Welcome Our New Directors

Anna Galindo, RN, BSN, joined AMITA Health Cancer Institute Hinsdale as the Director Oncology Operations in August 2016.

Anna earned a bachelor’s degree in nursing from Northwestern University. She is a dynamic leader who values working collaboratively to build successful teams and programs.

She came from Northwestern Medicine in Chicago and brings key operations and regulatory experience to AMITA Health. During her 13-year tenure with Northwestern Medicine, Anna enjoyed progressive leadership roles in high-need areas and was a key member of the oncology leadership team. In her most recent role, Anna developed and launched the full ambulatory quality program for 1,500 providers, including the Robert H. Lurie Cancer Center and Maggie Daley Cancer Center.

Anna is responsible for directing the day-to-day operations of the Cancer Institute in Hinsdale. She works collaboratively with our physicians and associates to solidify oncology teams and support structure at all of our south region hospitals while focusing on high-reliability, patient safety, service line and system goals.

In February 2017, Elizabeth (Beth) Hayden, RN, BSN, MBA, OCN, joined AMITA Health Cancer Institute Elk Grove Village and Hoffman Estates as the Director Oncology Operations.

Beth obtained a bachelor’s degree in nursing from Creighton University and a master’s in Business Administration from Lewis University. Her professional experience spans both community and academic cancer center strategy and operations.

She comes from OSF Saint Anthony Medical Center in Rockford, IL, and brings key operations, quality and regulatory experience to AMITA Health. A dynamic leader, Beth values working collaboratively to build successful teams and programs. In her most recent role, she led her team in expanding the cancer center footprint, developing palliative care, achieving Quality Oncology Practice Initiative certification and cancer program accreditation through the Commission on Cancer.

Beth is responsible for directing the day-to-day operations of the north region cancer centers. She works collaboratively with our physicians and associates to solidify our oncology teams and programs while focusing on high-reliability, patient safety, service line and system goals.
Welcome New Nurse Navigators

Jennifer (Jeni) Barnas, RN, BSN, OCN, joined AMITA Health Cancer Institute Hoffman Estates in December 2016 as the breast nurse navigator.

Jeni earned a bachelor’s degree in nursing from Bradley University, Peoria, IL. She came from Northwestern Memorial Hospital where she worked in inpatient oncology. Her oncology experience also includes pediatrics with work at Ann & Robert H. Lurie Children’s Hospital of Chicago.

Jeni is a certified nurse in oncology and chemotherapy and has several years of experience in medical oncology, surgical oncology, pediatric oncology, chemotherapy/biotherapy infusion and stem cell transplant therapy. She is a member of Oncology Nursing Society and the National Consortium of Breast Centers.

Melissa Erkman, RN, BSN, MSN, OCN, joined AMITA Health Cancer Institute Elk Grove Village and Hoffman Estates in January 2017 as the gastrointestinal (GI)/general cancer nurse navigator.

Melissa earned a bachelor’s degree in nursing from Northern Illinois University and a master’s degree in nursing with a focus on nurse educator from Benedictine University. She previously worked at AMITA Health Alexian Brothers Medical Center on the inpatient oncology unit.

Susan Schwartz, RN, BSN, joined AMITA Health Adventist Medical Center GlenOaks as a nurse navigator in November 2016.

Susan earned a bachelor’s degree in nursing from Northern Illinois University. Susan has over 15 years experience in oncology and hematology.

She is a member of the Oncology Nursing Society and Academy of Oncology Nurse Navigators.

Jeanne Sixta (Jeannie) Sixta, RN, BSN, OCN, transitioned from breast imaging nurse navigator to oncology nurse navigator at AMITA Health Cancer Institute Hinsdale in February 2017. [Photo unavailable at the time of publication.]

Jeannie earned a bachelor’s degree in nursing from Lewis University and is certified in surgical technology.

She has been an oncology nurse for 29 years. She has previously gained experience as a staff nurse at Edward Hospital, chemotherapy and clinical research nurse in the outpatient setting at Edward Cancer Center, research nurse and nurse clinician in radiation oncology at Northern Illinois University at Fermilab, and as a nurse clinician and clinical research nurse in brain tumors at Rush University Medical Center.

Jeannie is a member of the Oncology Nursing Society.

We’re Going Electronic!

