


INTOUCH

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



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When Cancer Strikes Early

Young Adults **Face Difficult Issues** When Recovering from a Diagnosis

Crystal Griffith was trying to be a supportive friend. She had just graduated from college and was starting a career and her young adult life. A younger friend confided that a suspicious spot was found on her breast as part of her annual gynecologic exam. She asked Griffith to accompany her to the biopsy.

“I was scared for her and I wanted to help,” says Griffith. “But I also was thinking, ‘Here I am older than her and I have never had a yearly exam.’ I got a funny feeling about it, but that feeling turned to fear when I felt a lump myself two weeks later. I would never have had the courage to go in, but seeing my friend go through it, I knew what I had to do. I scheduled an appointment with my doctor right away.”

Thankfully, Griffith’s friend’s biopsy results were benign. However, Griffith was not so lucky. At age 25, she was diagnosed with breast cancer. “I told my friend she had saved my life,” says Griffith.

After surgery, 16 rounds of chemotherapy and 35 rounds of radiation therapy, she is once again moving on with her life. “I had to take a year off of my life to do all this,” she says. “But now I have accepted it and am feeling more confident.”

Young Adult Cancer Survivors

Cancer is usually considered a disease that affects older people. According to the American Cancer Society (ACS), more than 1.5 million cases of cancer will be diagnosed in the United States in 2011 and 78 percent of those cases will occur in people who are middle aged or older. But cancer can occur at any age. The diagnosis can be a mental and physical challenge. For those like Griffith, diagnosed at a young age, the journey can also include added challenges and considerations that may last their lifetime.

“These people are just starting their lives,” says Phyllis Yount, LCSW, MSW, senior social worker at Baylor

University Medical Center at Dallas. “They have so many questions beyond their medical care. Sometimes they are just beginning their careers or haven’t even begun yet and have limited or no insurance. They have concerns about their careers and legal questions and wonder about relationships, marriages and future fertility issues.”

Handling these issues and the emotions that come with a cancer diagnosis at an early age is often helped by finding other young adults who can relate to the cancer journey. “One of my biggest issues was not having anyone else my age to talk to,” says Griffith. “I would walk into the chemo room and it would be full of people my grandparents’ age. All my friends were on Facebook® discussing the color of their bridesmaids’ dresses or their recent job promotions. Instead, I was wondering, ‘Am I going to be here next year?’ ‘Am I going to get married?’ ‘Am I going to be able to have kids?’”

Baylor Charles A. Sammons Cancer Center at Dallas helps Griffith and other young cancer survivors connect and find support for their specific needs in several ways:

- A Facebook® page designed specifically for young adult cancer survivors (see sidebar for more information.)
- An annual young adult cancer survivor's forum hosted by Baylor Sammons Cancer Center's Virginia R. Cvetko Patient Education and Support Center. Each year, experts address topics relevant to these cancer survivors including legal, employment, insurance and other issues.



- A new support group for young breast cancer survivors formed by Griffith in collaboration with the Cvetko Patient Education and Support Center. My Pink Peeps (mypinkpeeps.com) allows young women to share online support and meet periodically in social settings.

“To serve these survivors in the best way possible, we want to meet them where they are,” says Yount. “Often they are each others’ best sources of information and support. We are here to help in any way possible.”

“Baylor Sammons Cancer Center’s Cvetko Center is dedicated to helping educate and support cancer patients at all stages of life,” says Pam Carnevale, MHSA, manager of the Cvetko Center. “Understanding the special needs and challenges these younger patients face is so important and we appreciate the opportunity to help.”

“We all need support through this journey and it has definitely given me a better appreciation for life,” says Griffith. “If I can find a way to help someone else, then it can allow me to turn this difficult experience of my own into something positive. It’s a lesson I’ve been learning this past year—sometimes we can’t control what happens to us in life, but we can take control of how we respond.”

For more information about Baylor Sammons Cancer Center’s cancer survivor support programs and educational services, please call the Cvetko Center at 214.820.2608 or visit BaylorHealth.com/Cvetko.

Crystal Griffith, breast cancer survivor

Young Adult Cancer Survivors Can Now “Friend” Others

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).



