


INTOUCH

News from Baylor Charles A. Sammons Cancer Center at Dallas ■ Summer 2011



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Knowing Your **Risk** for Colon Cancer



As with many cancers, colorectal cancer is most often attributed to environmental factors, including diet. Doctors believe difference in diet from country to country is a big reason colorectal cancer rates vary around the world. This could include a different emphasis on meats, fats, whole grains, fruits, vegetables and even spices.

While diet and other environmental factors may play a part in the development of colorectal cancer, especially in the United States, we now know some cases can be traced to genetics. The American Cancer Society (ACS) estimates five to 10 percent of all colorectal cancers are based upon specific genetic factors. A person who has a family history of colorectal cancer is at risk to have inherited a gene that may lead to an increased risk of the disease.

Baylor University Medical Center at Dallas Hereditary Gastrointestinal Cancer Risk program offers a cancer risk assessment to help you learn more about your risk of developing colorectal cancer.

You may be at a hereditary risk for colorectal cancer if you have the following risk factors:

- A family or personal history of colorectal cancer before age 50
- A family or personal history of colorectal polyps
- A family or personal history of endometrial (uterine) cancer before age 50

- A family or personal history of stomach (gastric), urinary tract or brain cancers
- A family member who has tested positive for a specific genetic mutation (*APC*, *MUTYH*, *MLH1*, *MSH2*, *MSH6*, or *PMS2*)

“Testing may show if someone with a family history of colorectal cancer has these gene mutations,” says Laura Panos, MS, genetics counselor with Baylor Charles A. Sammons Cancer Center at Dallas Hereditary Cancer Risk program. “If someone tests positive for the gene, this important information may lead to more frequent screenings so a diagnosis can be made early when it is more treatable.”

C. Richard Boland, MD, a gastroenterologist on the medical staff and chief of gastroenterology at Baylor Dallas, says there may be a big difference in outcome if colorectal cancer is diagnosed in early stages.

Colorectal Cancer Symptoms

- Rectal bleeding
- Blood in the stool or toilet after a bowel movement
- Prolonged diarrhea
- A change in the shape or size of your stool
- Abdominal pain or cramping in your lower stomach
- A feeling of discomfort or urge to have a bowel movement when there is no need

“If found in stage I, the life expectancy is basically the same as those without colorectal cancer,” says Dr. Boland. “Stage II offers about 80 to 85 percent cure rates and most of these patients do not require chemotherapy. Once lymph nodes are involved or the cancer is stage III, the risk of recurrent disease increases sharply.”

Colorectal cancer shows very few symptoms until the more advanced stages. That is why regular screening is important, especially if there is a family history. (See Symptoms in sidebar)

“The good news is if we find asymptomatic cancer in the early stages through a colonoscopy, the outcomes are likely to be better,” says Dr. Boland. “We also can remove the premalignant polyps which will actually prevent colon cancer. Colonoscopy is the only cancer screening test that can also prevent the disease. If polyps are found, you will need to be screened more regularly.”

In addition to colonoscopy which can detect and remove polyps, physicians on the medical staff at Baylor Dallas also now use advanced technology that allows polyps and cancers hidden in the folds of the colon be detected when they might otherwise be missed during a routine colonoscopy. Baylor Dallas is the only hospital in North Texas to add the advanced technology of The Third Eye Retroscope® to possible colon cancer detection tools.

Lynch Syndrome

There are several hereditary disorders that can increase your chances of developing colorectal cancer. The most prevalent disorder is Lynch Syndrome, also called hereditary nonpolyposis colorectal cancer (HNPCC). In addition to increasing rates of colorectal cancer, this gene mutation also can lead to an increased risk of endometrial and other types of aggressive cancers.

Lynch Syndrome is caused by the mutation of genes that repair mistakes made when DNA is copied in preparation for cell division, according to Lynch Syndrome International (LSI). “The mutations disallow the repair of DNA mistakes and as cells divide, uncontrollable cell growth may result in cancer.”

LSI estimates that one out of 35 colorectal cancer patients has Lynch Syndrome. Additionally, while the general population has a six percent chance of developing colorectal cancer, those with Lynch Syndrome have an 85 percent chance.

