On Wednesday, September 2nd, Assistant Fire Chief Bill Anderson and the members of the Bartlett Fire Protection District hosted the Pink Heals Tour which included 2 pink fire engines and a 13 foot stainless steel cancer ribbon to promote not only Breast Cancer awareness but women's cancer awareness in general. The engines of the Pink Heals Tour that stopped in Bartlett were on a nationwide tour on their way to Glenview for another fundraising event. The tour was the inspiration of Dave Graybill, a firefighter from Phoenix, Arizona who with other volunteers who do this for 2 months out of the year. They bring hope and inspiration to cancer patients and survivors and help to kick off fundraisers for women's cancer awareness.

Chief Anderson and other officers of the Fire District had talked about doing something like this in the past but had never pursued it. In July of 2008, Chief Anderson's wife was then diagnosed and treated for Breast Cancer. After a year of treatments, Chief Anderson wanted to raise awareness in the community and show support for other women in the community and organized the fundraiser. He contacted The Pink Heals Tour to see if they could stop in Bartlett to help kick off the fundraiser. After talking with Dave Graybill it was learned that Dave would come to Bartlett and his only request was that all funds that were raised were to stay within the community.

Members of the Fire District began selling t-shirts to raise funds and then approached two local high schools. Faculty and students from both Bartlett and South Elgin High Schools began selling the t-shirts along with some local businesses and decided that the football game between the two schools on October 2nd would be a “Pink Out”. For two weeks firefighters wore pink t-shirts and over 9,000 t-shirts were sold with many people paying extra for the shirts because it was going for a good cause.

Rather than donating the funds to a large organization, Chief Anderson looked for a local charity to donate to, and then it clicked. He had recently completed a fire inspection at the St. Alexius Breast Center in Bartlett and chose the Alexian Brothers Foundation Cancer Institute as the recipient — how lucky we are!! Lucky are the patients who come through our doors and receive treatment!! Caring people having functions like this is why we don’t ask patients to pay for meeting with our dietitian, social worker, geneticist, breast and lung coordinators and clinical research staff. This fundraiser raised $11,200.00!! Thank you Chief from the bottom of our hearts!


**A Life Enriched**

By Bonnie Dhamer

Take a deep breath and repeat after me... “It could be worse.” As you are standing in line at the grocery store on the night before Thanksgiving and the person who used to be standing directly next to you has just checked out while you are still waiting... “It could be worse.” When you are herded through the hordes of shoppers on “Black Friday” only to discover that one, absolutely necessary item you got yourself out of bed at 4am to buy is a memory on an empty shelf... “It could be worse.” When you step on the scale on New Year’s Day only to discover that you gained 10 pounds yesterday... “It could be worse.” When it takes you twice as long to repack the boxes of ornaments, lights and tinsel as it did to unpack what seems like only yesterday... “It could be worse.” When you are herded through the hoards of shoppers on “Black Friday” only to discover that the one, absolutely necessary item you got yourself out of bed at 4am to buy is a memory on an empty shelf... “It could be worse.” When you are herded through the hordes of shoppers on “Black Friday” only to discover that you gained 10 pounds yesterday... “It could be worse.” When it takes you twice as long to repack the boxes of ornaments, lights and tinsel as it did to unpack what seems like only yesterday... “It could be worse.” When you step on the scale on New Year’s Day only to discover that you gained 10 pounds over the holidays... “It could be worse.”

Perhaps, by the time you read this article, you may no longer need this exercise in perspective but eventually as we forge through a rampant flu season and wade our way through weary winter weather, the time will come when we will have to remind ourselves... “It could be worse.” The time will come when are faced with... my spouse is leaving me; I lost my job; I was just diagnosed with cancer. In those times... it could be... time to cry! (I know, not the line you were expecting, but sometimes we don’t want to bear the thought things could get any worse). The older I get the more I realize that crying can be cathartic. Tears are for the soul what soap is for the hands and in this flu season of life we can never have enough cleansing!