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Understanding Your Hereditary Risk Can Help Detect Cancer Early

One of the most significant breakthroughs in cancer research is the ability to identify genetic changes or mutations that can possibly contribute to the development of certain types of cancer. These mutations can be passed through families and when patients have a mutation, their risk of developing certain cancers increases dramatically. If you have a personal or family history of cancer (most commonly breast, ovarian and gastrointestinal cancers) advanced testing to determine the presence of these genes can lead to more frequent monitoring and if problems do develop, early treatment.

Baylor Charles A. Sammons Cancer Center at Dallas offers the **Cancer Genetics** program to help determine if you are at risk for one of the genetic mutations that can lead to cancer. Laura Panos, MS, is the genetic counselor who works with patients who have a family and/or personal history of cancer, to better determine their personal potential risk. “If someone has a family history of cancer they are often referred for genetic testing,” says Panos. “We then take a very detailed family and medical history and when appropriate do the blood testing for the genetic mutations.”

Laura Panos, MS, genetic counselor

You may want to seek a genetics-risk assessment if you have a personal or family history of:

- Cancer at an unusually young age
- Multiple types of cancer in one individual
- Rare forms of cancer
- A family history of similar cancers



Common family histories that are suggestive of a genetic syndrome are:

- Family history of breast and/or ovarian cancer
- Family history of colon and/or uterine cancer
- Personal history of polyposis (many polyps in the colon)
- Family history of endocrine tumors

This testing can be especially important for someone who has been diagnosed with breast cancer. “When a woman has been recently diagnosed with breast cancer, we move quickly because treatment decisions can be dependent upon gene mutation status,” says Panos. “If we determine a woman with cancer tests positive for the breast cancer susceptibility gene (*BRCA*), she may opt for a double mastectomy (bilateral mastectomy) as opposed to a single mastectomy (unilateral mastectomy) or lumpectomy as a preventive measure against future cancers. It also gives her and her physician the opportunity to begin more frequent screening to spot any other problems early. Testing other family members for genetic mutations can help them determine their risk of cancer as well.”

For more information about Baylor Sammons Cancer Center Cancer Genetics program, call 214.820.9600 or visit BaylorHealth.com/DallasGenetics.

Recovering from cancer takes more than just advanced medicine. Research shows staying as physically active as possible also can help patients mentally and physically recover. Baylor Charles A. Sammons Cancer Center at Dallas offers Fit STEPS for Life® (FSFL), a free individualized exercise program for people living with cancer.

“Exercise is so important to cancer recovery,” says Joyce O’Shaughnessy, MD, medical oncologist on the medical staff at Baylor University Medical Center at Dallas who treats breast cancer patients. “It is important for everyone, but specifically for breast cancer patients, exercise has been shown to lower some of the drivers of breast cancer recurrence such as estrogen and insulin levels.”

A specially equipped exercise room for cancer patients is available through the Oncology Outpatient Clinic in suite 250 of Baylor Sammons Cancer Center. Patients, referred by their physician for the exercise program, can begin at any time during their treatment and recovery process. “It all depends on their needs,” says Kathy Kresnik, clinical exercise specialist with FSFL. “If a patient is undergoing physical therapy, we will work in collaboration with other areas such as cardiovascular health. The goal is to assist in recovery from cancer surgery. We help those with lymphedema after breast cancer surgery not to overdo it, but regain and strengthen their mobility and range of motion in their upper body.”

At their initial appointment, Kresnik assesses the patient’s medical history, conditioning level and fitness goals. “We set goals, keeping in mind that during treatment people have good and bad weeks,” she says. “Sometimes we will cut back and not see the progress

Taking Positive Steps Toward Cancer Recovery



we want, then we can work to build back up. We work to help minimize the effects of chemotherapy and radiation.”

In addition to the physical benefits, the FSFL program also offers mental benefits. “Cancer survivors, their spouses and caregivers also enjoy visiting with each other here,” says Kresnik. “They understand each other in a way no one else can.”

Dr. O’Shaughnessy has also seen the benefits in her own patients. “I am a strong advocate for this exercise program,” she says. “I encourage all patients to ask their doctor for a referral.”