“About one-third of patients with colorectal cancer and Lynch Syndrome have at least one close relative who has had colorectal cancer,” says C. Richard Boland, MD, a gastroenterologist on the medical staff, chief of gastroenterology at Baylor Dallas. “Most of the time, there is no familial cluster, however, it may be a shared gene causing this or a shared environment such as a similar diet.”

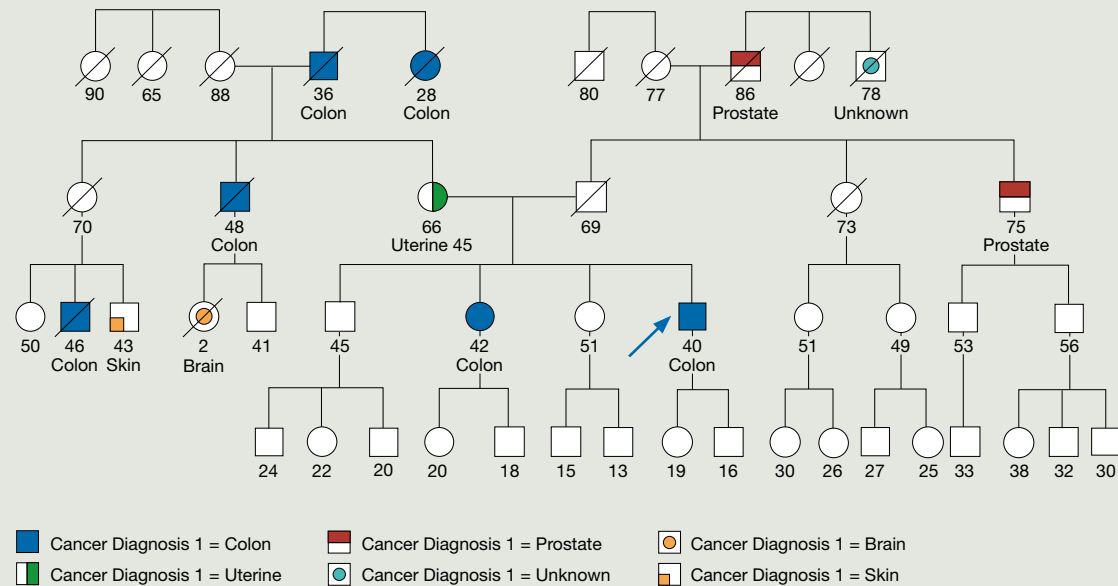
Genetic Testing


If you have a family history of colorectal cancer, doctors recommend you consider genetic testing to determine if you have Lynch Syndrome or any other hereditary risk factors that predispose you to colorectal or other cancers. “If you know you have a genetic issue, you can

take steps to **get regularly screened** and either prevent problems or treat them in the earliest stages,” says Dr. Boland. “This information can be key to a better prognosis.”

Baylor Dallas offers the Hereditary Cancer Risk program to assess your potential risk for developing colorectal cancer, as well as breast and ovarian cancers. **For more information and an appointment, please call 214.820.9600.**

Lynch Syndrome Family 01/15/2010



This pedigree represents a fictitious high risk family. The  indicates the proband patient who is a 40-year-old male diagnosed with colorectal cancer inquiring about his risk for hereditary colorectal cancer. The proband is 1 of 4 adult children. He has a 42-year-old sister who is also diagnosed with colon cancer. The proband's deceased 66-year-old mother was diagnosed with uterine cancer at age 45. This family meets Amsterdam criteria for Lynch Syndrome with three members of the family diagnosed with colorectal cancer, two members are first-degree relatives, and one or more members have a colorectal cancer diagnosis by the age of 55.

Light is Shining on New Ways to Detect Melanoma

Melanoma is a deadly form of skin cancer. The American Cancer Society (ACS) estimates that of all skin cancer diagnoses in the United States, melanoma accounts for only five percent. However, melanoma causes the largest number of deaths from skin cancer and the incidence of melanoma is on the rise in the United States among all age groups.

The main differences between melanoma and other forms of skin cancer such as basal cell and squamous cell cancers are location, appearance and behavior.

Melanoma

Melanoma is found in the pigment-producing cells of the skin, often on a pre-existing mole. They may be flat and irregular brown patches or black spots or a raised brown patch with red, black, blue or white spots. Melanoma can also easily spread (metastasize) to other organs in the body.