My life has been enriched by allowing myself to grieve those moments of pain with enough tears to make the joyful moments truly appreciated. To remind myself that “It could be worse” has brought clarity and hope when there could have been despair. In the year ahead, I wish you enough tears so that even the smallest of joys in life may appear great. I wish you enough loss to appreciate all that you possess. And even though we live in Chicago and not warm, Tucson, Arizona (remember... “It could be worse.”), I wish you enough sun to keep your attitude bright no matter how gray the day may appear.

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**Social Worker Corner**

**Have a Heart**

The Cancer Institute at Alexian Brothers Hospital Network sees about 500 new breast cancer cases each year. We are pleased to provide comprehensive services to all our patients. Each patient who undergoes surgery receives a visit from our Breast Cancer Coordinator who provides information about our department and all the services we have to offer to assist them in their transition to wellness.

During this meeting each mastectomy and axillary dissection patient are provided a fleece heart shaped pillow to aid in their comfort with positioning post-operatively. These pillows are lovingly provided by volunteers from the First United Methodist Church. The pillows mean a lot to our patients as well as the comfort they bring. I have recently learned of the story of how the pillows made it to the Cancer Institute and thought it most appropriate to share.

**Kind and Inspiring Words by Kay Daugherty**

Have a Heart pillow ministry for breast cancer patients is a service project of United Methodist Women at First United Methodist Church in Palatine, Illinois. The idea for this project came from personal experience.

In 2007, I too was diagnosed with cancer and had a mastectomy. This time is was my daughter who made the pillow for me. Soon after, our women’s group was looking for a service project so I suggested we make the pillows for local hospitals. With much enthusiasm the women began to work, and our first pillows were delivered to Alexian Brothers Hospital.

A few months after we began, I attended a meeting of women from all the Methodist churches in our Northern Illinois Conference and spoke to them about the need for the pillows. Many women took our patterns home with them and I heard churches from Hinsdale to Galena who wanted to start making pillows.

Last year we had an article published in a national Methodist women’s magazine and the calls and emails began with requests for patterns and directions for making pillows. From Georgia to California, women were excited about making pillows for breast cancer patients.

Then Church Women United had a meeting at our church, and again I brought out the pillows. Women from Lutheran and Catholic churches in the area came to our workday to learn more. A group of 15 women gather at our church once a month to tie and stuff and we now deliver them to Lutheran General Hospital as well as Alexian Brothers. As of this date, we have made over 1000 pillows. They are an act of love by these women who wonder about and pray over each woman who will receive them. We are happy to be of service, hoping to encourage someone who is going through a very stressful time in their life.

P.S. My daughter is doing just fine, she is cancer free!
What is Up With Your Genes

What is Peutz-Jeghers Syndrome?

Peutz-Jegher’s (PJ) syndrome is rare hereditary condition that results in gastrointestinal polyps and freckles on the skin. Approximately 1 in 25,000 people have PJ. Peutz-Jeghers syndrome is characterized by the development of growths called hamartomatous polyps in the gastrointestinal tract (particularly the stomach and intestines), and a greatly increased risk of developing certain types of cancer.

Children with Peutz-Jeghers syndrome often develop small, dark-colored spots on the lips, around and inside the mouth, near the eyes and nostrils, and around the anus. These spots may also occur on the hands and feet. They appear during childhood and often fade as the person gets older. In addition, most people with Peutz-Jeghers syndrome develop multiple polyps in the stomach and intestines during childhood or adolescence. Polyps can cause medical problems such as recurrent bowel obstructions, chronic bleeding, and abdominal pain.

People with Peutz-Jeghers syndrome have a high risk of developing cancer during their lifetimes. Cancers of the gastrointestinal tract, pancreas, cervix, ovary, and breast are among the most commonly reported tumors.

The prevalence of this condition is uncertain; estimates range from 1 in 25,000 to 300,000 births.

The cause for Peutz-Jegher’s is an inherited abnormality (mutation) in a gene on chromosome 19. The mutation in the LKB1 or STK 11 gene seems to result in a predisposition to benign and cancerous tumors, but its function is not completely understood. Mutations in the STK11 gene cause Peutz-Jeghers syndrome.