As vibrant flowers bloom and the fresh breezes chase away Winter, we look forward to the lush green life that Spring ushers in. In an effort to be more “green” and environmentally friendly, our Caring for Cancer newsletter will be electronic after this issue. This newsletter alone going green will save over 480,000 sheets of paper a year - more than two dozen trees. At the same time, this also allows us to use more funds to directly help our cancer patients become survivors.

Hard copies will still be available to read in AMITA Health Cancer Institute waiting rooms, as well as electronically on the AMITA Health Cancer Institute web page AMITAHealth.org/cancer.

However, we understand the convenience of the newsletter being delivered to you, so we are happy to send it electronically to your email address. Please know that your email address will be used only for the Caring for Cancer distribution.

If you would like to receive Caring for Cancer in your email as an electronic PDF and haven’t signed up to go green previously, please send the below information to Nicole.Breen@AMITAHealth.org:

• Your full name
• Home address
• Email address
• Which location you’re a patient (Bolingbrook, Elk Grove Village, Glen Oaks, Hinsdale, Hoffman Estates, LaGrange)

Thank you for helping us make a difference!
**We’re in Chicago Magazine’s Top Docs**

A possible cancer diagnosis? You want a physician you can trust, who is one of the best. *Chicago Magazine* polls physicians of various specialties in Chicagoland to figure out which ones are chosen by peers as the best in their fields.

We’re thrilled to share that 22 AMITA Health physicians made the list! The January 2017 report included 385 physicians in the Chicagoland area. Fellow physicians chose the top doctors in 41 cancer specialties.

“AMITA Health is committed to providing the highest quality cancer care for patients and their families in Chicago’s western and northwestern suburbs,” said Karen Giammicchio, AMITA Health Associate Vice President, Oncology. “This recognition demonstrates the depth and breadth of expertise that people can expect when they turn to us for their care.”

Nomination is open to licensed U.S. physicians. They can nominate peers in any medical specialty in the U.S. and indicate whether the nominated physicians are, in their opinion, among the best in the region or nation in their specialty. Doctors cannot pay to be selected.

The physician-led team of researchers follows a rigorous screening process, considering nominees’ educational and professional experience before selecting top doctors on national and regional levels. After identifying the top doctors, Castle Connolly provides consumers with detailed information about the education, training and special expertise in the “Top Doctors” features.

For a list of our 22 AMITA Health Top Docs, visit AMITAhealth.org/News/AMITA-Health-Physicians-Figure-Prominently-In-Chicago-Top-Cancer-Doctors-Report.

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**Give Your Mom the Gift of Life for Mother’s Day**

What better time than Mother’s Day to give your mom something that could save her life!

A large majority of breast cancers are discovered by a woman’s own fingers. An untrained woman not practicing breast self-exam often finds a breast cancer lump by accident after it has grown to the size of a ping pong ball.

Women trained in conventional breast-self exam who routinely practice it can find lumps the size of a U.S. nickel. What if you could detect breast cancer the size of a pea or even smaller? Women who learn MammaCare® can.

The biggest risk factors for breast cancer: being a woman and getting older. AMITA Health Cancer Institute offers free, monthly self-breast exam classes using the MammaCare® method. Participants learn the signs, symptoms and risks of breast cancer, as well as the importance of early detection, with an emphasis on breast self-exams.

The most physically accurate breast exam models in the world are used to teach breast self-exam using the 5P’s of MammaCare®: Palpation, Pressure, Pattern, Perimeter, Position. Women learn to differentiate between nodular tissue and breast lumps in these models. Classes are taught by our own certified MammaCare® instructors.

We also offer free, one-on-one (private) classes in which a woman is taught the 5P’s of MammaCare®, risks of breast cancer and the importance of monthly breast self-exams for early prevention. A woman learns the MammaCare® method on the breast models and then transfers her new knowledge to her own breasts. She performs a breast self-exam on her own breasts, supervised by our certified MammaCare® instructor.

Our MammaCare® instructors will also come to your church, school or organization and hold a free MammaCare® presentation.

MammaCare® is a scientifically and research-based method. It is the recognized standard for clinical breast exams and breast self-examination.

For more information or to register for a private class in Elk Grove Village or Hoffman Estates, call our certified MammaCare® instructor at 847.755.8108. For a private class in Hinsdale, call 630.286.5521.

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**Free Skin Screening Events**

Back by popular demand, AMITA Health will hold three skin screening events again beginning in summer 2017.

In cooperation with the American Cancer Society and sponsored by the American Academy of Dermatology, dermatologists offer free, full-body skin screenings to anyone age 18 or older.