Basal and Squamous Cell Skin Cancers

Basal or squamous cell skin cancers are found on the surface of the skin, usually on parts of the body commonly exposed to the sun. They appear as small, shiny nodules in most areas and can grow slowly with little chance to spread.

Research

Research is being conducted into ways to better diagnose melanomas, especially being able to detect it in its earliest stages when it offers the best treatment options.

“Melanoma is a particularly devastating disease,” says Lance. C. Cowey, MD, an oncologist on the medical staff at Baylor University Medical Center at Dallas. “It is a disease that has been increasing in incidence over the last decade and affects a wide range of the population from young to the elderly. Once melanoma spreads

to the internal organs it is considered fatal in the great majority of cases with few treatment options.”

Research of melanoma predictive factors is underway at Baylor Dallas, according to Dr. Cowey. “This research is crucial and plays an important role in determining which patients are developing this more aggressive skin cancer.”

Physicians are researching the relationship between various types of skin cancer and those who might have a genetic predisposition to developing melanoma.

ABC and D's of Melanoma

Signs of possible melanoma vary from person to person. Some changes in moles may not necessarily indicate cancer, but if they persist for more than two weeks, you should have the area examined. Signs to watch for include:



Asymmetry

one half of a mole is shaped differently from the other



Border Irregularity

edges of a mole are notched, uneven or blurred



Color

a mole that changes color or the color is uneven, especially if shades of brown, black and tan occur



Diameter

if a mole is larger than six millimeters it should be examined by a physician

According to Dan McCoy, MD, a dermatologist on the medical staff at Baylor Dallas and medical director of Baylor Charles A. Sammons Cancer Center at Dallas melanoma and skin tumor program, understanding who is at risk for melanoma can lead to increased screenings and earlier diagnosis. If cancer does develop, an earlier diagnosis can mean increased treatment options.

“The good news is that by identifying individuals who might have a genetic predisposition to developing melanoma, we can initiate regular, thorough screenings,” he says. “This allows for a better prognosis even in the absence of clinical and dermoscopic features of melanoma. Whenever possible, high-risk individuals should be referred to a melanoma center or qualified institution for regular follow ups.

“While we cannot yet prevent melanoma, if we detect it early when it is more easily treated, we can achieve a better outcome and hopefully prevent the disease from metastasizing,” says Dr. McCoy.

Upcoming Special Events

Sept. 6—Prostate Cancer Survivor’s Celebration Luncheon*

11 a.m.–1:30 p.m.

Scott Webster, MD, Thomas Hutson, MD and Barry Wilcox, MD, “The Future of Prostate Cancer Treatments”
Baylor Charles A. Sammons Cancer Center at Dallas

Sept. 10—Blood and Marrow Transplant Reunion

This event is by invitation only.

For more information, call 214.820.4272.

Sept. 17—Free Prostate Cancer Screening

9 a.m.–1 p.m.

Baylor Sammons Cancer Center, Suite 250

Sept. 24—Young Cancer Survivor’s Summit*

9:30 a.m. – 2:30 p.m.

James Chippendale, leukemia survivor, “More to Live For”
Cancer Legal Resource Center, “Cancer and the Law”
Highland Park United Methodist Church

*Please pre-register for this event by calling 214.820.2608.

Sept. 26—Ovarian Cancer Survivor’s Celebration Luncheon*

11 a.m.–1:30 p.m.

Anne Fay, ovarian cancer survivor, “A Life Interrupted”
Baylor Sammons Cancer Center at Dallas