Baylor is researching the effects of exercise on cancer patients through FSFL and has found:

- Exercise can improve the survival rate for colon and breast cancer survivors up to 50 percent.
- Physical fitness enables patients to remain independent during disease treatment and beyond.
- Exercise can ease the side effects of chemotherapy including compromised physical and mental function, nausea, fatigue and depression.
- Physical conditioning can diminish the effects of most chronic diseases that can coexist with cancer such as diabetes, hypertension, heart disease, lung disease, obesity and arthritis.

Baylor Sammons Cancer Center’s FSFL program is open from 9 a.m.–5 p.m. Monday through Thursday. For more information, call 214.820.2608 or visit BaylorHealth.com/DallasCancer.

PASSING *THE* HAT



The opportunity to talk with others sharing similar experiences is just as valuable as the reward of giving to others. “We are doing a nice thing, but we really have fun too,” says Miller. “Our conversations are not always cancer related. We talk about nutrition and everything. We have fun with it.”

Miller also is a personal trainer and fitness practitioner so she ends each session with stretching exercises. “Fitness and flexibility are important for everyone, especially cancer patients and survivors,” says Miller. “While knitting is relaxing, muscles can tighten up when you are working on a project. We stretch and loosen those tight muscles.”

The **Passing the Hat** creations are available free of charge to chemotherapy patients at Baylor Sammons Cancer Center. The program is open to anyone, but pre-registration is encouraged so enough looms are available. Donations of soft yarn and adult-sized looms are also appreciated. **To register, donate or for more information, please call 214.820.2608.**

There is something therapeutic about knitting. Just ask the women who meet twice a month in the Virginia R. Cvetko Patient Education and Support Center to knit hats for people undergoing cancer treatments. These women know how important these hats can be because they, too, are cancer survivors.

Passing the Hat is a group of knitters begun by Ellen Miller, a long-time knitter and wife of Alan Miller, MD, PhD, chief of oncology for Baylor Health Care System and medical director of Baylor Charles A. Sammons Cancer Center at Dallas. For more than 30 years, she had been knitting hats and donating them to homeless shelters. She has now turned some of her efforts to the cancer survivors she meets at Baylor.

“I knitted some hats for a friend’s daughter who had cancer and realized with the wonderful programs at the Cvetko Center, I could teach survivors how to knit for those in chemo,” says Miller. “It is a wonderful way to help both the survivors and those currently in treatment.”

Miller says she started the knitting group by teaching participants to knit with needles—the “old-fashioned way,” she calls it. Then one woman brought in a knitting loom and the method became popular. “Cancer treatment can sometimes affect dexterity,” she says. “This helped them be more comfortable with the knitting.”



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.

Advisors/Editors

Alan M. Miller, MD, PhD

*Chief of Oncology, Baylor Health Care System
Medical Director, Baylor Sammons Cancer Center*

C. Allen Stringer, MD

Medical Director, Virginia R. Cvetko Patient Education and Support Center

Sylvia Coats

*Director of Administration
Baylor Sammons Cancer Center*

Pam Carnevale, MHSA

*Manager, Virginia R. Cvetko Patient Education and Support Center
Baylor Sammons Cancer Center*

Cynthia Robinson-Hawkins, MBA, RN

*Manager, Patient Navigation Program,
Baylor Sammons Cancer Center*

Andrée Bourgeois

*Director, Marketing/Public Relations
Baylor University Medical Center at Dallas*

Rosanna Sandlin

*Senior Marketing and Public Relations Consultant
Baylor University Medical Center at Dallas*

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.

Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community, or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center at Dallas, or Baylor Health Care System.

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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.

Upcoming Special Events

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
Please pre-register for this event by calling 214.820.2608.

Nov. 5—Complementary Methods for Health and Relaxation workshop

Margaret Christensen, MD, "Creating Optimal Healing Environments: Moving from Surviving to Thriving"
Breakout sessions will include:

- Nutrition (Healing Spices)
- Healing Power of Rhythm
- Healing Touch
- Acupuncture
- Aromatherapy
- Art (The Artist Within: Creating Your Own Healing Environment)

Visit BaylorHealth.com/DallasCancer for more information.

Sammons Says...

For the latest in cancer updates and helpful information about dealing with cancer from cancer experts and cancer survivors, log onto sammonssays.baylorhealth.com.