Look for details to come for screenings from AMITA Health Cancer Institute Elk Grove Village, Hinsdale and Hoffman Estates locations.
Calling All Patients! Patient Advisory Council

Do you have ideas of how to improve the patient and family experience at AMITA Health Cancer Institute locations? We are seeking volunteers to work with our clinicians and hospital staff and form a Patient Advisory Council. Our goal is to bring patient perspectives into the planning, delivery and evaluation of care. What are the benefits of a Patient Advisory Council?

For patients:
- Express and have opinions valued
- Gain a better understanding of the healthcare system
- Bring patient perspective (other side of things) to the table
- Become advocates for AMITA Health Cancer Institute
- Help improve processes and care for all patients

For our healthcare providers:
- Have a way to ask patient preferences before putting something into practice
- Gain increased understanding and cooperation of care between patients and staff
- Develop programs and policies relevant to patients' needs
- Strengthen patient-centered care and community relations

If you are over age 21, have been an AMITA Health cancer patient at Elk Grove Village, Glen Oaks, Hinsdale, Hoffman Estates or LaGrange and are interested in learning more about volunteering for our Patient Advisory Council, please call 844.952.HOPE (4673).

Cutting Through Complexities

For a complex abdominal cancer surgery, you want an expert surgeon whom you can trust. Our two fellowship-trained, board-certified surgical oncologists Gerard Abood, MD, FACS and Sam Pappas, MD, FACS perform some of the most complex, delicate cancer surgeries. They are also associate professors of surgical oncology at Loyola University Chicago Stritch School of Medicine.

Surgical oncologists Dr. Abood and Dr. Pappas perform minimally invasive robotic and laparoscopic surgeries not commonly performed outside of university settings, such as hepato-pancreato-biliary procedures, choledocho-duodenostomies and Whipples. Drs. Abood and Pappas have the skills to perform these complex surgeries on the pancreas, intestines, liver, stomach, gallbladder and other gastrointestinal areas without you needing to travel far from home.

Those are just a few of the procedures performed in the average day of our surgical oncologists. For an appointment with Dr. Abood or Dr. Pappas at AMITA Health Alexian Brothers Medical Center Elk Grove Village, call 1.855.MyAMITA (692.6482).

Rock ‘n Bowl: A Survivorship Celebration

Saturday, June 10 | 1–4 pm
Poplar Creek Bowling Alley
2354 W. Higgins Rd.
Hoffman Estates, IL 60169

AMITA Health cancer survivors are invited to our annual survivorship celebration! Come out and “rock” your survivorship while you and your family enjoy bowling, games, a DJ, food and fun!

For capacity reasons, limit is 5 tickets per household. Extra tickets will not be available at the door. Registration deadline is May 29. To register, call 1.855.MyAMITA (692.6482).
New Technology – First in the Country

AMITA Health Cancer Institute Hoffman Estates is the first site in the country to install a Siemens SOMATOM Confidence® RT PRO CT Scanner!

Radiation treatment operations closed at AMITA Health Cancer Institute Hoffman Estates from April 3 to July 3 for a construction project to include installation of a new Varian TrueBeam™ with Perfect Pitch couch and advanced imaging, in addition to a new Siemens SOMATOM Confidence RT PRO CT scanner for treatment planning. All AMITA Health Cancer Institute Hoffman Estates patients will be treated at AMITA Health Cancer Institute Elk Grove Village during construction.

Our CT scanner will be equipped with C-Rad Sentinel 4DCT, and TrueBeam will be equipped with C-Rad Catalyst HD, a real-time patient surface tracking tool for patient setup accuracy.

What does this mean for you? The SOMATOM enables personalized scans by delivering images that are optimized for both contouring and dose calculation rather than the “standardization” imaging most machines use. The C-Rad, which tracks patient surface contour, ensures setup accuracy once patients go for linear accelerator treatment. Also, the “hole” in the center that patients go through is larger and will offer a better field of view and the ability to make immobilization devices more comfortable for patients.

We are very excited to provide our patients with the most advanced, state-of-the-art treatment options available.

Fit Club Is 10 Years Old

Fit Club to Fight Cancer is an exercise support group at AMITA Health Cancer Institute Elk Grove Village and Hoffman Estates, with the goal of improving overall health and addressing reduction in risk of recurrence and cancer prevention.

In April 2007, Fit Club formed for our cancer survivors as a way of providing community and education while exercising together, thanks to the initiative of Breast Surgeon Robert Maganini, MD.

