



IRONWOOD CANCER & RESEARCH CENTERS



**Outsmarting Cancer
One Patient at a Time**

Welcome to Our Fall Newsletter

*Be sure to visit our website for the latest
information www.ironwoodcrc.com*

A Message From Our Administrator:

Please Pardon Our Dust

For those of you who generally visit the Mesa office you have seen construction changes. This year we added a new Radiation Vault, a PET CT scanner, and a sub-waiting area. We also increased the number of exam rooms and generally updated our Mesa facility. Now it's Chandler's turn! We intend to install a new PET CT in Chandler, which will be operational in September 2010. We will be changing our Radiation/Medical Oncology departments by adding an exam room on each side and relocating our Medical Assistants to a centralized area. As part of this improvement project we intend to make the waiting room, as well as the check-in and check-out areas better for patient flow and access *and* in the process make the areas more appealing. Finally we are going to give the chemotherapy area a lift and make the entire area more comfortable for our patients receiving therapy.



During this time (which will take place over the next few months) we ask for your patience. Please forgive any inconvenience you might experience during this time. Be assured we will make every attempt to minimize any disruption. The end result we know will be to create a much better environment for patients.

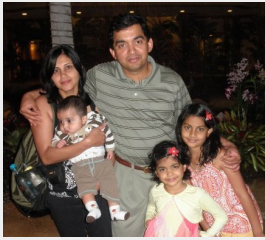
Thank you!

Elizabeth Mueller, CMPE, Administrator

ICRC Support Groups

- Chemotherapy Classes
- Cancer Support Groups
- Nutritional Consultation
- Look Good ~ Feel Better Classes
(offered by the American Cancer Society)
- Tai Chi Classes (Gilbert & Mesa Office only)

Please contact Sandra @ 480-855-2224 or
Visit our website www.ironwoodcrc.com for location, dates and time.



Sujith Kalmadi, M.D. & Family
have made a smooth transition from Ohio to Arizona.
He is dedicated to the development of the research program
here at ICRC

Dr. Kalmadi joined ICRC on June 16th 2008. After finishing his medical schooling in India, Dr. Sujith Kalmadi completed his residency training and fellowship at the Cleveland Clinic in Cleveland, Ohio. He then served as academic clinical faculty at the Cleveland Clinic School of Medicine (Lerner School) in Cleveland, Ohio and subsequently at Baylor College of Medicine in Houston, Texas. During his tenure at these prestigious institutions, he pioneered several novel clinical research trials which have been lauded at national scientific meetings and published in peer reviewed journals. His areas of clinical and research interests include several solid tumors and hematological disorders. He currently resides in Chandler with his wife, daughters, and son. Dr. Kalmadi enjoys tennis, chess and racquetball during his spare time. He is board certified in Internal Medicine, Hematology and Medical Oncology.



CENTER FOR STEREOTACTIC RADIOSURGERY

Stereotactic radiosurgery (SRS) and stereotactic body radiosurgery/radiotherapy (SBRS/SBRT) are new cancer technologies that are used to deliver high doses of radiation very accurately to target and treat small or moderate-sized tumors in the brain and body. It pinpoints the radiation with a high degree of accuracy. Despite its name, stereotactic radiosurgery is a non-surgical procedure. It is an important alternative to invasive surgery, especially for tumors located deep within or close to vital areas of the body. Using three-dimensional computer-aided planning software, stereotactic immobilization devices, and cone-beam CT scans, stereotactic radiosurgery kills cancer cells and minimizes the amount of radiation to healthy tissue. The Ironwood Cancer & Research Centers, Mesa Office has a dedicated radiosurgery treatment machine, *Elekta Synergy-S*, and team treating a variety of cancers including the brain, head and neck, spine, lungs, liver, and other areas in the abdomen and pelvis. For more information, or to see if you are a candidate for this cancer therapy, contact Angela Mercado, 480-324-5253.



Mark K. Ono, M.D.





ICRC Breast Clinic

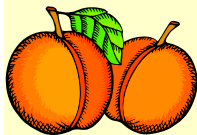
Ironwood Cancer and Research Center (ICRC) is pleased to announce a brand new service being offered to the community. Women who have an abnormal mammogram and/or a new diagnosis of breast cancer can see a medical oncologist, radiation oncologist, and a nurse practitioner in a single office visit. This also allows our patients to have all of her questions answered immediately and allows for a plan of care to be formed quickly and efficiently.