Sept. 29—Sole Sisters™ Ovarian and Breast Cancer Awareness Relay

Keynote speaker: Lindsay Avner, executive director and founder of Bright Pink

Oct. 20–23—Pink Passion

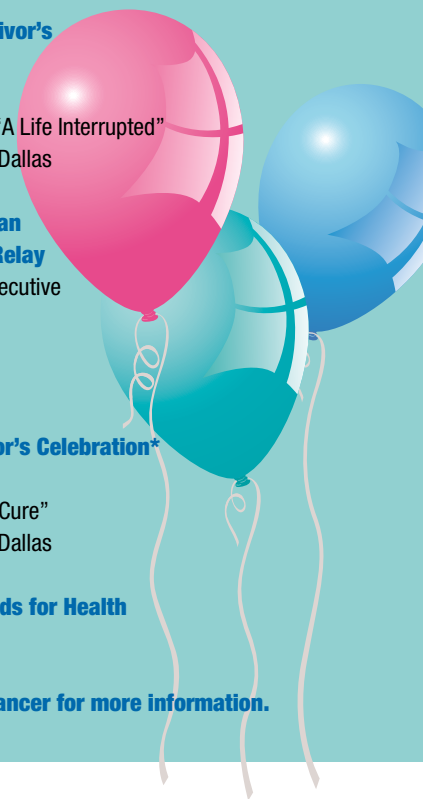
Oct. 27—Breast Cancer Survivor’s Celebration*

11 a.m.–1:30 p.m.

John Phippen, MD, “Steps Toward a Cure”
Baylor Sammons Cancer Center at Dallas

Nov. 5—Complementary Methods for Health and Relaxation workshop

Visit BaylorHealth.com/DallasCancer for more information.



Don't Be Shy Baylor Dallas Offers Regular, Free Skin Cancer Screening Clinic

Although awareness of skin cancer and melanoma is increasing, many people still do not receive appropriate screening. Dermatologists recommend those at high risk (fair skin, blue eyes, past sunburns, first-degree family history of melanoma), be screened frequently. Others also need to seek regular full body exams and do self exams often as well.

“People don’t get screened for many reasons,” says Dr. McCoy. “Patient’s time constraints, other illnesses and patient embarrassment often prevent dermatologists, internists and family practitioners from being able to perform full body exams. This is important for everyone, but especially those at high risk.”

Baylor Sammons Cancer Center is offering a free monthly skin cancer screening clinic performed by residents at Baylor University Medical Center at Dallas under the supervision of a board certified dermatologist. The skin cancer screening clinic is located in the Oncology Outpatient Clinic, Suite 250 of the new Baylor Sammons Cancer Center.

Appointments are required. **For more information and to make an appointment, please call 214.820.3535 or 1.800.4BAYLOR or visit BaylorHealth.com/DallasCancer.**



“Baylor helps me manage my melanoma.”

Growing up on a farm in South Texas, Brady Buegeler spent a lot of time outside without sunscreen or protective clothing. Because skin cancer runs in his family, he is very careful to check his moles for any abnormality. At Baylor Charles A. Sammons Cancer Center at Dallas, Brady was diagnosed with three early melanomas over a period of two months. Each skin cancer was excised completely. Now Brady returns every three months for skin exams. “The exams are very thorough,” he says. “Baylor has helped me understand that melanoma is something that can be managed with screening and early diagnosis, as well as the use of sunscreen and wearing hats and long-sleeve shirts. There is life after cancer.”

Brady Buegeler, melanoma survivor

Young Adult Cancer Survivors Can Now “Friend” Others

Young adult cancer survivors in North Texas have a new home on Facebook®, the popular social networking site. A group is now active on Facebook® where young adult survivors can offer and receive emotional support, education and social interaction.

“Young adults who have survived cancer often face a unique set of challenges,” says Phyllis Yount, LCSW, MSW, senior social worker at Baylor University Medical Center at Dallas. “They wonder, ‘Should I tell my employer? Will I be able to have children? Can I get life insurance?’ The answers to these questions and many more lie within others who have shared their experience. What better place to network with other young adults than through Facebook®?”

If you’re interested in joining the group, visit Facebook.com and search “Young Adult Cancer Survivors” or go to <http://on.fb.me/yacsonfb>.

Become a fan of the Baylor Health Care System page on Facebook® while you’re there: [Facebook.com/BaylorHealth](https://www.facebook.com/BaylorHealth).



InTouch

InTouch is a publication of Baylor Charles A. Sammons Cancer Center at Dallas. *InTouch* provides information about cancer: prevention, screening, diagnosis and treatment options. It also provides information to patients and their caregivers to help manage the challenges of cancer through educational and support programs and events, sponsored by Baylor Sammons Cancer Center.