The STK11 gene is a tumor suppressor gene, which means it normally prevents cells from growing and dividing too rapidly or in an uncontrolled way. A mutation in one copy of this gene alters the structure or function of the STK11 protein, disrupting its ability to restrain cell division. Researchers suggest that an additional gene mutation, either in the second copy of the STK11 gene or in another gene, can occur in certain cells during a person’s lifetime. This combination of genetic changes may trigger the formation of noncancerous polyps and cancerous tumors in people with Peutz-Jeghers syndrome.

Some people with Peutz-Jeghers syndrome do not have mutations in the STK11 gene. In these cases, the cause of the disorder is unknown.

Peutz-Jeghers syndrome is inherited in an autosomal dominant pattern, which means one copy of the altered gene in each cell is sufficient to increase the risk of developing noncancerous polyps and cancerous tumors. In about half of cases, an affected person inherits a mutation in the STK11 gene from one affected parent. The remaining cases occur in people with no history of Peutz-Jeghers syndrome in their family. These cases appear to result from new mutations in the STK11 gene.

To learn more about Peutz-Jeghers syndrome, please call Tinamarie Bauman, RN, MSN, APNG at 847-755-3273.

Huge Turnout for Rick Saucedo Concert

Over 370 people attended “An Evening with Rick Saucedo” on Friday, September 18, 2009. The concert was held at the Schaumburg Prairie Center for the Arts. Backed by the EAS band, Rick treated the audience to many of Elvis Presley’s greatest hits. Scott Mackay, on air personality and host of Mackay in the Morning at 95.9 FM The River was the Master of Ceremonies.

The show was hosted by The Cancer Institute at Alexian Brothers Hospital Network, in partnership with the Respiratory Health Association of Metropolitan Chicago, with generous sponsorship by ManuLife Financial. Proceeds of the event will be used for the thoracic oncology programs at St. Alexius Medical Center in Hoffman Estates and Alexian Brothers Medical Center in Elk Grove Village.

Lung Cancer Survivors’ Luncheon Wrap Up

A luncheon honoring lung cancer survivors was held at St. Alexius Medical Center on Saturday, November 7, 2009. This is the fourth year that The Cancer Institute at Alexian Brothers Hospital Network has sponsored this event to coincide with Lung Cancer Awareness Month in November.

The approximately eighty people who attended enjoyed a wonderful presentation by clinical health psychologist, Dr. Harvey Wolf. As a special treat, local resident Mr. Francis Borbat performed a piano concert of classical music.

A big thank you goes to Pickle Piano for lending a piano to use that afternoon.

The staff at St. Alexius attended to every detail to make the event run smoothly, from the lovely room setup, to the delicious food, to covering the cost of the piano movers. Jewel-Osco in Elk Grove Village donated beautiful floral centerpieces. OSI Pharmaceuticals generously provided a grant to help defray the costs of the luncheon.

Mark your calendars for next year’s luncheon, which will be held on November 13, 2010.
Caregiver
By Debbie Templin
Caregiver is a title that I did not even know I had. I wear many hats in my life, Mom, Sister, Wife, Daughter, friend, and neighbor. Caregiver just kind of had a way of sneaking into my life. The title caregiver came into my life at the same time the word Cancer came into my Mom’s life.

My mom was diagnosed with Lung Cancer about four years ago. The doctors were thinking it was probably stage one or maybe stage two. They did surgery to remove a portion of her lung that held the tumor. When they emerged from surgery they had found spots in the bottom of her lung. All of a sudden, Mom had Stage IV Lung Cancer. Before I knew it I was learning more than I ever wanted to know about Lung Cancer.

I took my mom to doctor appointments, tests at the hospital and at special places. That is when I got my Chauffer's hat. All I did was drive, drop her off at the door, park my car and then meet her at the doctors office or test. I fought the GPS technology for a long time. It was a device I did not think I needed or wanted. All of a sudden My GPS unit in the car became my new best friend. I could always count on it to get us where we had to be.