Triple Negative Breast Cancer

Research is helping target resistant form of disease

Breast cancer is not just one disease. For the past couple of decades, researchers have not only been able to better pinpoint specific types of breast cancer but also are learning new ways to accurately treat each type.

Basically, there are three clinical types of breast cancer:

- estrogen receptor positive
- HER2-positive
- triple negative (TNBC)

Triple negative breast cancer is a type of breast cancer that is estrogen receptor negative, progesterone receptor negative and HER2 negative. While it accounts for only 10 to 20 percent of all breast cancers, it is a particularly aggressive form. Although most women with early stage TNBC are cancer free with surgery, radiation therapy and chemotherapy, if the disease metastasizes (which occurs in about 25 percent of patients), current treatments are of limited benefit. The negative estrogen and progesterone receptors and HER2 receptors means it does not respond well to treatments such as hormonal therapies and Herceptin®.

“HER2 positive cancers would have the additional benefit of Herceptin® and estrogen positive cancers respond to treatments such as tomaxafin,” says Joyce O’Shaughnessy, MD, a medical oncologist on the

medical staff at Baylor University Medical Center at Dallas and the Celebrating Women Endowed Chair. “With those types of cancer, we have something extra to use to for attacking the cancer. With triple negative breast cancers, we are still looking for that specific target within the cancer to attack.”

Research is currently underway to better understand triple negative breast cancer and how to treat it. “We need to understand what genes are driving triple negative breast cancer and what therapies we can use against it,” says Dr. O’Shaughnessy. “We are using very highly sophisticated technology to look at the DNA sequencing of triple negative breast cancer. We are looking for mutations causing breast cancer in hopes that we can develop a targeted therapy to block that mutation.”

While anyone can develop triple negative breast cancer, it is more likely to occur in women who:

- are younger than age 50
- are African-American or Hispanic
- have a breast cancer susceptibility gene 1 (*BRCA1*) mutation.

For more information about breast cancer and breast cancer research, please visit us online at BaylorHealth.com/SammonsBreastCare.



Joyce O’Shaughnessy, MD

Legendary Actress and Breast Cancer Survivor to Speak at Celebrating Women Luncheon

Diahann Carroll will be the featured speaker at the 12th annual Baylor Health Care System Foundation Celebrating Women luncheon at 11:45 a.m. on Friday, Oct. 28 at the Hilton Anatole Hotel in Dallas. The event, presented by Tom Thumb, benefits the fight against breast cancer throughout Baylor Health Care System. Since its inception, Celebrating Women has raised more than \$16 million. Last year, the event funded a patient navigator program in addition to other initiatives. The patient navigator program assists breast cancer patients with their emotional and educational needs as well as coordinates their care throughout their breast cancer journey.



“Baylor Health Care System has treated thousands of women for breast cancer and provided countless positive outcomes,” says Rowland K. Robinson, president of Baylor Health Care System Foundation. “Through initiatives made possible by supporters of the Celebrating Women luncheon, we are bringing hope to breast cancer patients and their families.”

Fredye Factor and Sarah Losinger will chair the event, and the Joan and Andy Horner family have been named

honorary chairmen. Kimber Hartmann, Angie Kadesky, Daffan Nettle, Cathy Coughlin and Sophia R. Johnson are this year’s underwriting chairmen. The Wayne family will be honored with the Circle of Care Award. The award is given to those who have served as advocates, volunteers, educators or donors and have made a difference in the campaign against breast cancer.

Carroll, an award-winning actress, Academy Award Best Actress nominee, singer and entertainer who has starred on Broadway and in numerous movies and television shows, including the popular soap opera, “Dynasty,” will speak about the vital importance of raising awareness about breast cancer education and prevention.