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Helpful Phone Numbers

Baylor Sammons Cancer Center	214.820.3535
BE THE MATCH®	214.820.4279
Ernie's Appearance Center	214.820.8282
Oncology Outpatient Clinic	214.820.6767
Patient Navigation Program	214.820.3535
Texas Oncology	214.370.1000
Virginia R. Cvetko Patient Education and Support Center	214.820.2608
W. H. & Peggy Smith Breast Center	214.820.9600

Comments on this issue or suggestions for future issues should be sent to: *InTouch*, Baylor Sammons Cancer Center, 3410 Worth Street, Suite 200, Dallas, Texas 75246, 214.820.2608.

If you are receiving multiple copies, need to change your mailing address or do not wish to receive this publication, please email Rosanna Sandlin at rosannas@baylorhealth.edu or contact her at Baylor University Medical Center at Dallas, Marketing and Public Relations Department, 2001 Bryan Street, Suite 750, Dallas, Texas 75201, 214.820.2116.

Cancer research studies on the Baylor Dallas campus are conducted through Baylor Research Institute, Mary Crowley Cancer Research Center, Texas Oncology and US Oncology. Each reviews, approves and conducts clinical trials independently. Their clinical trials are listed together, in this publication, for the convenience of patients and physicians.

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Accreditations and Awards

Baylor Charles A. Sammons Cancer Center at Dallas holds accreditations from some of the most prestigious cancer organizations in the nation. Each of these accreditations requires programs to achieve specific standards of excellence.



American College of Surgeons
Commission on Cancer



Magnet Award for "Excellence in Nursing" from the American Nurses Credentialing Center



American College of Radiology
Breast MRI Accredited Facility



National Accreditation
Program for Breast Centers



American College of Radiology
Breast Imaging Center of Excellence



The Joint Commission—The Joint Commission has been acknowledged as the leader in developing the highest standards for quality and safety in the delivery of health care and evaluating organization performance based on these standards.



Foundation for the Accreditation of Cellular Therapy (Blood and Marrow Transplant Program)—The Blood and Marrow transplant (BMT) Program is the 9th largest in the United States and a center of excellence; it is the only program in Texas that offers all four elements of the National Marrow Donor Program.

A Beautiful New Location for Ernie's Appearance Center

Ernie's Appearance Center, a specialty boutique that carries items designed to help the cancer patient maintain a positive self image during and after treatment, has moved to a new location near the elevators on the second floor of the new Baylor Charles A. Sammons Cancer Center at Dallas in Suite 210.

Ernie's offers items including:

- Mastectomy supplies
- Nutraceuticals—multivitamins and supplements helpful for cancer patients
- Comfortable loungewear for chemotherapy treatment
- Hats and scarves
- Relaxation items such aromatherapy oils and candles, CDs and books

A big part of Ernie's inventory are wigs and specialty bras. "In our new location, we have added a special line of wigs from Germany," said Dusty Clark, manager of Ernie's. "These wigs are made of monofilament, which looks more like real hair. They are very nice."

The boutique also has added a new specialty line of mastectomy bras and fashion bras. "This fashion line is beautiful for anyone, not just a cancer patient," says Clark. Ernie's also features a certified prosthetic fitter to assist lymphedema patients with compression garments and breast cancer patients with breast prostheses.

Ernie's is open from 8:30 a.m. to 4:30 p.m. Monday through Friday. **For more information about Ernie's Appearance Center, please visit Suite 210 or call 214.820.8282.**

Cooking Up Better Health During Cancer



Eating healthy is crucial during the treatment of cancer. However, many patients face side effects that impact their nutritional intake or don't know how to cook healthy foods that accommodate their new nutrition and taste needs.

The Virginia R. Cvetko Patient Education and Support Center at Baylor Charles A. Sammons Cancer Center at Dallas has expanded its services to offer a **demonstration kitchen** where a chef and registered dietitians teach cancer patients and their families how to cook nutritious and tasty recipes during cancer treatments.

“Most people know the basics of good nutrition, they just don't know how to incorporate everything,” says Tricia Cox, RD, LD, oncology dietitian for Baylor Sammons Cancer Center. “When there is a cancer diagnosis, everything else gets pushed to the side. We show them how to prepare healthful items for a variety of conditions and side effects and make good nutrition easier for them to manage.”