For years, Prairie Stone Sports and Wellness Center has generously welcomed Fit Clubbers the use of exercise equipment, pool, walking track and classes at certain times.

Fit Clubbers have walked the grounds at Morton Arboretum and Botanic Gardens, gathered over meals and cooking demonstrations and participated in Making Strides for Breast Cancer and Relay for Life. These outings encourage developing habits that may help prevent additional cancers.

Our exercise options have expanded to include weekly walks around Volkering Lake in Schaumburg from 4:45-5:30 pm Wednesday nights as well as Prairie Stone.

If you are interested in joining, please call to register at 1.844.952.HOPE (4673).

Simply From the Heart Visits Young Women’s Support Group

In March, Simply From the Heart, a nonprofit, Chicago-based organization, came to a monthly meeting to pamper our Young Women’s Support Group (breast cancer survivors age 50 or younger).

Simply From the Heart volunteers provided manicures, hair styling, mini facials, makeup services and more. Simply From the Heart makes patients feel like women again – like moms, daughters, sisters and friends, not just a breast cancer diagnosis. Thank you to Simply From the Heart for your generosity in pampering our Young Women’s Support Group.
A Life Enriched: All Cancer, All the Time

My mom’s experience of having cancer and her treatment team played a significant role in my decision to become a nurse. Being exposed to the medical environment allowed me to see some of the ins and outs of the hospital. While some may have shied away from being honest with a child about a parent being sick, I firmly believe my parent’s honesty gave me the opportunity to see the big picture and be aware of the realities of life and death.

Now, as a member of the treatment team for many patients, I continue to follow the philosophy that “honesty is the best policy.” When it comes to caring for my patients, I am there to discuss the truth. Sometimes that includes the good days: when scans are clear and chemo is complete. Other days, I am there when the news is not as positive. It can be an overwhelming time for both patients and families, but it can also be an important start to the conversations that matter.

I recently had the opportunity to become a hospice- and palliative-certified nurse. Hospice care can be a difficult topic to raise, but it can also be a beautiful gift. Palliative and hospice care are two different types of treatment. I used the word ‘treatment’ because that is what they are. Hospice does not mean “giving up” and it does not mean “the end.” Palliative and hospice care allow patients to enjoy the time they have, sustain their quality of life, and treat symptoms that are bothersome, without the negative side effects.

I am often asked, “Why do you want to work with hospice patients; isn’t your work so hard?” My answer is always the same. Sometimes we don’t get to choose what we love; it chooses us! Likewise, patients cannot choose their outcome. I am actually honored with the privilege to travel with patients and their families during this part of their journey. When I administer morphine to a patient with lung cancer, I am not killing him, I am allowing him to catch his breath long enough to tell his wife that he loves her. I have been there as children have lost parents, parents have lost children, spouses have said goodbye, and when patients have taken their last breath. That moment never gets any easier. What makes it worth it is to know that those patients were allowed the opportunity to die with dignity. To know that they fought their battle and were allowed to die pain free gives families the peace they deserve.

As the parent, I have always attested that if you choose to see it, there will be a silver lining around even the darkest cloud. When Colleen was a child, she provided that motivating FORCE to cancer survival. As an adult, she embodies the very best of the care I received during treatment. Cancer survivor Virginia Long said, “To educate is to give power. To give power is to gain control. To gain control is to reduce fear. To reduce fear is to give hope. Hope is life’s key to survival.” Hope comes in all forms. It can be the remission diagnosis, or the hope you can say what needs to be said or hear what you have longed to hear.

Life is enriched when we look beyond the negative perceptions of the dark clouds of cancer, hospice, divorce, unemployment or whatever life presents you, and search for the silver linings. In the dog days of summer, we can swelter in the humidity, or bask in the sun and freedom of not being burdened with the extra layers we put on. We can dread the necessity to mow the lawn, or relish in the childlike joy of the grass between our toes. We can worry about being stung by the bee, or wonder in amazement at the beauty of the butterfly. This summer, notice the clouds; see their imaginative shapes and may you be blessed by their silver linings!

— Bonnie Dhamer, Cancer Survivor and Mom and Colleen Dhamer, BSN, RN, CHPN, Daughter

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**Turn Up the Pink**

Tuesday, October 10 | 7 pm
AMITA Health Cancer Institute Elk Grove Village
800 Biesterfield Rd., Ste. 120
Elk Grove Village, IL 60007

Daughters bring Mom, and sons send Mom with her friends! Free hors d’oeuvres! Learn MammaCare® breast self-exam that detects lumps even smaller than a pea using the world’s most lifelike breast models.