All women referred to the breast clinic will be scheduled within one week. All of her questions will be promptly answered; including a review of her specific type of cancer, treatment options, and her prognosis. She will also have the opportunity to have her mammograms reviewed by EVDI. Again, this is a new service and we are already receiving wonderful feedback from our patients.

All it takes is a referral from your physician to the "breast clinic." Here at ICRC we truly understand how frightening a new diagnosis of breast cancer is for a woman. Our goal is to take this journey with you, to guide you, and to equip you with all of the information you need to help you make the decisions that are best for you.



Melissa Badahman RN, MSN, FNP-BC



Peach Crumble

Makes 6 To 8 Servings

1/3 cup light brown sugar

3/4 cup old fashion oatmeal

1/2 cup natural wheat & barley cereal

1/2 cup all purpose flour

1 1/2 tsp ground cinnamon, divided

1/2 tsp vanilla extract

2 Tbls canola oil

16 oz package frozen peaches

3 Tbls sugar

1 Tbls cornstarch

Preheat oven 350*.

In a bowl, combine the brown sugar, oatmeal, flour, and 1/2 tsp cinnamon.

Stir in the vanilla, canola oil, and orange juice until crumbly: set aside.

In a 2 quart dish coated with nonstick cooking spray, toss the peaches with the sugar, remaining tsp of cinnamon, and cornstarch, coating well.

Sprinkle the oatmeal mixture on top. Bake for 35 to 45 minutes or until bubbly.

Enjoy!!!

We Want to Hear From You

At ICRC we strive to provide excellent patient care and customer service to our patients and their families. We value our patients' testimonials, opinions, and suggestions. If you would like to let us know how we are doing please feel free to drop off or mail in your comments and suggestions.

Mesa Location:

6111 E. Arbor Ave., Mesa 85206
480-981-1326

Chandler Location:

695 S. Dobson Rd., Chandler 85224
480-821-2838

Gilbert Location:

3855 S. Val Vista Dr., Gilbert 85297
480-245-6288

Symptom Solutions: Nausea

Michelle Peck RN, MSN, ANP-BC



Introduction

Nausea is a symptom that may occur in relation to your diagnosis of cancer and the treatment prescribed to manage your disease. While many patients may not experience nausea, if and when it does occur, nausea can affect your quality of life (i.e. nutrition, sleep patterns). Please be sure to discuss this and any other symptoms with your health care providers.

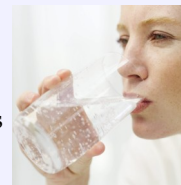
Definition and Causes

Nausea is the uncomfortable sensation of the need to vomit. It may be associated with paleness, sweating, watery mouth, dizziness, and an increased heart rate. The sensation of nausea may be sudden in onset or gradual, fleeting or persistent. Vomiting can occur, but often does not. Common causes of nausea can include certain chemotherapy drugs, radiation (especially when given to the abdomen or upper torso), and the location of your tumor. Other chronic diseases that you may have been diagnosed with, along with the medications used to treat these illnesses, may contribute to nausea as well.

Prevention and Treatment

Nausea prevention is a major priority for all providers here at Ironwood Cancer and Research Centers. The physicians and nurses work closely together to ensure that each person has the best experience they can while receiving treatment. Prior to receiving chemotherapy, you will be given medications that work to prevent nausea from happening. Some of these meds will be taken at home before coming into the clinic, and others will be given by the nurse in the clinic just prior to administration of your treatment. Please be sure to take all medications as prescribed and ask questions promptly if the instructions are not clear. If you feel that anxiety may be contributing to your nausea, discuss this with the nurses and physicians, as there may be other medications/techniques to help as well.

What can you do to help prevent nausea? Adequate hydration and oral hygiene are a must for nausea prevention. Please drink plenty of fluids every day and keep your mouth clean and moist. Eat a meal prior to or during the administration of chemotherapy. Be sure to avoid spicy or high-fat foods as they can increase the chances of nausea occurring. You or anyone who cares for you should not wear perfumes or strongly scented lotions, as the smells may cause nausea as well.



If nausea does occur, be sure to discuss this with your health care staff. Utilize the nausea treatment medications as instructed. If you cannot afford these medications or are unable to take them due to vomiting, let us know right away! Other simple measures include avoiding extremes in food temperature to avoid worsening of your symptoms. Cold liquids and foods can cause the stomach to contract, while hot temperatures cause strong food odors which can contribute to nausea. Also, do not lie down until at least 45 minutes after eating. Smaller, more frequent meals may help as well. Keep away from spicy, fatty, salty or sweet foods when nausea occurs as they will likely worsen your symptoms. Consider eating foods that have helped you before during times of illness. For instance, what foods do you consume when you have the flu or a cold? Try to maintain at least adequate fluid intake and foods like soups, rice, and toast. You or your caregivers should not attempt to force feed during times of nausea, as you will likely vomit.