As I watched my mom, the woman who had raised me and had taken care of me for my childhood years, got very skinny and unable to eat. That was when the other C word came into her life, Chemotherapy. This meant a new hat for me, a chef’s hat. I would have done anything or gone anywhere to get ingredients to make something that my mom would eat. I knew she needed to keep up her strength she needed foods and plenty of fluids.

My mom is a very quiet, shy person. So, I was surprised when she expressed an interest in going to a lung cancer support group. But, I took her and stayed with her. I found that she listened more than she shared. But I also know that she shared with me her thoughts and fears. So during our support group meeting, I have learned to ask the questions to help mom understand her thoughts and fears. We both learned that we are not alone in the battle against Cancer.

We have had our share of challenges. We have celebrated the successes of cancer and chemo. We have had miracles along the way. Yes, I guess I am my mom’s caregiver. But we both have help from many sources. When we start to lose the faith and strength to continue the fight we have many family and friends who boost us up. There is also our faith. We both have a very strong faith. Now with Cancer, we have to put our money where our mouth is so to speak. When we get down and unsure of our direction, we pray. We know that God will supply us with the strength we need. He will take care of us so Mom can continue to fight Cancer and I can continue to change my many hats in my role of Caregiver.

PFA in Action
Thank you so much to all the 2009 active members of the Patient and Family Alliance:

Bob McGouey
Jim Stanley
Mary Welsch

Lynda Wade
Joyce Gupta
Kathy LaPointe

Martha Swierczewski
Judy Koptik
Patti Baker

Elaine Straub
Karen Munter

As well as our Emeritus members, Maureen Quattrochi and JoAnn Armenta.

We really appreciate all your hard work this past year in developing and working the Rounders pilot program at St.Alexius Medical Center. Thank you for participating in the Cancer Committee meetings, Rapid Response team, Chemotherapy Process, Survivorship Program and many other projects throughout the year. You have been an integral piece in the services we provide for our cancer patients, thank you for your commitment and compassion to those we serve. Also, welcome aboard, Karen Jensen, Bonne Evans and Ramon Perez who will be joining our team for 2010.

If you are a cancer patient with 6 months out of treatment or a caregiver of a cancer patient and you would like to join our group, please contact Karen Munter at munterk@alexian.net or 847-956-5476.
**Learn to practice this wonderful tool on your own.**

**Certified Hypnotherapist, Jordon Wolf, you will also program and enjoy your mental vacation.** Lead by our relaxation. Take some time for your self in this effortless will allow participants to experience the benefits of hypnosis. This group hypnosis session

Come experience the **Relax and Feel Great:**

**MammaCare Breast Exam Classes:** Learn the breast self-exam the MammaCare way. Gain confidence in doing your own breast exam. Bring your mother, sister, aunt and friends. You will practice on life-like breast models and be able to perform a thorough breast exam. Early detection saves lives and is our best defense. Call 1-866-ALEXIAN for times and dates of classes.

**Relax and Feel Great:** Come experience the benefits of hypnosis. This group hypnosis session will allow participants to experience the benefits of relaxation. Take some time for your self in this effortless program and enjoy your mental vacation. Lead by our certified Hypnotherapist, Jordon Wolf, you will also learn to practice this wonderful tool on your own.

**Reiki:** Ease your fatigue, pain and stress with individual 45 minutes sessions. Be energized through mind, body and spirit connection. Call 888-466-6011 to make an appointment.

**Restorative Healing Arts:** We are now offering 2 programs on one night. A combination of traditional self-healing methods with acupressure, meditation and spontaneous movements along with T’ai Chi fitness and QiQong breathing exercises. A way to promote wellness, relieve emotional stress and attract positive energy.

**Yoga:** This yoga class is for the person undergoing treatments, as well as cancer survivors, friends and family members. This is a 6-week class, please wear comfortable clothes.