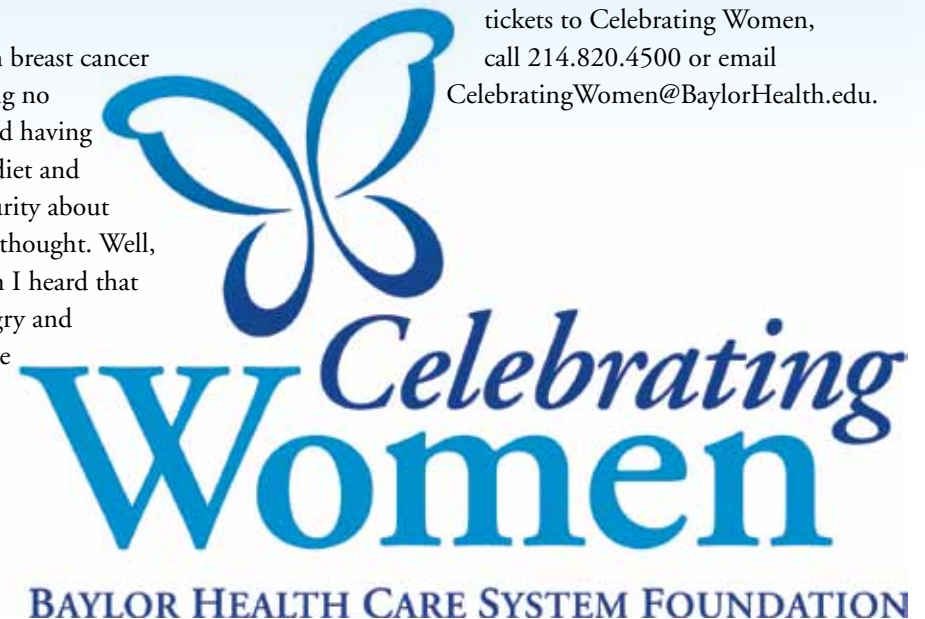
When Carroll was diagnosed with breast cancer in 1997, she was stunned. “Having no family history of breast cancer, and having always been conscious about my diet and exercise, I had a false sense of security about cancer. ‘It won’t happen to me,’ I thought. Well, you know what? It did. And when I heard that horrific word, I was confused, angry and temporarily disconnected from the reality of it. I feared for my life, and then for my career.”

Carroll received nine weeks of radiation treatments and learned how to conquer her fear.

“In the war against cancer, we have the ability to arm ourselves with knowledge. Education is a powerful tool. By taking action and doing something positive, fear is replaced with hope.”

Since her diagnosis, Carroll has become an advocate for early detection and prevention in the fight against breast cancer. She encourages women to get regular mammograms and speaks to audiences about her experience in order to demystify the disease. For information about underwriting opportunities and

tickets to Celebrating Women, call 214.820.4500 or email CelebratingWomen@BaylorHealth.edu.



New Technology Helps Ease the Pain of Gynecologic Cancer Surgery

According to the American Cancer Society (ACS), cervical cancer will affect almost 13,000 women in the United States in 2011—most under the age of 50. Uterine cancer, also known as endometrial cancer, will affect another 46,000 women, most age 50 and older. Surgical treatments for these and other types of gynecological cancers have advanced over recent years offering women and their physicians more options.

Hysterectomy

For many women facing certain types of gynecological cancers, an important part of treatment is a hysterectomy—a surgical procedure that removes the uterus and cervix. In the past, this procedure has involved a large incision and a long, often painful recovery. Newer laparoscopic surgery has made this procedure much less invasive with a shorter, easier recovery. Now, robotic laparoscopic surgery is again revolutionizing the way some hysterectomies are performed.

“Hysterectomy is still a mainstay treatment for almost all uterine and cervical cancers,” says Jonathan Oh, MD, gynecologic oncologist on the medical staff at Baylor University Medical Center at Dallas. “The type of surgery and course of treatment varies depending on the stage of the cancer when diagnosed and other issues.”

Traditional Laparoscopic Surgery

This type of laparoscopic surgery involves creating three to four incisions that are one to two centimeters. A hysterectomy with or without removal of the ovaries can safely be performed by using this approach. Recovery is typically two to three weeks compared with four to six weeks after traditional open surgery.

“A woman who has tested positive for a BRCA mutation and needs her ovaries removed to prevent a future cancer can undergo the traditional minimally invasive laparoscopic procedure and have a good recovery,” says Dr. Oh.

Robotic-Assisted Laparoscopic Surgery

This minimally invasive procedure is performed at Baylor Dallas using the da Vinci® Surgical System. Microinstruments allow the surgeon to have precise control from a nearby console with a 3-D, magnified, high-definition screen. The typical recovery period for robotic hysterectomy is typically two to four weeks.

“This procedure allows for very fine movements and fine dissections,” says Dr. Oh. “There is less operative time and usually less post-operative pain.”