Classes have varying nutritional and food selection themes and also offer menus and recommendations for cancer prevention diets. Among the first of the rotating topics are:

Mediterranean Masterpieces

The Mediterranean diet features foods that are known to be cancer fighting and are well balanced, according to Cox.

“Mediterranean diets tend to be higher in healthy fats that offer anti-inflammatory benefits. This includes olive oil and more unsaturated fats than saturated fats,” says Cox. “It also focuses on plant-based foods, whole grains and limited amounts of dairy. The diet also substitutes fresh fruits for heavy desserts.”

“A plant-based diet is a very important part of nutrition in cancer prevention,” she says. “According to the American Institute for Cancer Research and the American Cancer Society (ACS), patients should focus on whole grains and plant-based foods, while consuming dairy, protein and alcohol in moderation.”

Herbalicious dishes

Many patients undergoing chemotherapy lose sensation in their taste buds and need a new way to flavor foods without using salt. Learning to use herbs can make foods tastier and healthier.

“Losing taste is one of the biggest side effects of chemo,” says Cox. “Many times things have a metallic taste or no taste at all. You need a way to flavor foods that is not too strong and does not use a lot of salt, especially if the patient is experiencing mouth sores.”

Cox adds that learning to use spices effectively can help patients flavor food in a way that is palatable for their specific needs.

Vegetarian 101

While eating meat has become a staple of many North American's diets, some people prefer vegetarian dishes. However, it can be difficult to come up with a variety of vegetarian dishes. “This class will focus on foods featuring a more plant-based diet that still incorporates adequate amounts of protein,” says Cox. “Many people don't know how to plan a balanced vegetarian diet and need to be informed of the different protein sources that can be incorporated into a vegetarian meal plan.”

Cooking for One

It can be difficult for patients living alone to want to cook or eat healthfully during treatment. This class teaches patients how to cook healthy food in portions that will accommodate their lifestyle needs. “This is great when you are undergoing treatment and don't feel like cooking,” says Cox. “You know you have something that will keep you going and provide the nutrition you need.”

Eating well during cancer treatment is an important part of the overall treatment regimen. “This is a quality of life issue,” says Cox. “Adequate nutrition is important to help patients receive the nourishment needed to help them feel their best throughout their cancer treatment.”

The demonstration kitchen was incorporated into the Cvetko Center as part of the new Baylor Sammons Cancer Center to expand emphasis on treating the total patient. The team of dietitians' goal for classes is



to “further educate and demonstrate ways to incorporate healthy eating in patients’ daily lives,” says Cox.

“We are so pleased to offer the classes of the demonstration kitchen as one of the Cvetko Center’s expanded services in our location,” says Pam Carnevale, MHSA, manager of the Cvetko Center. “We hope many of our patients will take advantage of these classes and gain a better understanding of the importance of nutrition in their cancer survivorship.”

Classes are scheduled twice a month. Upcoming topics include:

- Summer Smoothies and Purees
- Farmer’s Market Fresh: Mexican Food
- Breakfast: The Dynamic Way to Start Your Day
- Spa Cuisine
- Lunchbox Favorites
- Diabetic Delights
- Farmer’s Market Fresh: Fall Produce
- Simple Soups and Stews
- Recipe Remix: New Takes on Old Favorites
- Desserts

For exact dates for any of these classes or to register, please call 214.820.2608. The demonstration kitchen is located within the Cvetko Center in Suite 200 of the new Baylor Sammons Cancer Center.