To register, call 1.855.MyAMITA (692.6482).

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**Diamond Jim’s Gold Outing**

Saturday, June 17 | Noon shotgun start
Bonnie Dundee Golf Club
270 N. John F. Kennedy Dr.
Carpentersville, IL 60110

Proceeds benefit AMITA Health Cancer Institute! Individual golfer is $100 and foursome is $400.

For more information or to register, call Milt at 224.406.1133 or Don at 847.736.6486.
AMITA Health Alexian Brothers Cancer Institute Programs

No registration required. All groups are provided at no cost and focus on education, support and coping. Whether you are newly diagnosed or have completed treatment, patients share many similar experiences and concerns from diagnosis to survivorship. Connecting with others provides an outlet where you can learn helpful tips for coping with side effects, receive encouragement and share laughter.

Facilitated by professional staff. For information about programs call 1.844.952.HOPE (4673).

Please check individual listings to verify programs that require appointment or registration.

**Rock 'n Bowl: A Survivorship Celebration**
Poplar Creek Bowling Alley
2354 W. Higgins Rd., Hoffman Estates, IL 60169
**Saturday, June 10 | 1 – 4 pm**
Bowling, games, a DJ, food and fun for our annual cancer survivorship event! Limit of 5 tickets per household. Tickets not available at the door. To register, call 1.855.MyAMITA (692.6482).

**Turn Up the Pink**
AMITA Health Elk Grove Village
**Tuesday, October 10 | 7 pm**
Daughters bring Mom, and sons send Mom with her friends! Free hors d’oeuvres! Learn MammaCare® breast self-exam to detect lumps smaller than a pea using the world’s most lifelike breast models. To register, call 1.855.MyAMITA (692.6482).

**NEW GROUP: Cancer Caregivers Support Group**
AMITA Health Hoffman Estates
**2nd Mondays | 6:30 – 7:30 pm**

**Breast Cancer Support Group**
AMITA Health Elk Grove Village
**1st and 3rd Tuesdays | 6:30 – 8 pm**

**NEW NAME: Pink Ladies**
Young women under age 50 with breast cancer.
AMITA Health Hoffman Estates
**3rd Wednesdays | 6 – 7:30 pm**

**NEW GROUP: Young Fighters**
Anyone under age 50 with any cancer.
AMITA Health Elk Grove Village
**1st Thursdays | 6 – 7:30 pm (Starts June)**

**All Cancer Networking Group**
AMITA Health Hoffman Estates
**4th Thursdays | 6:30 – 8 pm**

**NEW CLASS: Low-Impact Exercise Class**
Designed for cancer patients, this class includes exercises that can be done sitting in a chair. Registration required. Call 1.844.952.HOPE (4673).
AMITA Health Elk Grove Village
**2nd Fridays | 9:30 am**
NOTE: Check with your physician before undertaking any exercise class, including those listed below.*

**Express Yourself!**
Use art materials to create symbols of strength and vitality. No skills needed.
Call 1.844.952.HOPE (4673) to register.
AMITA Health Hoffman Estates
1st Wednesdays | 10 – 11:30 am (No class in July)

**Fit Club to Fight Cancer**
Through fitness, you can fight cancer as well as improve your health. All levels of athletes are welcome.
To register, call 847.755.8603.
Volkening Lake
900 W. Schaumburg Rd.
Schaumburg, IL 60194
Wednesdays | 4:45 – 5:30 pm (weather permitting)

Prairie Stone Sports and Wellness Center
5050 Sedge Blvd.
Hoffman Estates, IL 60169
Wednesdays | 4 pm

**NEW CLASS: Tai Chi-Qigong Meditation**
Tai Chi, Qigong and meditation are taught to strengthen the health of body, mind and spirit.
AMITA Health Hoffman Estates
Tuesdays | 6 – 7:45 pm

AMITA Health Elk Grove Village
1st & 3rd Fridays | 12 pm

**Healing Touch**
Research has shown that Healing Touch therapy can help alleviate cancer treatment's pain, stress and side effects. Private sessions, fully clothed. For daytime appointments at AMITA Health Hoffman Estates (3rd Tuesdays) call 1.844.952.HOPE (4673).

Evening sessions at AMITA Health Elk Grove Village (2nd & 4th Thursdays), call: Heart 2 Heart Healing, Linda Lemke 630.207.4052, or Karolyn Howard, 630.418.7239.