The robotic surgery is usually most appropriate for more complicated surgeries, according to Dr. Oh. “If a woman is diagnosed with uterine cancer and needs a hysterectomy and her lymph nodes removed, the robot affords a greater level of dexterity and visualization when compared to standard laparoscopy.”

For more information about gynecological cancer, hysterectomy or robotic surgery, please visit BaylorHealth.com/DallasCancer.



Helping Patients Through the Storm

Charlotte Farris, RN, helps patients navigate through one of the major storms that can occur in life—a cancer diagnosis. Farris is a nurse navigator for patients with lung, bone, oral, head and neck cancers at Baylor Charles A. Sammons Cancer Center at Dallas. She and other patient navigators coordinate diagnosis and treatment procedures and guide patients through the process of cancer care. “The cancer journey can be overwhelming,” says Farris. “We are here to make that journey a little easier.”



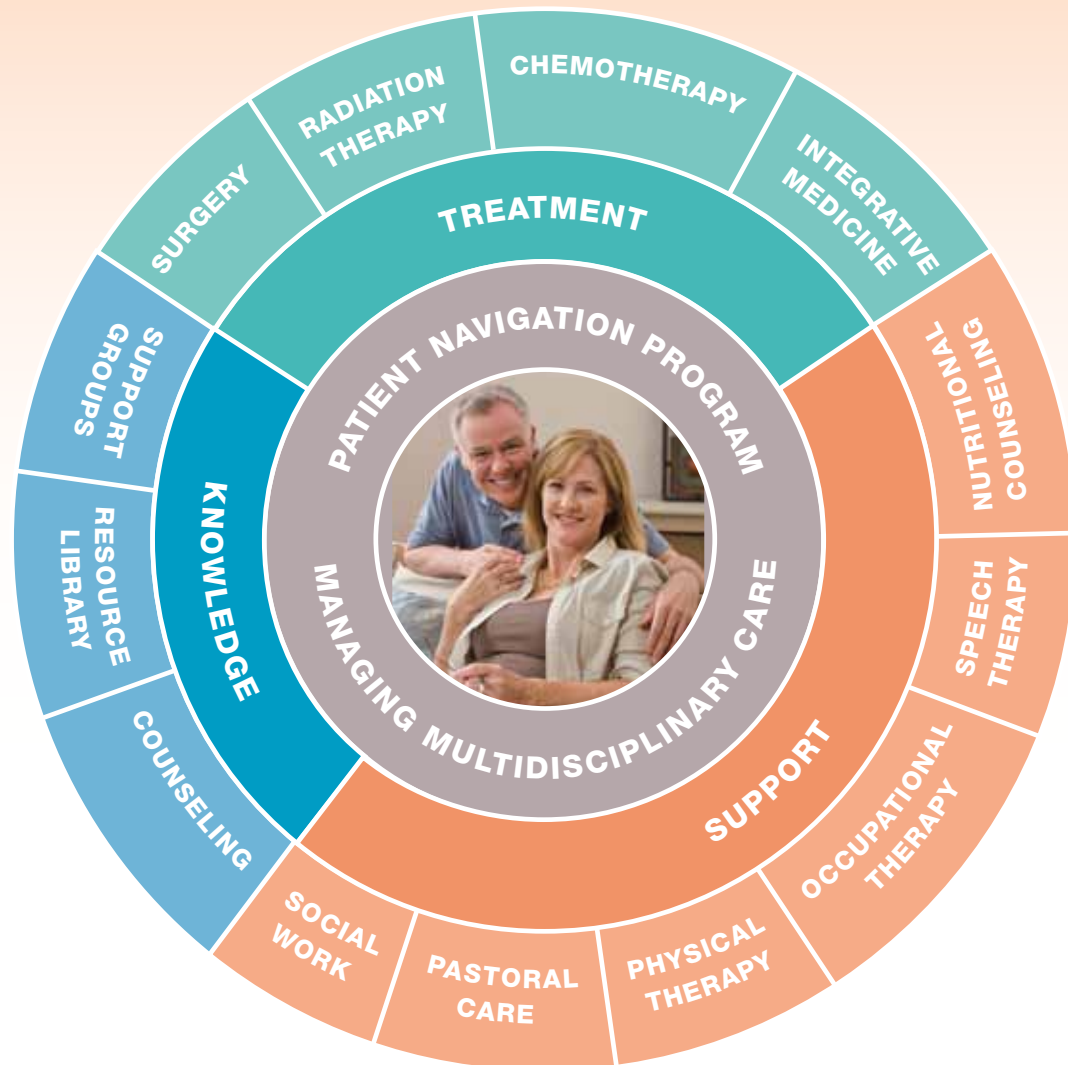
Charlotte Farris, RN

Patients are referred to the navigation program by their physician or can self refer. The assistance is free of charge and can occur at any point during the cancer journey. “Sometimes a patient will call who does not yet even have a definitive diagnosis or they may have already begun the process and had a biopsy but need to know what to do next,” says Farris. “I begin gathering their medical records and help them manage their next steps. The most important thing I can do is reassure them I am here to help by striving to do the right thing for my patients.”

Having medical professionals on your team to coordinate the diagnosis and treatment plan is appreciated by the patients she serves, but Farris thinks it is the simplest

of things that are the best. “Many people are so grateful to have the help with information and appointments,” she says. “But I think the most important thing I can do is meet them when they arrive at the cancer center for their first appointment and help them find their way. They might be anxious and scared but to know a familiar person is there helps relieve a lot of their anxiety.”

Patient navigation services are available free of charge to cancer patients at Baylor Sammons Cancer Center. For more information, please call 214.820.3535 or visit BaylorHealth.com/DallasCancer.





With Prostate Cancer, Age Matters



Prostate cancer is second only to skin cancer in the number of men affected in the United States. According to the American Cancer Society (ACS), more than 240,000 new prostate cancer cases will be diagnosed in men in 2011, with 15,630 of these in Texas.

New Prostate Cancer Screening Guidelines