Guiding You Through Your Cancer Journey

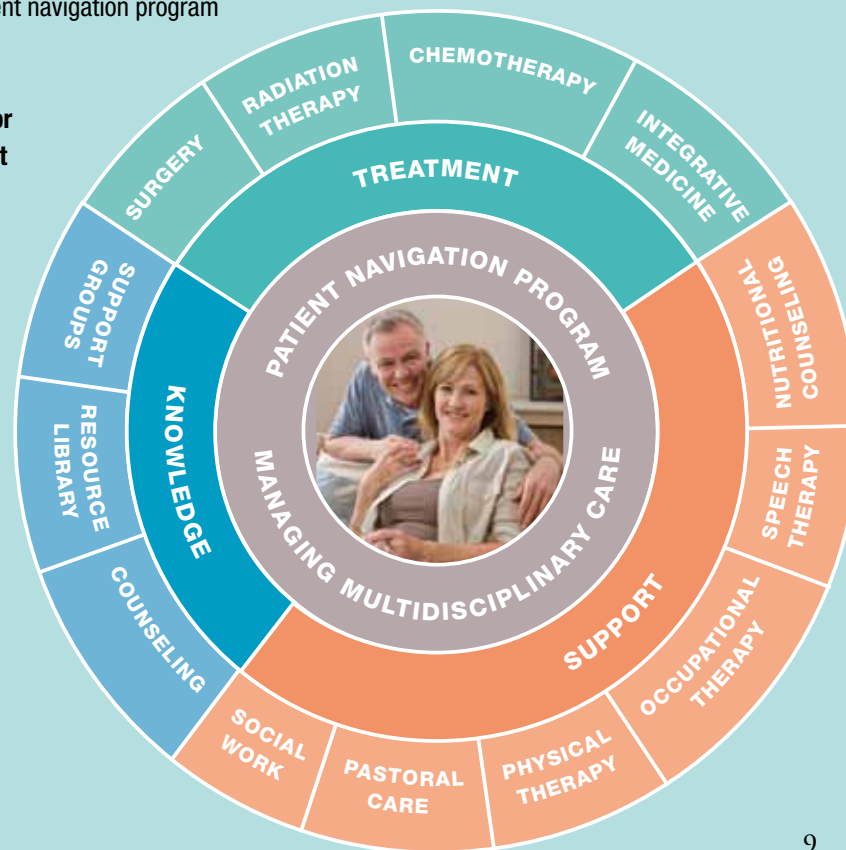
Baylor Charles A. Sammons Cancer Center at Dallas does more for your cancer than treat it with advanced medical care — we offer many services to guide and help support you through every step.

Baylor Sammons Cancer Center’s patient navigation program offers navigators, registered nurses with oncology experience, to help answer clinical questions regarding the disease process, schedule patient appointments with appropriate specialists and testing procedures and help coordinate patient care. They work with social workers and others who help coordinate transportation issues, housing issues and financial issues.

“We are here for our patients every step of the way,” says Cynthia Robinson-Hawkins, RN, MBA, manager of the patient navigation program.

Patients can be referred to the patient navigation program by their physician or can self refer.

For more information about Baylor Sammons Cancer Center’s patient navigation program, please visit BaylorHealth.com/DallasCancer or call 214.820.3535.



New Program Offers Therapies to Help During the Cancer Journey

The fight against cancer means battling more than just the disease itself. Often the side effects from the disease and the treatment process can be difficult as well. The new Integrative Medicine program at Baylor Charles A. Sammons Cancer Center at Dallas offers different therapies that work together with traditional medicine to help patients deal with some of these issues.

Integrative Medicine

The program integrates mind, body and spirit therapies with traditional treatments to provide a new dimension to cancer care. It focuses on each patient's concerns from a holistic viewpoint and addresses nutritional, physical, emotional and spiritual aspects of the healing journey. "Every patient is unique and individual recommendations will be tailored for the patient's own set of circumstances and concerns," says Carolyn Matthews, MD, a gynecologic oncologist on the medical staff at Baylor University Medical Center at Dallas and medical director for the Integrative Medicine program. Other therapies offered include nutritional guidance, mind-body medicine, guided imagery and breath work for stress relief and relaxation will complement personalized exercise programs.

"Integrative medicine contributes to all the incredible advances made in traditional medicine," says Dr. Matthews. "This is a way to supplement or integrate existing treatment options with 'low-tech' approaches; some of which have been around for thousands of years."

Acupuncture

Acupuncture is one of the therapies offered through the Integrative Medicine program. This ancient healing process has been used for more than 3,000 years and is now practiced by 3,500 physicians and almost 12,000 other health care professionals in the United States according to the American Academy of Medical Acupuncture (AAMA). Each year, 400 to 500 physicians are being trained in accordance with AAMA standards.

"Often patients experience pain, nausea and vomiting, anxiety, fatigue and neuropathy (nerve damage) as a result of treatment," says Dr. Matthews. "Acupuncture can be one way to reduce or even eliminate these symptoms."