**SUPPORT GROUPS:** No registration required. All of our groups focus on education, support and coping. The groups are designed for an open, safe and encouraging environment where people share a common diagnosis.

**Bereavement Support Groups:** These groups focus on support for those who have lost a loved one to cancer. Join us to explore appropriate grieving, experience healthy mourning and learn how to re-connect with life. Call 888-466-6011 for dates and times or upcoming groups. Groups are offered at two locations:

**Road to Hope by Vitas Hospice Care:**
Alexian Brothers Medical Center.

**Hope and Healing with Monarch:**
St. Alexius Medical Center.

**Breast Cancer Support Group**

**Lung Cancer Support Group**

**Men’s Cancer Support Group**

**US TOO Prostate Support:** Call 847-803-1008

Our programs are FREE, but do require registration. Please call the site where the program you desire to attend is being held to register.

All the programs are held at the Life Enrichment Center on the Alexian Brothers Medical Center campus unless otherwise indicated on the calendar.

**LOCATIONS OF PROGRAMS**

Alexian Brothers Medical Center Life Enrichment Center 800 Biesterfield Road-Ste 120, Elk Grove Village, IL. 1-888-466-6011

St. Alexius Medical Center (SACM) Life Enrichment Center Doctors Building Three-Ste 1400 1555 Barrington Road, Hoffman Estates, IL. 847-755-8400

The Alexian Brothers Robin Trioani (MTC) MammaCare Training Center 25 E. Schaumburg Road, Schaumburg, IL. 1-866-253-9426

Prairie Stone Sports and Wellness Center (PSS) 5050 Sedge Blvd., Hoffman Estates, IL. Call St. Alexius phone number to register for this program

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9am Complimentary Medicine Health Fair (SAMC)
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Complimentary Medicine Health Fair is a Success

The Cancer Institute at Alexian Brothers Hospital Network held its first Complimentary Medicine Health Fair on September 12, 2009. Over one hundred people came to The Cancer Institute at Alexian Brothers Medical Center to hear Dr. Patrick Massey speak and visit with various complimentary medicine practitioners. Many lucky winners went home with great door prizes which included health club memberships and tickets to local museums and sporting events.

Dr. Massey, Medical Director of Complementary and Alternative Medicine for Alexian Brothers Hospital Network, gave presentations throughout the morning that covered such topics as supplements and herbs, energy healing, and regaining optimal health after chemotherapy and radiation.

In addition, there were ongoing demonstrations in acupuncture, hypnotherapy, magnet therapy, healing touch, Reiki, and Meridian Healing which attendees could observe or participate in. A dietician fielded many nutritional questions and oversaw the dispensing of healthy snacks. Attendees also had the opportunity to receive free fifteen minute massages. Many of the practitioners who participated provide these types of services at no charge through The Cancer Institute at Alexian Brothers Medical Center to cancer patients who are treated at Alexian Brothers Medical Center and St. Alexius Medical Center.

Due to numerous requests, planning is underway for a Complimentary Medicine Health Fair to be held at St. Alexius Medical Center on March 20, 2010. Dr. Patrick Massey is preparing several exciting mini-presentations. This will be another great opportunity to stop in and find out more about massage therapy, nutrition, hypnosis, and energy healing such as Meridian Healing, Healing Touch, Reiki, and more.

SAVE THE DATE
SUNDAY, MARCH 20, 2010
COMPLIMENTARY MEDICINE HEALTH FAIR
9:00 AM to 12:00 PM
THE CANCER INSTITUTE at ST. ALEXIUS MEDICAL CENTER
1555 N. Barrington Road, Hoffman Estates
Doctors’ Building 3, 1st Floor

For additional details please call Alexian Connects at 1-866-466-6011 or visit our website at www.alexian-cancer.org

The da Vinci System enables ABHN surgeons to perform even the most complex and delicate procedures through small incisions with unmatched precision.

daVinci Surgical System Now Available

The da Vinci Surgical System, a robotic platform designed to enable minimally invasive surgery for complex procedures, has been installed at St. Alexius Medical Center. Already used in tens of thousands of surgeries worldwide, daVinci is expected to improve recovery times for St. Alexius patients with urologic and gynecologic cancers. The system consists of an ergonomic surgeon’s console, a patient side cart with 3-4 robotic arms, a 3-D high definition vision system and EndoWrist® instruments. All combine to make da Vinci assisted surgery look and feel like traditional open surgery while making it possible to perform procedures involving complex dissection or reconstruction.