Prostate cancer rarely affects men before age 40, but chances increase rapidly after 50. Traditionally, age 50 has been the recommended age to begin having prostate cancer screenings. The prostate cancer screening includes a digital rectal exam (DRE) and a prostate-specific antigen (PSA) blood test. **Now, the American Urological Association (AUA) recommends a baseline screening at age 40.**

“This earlier screening allows us to get a good baseline PSA number,” says W. Scott Webster, MD, chief of urology and a urologist on the medical staff at Baylor University Medical Center at Dallas. “If anything is detected, it typically identifies a young man with significant disease. If we wait until age 50 to begin screenings, some men with cancer could have already developed metastasis or spreading of the cancer.”

Monitoring Elevated PSA Levels

Detecting problems at an early stage may not mean immediate treatment. “Many patients are diagnosed with prostate cancer but may require no other treatment than surveillance,” says Dr. Webster. “We may repeat the PSA test every three months and conduct a biopsy at one year. Then, we can base treatment decisions on any changes.”

Determining when to treat prostate cancer is based on a number of factors including the patient’s age and overall health. “Treatment for prostate cancer can have side effects that can adversely affect a man’s quality of life,” says Matthew Shuford, MD, urologist on the medical staff at Baylor Dallas. “Men with a low-grade tumor may choose, with their physician’s guidance, to monitor their tumor to avoid issues such as impotence and incontinence. Also, men with a life expectancy of less than ten years due to other conditions such as heart disease may not require treatment.

“All men should speak with their primary care physician or urologist to determine their risk and when they should begin prostate cancer screening,” says Dr. Shuford. “You need to understand your situation and be proactive when it comes to your own prostate health.”

Prostate Cancer Risk Factors

Men at a higher risk for developing prostate cancer should be especially diligent about talking with their physician about early screening at age 40.

Those at high risk include:

- African-American men
- those with a first-degree relative or multiple family members diagnosed with prostate cancer before age 65

Now, the American Urological Association recommends a baseline screening for prostate cancer at age 40.

Not Just for Women ... Men Can Develop Breast Cancer, Too.



When we think about someone we know who has breast cancer, Aunt Alice, Grandma Jones, mom or Cousin Millie often come to mind—not Uncle Fred. But, although not as common, men can develop cancer in the breast tissue as well. In fact, the American Cancer Society (ACS) estimates almost 2,000 men in the United States are diagnosed with breast cancer each year.