**Energy Therapy**
Ease fatigue, pain and stress with a 45-minute session.
For an AMITA Health Hoffman Estates (2nd Mondays) or AMITA Health Elk Grove Village (3rd Mondays – starting June) appointment, call 1.844.952.HOPE (4673).

**Relax and Feel Great**
Experience the benefits of hypnosis and learn relaxation techniques in a weekly group session led by a certified hypnotherapist. Call 1.844.952.HOPE (4673).
AMITA Health Elk Grove Village
2nd & 4th Thursdays | 6 – 7:45 pm

AMITA Health Hoffman Estates
1st, 3rd & 5th Thursdays | 6 – 7:45 pm

**Massage Therapy**
For current AMITA Health cancer patients. Call for 30-minute (fully clothed) appointments with a certified massage therapist.
Call 1.844.952.HOPE (4673).
Thursdays at AMITA Health Elk Grove Village
Wednesdays at AMITA Health Hoffman Estates

**Gentle Yoga**
This introduction to Yoga's therapeutic benefits is appropriate for all cancer patients who can practice from a mat or chair. Each class will focus on breath and body awareness while helping you to improve mental clarity, strength and flexibility.
Registration required, call 1.844.952.HOPE (4673).
AMITA Health Hoffman Estates
4th Floor Conference Center – Room D
Mondays | 4:45 pm (until June 1)

**Look Good...Feel Better®**
Join other women and learn from volunteer beauty professionals how to deal with the appearance-related side effects of cancer treatment. You will receive a complimentary bag of make-up and skin care products so get ready for two fun hours of pampering!
Registration required.

Choose one session:
AMITA Health Elk Grove Village
To register, call 1.844.952.HOPE (4673)
May 9 or July 11 | 10 am

AMITA Health Hoffman Estates
To register, call 1.847.755.8400
June 12 or August 14 | 9:30 am

**Breast Self-Exam Community or One-on-One Sessions – MammaCare®**
Most women find their own breast lumps or changes. Learn breast self-exam (BSE) using the MammaCare® method in either a community setting with other women or in a one-on-one session. MammaCare® is the only research-based and is more thorough and efficient than other methods. You will learn by practicing on life-like breast models that teach the difference between normal breast tissue and lumps. Bring a friend.

For information or to schedule a one-on-one session or to arrange a special get-together, call 847.755.8108.
To register for a community session, call 1.855.MyAMITA (692.6482). Community classes are held at AMITA Health Elk Grove Village.
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**HE** AMITA Health St. Alexius Medical Center Hoffman Estates

**PSS** Prairie Stone Sports and Wellness Center in Hoffman Estates

**EGV** AMITA Health Alexian Brothers Medical Center Elk Grove Village

_Caring for Cancer | Summer 2017_
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EGV AMITA Health Alexian Brothers Medical Center Elk Grove Village
PSS Prairie Stone Sports and Wellness Center in Hoffman Estates

AMITA Health Cancer Institute
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**HE** AMITA Health St. Alexius Medical Center Hoffman Estates  
**PSS** Prairie Stone Sports and Wellness Center in Hoffman Estates  
**EGV** AMITA Health Alexian Brothers Medical Center Elk Grove Village
Dr. Dalal Is Now a Fellow!

In March 2017, one of our oncologists, Jay Dalal, MD, earned a Fellowship of the American College of Physicians (FACP). Having an FACP is a distinction earned from colleagues who recognize a physician’s accomplishments and achievements that go above and beyond the practice of medicine. The most important considerations for FACP are excellence and contributions made to medicine, as well as to the community in which the physician lives and practices. Congratulations to Dr. Dalal!

Congratulations to Nurse Navigators!

AMITA Health Cancer Institute Hinsdale nurses Debra Ellsworth, Mary Beth Zill and Thelma Hulka have something to celebrate! In November 2016, they passed the inaugural national oncology registered nurse navigator exam. This rigorous exam was offered at the annual Academy of Oncology Nurse Navigators (AONN) conference. They are now Oncology Nurse Navigator Certified Generalist (ONN-CG)!

This certification means these navigators have formal knowledge and experience in nurse navigation, ethics, critical thinking, leadership, increased knowledge of patient treatment care options and so much more. The exam provides a tangible national standard to ensure that patients are receiving the best care. We are proud to have such dedicated professionals as part of our Cancer Institute!