While seated at the console, the surgeon guides master controls to move the robotic arms, keeping eyes and hands positioned in line with the instruments. Unlike traditional laparoscopy, there is no need to look up or away from the instruments. The 3-D viewer offers high magnification, brilliant color and natural depth of field and can be moved closer, left or right. Instead of rigid laparoscopic instruments, EndoWrist® joint-wristed tools allow the surgeon to reach areas that are difficult to maneuver even in open surgeries. Utilizing the da Vinci system, St. Alexius surgeons will now have 17 degrees of motion which is more than the human wrist. Hand motions are scaled, filtered and translated into exact, real-time and tremor-less movements at the operative site through dime-sized operating ports. Together these features provide surgeons with exceptional visualization, dexterity, precision and comfort.

Since its installation, nine surgeries have been performed with da Vinci and many more are scheduled, reports Barb Cerwin, Director of Preoperative Services at St. Alexius. In urology, the da Vinci will initially be used for radical prostatectomies. This year about 20% of all prostatectomies nationwide will be performed with robotic-assisted procedures. Josh Tunca, M.D., a gynecology cancer surgeon will use the system in uterine and cervical cancer surgeries and thereby improve recovery times, reduce pain and minimize blood loss. Dr. Tunca reports that many patients can return home in as few as six hours post operation.

A number of other ABHN surgical professionals are currently receiving training in order to begin working with da Vinci.
Welcome Aboard New Staff Members!

**Catherine (Cathy) Hertz** is a genetic nurse educator and is a new addition to the team at the Alexian Brothers Cancer Institute team. She has been an oncology nurse for eight years and is a trainer for the Oncology Nursing Society’s Chemotherapy and Biotherapy Course. Cathy recently completed her masters degree and is a certified clinical nurse specialist in oncology. Hereditary genetics interests her because she feels it is the future of oncology care and it offers a new perspective on providing care for people living with cancer.

**Lori Ferguson, RN** joins our team as a Clinical Research Nurse Coordinator. She comes to us from Children’s Memorial Hospital in Chicago with many years of Pediatric AIDS research experience. We welcome her passionate dedication to research and are very pleased to have her on our Oncology Research Team.

**Debra Cannon** joins us as our IRB/Regulatory Coordinator. She has many years of experience in the pharmaceutical industry research arena. She is a highly motivated and enthusiastic woman who brings experience and dedication to her new position. We are very excited to have Debra on our Oncology Research Team.

JANUARY IS NATIONAL RADON AWARENESS MONTH

**RADON: WHAT IS IT?**

Did you know radon gas is the 2nd leading cause of lung cancer?
Did you know that the EPA recommends that all homes are tested for radon?

**Guest Speaker:** Eileen Lowery, RN, MSN, AE-C
Respiratory Health Association of Metropolitan Chicago

**Tuesday, January 19, 2010 – 1:00 pm to 2:00 pm**
The Cancer Institute at Alexian Brothers Medical Center
800 Biesterfield Road, Suite 120, Conference Room
Elk Grove Village, IL 60007

Valet parking and light refreshments will be provided. Pre-registration is required, each attendee will receive a free short term radon test kit.

For more information or to register for this event call 1-866-ALEXIAN or go to www.alexian-cancer.org and select Special Events.

If you are not able to attend in person, we have made several other options available:
1) Webinar participation (follow the presentation live on your computer, hear the audio by phone)
2) Have a copy of the handout mailed to you and listen to the lecture by telephone

For more information about these options, call 847-952-7205 or email abbinantis@alexian.net