Although doctors do not know the exact causes of male breast cancer, there are several risk factors that may lead to development of the disease:

- Older age—most men who develop breast cancer are 60 to 70 years old
- Excessive use of alcohol
- Exposure to estrogen through estrogen-related drugs
- Family history of breast cancer
- Klinefelter's syndrome—a genetic syndrome where a male is born with more than one copy of the X chromosome
- Liver disease
- Obesity
- Radiation exposure from radiation treatments to the chest

As with women, early detection of breast cancer can lead to more treatment options. “The problem with early detection for men however, is they don't practice self exams like women do,” says Joyce O'Shaughnessy, MD, a medical oncologist on the medical staff at Baylor University Medical Center at Dallas and the Celebrating Women Endowed Chair. “Because it does happen infrequently in men, we don't really emphasize self exams and a lump may get large before they notice it. Men just need to be aware of changes in their breasts.”

Treatment for male breast cancer is similar to what a woman with the same condition might undergo according to Dr. O'Shaughnessy—surgery, chemotherapy and radiation therapy. And while women certainly face emotional challenges while facing this disease, men have their own set of issues.

“It can't be easy for a man facing breast cancer,” says Dr. O'Shaughnessy. “Often, however, this is where their usually mature age and life experience benefits them. For the most part, my male patients are able to keep it in perspective and are often more concerned that family members find out if they also are at risk for developing breast cancer. They are very resilient.”

For more information about breast cancer and breast cancer research, visit us online at [BaylorHealth.com/DallasCancer](https://www.baylorhealth.com/DallasCancer), then click on **Cancer Types and then on **Breast Cancer**.**



Smiling

Through Cancer Treatment

A visit to the dentist before beginning cancer treatment may be an important part of your overall healing. Certain medications used to treat cancer can affect oral health. Doctors and dentists recommend extractions and other intensive dental work be completed prior to cancer treatment. This allows for optimal healing.

Baylor Charles A. Sammons Cancer Center at Dallas offers an outpatient dental clinic from 8 a.m. to noon, Monday through Friday in the Oncology Outpatient Clinic, Suite 250 of Baylor Sammons Cancer Center. Initial exams are conducted on Tuesdays and Fridays by a dentist on the medical staff of Baylor University Medical Center at Dallas and follow-up appointments with a dental hygienist are available every day. A physician referral is required for an appointment.

“Oral health during cancer treatment is important,” says Jane C. Cotter, RDH, MS, dental hygienist and coordinator for dental services at the clinic. “We work closely with each patient’s physician. Our goal is to treat and prevent oral infection, reduce oral pain and loss of function during the patient’s cancer therapy.”

For more information about the Baylor Sammons Cancer Center’s dental clinic, call 214.820.3535 or visit BaylorHealth.com/CancerDental.

Maria James coaches girls basketball. She survived cancer **2** times. After **9** years of being cancer-free, she was treated again at Baylor for a different type of breast cancer. She’s now been cancer-free for more than **3** years. It’s the biggest win of her life.

We’ve been pioneering cancer research and treatments for 35 years and thousands of patients. That adds up to one huge commitment to erase cancer.

Cancer.
We’ve got its number.™



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 at Dallas

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 Fall 2011 In Touch.



In addition to the new products, Ernie's continues to offer:

- Breast prosthesis
- Compression garments
- Educational books and DVDs
- Gift items
- Hair alternatives and wig selections
- Hats, scarves and head wraps
- Nutraceuticals, supplements, vitamins and nutritional support products
- Sun-protective clothing

A certified fitter is available to meet any special needs and Medicare assignment is accepted.

Ernie's Appearance Center is open from 8:30 a.m. to 4:30 p.m. Monday through Friday. It is located in Suite 210 of Baylor Charles A. Sammons Cancer Center at Dallas.

Please call 214.820.8282 for more information.

Ernie's Welcomes Fall with New Offerings

Ernie's Appearance Center, a specialty boutique to help patients with cancer look and feel their best during treatment, now has new products available for the cooler months ahead.

"We have beautiful winter hats, fall clothing, caftans and comfortable jogging suits," says Dusty Clark, manager of Ernie's. "We have also expanded our line of bras available and offer non-mastectomy, fashion bras, as well as new underwire bras and long-line bras."