What Is Integrative Oncology?

Integrative oncology is growing in popularity. It incorporates alternative or complimentary methods (acupuncture, massage and nutritional supplements) into “conventional” treatments (chemotherapy, surgery and radiation therapy). The alternative methods based on scientific evidence improve a cancer patient’s quality of life and don’t cause harm or impede conventional treatment.

“I help my patients understand that just because a vitamin or supplement is labeled ‘natural,’ it doesn’t necessarily mean it’s safe,” says AMITA Health Integrative Oncologist Dr. Arti Lakhani. “For example, most people know that antioxidants are generally good for you; however, high-dose antioxidants, available from many health stores, can reduce the benefits of chemotherapy. My role as an integrative oncologist is to explain how and why combining certain vitamins, supplements, physical activity, nutrition and meditation with traditional approaches can contribute to a better lifestyle and make a patient’s body stronger to tolerate the treatments and the cancer.... Integrative oncology also has a lot to do with cancer prevention and not just cancer treatment.”

Dr. Lakhani earned her medical degree from Rush University Medical School and completed a fellowship at Loyola University Medical Center and Hines VA Medical Center. She is board certified in medical oncology, hematology and internal medicine. She also helped develop the Prehabilitation Program at the AMITA Health Cancer Institute Hinsdale [page 14]. To schedule an appointment with Dr. Lakhani, call 1.855.MyAMITA (692.6482).

Wellness House Is Now Here

We are pleased to announce that Wellness House is now on-site two days a week at AMITA Health Cancer Institute Hinsdale. Wellness House offers many free programs and classes to our cancer patients and their families. We are excited to have this on-site offering for our patients and look forward to continuing to strengthen our partnership with Wellness House!
Prehabilitation Before Cancer Treatment

Did you know that people who stop smoking before starting cancer treatment often have fewer complications from surgery, decreased radiation therapy side-effects and improved results from chemotherapy? Our Prehabilitation Program helps prepare you before cancer treatment so that you have a better quality of life during and after treatment.

AMITA Health’s Prehabilitation Program is designed specifically for patients diagnosed with head, neck and certain digestive cancers. Before treatment begins, you can meet with our team to assess your baseline functional status and receive information about what to anticipate during and after therapy. Thanks to a CREATION Health® grant, the AMITA Health Cancer Institute Hinsdale provides this program to cancer patients undergoing treatment at our facility for free.

The Prehabilitation Program’s multidisciplinary team may include a doctor, nurse, speech and physical therapists, social worker, registered dietitian and nurse navigator who will evaluate your overall health status before cancer treatment. We partner with you to identify opportunities and challenges and to develop goals to optimize your treatment. In partnership with you and your caregiver, the team develops a program specifically designed for you. By identifying health concerns early in the process, the personalized plan will help you learn ways to improve your health and focus on overall well-being before treatment starts.

After completing prehabilitation, you’ll understand what to expect during treatment and your personalized speech therapy, physical therapy and nutritional plans. Our goal is to reduce treatment complications and speed your recovery so you can get back to living life.

For more information about our Prehabilitation Program, call AMITA Health Cancer Institute Hinsdale at 630.286.5830.

Better Odds Than the Lottery

You’re given three lottery tickets: weight loss, eating healthier and exercise. Cancer is like a lottery mixed with odds of genetics, environmental factors and chance. These tickets are your environmental factors – things that you have control over like buying a lottery ticket. If you cash in those lottery tickets, you have raised your odds, in some cases over 60%, of not being diagnosed with certain cancers. Sounds like pretty good odds. So, why aren’t you cashing in? If everyone cashed in these tickets, there’d be about 350,000 (one-third) fewer cancer diagnoses each year in the U.S.

Lifestyle changes are hard. Take it one day at a time. Eat healthier, be more active and lose that extra weight with a friend, spouse, relative, online group, electronic tracking device – anything that will be your support system. Just because you missed your goal one day or one month doesn’t mean it’s time to quit. Some of the best authors, sports players and scientists succeeded because they failed so many times. Finding out what ways don’t work mean you’re one step closer to the way that will.

Alcohol has a strong link with an increased risk for cancers of the mouth, pharynx, larynx, esophagus, bowel and breast, and may also increase the risk of liver cancer in women. Eating a high amount of vegetables, fruits, whole grains and legumes has been associated with a reduced risk in cancers.

