of the tea. Join Hong as she explains all of the wonderful benefits of tea and how it can be used to make your body extremely healthy and fight a variety of inner issues.

I would like more information about the following services:

Social services form for patients

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)
- ❒ 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

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