Many studies show acupuncture releases natural chemicals in the body, such as endorphins, to inhibit pain or change the perception of pain. "Acupuncture

is a time-honored treatment for many of the symptoms experienced by cancer patients," says Dr. Matthews. "The wonderful thing about acupuncture is that it has few side effects and it won't interfere or interact with patient's medications. Most acupuncture patients feel quite good at the end of a treatment."

For an evaluation with the Integrative Medicine program, patients can be referred by a physician or can self refer by calling 214.820.2608.

Cancer information: BaylorHealth.com/DallasCancer
Information about the new outpatient cancer center and future hospital: CancerWeveGotItsNumber.com



Virginia R. Cvetko Patient Education and Support Center

Baylor Charles A. Sammons Cancer Center at Dallas Virginia R. Cvetko Patient Education and Support Center offers many classes and support groups for people with cancer and their caregivers. The Cvetko Center offers general and disease-specific education programs, a variety of educational resources, spiritual and emotional support, and pastoral care.

Services are provided by both staff members and trained volunteers who are cancer survivors. All educational services of the Cvetko Center are provided to patients, family members and cancer survivors free of charge.

The Cvetko Center is located in Suite 200 in the new Baylor Sammons Cancer Center.

For more information and details, please call 214.820.2608 or visit BaylorHealth.com/Cvetko.



Parking at the New Baylor Charles A. Sammons Cancer Center

Parking provided by Baylor:

V Valet Parking—Circle drive in front of the future dedicated cancer hospital and Worth Street Tower; entrance on Worth Street.

P Self-Parking—Garage 4, entrances on Worth Street and Junius Street; exit on Worth Street; take elevator to 3rd floor to skybridge.

Parking provided by Standard Parking Corporation:

V Valet Parking—Circle drive in front of the outpatient cancer center; entrance on Worth Street.

P Self-Parking—Surface lot next to and garage underneath the outpatient cancer center; accessible from Crutcher Street.

D Patient drop-off locations:

- Valet circle drive accessible from Worth Street
- Circle drive area at the back of the outpatient cancer center accessible from Crutcher Street

For parking rates and more information, please call 214.820.3535 or visit BaylorHealth.com/DallasCancer and click on view Treatment Center maps.



If you or a friend would like this issue of Baylor Sammons Cancer Center's quarterly *InTouch* magazine via email, please send an email to rosannas@BaylorHealth.edu, subject Summer 2010 In Touch.

Make Waves To Fight Cancer

Swimming is good for your health and there is one special swimming event that benefits the health of others as well. Swim Across America, Inc. (SAA) is a national organization dedicated to raising money and awareness for cancer research, prevention and treatment through swimming-related events. On June 11, more than 300 swimmers from all over North Texas and beyond gathered at Lake Ray Hubbard in Rockwall to swim and raise money to benefit the new Innovative Clinical Trials Center (ICTC) at Baylor Charles A. Sammons Cancer at Dallas. The event was a huge success, raising more than \$350,000.

Swimmers elected to swim a half-mile, mile or two-mile course. Swimmers 18 years of age and older needed to raise a minimum of \$500. Swimmers 12 to 17 years old raised at least \$100. A \$50 registration fee was applied to the swimmer's fundraising goal. Swimmers swam alone or as a team, including corporate teams or

teams formed in honor or memory of a loved one. The 2011 event was the first of a four-year commitment by SAA to raise \$1 million for cancer research.

As a Master swimmer himself, Carlos Becerra, MD, a medical oncologist on the medical staff at Baylor University Medical Center at Dallas and medical director of the new ICTC, is excited that the ICTC was the research program that Swim Across America chose to help. "I thought it was a great opportunity," says Dr. Becerra. "We were in the process of building this wonderful new program and they are eager to help."

The ICTC will expand the already extensive program of cancer clinical trials offered at Baylor Sammons Cancer Center. It will offer more phase I clinical trials and give patients access to newer agents and trials investigating nutrition, nursing practices and other aspects of care.

To learn more about the cancer clinical trials at Baylor Sammons Cancer Center, please visit BaylorHealth.com/CancerResearch or call the office of Clinical Oncology Research Coordination at 214.818.8472.

To learn more, please visit BaylorHealth.com/SAA