Excess weight is strongly linked to increased risks of bowel, breast, uterus, pancreas, esophagus and gallbladder cancers. The American Cancer Society recommends that all people (consult your healthcare provider before beginning a new exercise regimen) should have a minimum of 150 minutes of moderate or 75 minutes of vigorous aerobic exercise per week, including strength training at least two days per week. Even mild exercise during cancer treatment can mitigate treatment symptoms and fatigue.

Tobacco use is the most common risk factor, which is linked to 71% of lung cancer deaths and accounts for at least 22% of all cancer deaths. Based on current trends, tobacco use is estimated to kill one billion people in the 21st century.

So, what will your odds be? For the full blog post, visit this February 2017 topic at Alexianbrothershealth.org/Blog.

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<th>Cancer Type #</th>
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<td>Breast, female</td>
<td>81,398 (33%)</td>
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<td>Colorectal</td>
<td>63,200 (47%)</td>
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<td>Endometrial</td>
<td>35,430 (59%)</td>
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<td>Esophageal</td>
<td>5,580 (33%)</td>
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<td>Gallbladder</td>
<td>2,512 (22%)</td>
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<td>Kidney</td>
<td>15,048 (24%)</td>
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<td>Liver</td>
<td>11,769 (30%)</td>
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<td>Lung</td>
<td>80,780 (36%)</td>
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<td>Mouth, Pharyngeal &amp; Laryngeal</td>
<td>26,939 (63%)</td>
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<td>Ovarian</td>
<td>1,114 (5%)</td>
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<td>Pancreatic</td>
<td>10,083 (19%)</td>
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<td>Prostate (advanced)</td>
<td>2,587 (11%)</td>
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<td>Stomach</td>
<td>3,956 (15%)</td>
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<td><strong>Total Preventable</strong></td>
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*Limitations and estimate details for table references are available at www.aicr.org.*
AMITA Health Cancer Institute Hinsdale Programs

Pink 5K
Saturday, May 13 | 7:30 – 11:30 am
Oak Brook Park District
Funds raised support the Hinsdale Hospital Foundation’s Open Arms Breast Cancer Fund. Every $150 raised provides one free mammogram to women in need, allowing these women early detection and access to lifesaving treatment options. For more information and to register, visit www.obparks.org/pink5k.

Smoking Cessation Class Sessions
Session 1
May 3, 10, 17, 24, 31 and June 7 & 14 | 6 – 8 pm

Session 2
September 6, 13, 20, 27, 29 and October 4, 11, 18
6:30 – 8:30 pm

Cost is $25. Class size is limited to 10 participants. To register, call 1.855.MyAMITA (692.6482).

Breast Self-Exam Community Sessions — MammaCare®
2nd Wednesdays | 6 – 7:30 pm
AMITA Health Cancer Institute Hinsdale
Learn new breast self-exam technique MammaCare® breast cancer prevention education and risk assessment. Breast self-exam (BSE) is taught using the MammaCare® method in a community setting with other women. MammaCare® is the only research-based BSE and is more thorough and efficient than other methods. You will learn by practicing on life-like breast models that teach the difference between normal breast tissue and lumps. Bring a friend. To register, call 1.855.MyAMITA (692.6482).

Wellness House
131 N. County Line Rd., Hinsdale
AMITA Health Cancer Institute Hinsdale offers on-site Wellness House counseling services and encourages our patients and their families to join one of the many programs and classes at Wellness House. Programs are offered at no charge and free parking is available. For a complete listing of programs and classes visit wellnesshouse.org or call 630.323.5150.
Donate online to support cancer care

Celebrate or remember someone special through a gift that will help a cancer patient.

To donate to **AMITA Health Cancer Institute Elk Grove Village or Hoffman Estates** locations:
Visit alexianbrothershealth.org/foundation and click “Make a Gift” in the upper right-hand corner. Fill out the donation form and select “Cancer Institute” as the designation.

To donate to **AMITA Health Adventist Medical Center** cancer locations, visit:
- Bolingbrook Hospital Foundation (keepingyouwell.com/abh/make-a-gift/giving-opportunities)
- Glen Oaks Hospital Foundation (keepingyouwell.com/agh/makeagift.aspx)
- Hinsdale Hospital Foundation (hinsdalehospitalfoundation.org)
- La Grange Memorial Hospital Foundation (keepingyouwell.com/almh/makeagift.aspx)

Fill out the donation form, noting the person you would like to honor with your donation. You can include a message that we will pass on to all involved.

On behalf of our cancer patients and their families, thank you!