Warning Signs

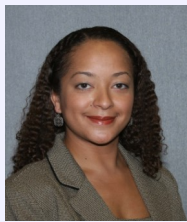
If nausea is persistent and uncontrollable, please call the clinic right away so that we may assist you further. Vomiting more than twice in 24 hours should be reported promptly as well. If you cannot maintain adequate fluid intake, then you are at risk for dehydration,

which can have severe health consequences. Your provider may prescribe additional IV fluids and anti-nausea medications to be given in the clinic if you are dehydrated. Other worrisome symptoms that may accompany nausea include fever, dizziness, feeling faint, weight loss, constipation/diarrhea, decreased urination, palpitations, dry mucus membranes/skin and vomit that looks like coffee grounds, as this may indicate bleeding. Please report these right away. If chest pain occurs, report to the emergency room immediately.

Complimentary Therapies

There are numerous alternative methods that may be used to treat nausea. **However, inform your nurses and physicians about any herbs or over-the-counter remedies you are using as these may alter the effect of your chemotherapy treatment.** A common herbal remedy is ginger root. Some incorporate fresh ginger into recipes, drink ginger ale or tea, or take ginger tablets. Do not take more than 1000mg of ginger per day, as it may have an effect on certain blood counts in high doses. Chamomile tea, at room temperature, is another favorite home remedy. Others include peppermint (i.e. candies, tea), cinnamon, or sour candies. Massage is often a nice distraction when nausea occurs. Relaxation techniques, such as meditation, may help when nauseous. Try simply lying with your upper body at a 45 degree angle, in a dark room with a cool cloth over your eyes, focusing on one pleasant thought or place. You never know what may help! Acupuncture/pressure is also thought to ease nausea. Try pressing firmly with the thumb of one hand on the spot three finger-widths below your wrist line, between the two tendons. Ask a nurse if you need help with this technique.

Conclusion



Remember, nausea does not always occur just because you have cancer or are receiving chemotherapy or radiation. Follow the instructions given to you by your health care providers for nausea prevention and management. Be aware of the danger signs associated with severe nausea and vomiting, and report them right away. Take a hands-on approach at home using the techniques as described above. Most of all, talk about your symptoms and concerns with the nurses and physicians at Ironwood, so that we may better assist you in feeling the best you can!

Michelle Peck RN, MSN, ANP-BC

Our Research Department

Ironwood Cancer & Research Centers are committed to providing patients with the best treatment options available. We are also committed to advancing the science of cancer care to achieve the best results possible. One way we do this is to actively participate in research, leading the way to new treatments and options for patients facing cancer. We currently have clinical trials open to patients with breast cancer and lung cancer. If you are eligible to participate in one of our clinical trials, your doctor may present that to you as an option for your treatment. You can find more details on our website at <http://ironwoodcrc.com/clinical-trials/our-clinical-trials/>.

We are currently enrolling patients in the following trials:

- **1st line Breast**
- **2nd line Breast**
- **B-Cell Lymphoma**

You may also contact one of our research staff to discuss eligibility by calling 480-855-2225.

Jennine Zumbuhl, RN, MSHA, CCRC
Research Director



ICRC Invites You to Visit Our Website

www.ironwoodcrc.com

Our User Friendly **gold tabs** located top of the page will easily guide you to the area of interest as additional **drop down files** (second photo) will appear once the cursor is placed over the tab of interest. Take a look at our Patient Testimonials located under Your Visit tab. We encourage our patients to let us know how we are doing so that we can post them for other patients and visitors to the website to view.

A Patients Gratitude..

Because of You..

Going Home...

From a Patients Daughter...

Your Commitment to Me....

The Doctor Who Was Always There...

ICRC Word Find

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

AMBRAD

DEROCK

KALMADI

MESA

ONO

SCHEDUELING

BADAHMAN

FASTENBERG

KANTALA

MUSCI

PECK

SHTIVELBAND

BHALLA

GILBERT

KELLOGG

NABONG

PETCT

SZEWCZYK

CHANDLER

HALBUR

KHANUJA

NURSES

RADIATION

TSAI

CHEMO

IRONWOOD

LIGHTFOOT

OLYEJAR

RECEPTIONIST

WOO